

Spiritual Counselling/Guidance

A session of spiritual counselling, also known as a 'reading', can open up the client to deep possibilities of self-healing, using the wisdom, guidance and healing energies of spirit. Each session is unique to you as an individual and the guides and angels who work through the reader may offer energetic healing, advice on improving your health, help with problematic relationships, methods for clearing and balancing your energy, or you may be put in touch with the loving support of your own guides, angels and helpers.

These sessions can be one-off, or may be continued as a short series if desired. During the hour I will invite you to explain the issues which have brought you. I will discuss these with you, and 'read' your energy intuitively, in order to see into the situation more deeply so that you are enabled to discover what steps there are for you to take that may be helpful.

I may suggest that the session is accompanied by a 'healing' session, a guided meditation, or visualisation, to help you discover answers; focus on your aims and goals, or simply to help you to relax.