

SARAH TYLER-WALTERS TRANCE MEDIUM

Guidelines

About having a session

Sarah aims to deliver consultations of the highest standard and has trained for many years to reach a professional standard. The following is to assist you in understanding the nature of spirit communication and working intuitively.

For those booking a trance consultation or intuitive coaching for the first time, Sarah asks that you come to your session with an open mind and a willingness to participate.

The minimum age for all sessions is 21 years.

Trance Consultation

What to expect when having a trance consultation:

Before you book, please read the "What is a trance consultation" information which outlines what and how a session can assist you. It also mentioned what is expected from you in terms of having your questions and thoughts written down beforehand.

When you got for your trance consultation:

Sarah will record the session for you and send you a copy via email later. Due to the nature of the session, taking notes is not advised as that will interrupt the conversation between you and Master Chou.

Allow yourself time to arrive without rushing as this can affect your wellbeing. It is advisable to be calm before the session starts so you can focus on the discussion. Sarah will explain what will happen before commencing. Now is an excellent time to ask about anything you are uncertain about, regarding the session.

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During a trance consultation:

Be as relaxed as possible so you can engage and enjoy the conversation with Master Chou. It is a two-way conversation between you and him; the more willing to talk to him, you are, the easier it will be for him to speak to you.

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Try not to have too many expectations about what will be said as this can create a block or resistance to hearing (being told) what you need.

All communication with Spirit is an experiment and results can not be guaranteed. Likewise, you may not be in the right place for the conversation at that time. If you feel uncomfortable or that the connection is not working you may end the session within the first 15 minutes and receive a full refund without question. [see our terms]

After the trance consultation:

Sarah will send the recording to you via email within seven days unless she states otherwise. Due to the nature of a trance consultation, having another session is not dependant on time but need. If you have more questions and want to continue the conversation, contact Sarah about making another appointment. However, we do recommend waiting until after you have received the recording and had the chance to review it. Often there is more content than you remember, and he had dealt with your outstanding questions.

Intuitive Coaching

What to expect during an intuitive coaching session:

Before you book, please read the "What is an intuitive coaching session" information which outlines how a session can assist you.

When you go for an intuitive coaching session:

Sarah will not record the session. However, you can record the audio if you wish. Bringing a notepad and pen is recommended so you can make notes and jot down any further steps Sarah recommends.

Allow yourself time to arrive without rushing as this can affect your wellbeing. It is advisable to calm before the session starts so you can focus on the discussion.

During an intuitive coaching session:

Sarah will start by asking what she can help. Any previous discussion can now be elaborated. The session may include insight and explanations of the experiences you have had. Instruction and guidance about Spirit and Spirituality or looking at your energy system and what help might be needed to rebalance and align the aura. Sarah may offer Spiritual healing and assistance with grounding.

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If you feel the connection with Sarah is not working, you may end the session within the first 15 minutes and receive a full refund without question. [see our terms]

After the intuitive coaching session:

Depending on what you have come to discuss, Sarah may give you steps to follow at home. Alternatively, you may review the need for more sessions and an idea of how many and how often will be discussed.

Sarah prefers clients to go away and think about it before booking. To allow you time to process the information already shared and to ensure you feel working with Sarah is right you, now. Once you are confident, you can contact her to schedule the next appointment.

1-2-1 Teaching

What to expect during a teaching session:

Before you book, please read the "What is a teaching session" information which outlines what Sarah can teach you.

When you go for a teaching session:

Sarah will not record the session, but you are allowed to record the audio if you wish. Bringing a notepad and pen is recommended so you can make notes and jot down any further steps Sarah recommends.

Allow yourself time to arrive without rushing as this can affect your wellbeing. It is advisable to calm before the session starts so you can focus on the training.

During a teaching session:

Sarah will start by asking what you wish to learn. If this has been discussed before, you can now elaborate. The session is bespoke to you and what you want to cover. The teaching may include connecting to your Spirit Guides, improving your mental or trance mediumship or developing Spirit writing, for example.

If you feel the connection with Sarah is not working, you may end the session within the first 15 minutes and receive a full refund without question. [see our terms]

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After the teaching session:

Depending on what you have come to discuss, Sarah may give you steps to follow at home. Alternatively, you may on-going training.

Sarah prefers clients to go away and think about it before booking. To allow you time to process the information already shared and to ensure you feel working with Sarah is right you, now. Once you are sure, you can contact her to schedule the next appointment.

Distant Trance Healing

What to expect when having a distant trance healing session:

Before you book, please read the "What is distant trance healing session". It also mentioned what Sarah expects from you with regards to your location and readiness.

Receiving distant trance healing:

Sarah asks that you are laying down or sitting in a chair, comfortable and undisturbed with your eyes closed. You may have music on in the background, though we suggest the volume was low.

During the distant trance healing session:

Be as relaxed as possible and allow yourself to receive the healing. You may feel sensations, see colours and have a sense of peace and calm. The healing will start within 5 minutes of your appointment and last 15-20 minutes.

All work with Spirit is an experiment and results can not be guaranteed. If you feel nothing happened during the session and no healing was received, please email Sarah immediately, and she will refund your money without question.

After the distant trance healing session:

The healing can continue for a few days, so be aware and rest when possible. Sarah does not contact clients after a session but does ask that you email her a quick note in 3-4 days, letting her know how you are doing.