

## FAQ

Here is the combined 27-item FAQ with questions and concise answers for Maggie Bot. [[talismanicmedicine](#)]

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**1. Who is Frank Giokas, and how does he describe his work?**

Frank Giokas is an initiated practitioner of talismanic medicine who offers Spirit-led healing ceremonies and personalized talismans as a transcendent spiritual service. [[talismanicmedicine](#)]

**2. What does it mean to be an initiated practitioner of talismanic medicine?**

Being initiated means he has undergone direct spiritual training and ceremony, receiving formal recognition to walk this medicine path in service to others. [[talismanicmedicine](#)]

**3. How is talismanic medicine an ancient healing art and transcendent spiritual service?**

Talismanic medicine draws on ancient, Spirit-guided practices and uses sacred objects and ceremony as a bridge between the seen and unseen for deep healing. [[talismanicmedicine](#)]

**4. What does Frank mean by “Spirit medicine” in this practice?**

Spirit medicine here is healing work done in cooperation with the Divine, Spirit allies, and the Ancestors, rather than only from the personality or ego. [[talismanicmedicine](#)]

**5. How does the Spirit medicine he shares cleanse and uplift mind, body, and spirit?**

It helps clear heaviness and imbalance in your energy field so your mind, body, and spirit can reconnect with their natural vitality and alignment. [[talismanicmedicine](#)]

**6. What are Ancestral and Nature-based healing forces in this context?**

They are the helping powers of your Ancestors and the living intelligences of the natural world that support protection, guidance, and restoration. [[talismanicmedicine](#)]

**7. What is the “gentle dance of interconnection with the Divine” that Frank speaks about?**

It is the ongoing relationship of listening to Spirit, responding in ceremony, and moving with Divine guidance at every stage of the healing process. [[talismanicmedicine](#)]

**8. What does it mean to be welcomed through a sacred portal to the Otherworld?**

It means entering a protected, consecrated space where you can safely meet the Spirit world for insight, healing, and blessing. [[talismanicmedicine](#)]

9. **What are the “abundant, healing gifts” awaiting across the veil?**  
They include blessings, clearings, soul-level adjustments, and new pathways of support that help you move forward on your life path.[\[talismanicmedicine\]](#)
10. **How did Frank first receive his calling to Spirit medicine?**  
Frank received a direct spiritual calling that led him into relationship with his Initiatory Guide and into dedicated training in this medicine.[\[talismanicmedicine\]](#)
11. **Who is the Initiatory Guide Frank met through a direct link to the Spirit world?**  
The Initiatory Guide is a Spirit-world teacher who appeared to instruct and mentor him in the art and responsibility of this healing work.[\[talismanicmedicine\]](#)
12. **What did Frank learn during his training in the timeless art of the talisman?**  
He learned how to create, consecrate, and work with talismans as living tools of healing, protection, and spiritual support.[\[talismanicmedicine\]](#)
13. **How did an African Tribal Elder confirm and bless Frank’s calling?**  
An African Tribal Elder offered ceremonial confirmation and blessing, affirming that Frank was authorized to bring this medicine forward for others.[\[talismanicmedicine\]](#)
14. **What does it mean that Frank “emerged a Spirit medicine practitioner”?**  
It means he stepped fully into his role as a Spirit medicine practitioner, walking with this calling as his life’s service.[\[talismanicmedicine\]](#)
15. **What are talismans as described in this practice?**  
Talismans are consecrated objects created in ceremony to carry specific healing intentions, protections, and spiritual functions.[\[talismanicmedicine\]](#)
16. **Why are talismans called cross-cultural tools handed down from antiquity and indigenous society?**  
Because many ancient and indigenous traditions use sacred objects as channels of Spirit power for healing, protection, and guidance.[\[talismanicmedicine\]](#)
17. **In what way are talismans considered a “living technology from the ancient world”?**  
They are “living” because they are activated with Spirit, intention, and relationship, functioning as dynamic tools rather than static symbols.[\[talismanicmedicine\]](#)
18. **How are talismans now “reunited with our modern age”?**  
They are being reintroduced as powerful supports for people facing modern stress, fragmentation, and spiritual disconnection.[\[talismanicmedicine\]](#)
19. **Why are talismans described as beautiful, mysterious, and powerful devices of great healing?**

They are carefully crafted, ritually awakened, and used in partnership with Spirit, which makes their effect both subtle and deeply transformative.[\[talismanicmedicine\]](#)

**20. What is ancestral healing in the context of Talismanic Medicine?**

Ancestral healing addresses wounds, patterns, and burdens carried through your lineage and soul history across generations.[\[talismanicmedicine\]](#)

**21. How does ancestral healing clear harmful patterns and programming handed down through the ages?**

It unwinds inherited beliefs, behaviors, and energetic imprints that keep old suffering in place, opening space for new patterns.[\[talismanicmedicine\]](#)

**22. What kinds of unresolved trauma can ancestral healing help release?**

It can help release grief, fear, oppression, and shock stored in the ancestral field that may be affecting you and your family today.[\[talismanicmedicine\]](#)

**23. What does “healing from the root” mean in ancestral healing work?**

Healing from the root means tending the original sources of pain so the branches of your life—your choices, relationships, and health—can grow differently.[\[talismanicmedicine\]](#)

**24. How does healing move from our individual field outward through the cosmos to promote wholeness in the Universe?**

As one person heals, that change ripples through family lines and the wider web of life, contributing to greater harmony in the collective field.[\[talismanicmedicine\]](#)

**25. How does ancestral healing serve as a “gateway to the Spirit World”?**

It opens a structured, safe way to honor, meet, and work with the Ancestors and Spirit allies who walk with you.[\[talismanicmedicine\]](#)

**26. Does Frank offer distance sessions, and how are they conducted (phone or Zoom)?**

Yes, he offers distance sessions by phone and Zoom so you can receive this work from wherever you are located.[\[talismanicmedicine\]](#)

**27. Where are in-person appointments available for sessions with Frank (regions and cities)?**

In-person appointments are available by arrangement in Washington State and the Vancouver, BC region, including Bellingham, Seattle, and nearby areas.[\[talismanicmedicine\]](#)

Pricing Summary:

All of Frank Giokas's services use a sliding scale pricing model, meaning costs vary based on individual circumstances. Specific prices are not listed on the website. Here are the services and their details:

Talismanic Medicine Ceremony - 3-5 hours duration

Intuitive Body Scan (Chakra/Energy Reading) - 45 minutes to 1 hour

Spiritual Guidance & Mentorship Sessions - 1 hour (with free initial consultation)

Personal Talismanic Devices - Made to order (10-14 days)

Archetypal Talismanic Devices - Pre-programmed devices

West African Stick Divination - Divination reading

Curse Removal Ceremony - Energy clearing ritual

House & Land Blessing - Space clearing

To get pricing information: You need to email Frank directly at [cosmicmedicinewheel@gmail.com](mailto:cosmicmedicinewheel@gmail.com) to inquire about rates. He also offers free consultations for Spiritual Guidance & Mentorship Sessions before committing.

The sliding scale approach allows for flexibility based on your financial situation, which is common in spiritual healing practices.

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