

## Frequently asked questions

About an intuitive coaching session

### **1. I am a cranial-sacral therapist, can you help me integrate Spirit in to my work?**

Yes. I have worked with many healing practitioners to bring Spirit into their work. We can look at your spiritual beliefs and understanding, your connection to Spirit and who would like to work with you.

### **2. I can feel others peoples energy, can you help?**

Yes. We can work together on understanding why this is happening and fix any problems within your aura. Together we can create tools and strategies to help you deal with other peoples energy and your own.

### **3. Can my Spirit Guides help me with my work?**

Spirit Guides are there to help you with your life but they can assist in some ways with your work. This is especially true if your work is healing or mediumship related. However, if the problem is your working environment and colleagues, Spirit Guides can be very helpful with these situations.

### **4. I am a healer and the place I work has awful energy, can you help?**

Sarah may be able to guide you through clearing the energy in your workspace and helping you to see what is causing you the issue. It will depend on the space and the energy. However, if Sarah, feels she can not help she can refer you to specialists in the area.

### **5. I can't manifest what I want, where am I going wrong?**

In a coaching session we can discuss what you are trying to manifest and how and look at where there are blocks or misalignments that are interrupting the process. Remember you can't always have what you want but you can manifest what you need.

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TRANCE MEDIUM

**6. I attended one of your workshops on the Soul's Themes, can you help me understand my themes better?**

Yes. We can look at your themes and how they relate to you and your life and assist you integrating that information and ways to move forward with it.

**7. I am struggling with a decision and knowing if it is right for me, can you help?**

In a session we can talk through the decision and look at what is stopping you from making it. Often this is linked to something deeper or is a sign from your Soul. I can help you to see which it is and work with you on strategies to resolve the issue.

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 an energetic being and have an aura. That aura is made of several layers (subtle bodies) and a chakra system. Clients often work with me on rebalancing and realigning their energy system which includes working on healing the subtle bodies.

**2. How long does it take to realign the subtle bodies?**

It will depend on how much needs to be done. Rebalancing the aura as a whole may take 3-4 sessions over several months. Whereas, the realignment of all the bodies can take 2 years of monthly sessions. Clients can take breaks and stop for a few months when they need time to apply and adjust to the changes.

**3. I am trying for a baby, can we work on my subtle bodies?**

No. Sarah does not deliver the program to anyone who is trying for a baby, currently pregnant or has a child of 18 months old or less. This is due to the nature of the work and changes that occur.

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**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 of the clients who have done the program have been seeing a therapist at the same time.

The work with a therapist or counsellor always takes precedence over 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