



## *The Shamanic Journeys & Alchemical Healing Newsletter*

Dear Friends,

Greetings from Scully Gully! It's been a while and I've been missing you. It's a glorious time here in Eugene during these first few weeks of spring. It's hard to believe we've made it through another crazy winter and a second year of a global pandemic. I hope that you and yours are healthy and enjoying the changing of the season, wherever you may be.

A lot has happened in my personal world since I last reached out to you— It has been quite a rollercoaster ride these last couple of years. I've experienced many changes, most notably in my cognitive abilities. Around the time the pandemic started we noticed significant short term memory loss. Eventually I was tested and diagnosed with Alzheimer's. Although it came as a shock at the time, it was not surprising because I watched my mother go through it.



Although diving into the unknown has been frightening at times, there have also been many wondrous aspects of this transition for me. For one—I am officially retired, which I've been attempting to do for many years. I am discovering how wonderful it is to live in the present moment. For instance, I have been exploring the difference between contentment and happiness—so far, I have concluded that happiness is ephemeral, whereas contentment seems to speak more to one's long-term experience. For me I have found contentment in my relationships with the people and environment that surrounds me. Another blessing is I can now take the time to delve into the details of the things that bring most joy to me— from the newly budding trees in my backyard to the relationships with the people in my life. "I am surrounded by beauty and people who love me" has become my mantra.



I love my home and am forever grateful that I have this beautiful place to be. Best of all, I've been able to spend more quality time with the people I love. I have never been more in love with my husband, Mark. Over these past couple years, Mark received a new knee, shortly after which, he received a new hip. Currently, my bionic man is fully recovered, and we are thoroughly enjoying each other's company. It has been 36 years since we first got together and what a wonderful ride it's been. I am grateful for his strength, grace, humor and especially his love.

My daughter Sage has been a tremendous support to me during this time as have my children, Spirit, Ben, and Elizabeth. My friends, you know who you are, have shown up on so many levels. I am deeply grateful for all of you and the joy you bring to my heart.

Although I have good support from the people around me, there are good days and bad days. As

you can tell from this letter, today is a good day and I am so happy I am able to connect with you! On a bad day, I have trouble tracking and have a hard time remembering details and information from one minute to the next.

That all being said, I would still love to hear from you via email about how you are doing. Please know that I will respond personally, as, if and when I am able, and that any emails that require immediate attention will be answered by my assistant. *Please no phone calls.*

As for my body of work, know that there are others whom I have trained who are teaching the work. Sage has stepped up to hold space for the work and create a collective environment for it to grow. I am immensely grateful and will be as much a part of it as I am able.

We are in the process of updating our website for a place to find resources and teachers. If you are one of the folks who reached out this past year for a private session, my sincere apologies for not being able to work with you. It is our hope that the website will link you to other like-minded teachers and healers, or please do not hesitate to reach out by email to ask for a referral.



I look forward to hearing from you if you have the time and would like to share.

Blessings and love,  
Nicki

Please accept this gift of the Heart Breath narrated by Nicki:

Audio: [The Heart Breath](#)

Article: [The Heart Breath](#)

In the spirit of keeping Nicki's work flame burning bright, please find the upcoming Alchemical Healing online course offerings and a practitioner recommendation below.

## Alchemical Healing Classes

Alchemical Healing (Online) with Nik Balogh:

Level I — June 3, 4, 5 2022

Level II — Sep 30, Oct 2, 3 2022

Level III — Dec 2, 3, 4 2022

<https://www.nikbalogh.com/alchemical-healing>



### A note from Nik Balogh

Meeting Nicki Scully was a life changing moment for me. At the time, I was drawn to continue my study in the healing arts so, in the summer of 2010, I attended the Alchemical Healing Intensive training program. I was completely blown away by the power and magic that I experienced over the course of the workshop and beyond. I witnessed how Nicki completely trusted her senses and amplified everyone else's, while commanding respect for the work in a playful way. My previous teachings felt rigid and stoic. This was art. This was something new. This changed everything. Taking all that I had learned in various healing modalities— Shamanism, Herbalism, Reiki, Quantum Touch and Yoga— weaving it into something so much more powerful and effective. Alchemical Healing is a vehicle that utilizes all of your knowledge to come through for the client in a way that they can best receive it.

There are two incredibly integral factors of this profound art. The first is that your personal skill is but a solid foundation for the powers of the Elements, Allies, and Spirit to work through you as a team. You don't need to 'know' what to do, you just need to trust and welcome what comes through with discernment. And second, the engagement of the person in their own healing process is essential. The miracles I have witnessed by empowering people to use their senses and walk them through their own healing journey is why I have made it my life's work to share these teachings. I am incredibly grateful for the opportunity to help carry this legacy forward into the future.

# Alchemical Healing Practitioner Recommendation

Kalita Todd, 30 year Alchemical Healing practitioner and student of Nicki Scully's work. Providing Alchemical Healing Classes I and II throughout California and available for private healing sessions in person, by phone or zoom.

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