

FAQ

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

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 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.

Add to bot info if seeker is looking for info on payment