

Talismanic Medicine Logo

Home

My Path and Practice

Spiritual Services

Calendar

Testimonials

Blog

Contact

Testimonials

“Frank is a true treasure for our community. He is a modern day shaman, grounded in African tradition, whose connection with the spirit world is unique. He practices his sacred ceremonies with high integrity and care. It is always a pleasure for me to experience his special gifts.”

Paula Forget

,

Meditation Teacher, Author of ‘Guided to the Higher Realms: A Personal Journey of Ascension Through Meditation’

“Frank’s work within the medicine wheel is invaluable. He is the real deal.”

La’akea

“Since our talismanic medicine ceremony, I have been having wild dreams and synchronicities. I’m excited to see the further ways in which our work together unfolds.”

Emily

“I have been exposed to masterful healers and teachers from around the world and can confidently say Frank is among the top practitioners I have ever worked with. And I have been deep in the world of healing and spiritual development for two decades. Working with Frank has been transformational, educational and incredibly profound. He approaches the work with deep commitment, unquestionable integrity and profound wisdom. I have started seeing him quarterly and every time we work together, I leave feeling more aligned, more clear and more aware of how the universe works.”

Elizabeth

“Deep overflow of appreciation for your revamping and evolution of my field/being. I’m currently experiencing life with greater fluidity and openness. It’s as if I had been driving around with brakes partially on and tires low with no definitive perception of it, until a mechanic clearly adjusted the ride. Beyond belief blessings.”

Debbie

“My journeys with Frank have been truly phenomenal. His guidance and insights have been invaluable in helping me understand my own personal story and path. During the sessions he went right to the source of my issue. As a result of our work together I definitely felt more ease and freedom. And more hopeful for the future. I am incredibly grateful for Frank and the

amazingly powerful gifts he graciously shares with his clients. I highly recommend Frank's services to anyone looking for genuine, transformative healing."

Bonnie

"I was extremely impressed with the authentic nature of the talisman that Frank created for me. Without meeting me, he was able to track and then craft a highly unique and powerful talisman that has informed me in many meaningful ways. As a Shaman and Coach for the last 21 years, I know when something is real. And Frank's work is real."

John Leto

"I have really felt a big difference in my energy and mental state since our ceremony together. I appreciate it so so much. You have a real gift."

T.N.

"Through continued 1:1 Guidance & Mentorship, Frank has become a trusted Guide, Mentor, Teacher, Healer, and Intermediary on my Sacred Journey. The feedback and insights he shares during our sessions are articulated with care and precision which has enabled me to see what I otherwise could not. As an extraordinary listener and gifted intuitive, he has given light to my personal spiritual path, offering greater clarity, understanding and knowledge to assist and direct me along the way. I am honored to receive the generosity of Frank's gift of Divine Wisdom and my heart is grateful for his continued guidance."

Eugenia

"When I first encountered Frank's talismanic medicine, I had been struggling for two and a half weeks with severe digestive distress. I was nauseous, in constant pain and had resorted to eating nothing but bananas, rice, and applesauce. I had seen my naturopathic doctor, took a homeopathic remedy and started taking a supplement as prescribed to no avail. I was fatigued and becoming malnourished.

Thank goodness I had a ceremony scheduled with Frank. I put my trust in him and the healing that was in my highest good occurred. Through his medicine I was restored; rejuvenated. My gut was noticeably more comfortable that same afternoon and three days later I was completely recovered from what had plagued me. My energy had returned. I highly recommend Frank's talismanic medicine for whatever ails you."

Elaine D.

"Frank is gifted in ways I've never experienced before; even with other highly talented shamans. I'm humbled and awed by the work he did and grateful beyond measure. There are no words to express the fullness of my appreciation or relief. It feels as though my life was totally reset, restored and indeed resurrected. Thank you for giving me my life back. Only bigger, brighter and better."

Amy

“Frank’s offerings are beyond anything I have experienced. Right along with many indigenous I have worked with.”

Elena

“The time I spent with Frank in talismanic medicine ceremony was the most valuable time I’ve ever spent in my life!”

Mary

“As someone who owns a retreat center, facilitates many rituals and ceremonies myself... Frank is my go to person. He’s the real deal! My sessions with Frank have always been beyond this world. And have supported me in ways I could have never imagined. His ability to let go and surrender is unlike any practitioner I’ve ever met. The divination he offers is potent to say the least. I am still unpacking what was unveiled in our session months ago.”

Micaela

“I am so grateful to have had the opportunity to work and be in ceremony with Frank. The clearing and unearthing I experienced was profound and exactly what my energetic system needed – but was struggling against. Having a system reset may sound intense but it wasn’t overwhelming because of the care and gentle space Frank provided. The post-ceremony integration rituals further supported the completion of the energetic unfurling I felt. The healing container Frank has cocreated with his guides is gentle yet operated on the frequency of truth and provided me with the push I needed to achieve a deep transformation.”

Marlene

“I did a talismanic medicine ceremony with Frank. And felt honored by his act of service to me. I appreciate that he put so much time and energy into me. He has a wonderful gift that he uses to the benefit of others. I left feeling more clear and feeling inspired. Afterwards, I felt more perceptive of energies in and around me. He has helped me on my spiritual path of evolution.”

Janelle

“I am extremely grateful for your guidance and support. I am feeling better and ready to begin my journey anew.”

S.T.

“Thank you, thank you, thank you for the best coaching / guidance session ever! I so appreciate you.”

W.W.

“I’ve been working with Frank for a year and a half doing “Talismanic Medicine Ceremonies” every few months. Each time I’m blown away at how connected he is and how much information and insights he gives me in the debrief after the ceremony. You can tell it’s what he’s meant to be doing here because he’s so passionate and full of energy. What I really like about working with Frank on a regular basis is that he can tell the progression in my body from ceremony to ceremony. The ceremonies blow my mind (and I’m doing them on Zoom). The visions and

physical sensations I experience in my body during the ceremonies can be really intense and insightful. I highly recommend working with Frank to help you on your journey!"

Melanie

"It is hard to believe that three months have passed since my talismanic medicine ceremony with Frank! So many wonderful things have unfolded since then."

Betty

"Frank created a talisman for me that sits on my altar and attends all of my offerings. It is a powerful piece of medicine and I feel it supporting the intention I shared with Frank. I also had a ceremony. I have never worked with a Shaman previously and I did not know what to expect. Frank held the space with clarity and integrity and I felt safe in every sense of the word. He is a generous soul and offered so much to create the setting and afterward for integration. I was surprised by how much wisdom was revealed during the journey. He has recorded his wisdom offerings for me each time we have worked together and offered practices to strengthen the impact of the medicine journey as well as provided feedback to support my experience. I highly recommend working with Frank.

Cristina Mullen

,

Psychotherapist and Meditation Teacher/Seattle

"Working with Frank in the ceremonial and mentorship space has been incredibly valuable in helping me remember and return to my core essence. I have been meeting with him every two to three months for the past year has provided foundational scaffolding for me in my continued process. He holds an impeccably safe and welcoming space to explore, attend to and better relate to all aspects of my being. The way he consistently orients me back to myself and my own experience has been a deeply spiritual, grounding and embodied practice for me. I have recommended Frank to those I deeply care for and continue to work with him myself. A heartfelt thank you, Frank."

Intissar

"I live in Sweden and via Zoom I had the privilege of receiving several sessions from Frank. He treated me with humility and professionalism. His competence and guidance gave me insight and knowledge about myself. During the session, I had the privilege of seeing and feeling fully in my past lives and how they affect me today. With Frank's help, I was freed from all the negative energy within these moments.

Getting everything reviewed after the session and received in an email with a recording of the debrief each time was a gift for me as a serious seeker. Further proof of Frank's presence with me even after the sessions were the guiding processes he offered which I used to continue my work on myself. I am eternally grateful for contact with Frank's wisdom. And plan to return more than often when I feel the need."

Ramiza Bellanius

"Dear Frank, as I move forward in my spiritual path I want acknowledge the hard work and effort you have put into my healings. And how grateful I am for your help."

Brent

"My time with Frank radically altered my world. He assisted in opening doors I didn't even know existed before our session. I am fundamentally shifted and closer in alignment with who I truly am as a result of our time together. And I say that after having seen him a year ago at this point. My work with him has not faded in that time. I cannot recommend Frank and his medicine enough. He is the real deal and a true blessing and a light worker of the highest caliber."

D.M.S.

"It is not usual to meet people like Frank, who give from the heart and from this beautiful bright place. I want to thank you, Frank. Big time. For your time and dedication during my talismanic medicine ceremony. It means a lot to me. I am deeply grateful."

Robin

"I am sitting with humility, gratitude and lots of admiration for Frank's authenticity, knowledge, and openness. Thank you, Frank, for the gift of your offering."

V.T.

"Frank is masterful and talented with so much wisdom and kindness. He is fully committed to your journey. Anyone that has the opportunity to work with him is blessed. I always look forward to my journeys with him. The depth of knowledge that he brings forth for me to learn more about myself and why I am here in the first place is priceless."

ToiAnn

"I appreciate all of your guidance, wisdom and knowledge. The light you have shared has helped me stay on my path."

T.E.

"It's hard to find the words when describing my talismanic medicine ceremony with Frank. The whole experience leaves you speechless and in complete awe and wonder. Frank has an incredible way of making you feel comfortable and at ease. He takes his time and is able to provide insight and details that bring about higher awareness that can blow your mind. More importantly, it opens your heart and brings peace and healing into your life."

My personal experience was beautiful and something I will always remember. Frank was able to provide insight and answers which I was searching for my whole life since childhood. Everything suddenly made sense; it was as if a veil had been lifted. I was finally able to see things clearly for the first time in many, many years. I left feeling lighter, peaceful and hopeful. My overall experience was beyond extraordinary. Sacred, uplifting and something I will never forget. Frank has a way of making your time feel special and unique to your personal healing journey. His gift of healing is the real deal. If you are being led to seek his abilities, please do not

hesitate. You will not regret it. I'm so thankful to Frank and feel it an honor and blessing to have worked with him."

A.S.

"My talismanic medicine ceremony was a truly unique and formative experience in my life. I encountered and realized certain truths, visions and phenomena I previously believed didn't exist. Though I still cannot explain many of the events, I hold the experience as absolutely true. It fundamentally shifted my perspective on life. Another profoundly interesting fact is the remarkable consistency of Frank's prediction regarding my past. It perfectly mirrored the readings given to me by multiple astrologers, even though I never provided Frank with my birth chart, date of birth, or any similar identifying information. My search for deeper understanding continues."

Ranjan

"I can't tell you how meaningful and helpful my divination was. I've been percolating since our work together. Your medicine is such a blessing."

E.L.

"In August 2022, I was at a true crossroads in my life. The strain of my ambivalence was affecting a number of different avenues every day. No other healing source or practice was more thorough or beneficial than my time in ceremony with Frank. I am eternally grateful for his healing. And am eager for our next session.

His abilities and humility to the craft he performs were not surprising based on his character. But how much he released and realigned from within my cosmic body was nothing short of incredible. I felt instantly at ease. And was able to proceed with more clarity than I had felt in years. The positive influence and progression of my life has continued every day since. Our ceremonial experience together was nothing short of remarkable."

Remmington T.

"Since my talismanic medicine ceremony with Frank, I've been able to stop the sleeping pills I've been taking for over five years. This is remarkable because I have been extremely dependent on them & suffered anxiety whenever I didn't have access to them. Frank told me my sleep would improve and it has."

Veronica

"I have worked with Frank and highly recommend his service as part of your spiritual exploration. He holds portals open for seekers of higher consciousness to access your Divine Within. Once you experience this and know what it feels like, you are more prepared to repeat it on your own."

Laura

"I recently had Frank do a West African stick divination for me. I had no idea of what to expect but it greatly surpassed any expectations I might have had. Frank was sharing communication

with me from my ancestors on my father's line and the information was so specific that it could have only come from direct family members. I was then given two ceremonies to perform which achieved exactly there intended purpose. And even went beyond my wildest expectations. It was stunning. If anyone feels the calling to experience this ceremony, I give it my highest recommendation."

G.G.

"Thank you, Frank, for your healing ceremony and in depth description afterwards during our debrief. I greatly appreciate your service. And look forward to us all being more at peace and filled with all the gifts the universe gives us."

Amanda

"I want to express my feelings of gratitude! I really have no words to say how much I appreciate all Frank did for me during our session. I am still integrating and feel much better. Thank you, thank you, thank you! Frank, you are amazing!"

J.S.

"Thank you so much for the ceremony, Frank. I am so grateful for you and your gifts and your precious time!! It was such valuable information! I'm looking forward to see things unfold."

Joan

"Frank is an amazing individual. The ceremony he facilitated was one of the most incredible experiences thus far on my spiritual journey. He is a man of integrity and I felt very safe and cared for. I received a wealth of teachings and information which I am still integrating to this day."

B.D.

"Frank is a gifted individual who has helped me immensely in my journey of personal growth and healing! Even through distance healing sessions over Zoom, he is very thorough and creates a sacred and supportive space. I recommend his services to anyone interested in spiritual guidance, growth, and/or healing!"

Alissa

"Frank was a pivotal part of my healing process. Before going to him I was so weighed down with grief, anger, and guilt. I was a victim of massive abuse and great loss in my life. And I was in need of starting over. Frank greatly helped me in that process. He changed my life. His Talismanic ceremony was exactly what I needed. Frank made me feel comfortable and he took so much time explaining the ceremony and what happened during it in our debrief conversation. He shared what came up within my body and messages from my spiritual guides. It was not only enlightening; but I felt an immediate physical change.

Frank removed a mass of dark energy from me. Afterward, my whole being felt lighter. My heart was lighter. It's something every person should experience. I had such a positive experience that I took my dog, Scholtz, to Frank for a healing ceremony. Scholtz was having

major separation issues with losing his master (my fiancé) from suicide. I could tell an immediate change like a light came back on in him. Frank removed a mass of blocked energy from Scholtz's leg and now he walks just fine. Frank is so beautifully gifted. I'm very thankful and grateful of him and how much he's helped us."

Brenda

"Frank was a pleasure to work with! He changed my life! He healed me in ways that no one has ever been able to at this point in my 58 years of life. I now have freedom and am finally grounded on this planet. Thank you Frank!"

Kassandra

"Very grateful for your medicine work on my behalf. Looking forward to living more fully in my medicine."

N.N.

"Thank you so much for such a powerful session. I really appreciated the container you held for the ceremony and for all you shared with me during the debrief. I've already re-listened to it!"

B.G.

"What I valued most was Frank's guidance after our talismanic medicine ceremonial session. He provided a written summary of the material that arose. And specific ideas for nature rituals to help me remain in living contact with the themes of my journey."

Andrew

"My experience with Frank's stick divination felt absolutely accurate. I truly sensed the vitality of the moment and felt the presence of the ancestors speaking through him. His focus was precise. Frank is exceptional at his craft/gifts."

E.S.

"Thank you so much, once again, for the profound divination experience. Your way of working is beautiful and what came through was so helpful to me. I am still absorbing it all and letting it work with me. I look forward to listening back to the recording of my session."

S.T.

"I first met Frank at a wellness fair in Bellingham, WA. He was offering brief sessions to give people a taste of his work and I knew within minutes that he was the real deal. I later signed up for a talismanic medicine ceremony and my suspicions were confirmed . Frank is a dedicated and intuitive healer. Our session lasted a long time but I was unaware of how long because for me, time had stopped. Afterward, I felt a deep shift in the foundation of my being. I wasn't sure what it was about. But I knew he had accessed something beyond my understanding and beyond this plane of reality.

When the ceremony was over, he talked about the experience and I received more insights from him. Frank had connected with my ancestors and provided information about my family. As well

as the blessings they were bestowing upon me for reaching out to them. It has been a couple of years since I worked with Frank, but I still reflect on the session and lean on the guidance during times of uncertainty. I highly recommend working with Frank. Like I said, he is the real deal.”

Karla

“Frank supports me in connecting deeply with my soul. And feel more at ease with life. His talismanic medicine ceremonies helped me let go of old energy and conditioned behaviours that limited my self-identity. Frank is a divine collaborator who magically supports me to be my true essence. With fully embodied awareness.”

Staci Weller

“A true leader of the heart, Frank is a blessing and gift to me and so many others. Frank is a true and solid Medicine Man who is deeply humbled and honoring of those he is guided to heal. I have shared in many sessions with him my deepest gratitude for his remarkable abilities. And though he has always received them with grace, he seemingly passes the “baton” back to me – saying that I am doing the “work.” And that he is merely a mirror; keeping me on the spiritual path that I have devoted to embody in this lifetime.

I have been walking a divine transformative journey with Frank now for over 16 months. And I continue to feel astounded how all the pieces are unfolding. I now feel like a completely new person at a cellular and vibrational level. Undoubtedly, a newly emerged soul in this human form. Frank has been a cornerstone to my ascension path and a pillar of hope and faith when I felt at my lowest. I have referred Frank to a handful of souls – who I knew would resonate with his healing gifts – and each one have told me how “wowed” they are by him!

I personally was referred to Frank from a very dear friend. From that first session, I knew I was divinely guided to a soul who was going to be instrumental upon my path forward. I started with an Intuitive Body Scan Session. Then booked a Talismanic Medicine Ceremony/Clearing the following month. To begin to describe, in words, my shamanic healing journey with Frank’s otherworldly abilities seems merely impossible.

The following two months after my first ceremony, I felt incredible shifts. And more “online” than I had felt in years. My energy was more alive, and I was beginning to find joy, hope and excitement again in pursuing my path with vigor, curiosity and awe! I knew his healing hands and heart – along with my Guides, Guardians, Angels, Ancestors – were working through with magic. An unfolding and uprising started to occur fully within my soul spirit. In the 16 months months to follow, I stayed consistent with both my Intuitive Body Scans and Talismanic Medicine Ceremonies every 3-4 months like clockwork. I also booked Guidance & Mentorship calls with Frank in between. With each session, scan and ceremony, new layers emerged, new gifts opened up, new energies were felt and new inner strength was embodied.”

Sandra

“I’m grateful for all the energy and authenticity Frank put into my session. His talismanic medicine ceremony was truly transformative.”

K.P.

"Thank you very much for a potent session."

Stephanie

"I am very grateful for your lessons and teachings following my talismanic medicine ceremony. I appreciate how Frank always takes the time to create deep responses that directly target my desired intention. I hope to learn more about the spiritual world. The practices and resources Frank offers help me get closer to understanding."

Noah

"After meeting Frank and getting instruction in talismanic medicine through a workshop, I felt the call to delve deeper into my own personal path and direction. Over time I have done 3 ceremonies with Frank and each has imparted very specific direction and guidance. After I had absorbed the lessons of one, usually taking me about 6-8 months, I was ready for the next. Typically it was at a time of juncture or when I felt unsure of spiritual signs and symbols.

Each ceremony gave me tremendous insight not only personally and into who I was. But to the direction I needed to go in as well. As a lifelong practitioner of T'ai Chi Ch'uan, I felt taken care of in regards to health, well-being and empowerment. What I got from Frank's talismanic medicine ceremonies was direction and spiritual guidance in areas where the signposts were few and far between."

Gene Golden

,

Owner of The Golden School of T'ai Chi Ch'uan

"My session with Frank was a magical experience. He worked on my energy field and then we had a long conversation about his discoveries and the feelings, sensations and transformations I experienced during the session. It was a truly enlightening session! Frank has a wonderful "gift" he offers with trust and kindness."

Tamara Brust

"I had a remote session/ceremony with Frank in November 2020. It was almost 3 hours, beginning to end. I had not experienced a ceremony quite like this one before, as it was an experience of great learning and release of the unconscious. At times during the ceremony, I sensed the unearthing of many lifetimes of release from trauma and fear.

Frank was very mindful of explaining the details of the process before the ceremony. And again after the ceremony in our de-brief conversation. His shamanic practice was very detailed and precise as he worked with Spirit.

During my remote session, I felt a light touch upon different areas of my body and sensed that Frank was removing what no longer served me. I appreciated his ability to sense the areas that

needed to be released. And to walk with – and hold space for me – while I received what Spirit wanted me to receive.

Frank's shamanic practice is tender and life-giving. And he has a beautiful gift of serving Spirit, the Universe and humanity."

Libby L.

"It was a very powerful session. I feel a lot lighter and much more hopeful about my life possibilities!"

M.J.

"My session with Frank came at a time when I was just ending a love relationship that was fraught with anxiety and unfulfilled longing that had gone on for several years. I was heartbroken. But I knew that I had to end the relationship for my own well being. I had never done anything like talismanic medicine ceremony before, so it was all new to me. The ceremonial session itself and the time that Frank took afterwards to discuss his findings definitely helped to shift my energy in a positive direction.

During the ceremony, I had a powerful experience of cutting the energetic cords with my ex lover that was quite profound. Later, I actually described my experience of the session to a friend as a "rebirth." Now six months down the line, I can say that my session with Frank was the turning point for me to finally let go. And be at peace with the dissolution of that relationship. I am extremely grateful to have had the opportunity to work with Frank!"

Laura C.

"Life changing. Thank you so much for my talismanic medicine ceremony."

V.K.

"Thank you, Frank, for your time and beautiful communication during the debrief portion of my talismanic medicine session. It was an absolute pleasure for me to experience this ceremony."

T.S.

"After my talismanic medicine ceremony with Frank, I felt like I came back from a really good vacation. During the session, I went into a deep trance state. Time warped and two hours passed by like it was just five minutes. I felt lighter after the treatment."

Ed S.

"My experience with Frank was nothing shy of a necessity in a very difficult journey. I was going through a very scary health diagnosis with many doctors throwing different theories at me with little overlap. While healing was confusing, the stress was also incredibly high. The doctors barely acknowledged stress as part of the problem. Which it definitely was.

I've worked with Frank on healing similar things for many years as I've known him for a long time. I've watched him grow in his practice over time. At this point in my life, he performed

remote healing on me. I've done this many times with other practitioners and I can say that with Frank's work, my stress was completely gone after each session. It felt like a spiritual intervention that healed parts of the problem within me.

In a world full of people who are too happy to exploit new healing modalities for money, I have never met anyone so devoted to spirit, healing, and over all – love. I do not believe I know a more pure person who only offers what he truly believes in. He devotes himself totally to his practice.

I highly recommend anyone who is looking for such a modality to go to Frank. I would recommend no one more highly."

Erin F.

"Your support, guidance and coaching has been invaluable."

J.J.

"Thanks again for a great session earlier this week! I'm surprised and delighted at what I learned and took away from my talismanic medicine ceremony. It was such a positive experience."

Wendy

"The debrief conversation with Frank immediately following my talismanic medicine ceremony was the best conversation of my life."

Xavier

"Frank demonstrated his 'Talismanic Medicine Ceremony' for my consciousness development community, Masters of the Journey. We look for amazing practitioners with unique skills to better help broaden the perspectives of our members. Without any question, Frank's ceremony was amazing and special. Many of our members requested individual sessions and wanted to know more about Frank and his unique approach.

Speaking for all in our group, we got a great deal from this experience. It was unlike anything we have offered before or since. If you and your group has an interest in Frank's unique ritual/ceremony please know that I recommend Frank's demonstration and his unique skills."

L. John Mason, PhD

,

Founder of the Stress Education Center & Masters of the Journey

"Frank is, in my opinion, a true gift from the Universe to all of us. He exceeded all my expectations of what one human being can do for another. A healing at such high and powerful level. It is impossible to grasp Frank's incredible talent and ability. He is so humble, thorough and skilled in his work. And it really feels that he gives his full focus and attention. Before, during and after the session. Absolutely incomparable!"

During my long distance Zoom session I really felt how the energies moved around the body. And also clear temperature differences from hot to cold. Without Frank's help I would never have been able to get rid of the negative energies that did not belong to me. But that had effected all my life.

Since the session, my life has started to change in the direction I have always wanted and I know that I have Frank to thank for this. And my powerful team in the Universe that I always have by my side . I cannot thank Frank enough for his help."

Lena W.

"I was introduced to Frank and talismanic ceremony through a group called Master's of the Journey, where we were shown how to create our own talismans as part of an interactive workshop. I brought mine home and set it up as an altar in my house. That's where it all began. It was like it had a life of its own. It changed, expanded and grew, as I did. If you have an interest in discovering more about your spiritual path and powers, I cannot think of a better way to start than talismanic medicine. If you are already on a path of discovery and awareness, this would likely be a way to ascend to new levels."

D.D.

"I had an intuitive body scan session with Frank this summer. My experience with Frank's gifts was a loving and gentle remembering of how our internal energy flows and connects. And how to bring alignment to this energy. During our session, Frank reminded me of how energy works through the chakras so that we have fuller connection and operating potential. He opened awareness where I could apply more attention which helped with my clarity and strength. And enriched my spiritual journey. Frank is a genuinely gifted Being! Thank you Frank!"

Nancy

"I am grateful that I got in touch with Frank through two good friends. They were both so incredibly impressed with both Frank as a person and his serious, respectful, careful and loving attitude. As well as his incredibly highly connected energy and acumen to communicate with the Universe and the Ancestors. And receive clear-sighted messages with sharpness.

I myself am so grateful for my long distance session. And feel happy in my soul after meeting with the energies that Frank opened the door to. Also so grateful for the energies that Frank disconnected which blocked energy flow in my body. And created resistance that I myself could not dissolve and be freed from. So grateful.

I feel that Frank puts his soul into his work. I am so grateful that I have been privileged to have had the opportunity to be a part of his energy work. And to meet the powerful, humble energy of my system and mind. I can only recommend you to give yourself a loving gift by hiring Frank to help you regain your full potential. And become who you always were meant to be."

AnnaCarin

"I asked Frank to create a talismanic device for me, created to achieve a particular intention, and I was amazed. The talisman showed me how to use and direct its powers into manifestation. The way it was made was as if the maker had known just what I was going to need.

Frank's direction by Spirit was clearly at play. I am still learning and growing with my device and feel compelled to spend time holding it every day. I think Frank is doing some important work on a planetary basis and if you feel called to explore your own powers, please investigate this on your own."

Gene Golden

,
Owner of The Golden School of T'ai Chi Ch'uan

"For my session, Frank came to my home. He prepared the room and conducted an amazing ritual. It was not what I could have expected; this is a unique process. During and after the ceremony, I experienced a change in energy. Both externally and internally. It is not possible to put these sensations into words. However, there were feelings of better energy and positive sensations.

To integrate Frank's work takes some time. It is not at all uncomfortable. But like the ceremony itself, the integration is unique. I have never experienced anything like this ceremony. Frank is amazing. If you are drawn to consider this experience, I would recommend you speak to Frank. And schedule time for the ritual he will create for you."