

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