

SARAH TYLER-WALTERS
TRANCE MEDIUM

Frequently asked questions

About an intuitive coaching session

1. I am a cranial-sacral therapist. Can you help me integrate Spirit into my work?

Yes. Sarah has worked with many healing practitioners to bring Spirit into their work. She can look at your spiritual beliefs and understanding, your connection to Spirit and who would like to work with you.

2. I've been referred to you to look at my subtle bodies; what does that mean?

We are more than just a physical body; we are also energetic beings with an aura. The aura consists of several layers (subtle bodies) and a chakra system. Clients often work with Sarah on rebalancing and realigning their energy system, including healing their subtle bodies.

3. How long does it take to realign the subtle bodies?

It will depend on the amount of realigning needed. Rebalancing the aura as a whole may take 3-4 sessions over several months. A few realignments of all the bodies can take two years of monthly sessions with gaps of a few months when you need time to apply and adjust to the changes. The work can take more than two years in cases with more disruption to the subtle bodies.

4. I can feel other people's energy. Can you help?

Yes. Sarah can work with you on understanding why this is happening and fix any problems within your aura. Creating tools and strategies to help you deal with other people's energy and your own.

5. Can my Spirit Guides help me with my work?

Spirit Guides are there to help you with your life, but they can assist in some ways with your work, especially if work is healing or mediumship related. However, if the problem is your working environment and colleagues, Spirit Guides can benefit these situations.

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6. I am a healer, and my workplace has awful energy. Can you help?

Sarah may be able to guide you through clearing the energy in your workspace and helping you to see what is causing the issue. It will depend on the space and the energy. However, if Sarah feels she can not help, she can refer you to specialists in this area.

7. I can't manifest what I want; where am I going wrong?

In a coaching session, Sarah can discuss what you are trying to manifest and how. Look at where some blocks or misalignments are interrupting the process. Remember, you can't always have what you want, but you can manifest what you need.

8. I attended one of your workshops on the Soul's Themes. Can you help me understand my themes better?

Yes. Sarah can look at your Soul themes and how they relate to you and your life and assist you in integrating that information and ways to move forward.

9. I am struggling with a decision and knowing if it is right for me. Can you help?

In a session, Sarah can discuss the decision and determine what is stopping you from making it. Often this is linked to something deeper or is a sign from your Soul. Sarah can help you see what it is and work with you on strategies to resolve the issue.

Hashtags: #SubtleBodies #SoulThemes #EnergyWork #Healing #Therapy