



# SHELLY BURTON

ENERGY MEDICINE WOMAN

After experiencing a life-altering concussion that was impermeable to Western medical care, Shelly Burton found her true calling as a healing knowledge facilitator. Burton is an extraordinarily gifted and highly sought-after energy medicine healer and wise woman, who has helped thousands of people across the globe. She has helped them radically transform their emotional health and overcome deep-seeded barriers through her systems of energy medicine.

“After my brain injury, I felt crippled by my sensitivities,” says Burton, who holds an MPhil in Medical Anthropology from Oxford University, and a B.Sc in Biomedical Science from the University of Guelph. “Suddenly, the world became overstimulating. Noise, light and movement affected me. And I was physically and emotionally impacted by the pain of everyone around me, too. I no longer was able to ignore my intuition and was forced to listen to it to heal.”

Eventually, Burton started training in energy healing, and that was her a-ha moment when everything made sense. “I discovered that my sensitivity could truly help people, and it became a superpower.” Burton eventually tapped into her spirit guides, channeling knowledge and insight for the people she worked with in her practice.

With a medical anthropology degree from Oxford, a deep shamanic apprenticeship, as well as completing spiritual and neuroscience-based mind rewiring studies, including with former child soldier Emmanuel Jal, Burton is able to apply spiritual principles in a grounded, practical way for real understanding of the self and change. Jal was living in Toronto when he met Burton. Her Oxford thesis focussed on peace-building tools for former child soldiers, and they immediately connected. And he taught her how to reprogram the subconscious mind, which is responsible for creating 95% of all thoughts. It helped him heal the trauma of war.

In 2021, Burton decided to pick up and move from Toronto to the jungle of Nosara, Costa Rica. Months in, she had a herniated disk caused by lingering issues from being a varsity athlete and off-roading. Barely able to walk and unable to leave her house, Burton took her healing abilities to a new level. She mastered her deepest fears, learned to ask for help and made a full recovery. This taught her the true meaning of embodying a positive mindset over the fear she was facing.

Burton is an emotional trauma and sensitivity specialist. She teaches how trauma is created and how to overcome it. Blending intuition with practicality, she guides clients to heal emotional wounds, and teaches them how to process trauma with empathy, how to see sensitivity as a gift, and harness its power to create a life of thriving wellness. Her trademark strategies are about having your thoughts and emotions work with — rather than against — you. Sensitivity shifts from a burden to become a creative superpower.

In interviews, Burton teaches listeners how to meet core emotional needs, trust inner voices and find an anchor in the truth of who they are. Listen and you will learn how you are a divine being, a radiant light and are worthy unconditional love and abundance.

It is through Burton’s understanding of emotional health, rooted in a fusion of science and a higher understanding, that she has become a popular speaker, podcaster and author. She has been featured on BBC World Service, The Toronto Star, Netflix and The Huffington Post.

## KEY FOCUSES

- Trauma and emotional healing
- Empathy and its deep role
- Rewiring the subconscious mind
- Sensitivity as a superpower
- Emotional regulation with animals, especially horses
- Spiritual channeling

Shelly Burton has a deep understanding of emotional trauma and how deep/compassionate empathy can be used to help rewire mental and emotional wellbeing. She helps her clients understand painful emotions and their signals. Burton guides them to develop self-empathy and choose to stop identifying with pain on the mental, emotional and physical levels. She supports clients to instead choose and embody their own truth in a grounded and practical way.



# INTERVIEW TOPICS AND QUESTIONS

1. What is energy healing? How does it work?
  - Is energy healing real?
  - How can it be used in everyday practice?
2. How to heal emotional pain
  - How to understand emotions
  - What is emotional regulation?
  - How mental health and emotional validation are intricately related
  - What is emotional maturity? How can you attain it?
3. Life as an empath and a highly sensitive person
  - Changing the perception of sensitivity to a superpower
  - Tips for being highly sensitive
4. How to understand highly sensitive and empathic children
  - Are you pushing your highly sensitive child too much?
  - How to empower an overwhelmed child to process their emotions
5. Working with animals for healing
  - Expert advice on working with horses as healers
  - How your animals, even pets, can help heal a heart
  - How to give yourself and receive love
6. What it's like to navigate fear
  - The difference between fear and something not feeling right
  - How perception creates reality and the power of positive expectations
7. Identifying and avoiding triggers
  - What is a trigger?
  - How to navigate life with triggers
  - Triggers' roles in emotional maturation, responding versus reacting
8. Setting boundaries and keeping your heart open
  - The difference between clear boundaries and shutting others out
  - How to embody the divine feminine while protecting yourself
9. Manifestation: Creating the life you want
  - What is manifesting and how to do it
  - What it means to manifest wellness, especially in the face of challenges
10. What is love?
  - The meaning of love is at its core
  - How as a Western society, love is often transactional
11. Happiness and authentic relationships
  - Vulnerability with others in receiving help and protection
  - How to really embrace the idea of not wanting anything in return
  - Living with positive self-image and expectation
  - Creating positive micro-interactions with people who genuinely care about you
12. How Burton found happiness
  - Healing a herniated disk in the jungle of Costa Rica, where she couldn't leave her house for a month and there was no delivery service
  - She mastered her fear and learned to ask for help.
13. Being a medium and clear spiritual channel
  - What is a medium? What is channeling?
  - How channeling can help
  - How to develop intuition and become a clear channel



# WORKING WITH SHELLY

## Burton can:


- Help people understand their emotions and develop self empathy
- Teach understanding of and compassion with your emotions
- Aid in choosing your identity, moving your identity outside of traumatic experience or conditioning to show up as your self
- Show how to process the past and choose a new reality

## The goals of working with Shelly Burton:

- Recreating your operating system
- Healing the trauma within
- Meeting your need for empathy and understanding emotions
- Validate experiences
- Compassionately respond to pain and trauma
- Understand your emotional responses to trauma or negative experiences
- Transform an identity based on pain into the real truth of who you are
- Help you navigate and reframe memories that are holding you back
- Use love and truth as part of your grounded, independent identity, based on spiritual integrity, your life experiences, as well as wellness and happiness.

Shelly Burton's academic prowess is balanced by her training in Usui and Tera-Mai Reiki, a Shamanic apprenticeship, a six-month intensive in hosting ceremony and subconscious mind reprogramming with former child soldier Emmanuel Jal. She is a highly sought-after practitioner, who has hosted workshops at the prestigious Soho Farmhouse in the U.K., and has served clients worldwide.

## CONNECT WITH SHELLY

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