

A MAP TO GREATER CONSCIOUSNESS

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THESE are pivotal times. Transformational energy healer, IESSAIAH believes this is why more of us are seeking out support and guidance from someone who has trodden a spiritual path and can guide us in our desire to engage differently with life: "There is a big evolution of consciousness right now. Our awareness and capacity to receive truth and love is heightened. You might be feeling a desire for greater freedom, or a compulsion to engage with life in a different, more conscious way. I work with people who are interested in revisiting and reclaiming parts of themselves that have been lost, in healing and developing an expanded awareness." Iessaiah provides integrated energy healing sessions with clients who may be facing challenging life circumstances. "After a lifetime of personal enquiry, my own spiritual journey and extensive training in energy healing, I have developed a unique approach to supporting people facing challenging life circumstances. This work can help to rebuild self-worth and confidence, support the clearing away of emotional obstacles and belief patterns and transmutes disharmony." Iessaiah has created an internal mapping system which she uses as the basis for a programme of energy healing with clients. A free downloadable version of the mapping system will be available from Spring onwards by registering on her website <http://iessaiah.com> She explained: "This is a tool that you can take away and use in your own life. It will give you a better knowledge and understanding of your true nature, insight into what

hinders you and the ability to connect to your higher self. If you are interested in developing your spiritual awareness further, you may wish to come for a course of energy healing sessions with me." Iessaiah works with people of all ages but particularly those who feel they are at a turning point in their lives. This may be experienced as a physical or emotional challenge, illness, breakdown or a healing crisis. "It takes a level of courage and commitment to follow the call for change," she said: "but I am here to support you to liberate yourself to achieve your full potential." Iessaiah practices from The Arcturus Centre in Totnes and Exeter Natural Health Centre. For more information call: 07568 504347 or email info@iessaiah.com visit www.iessaiah.com