

# Tarot, Reiki, E.F.T Holistic Therapist



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-493353-z>

## TAROT READINGS:

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I am an intuit. I work with Tarot cards but as a Clairaudient, I hear spirit whilst doing your reading. The guidance I receive can come in the form of names, places and events.

I believe in focusing on the positive and therefore do not project fear based readings.

## REIKI MASTER TEACHER:

Reiki is basically hands on/off the body healing. I teach the 3 levels of attunement (enabling you to become a healer yourself.)

Reiki is a profound but gentle way to get to the source of the ailment and enables the body to receive universal energy, via me being a channel (used for both animals and humans.)

While it is over 2,500 years old being referred to in old Sanskrit writings, we are basically talking about working with the CHI, "KI" and QI... energy which underlies everything.

## EFT (TAPPING, ACUPUNCTURE WITHOUT THE NEEDLES)

This therapy is used for phobic conditions, releasing the clients fears e.g fear of flying, spiders etc. It is a powerful tool for emotional healing, releasing trauma, limiting beliefs and patterns of behaviour. It is a powerful tool which can be used to free oneself of negative emotions and enable you to access this power.

## YOGA TEACHER

I do one to one personal training in Kundalini Yoga. This is especially powerful for all including menopause women and men wanting to enlighten themselves.

Please feel free to check out my Facebook page or drop me an email: @thesatherapist click



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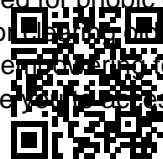
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