



Female Shamans' Healing Women Through Interactive Experiences

Female shamans' & healers' holistic approach to women's reproductive health - database and interactive healings

Why Female Shamans Healing Women?

Female shamans throughout history have used a variety of holistic and practical approaches to provide healthcare for women, often in secret and at great peril, particularly in the realm of childbirth and reproductive health. These natural practices frequently involve understanding of herbs and plant remedies as well as spiritual practices that calm the mind as much as the body, helping women to manage pain and other sometimes unclear ailments and diseases.



Artwork credit: “**Curandero**” by Mario Gonzalez Chavajay
in Humanities Collaborative

<https://humanitiescollaborative.utep.edu/project-blog/curanderismo-borderland>



Holistic Approach to Women's Healthcare

In many cultures, traditional healing practices have long played a vital role in women's healthcare, addressing physical, emotional, and spiritual well-being in a holistic manner. These ancient traditions, rooted in deep understanding of the female body and psyche, can offer valuable insights and complementary approaches to modern medicine, fostering a more comprehensive approach to women's healthcare.

Photo credit: Times Media Group / Africa Media Online in African Insider <https://www.africaninsider.com/health/strong-medicine/>

Introducing Traditional Female Healers and Shamans



Prevalence of traditional female healers and shamans across diverse cultures

Traditional female healers and shamans have played crucial roles in various indigenous and traditional societies around the world, serving as spiritual leaders, healthcare providers, and keepers of ancestral knowledge.



Holistic approach to healing and wellness

These traditional female practitioners often utilize a holistic approach, combining spiritual, herbal, and ritualistic methods to address the physical, emotional, and spiritual well-being of their communities.



Transmission of ancestral knowledge and practices

Traditional female healers and shamans play a crucial role in preserving and passing down ancestral knowledge, traditions, and healing practices from generation to generation, ensuring the continuity of these important cultural legacies.

Traditional female healers and shamans have been integral to the well-being and cultural heritage of communities around the world, and their valuable contributions continue to be recognized and celebrated today.

The Historical Significance of Traditional Healing Practices

● 4000 BC

The earliest evidence of traditional healing practices discovered in ancient Egyptian and Chinese civilizations.

● 500 AD

Ayurvedic medicine flourished in ancient India, integrating holistic approaches to health and well-being.

● 1500s

Indigenous communities in the Americas developed extensive traditional medicine systems, utilizing local plants and rituals.

● 1800s

Traditional healing practices were suppressed by colonial powers, leading to a loss of knowledge and cultural erosion.

● 1960s

The rise of the alternative medicine movement sparked a renewed interest in traditional healing practices worldwide.

Addressing Women's Reproductive Health



Menopause Management

Providing holistic support and strategies to navigate the physical and emotional changes associated with menopause



Pelvic Health

Addressing issues such as incontinence, pelvic organ prolapse, and other pelvic floor disorders through specialised treatments



Reproductive Wellness

Empowering women to achieve optimal reproductive health and well-being through education, counselling, and personalised care



Hormone Therapy

Evaluating and managing hormone imbalances to alleviate symptoms and promote overall hormonal health

From a holistic, women-centred approach to reproductive health, the project aims to provide personalised, compassionate experiences of cross-culture healing to empower women to navigate the stages of their reproductive health care with confidence and knowledge

Incorporating Traditional Healing Practices

Case Study: Integrating Traditional Chinese Medicine in a Pediatric Clinic

A pediatric clinic in a major urban center successfully integrated traditional Chinese medicine practices, such as acupuncture and herbal remedies, into their treatment plans for pediatric patients. The clinic reported improved patient outcomes, increased patient satisfaction, and reduced reliance on conventional medications.

Case Study: Incorporating Ayurvedic Principles in a Holistic Health Center

A holistic health center in a rural community incorporated Ayurvedic principles, including dietary recommendations, yoga, and meditation, into their integrative healthcare model. The center reported improved overall health and well-being among their patients, as well as increased interest and demand for their services.

Case Study: Integrating Traditional Māori Healing Practices in a Community Hospital

A community hospital in New Zealand implemented a program to integrate traditional Māori healing practices, such as the use of medicinal plants and spiritual rituals, into the care of their indigenous patients. The hospital reported increased patient engagement, improved health outcomes, and stronger connections with the local Māori community.

The Power of Storytelling

- **Female Shamans**

Female shamans, individuals who serve as spiritual leaders and healers...

- **Extended/Virtual Reality Storytelling**

We will utilise advanced technologies through extended reality (XR) to create immersive and captivating experiences of a healing from a virtual healer for each visitor

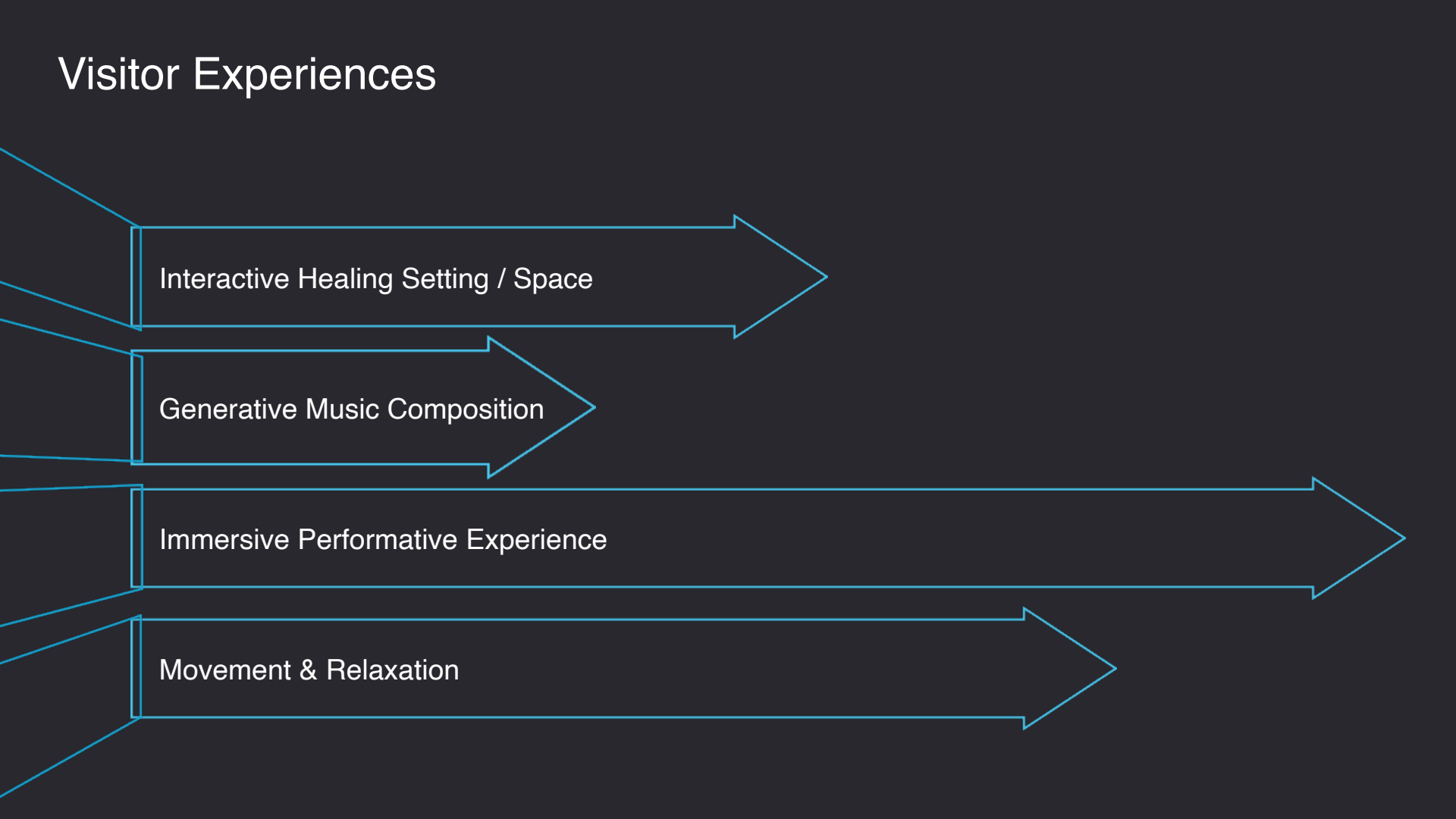
- **Empowering Experiences**

Through the power of these innovative storytelling techniques, we will engage and captivate visitors, providing a realistic “in situ” healing consultation

- **Facilitating the Healing Process**

The virtual shamans will “perform” bespoke healing rituals, guiding the “patient” through a transformative healing journey and a remedy to explore

Visitor Experiences



Interactive Healing Setting / Space

Generative Music Composition

Immersive Performative Experience

Movement & Relaxation

XR Healing Approach

Practiced-based Artistic Research

Artistic practices using emerging technologies of photogrammetry, drone footage, and volumetric capture, as well as photography and video, will be used to develop the “healing” experiences for visitors. This will emphasise the artist's vision of a bespoke “healing” capturing the shamans in their natural habitat to preserve the realistic nature of their healing practices. We will be collecting a database of female reproductive ailments and concerns, and their treatment by female healers from 8+ traditional healers to be accessed by the interactive installation for bespoke “healings”.

Performative Installations

We will develop immersive, interactive art installations that engage “patients” on a sensory and emotional level. These performative installations may incorporate actors, dance, and will have a natural sound environment based on the region and traditional practices captured, to create the most accurate representation of the healing atmosphere, as it might happen in that culture. This might include incense and other contextual props and accoutrements.

Immersive Healing Experiences

The final performative experience will include a physical space and setting that enables the visitor/ “patient” a private and intimate experience with the “healer” including preparatory onboarding and post-experience debriefing.

The space will be a “blank” slate but will include comfortable seating on the floor to enable the bespoke “healing” environment to be “projected” onto the real-world space - using either mixed reality headsets like HoloLens or Apple Vision Pro to mix the real and virtual seamlessly.

The Role of Technology

Extended and virtual reality technologies are being leveraged to create immersive, transformative healing experiences. These technologies can transport individuals into calming, therapeutic environments, promoting relaxation, pain management, and personal growth. This approach taps into the brain's neuroplasticity, harnessing the power of the mind-body connection to facilitate healing and well-being and will act in tandem with modern medicine not as a substitute. The experience will also serve to support and validate the frustrating experiences that women often experience within the modern healthcare system, giving them more to go away with for self healing and to take more control over their healthcare from a preventive approach



Key Objectives

Provide Comfort

Offer a safe and nurturing environment for women to process their emotions and experiences during critical life stages

Offer Support

Provide access to resources, counselling, and a community of peers to help women navigate challenging transitions

Empower Women

Equip women with the tools and knowledge to make informed decisions and take control of their healing journey

Promote Holistic Wellbeing

Address the physical, mental, and spiritual needs of women to foster a sense of balance and inner strength

““The earth is not ours to own, but to care for and nurture. Each plant, animal, and person is a sacred part of the great web of life.””

GRANDMOTHER AGATHA, NAVAJO HEALER

The Path Forward: Transforming Women's Healthcare

Increase in Women's Access to Traditional Healing Practices

Reduction in Maternal Mortality Rates

Improved Prenatal and Postnatal Care

Increased Patient Satisfaction Rates

Outcome & Impact

The 'Female Healers for Women's Health' database and XR experience will offer a unique cross-cultural approach for exploring traditional healing practices and healing for women's health without traveling to those places. It serves as a growing database of traditional remedies, treatments, plant concoctions, providing valuable insights and information to empower women in managing their well-being and in the process preserve these traditional healing practices before some of them or the plants used for them go extinct.



The Ask

- How much money do you need?

I need to raise between £100,000 and £300,000 broken into phases:

- 1) **creative tech prototype** - cost = from **£20,000 to £50,000** for 6 months work (depending on funder);
- 2) **network building, research, database scoping and prototype 2** phase - cost = **£80,000 to £120,000** for 12 months work, and
- 3) **full production** phase, traveling to at least **8 locations** with one female healer in each location in across the globe, including building the **full database tool** to be used to generate the **bespoke XR healings** from each culture and tradition - including from history - or combined - cost = £200,000 to £300,000 over 3 years

- How much have you raised so far?

- none but applied for **Immersive Arts fund (£20,000)** December 2024 for creative prototyping, **Unity for Humanity grant (£100,000)** February 2025 for creative prototyping and database development, applying for the **AHRC Curiosity fund (£100,00)** early March 2025 for the networking and research phase 2, and **RCA Internal Development funds (£10,000)** for 1st prototype.