

SARAH TYLER-WALTERS TRANCE MEDIUM

Frequently asked questions

About the Subtle Body Realignment Program

1. 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.

2. 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.

3. I am trying for a baby; can we work on my subtle bodies?

No. Due to the nature of the work and changes that occur. Sarah does not deliver the program to anyone trying for a baby, currently pregnant or has a child of 18 months old or less.

4. Do I need to be seeing a counsellor whilst realigning my subtle bodies?

Childhood trauma is a significant cause of shifts and misalignments in the subtle bodies. Therefore, it is advisable to be working with a trained therapist or counsellor on the trauma before starting to work on the subtle bodies. Many clients who have done the program have been seeing a therapist simultaneously. Working with a therapist or counsellor always precedes the work on the subtle bodies. Likewise, should an issue arise during the realignment process that Sarah feels needs assistance from a therapist, she will advise the client accordingly.

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