

# SARAH TYLER-WALTERS TRANCE MEDIUM

## GET REAL: About you and your Aura by Sarah Tyler-Walters

### Introduction

Thank you for choosing to read this eBook, I hope you enjoy it.

Actually, I hope for more than that, I hope it is a useful tool that you can include in your life's toolbox. My intention in writing this eBook isn't to tell you what you do, or disempower you, but instead to give you what I believe is a balanced view based on my years of learning and working with Spirit.

This eBook is not meant as a scientific document of proved fact nor is it an airy-fairy set of ideals that I think we should all live by. It is for the most part a conversation between me and you that I hope will provoke you to think, reflect on how you act and empower your choices. Wow, that is a lot to ask for a small eBook but why not, you are as they say 'worth it'.

Working with Spirit has been the primary focus of my life, supported by over a decade in formal training and developing of my psychic ability, mediumship and the specialty known as trance. It was no good keeping my knowledge to myself; I embarked on a journey of teaching. Once I started teaching I realised what I considered as knowledge was in fact just thoughts. Knowledge needed more substance, answers and reasoning. As a child one of my greatest aptitudes was for mechanics and wanting to understand how things worked as a process.

As my work developed I found that people were hungry for the straightforward information and solid concepts I was teaching. And, this eBook is a direct result of the requests of students who having noticed positive changes in their lives through applying this learning. Moreover, one of my students has helped me turn my spoken words into the written words you will read throughout this eBook.

Where it came from is conversations with my Spirit Guides and reasoning with my Soul. I pulled apart what I was learning and experiencing, then I put it all back together again; in to digestible chunks. There is plenty of information available, however, it focuses too heavily on the Chakras and misses out the necessary detail of the fundamental framework of our energy system. Throughout the eBook I will explain why this is the case and bring these chunks together to form a solid foundation on which you can grow at your own pace.

*Is this a definitive guide?* Of course not, how can it be. We are learning more and more about ourselves everyday and that is amazing.

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The purpose is to provide a really good comprehensive starting point. Offering individuals the choice to learn more about themselves, including how and why things seem to 'happen' but more importantly showing them what can be done about it.

*What will it give you?* It will give you a stronger understanding of your energy. A knowing of this fundamental framework. And, simple techniques you can apply to improve your life.

*Why would you want that?* You may feel drained all the time, lack focus, no direction, overwhelmed by others or frustrated that things are still not right - to name but a few. Simply your energy is reacting to everything you encounter in your life and that reaction can help but also hinder.

*How should you use this eBook?* Great question. It is written with a sequence in mind. I would encourage you to read it from beginning to end; you can always go back to a chapter as and when you need it but resist skipping to the end first as it will not help you.

The information in the eBook is based on my experiences and knowledge so if you disagree with something, that is okay. As human beings we have an amazing thing called free will, you must use yours. Allow your discernment to tell you what you need and what you don't; this e-book is for reference it is not designed to be used as a bible.

Finally, I am not trying to convert anyone. Your faith and religious beliefs are important to you and my intention isn't to shake or undermined that in anyway. Knowing yourself is one of the greatest messages Spirit has given humanity over the last couple of thousand years and that is all I am aiming to support.

Know yourself. Know about what it is to be human, know about what it is to be Spirit. But above all be true to yourself.

I truly hope in some small way my little eBook can help you with that.

**Hashtags:** #Aura #Chakras #Wellness #EnergyClearing #TraumaHealing