

SANDY DOW

Shamanist, Nervous System Specialist
and the Creator of The Dow Effect



Official Bio

Sandy Dow is a Shamanist, nervous system specialist and creator of the Dow Effect. Her blending of science and soul provides back stage horsepower and soul provides musicians and entrepreneurs who are ready to achieve the extraordinary. Sandy truly believes that the secret to an on-fire life is to spend more time doing what makes your heart race with excitement. When she is not playing Samba in the streets with her band, juggling or at musical events you might find her writing, coaching, being a mom or whispering to trees.

Fun Facts

I co-authored the bestselling book "In Pursuit of the Divine" and learned I have a passion for writing.

I am a musician in a Brazilian street band, and danced on the stage for a time performing as a cancan dancer. My nervous system has come a long road to overcoming stage fright, and now I own my fierce love of being a performer.

I left my family behind to experience Burning Man when I was 55, and was radically altered by an entire culture of people who expressed themselves freely. It gave me the guts to be way more me.

I ran a marathon when I was 38, and found out it was not much about being able to run for a long time, but all about how to overcome the demons in your mind that tell you that you can't.

I challenged myself to juggle every day for a year. The result? As of yet, still no invitation to join the circus.

Tap Into Your Power
Achieve Extraordinary Results

Contact Training

I'm a Somatic Experiencing® Practitioner. That means I help people to connect deeper with their bodies. Trauma is something that happens to all of us, and it creates an impact on our relationship with our body. The more we can repair our connection to it, the more we can show up in the world in the way we want to. This modality profoundly changed my life and could change yours. Learn more about it : <http://www.traumahealing.org/>

I spent 25 years working in health care, witnessing life, death, birth, accidents, and illness in a way that left me hungry to learn about what was missing in western medicine. I quit, and spent the next 10 years learning all I could about how working with energy, the nervous system, and healing the spirit, can heal the body.

I worked in a treatment facility for adolescent girls with addictions. They taught me a whole lot about compassion and patience; while I introduced them to another side of recovery with yoga, drumming, spirit connections and love.

I spent years studying and apprenticing with Shamans, at home and abroad which deeply influences the way I work.

Email: info@sandydow.com | Twitter: [@DowEffect](https://twitter.com/DowEffect)

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