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TRANCE MEDIUM

Subtle Body Realignment – Case Study: Sue G, London

My journey to heal and rebalance my subtle bodies with Sarah began in March 2017 as a result of attending a workshop (Explore your Aura and Subtle Bodies). I realised that I needed some help and decided to attend coaching sessions with Sarah to investigate this further. This was done slowly, carefully and sensitively over several years in a sequence specific to my needs. After each session a two or three months period would follow during which time I did the work required to encourage and support this repositioning.

Sarah was a constant support and if I experienced resistance to one method we would explore other avenues. I found that some of the effects of this work were quite profound and extra help was needed from Sarah and occasionally the support of a counsellor. Past traumas needed to be acknowledged and set patterns, as a result of trauma, needed to be unravelled and explored.

Looking back over the few years, I have travelled so far and the change it has made to my life has been remarkable. For example, I began to feel grounded and present once my 'Physical body' was encouraged back into place – it had been above my head on its way home! We found that my 'Ethereic body' was tightly constricted around my neck. I was reluctant to speak up for myself and constantly coughed; I have regained the ability to speak my truth. As a result of this work my confidence has improved to the extent that I have now retrained as a sound healer and I feel much more aligned and balanced in my life.

The sessions also awakened my willingness to begin working with spirit and it was during this time that I became aware of a close connection with a communicator. Sarah followed my lead to supply the support and guidance to allow this work to develop through spirit writing and trance communication. Recently I met up with a colleague I had not seen since beginning this work and she was amazed at the transformation. She noted my confidence, my energy and enthusiasm and sense of presence and purpose.

I highly recommend this work to anyone who wishes to make changes and transform their life. Although the work may be challenging at times, and you need to be patient to allow time for changes to integrate into your system, the rewards are great and you can be confident in the knowledge that you are in the hands of a very experienced practitioner in this field.