

Abbey Bowman

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Summary

Spiritually grounded practitioner with over two decades of lived and studied experience in consciousness exploration, spiritual integration, and transformational healing. Blends intuitive awareness, cross-cultural spiritual study, and trauma-informed lived experience to support deep inner work, shadow integration, and relational healing. Founder of Heartisan Modalities, centered on compassionate, integrative, and humanizing approaches to personal and collective transformation.

Spiritual Development, Education & Training (Chronological)

Early Spiritual Awareness (1990–2000)

- Innate connection to spiritual presence and direct communication with “God” in a non-religious environment
 - Early questioning of existence, meaning, and unseen forces
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Philosophical & Spiritual Inquiry (2002–2004)

- Developed a personal, logic-based framework for spirituality and belief
 - Studied global spiritual traditions: Hinduism, Taoism, Confucianism, Buddhism, Christianity, Animism
 - Explored philosophical perspectives from both spiritual and atheist thinkers (Spinoza, Descartes, Plato, Aristotle, Nietzsche)
 - Integrated insights from biology, physics, and sociology
 - Arrived at an early conceptualization of a unifying “something,” later understood as consciousness
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Break with “Ordinary” Reality (2004)

- Experienced a profound and involuntary shift out of what we call reality, resulting in psychiatric hospitalization

- Encountered deeply meaningful and complex insights that continue to be reflected on and integrated over time
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Dark Nights of the Soul (2004–2014)

- Lost in addiction and suffering for many of these years
 - Operated from unhealthy or unaware patterns, often trying to “explain” God to people which, of course, was unwelcome
 - Development of resilience, discernment, and capacity to hold complexity
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Foundational Spiritual Training (2017)

Mary Shutan

- Cleansing Course – Practices for energetic hygiene, clearing stagnant or intrusive energies, and maintaining boundaries
- Ancestors Course – Introduction to ancestral connection, lineage awareness, and inherited patterns
- Discernment Course – Strengthening the ability to differentiate intuition from fear, projection, or external influence
- Elements Course – Working with elemental forces (earth, air, fire, water) for grounding and balance

Additional Training (2017)

- Journeying – Christina Pratt – Foundational shamanic journey practices for accessing guidance and insight
 - Journeying – Sandra Ingerman – Techniques for entering non-ordinary reality for healing and spiritual connection
 - Manifesting – Alda Birch – Exploration of intention, alignment, and co-creative processes
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Transformational & Shamanic Training (2018–2020)

Christina Pratt

- Cycle of Transformation – Year 1 (2018) – Intensive personal transformation work through shamanic frameworks and self-examination

- Cycle of Transformation – Year 2 (2019) – Advanced integration of transformational practices and spiritual responsibility
- Clearing Course (2018) – Identifying and releasing spiritual and emotional blockages
- Ancestral Healing (2019) – Deep work with lineage patterns and inherited trauma
- Shadow Work Training (2019) – Integration of unconscious aspects of self

Sandra Ingerman (2019)

- Soul Retrieval – Healing practice focused on reclaiming fragmented aspects of self following trauma

Gaia Sagrada (2018)

- Exploration of plant medicine with multiple Shamans

Applied Practice/Mentorship (2020-2023)

- Journey support during Shadow Work Training (hosted by Christina Pratt, Langston Kahn and Jane Carr)
- Provides Divination Journeys, Soul Retrievals, Ancestral Lineage Clearing, Energy Body Clearing support to family and friends

Spiritual Healer Practitioner Training & Deepening Practice (2022–2023)

Reverence Code – Shawna Bluestone (2023)

- Mystic, Indigenous, Ancient Science and Wisdom

The Spectrum of Cultural Appropriation-Shreena Gandhi & Eric Hemenway (2023)

- Analysis of cultural appropriation of Indigenous and Hindu practices

Spiritual Healer Practitioner Training - Dr. Amy Kelcher (2022-2023)

- Comprehensive practitioner training in spiritual healing modalities
- Integration of intuitive, energetic, and client-centered healing approaches
- Emphasis on ethical practice, grounded presence, and client empowerment

Approach & Philosophy

Abbey's work is rooted in the understanding that healing is both deeply human and profoundly spiritual. She approaches spiritual development with discernment, honoring

expanded states of awareness while emphasizing grounding, integration, and relational safety.

Her perspective is shaped by extensive study and lived experience, including navigating altered states of consciousness and long-term integration. This allows her to hold space for complexity, transformation, and meaning-making with clarity and compassion.

Affiliation

Founder, Heartisan Modalities

A practice dedicated to integrating spirituality, emotional awareness, and relational healing in accessible and human-centered ways.