

SARAH TYLER-WALTERS
TRANCE MEDIUM

Explanation

What happens during a distant trance healing session?

Distant healing means sent to you, where you are, energetically (also known as absent or remote healing). Hence, you do not need to be in the room with Sarah.

You and Sarah will have arranged a date and time for the healing to occur. You will need to make sure that at the time, you are somewhere quiet and comfortable.

You can be sitting or lying down depending on your preference; it makes no difference to Spirit. Ideally, close our eyes. You may like low lighting, silence or soft ambient music in the background. Whatever makes you feel calm and peaceful.

Within 5 minutes of the appointed time, Spirit will send the healing energy. It will last for up to 20 minutes. During the healing, you may feel sensations, temperature changes and a calming effect. None of the sensations will be painful. Sometimes they may be a little uncomfortable; that will pass in moments – especially if they are working on removing something from your energy.

You may find that memories play in your mind, emotions come to the surface and then release or go, images may cross your mind's eye or even colours. The experience will be unique to you and the healing session. At times, you may even feel the presence of Spirit with you – this will pass once the healing ends.

In general, you will feel calmer and more relaxed afterwards. Spiritual healing often continues for a few days after the session, releasing and cleansing. Notice how you are feeling and try to get plenty of rest. Directly after a session, you may feel the need for a nap.

Sarah recommends drinking plenty of water for a few days to heal the adjustment to your body and energy. She also asks that you let her know how you are doing 3-4 days after the session. If you have any queries, you can email her, and she will reply as soon as possible.

Hashtags: #TranceHealing #SpiritualHealing #Trauma #ChakraBalancing