

SARAH TYLER-WALTERS TRANCE MEDIUM

Explanation

What happens during a distant trance healing session?

Distant healing means it is sent to you, where you are, energetically. Hence, you do not need to be in the room with Sarah or even in the near vicinity.

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 where you are receive the healing.

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

Within 5 minutes of the appointed time the healing energy will starting being sent to you. You will receive it immediately. It will last for up to 20 minutes. During that time you may feel sensations, temperature changes and a calming effect. None of the sensations will be painful, though at times they may be a little uncomfortable but that will pass in moments – especially if they 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 minds 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 left feeling calmer and more relaxed. Spiritual healing often continues for a few days after the session and things are released and settle. Notice how you are feeling and try to get plenty of rest. After a session you may feel the need for a nap.

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