

BOOK 1

THE HEART

**5-LEVELS OF
HEALING**

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Welcome to book 1 of my series of short health books. I aim to empower you to understand your body and how it works and why it may be sick or showing signs of sickness now. The heart is an amazing organ and has been my favourite one since I first began learning about bodies. Our narrow minded human view would see the heart as a pump. Yes of course it pumps billions of litres of blood around the body in the human lifetime, taking nutrients to the respective organs.

However this is only one aspect of what the heart does.

The heart is also an energy system, communication system and a sensory system. Our hearts are more intelligent than our brains. Please consider yourself invited inside to share the journey of the heart.

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You cannot find your soul with your mind, you must use your heart. You must know what you are feeling. If you don't know what you are feeling, you will create unconsciously.

Gary Zukav

PROLOGUE

I am here today to bring you my favourite organ and my favourite model for analyses of clinical cases. This is the first of a series of eBooks where I will examine and explain each organ or system from the 5-Levels of healing model.

Please allow me to take you into the heart through these 5 levels of understanding -

physical

energetic

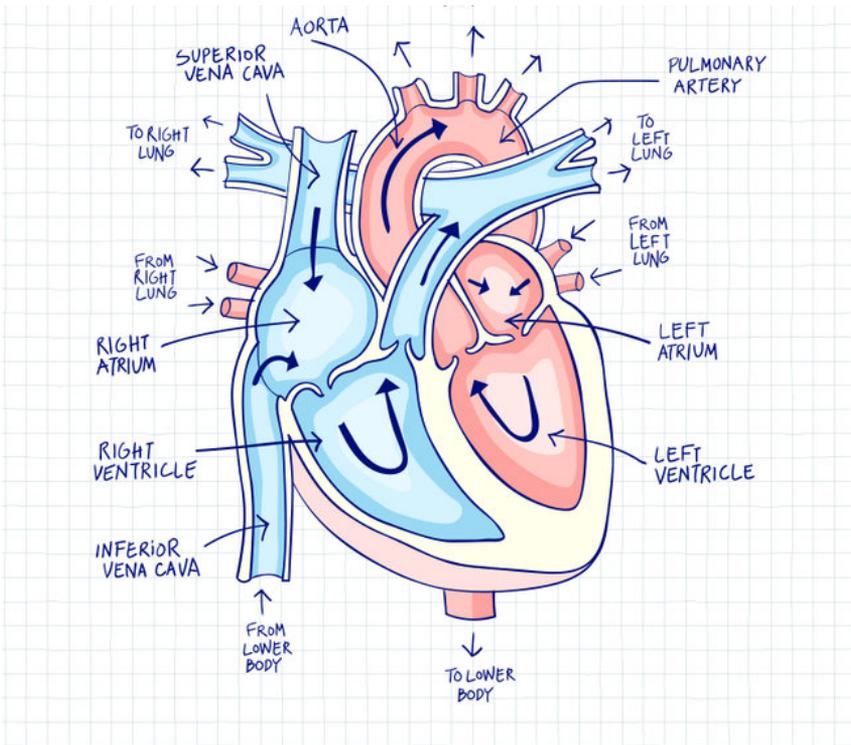
mental

intuitive

spiritual

CHAPTER 1: PHYSICAL

THE HEART AS A PUMP



Blue is deoxygenated blood, red is oxygenated

*“As long as your heart pumps and your lungs expand,
you can rise to this occasion.”*

Western medicine sees the heart as a pump within a system of pipes and tubes (circulation) that carry blood. Do you know what substances are carried in the blood? Nutrients from food that has been digested and absorbed, including vitamins, minerals, essential fatty acids and amino acids.

”As long as your heart pumps and your lungs expand, you can rise to this occasion.”

Sara Keller

The oxygen and iron carried by the red blood cells give us energy. The heart pumps at between 60 and 80 beats per minute. That's about 100,000 beats per day, 35 million times per year and during an average lifetime over 2.5 billion beats.

The body holds around 5-6L blood and that circulates the body three times every minute. The sound those beats make are classically called Lub-DUB, Lub-DUB. This is the sound of the valves opening and closing between the top and bottom chambers of the heart. Have you laid on your mums or your partners chest lately and listened to his/hers? Its the most soothing sound on the planet when her heart is healthy and full of love.

Blood comes back from the extremities of the body through a network of veins with valves. We need to exercise in order to ensure our contracting muscles around the walls of the veins squeeze the blood through the valves back to the heart. The valves are only supposed to open one way, back to the heart. When we don't exercise or we have underlying pathology that causes thickening of the blood, the blood and lymph can become stagnant. This puts pressure on the valves so they back-flow leaving fluid build up in tissue and possible thrombosis (blood clots due to stagnation). Those unsightly veins with damaged valves are called varicose veins.

Following the arrows on the diagram we can see that the venous (deoxygenated) blood from the body comes back to the heart via the two vena cava. The blood enters the heart at the right atrium where it passes through the tricuspid valve into the right ventricle. From here it goes up through the pulmonary artery into the lungs for oxygenation. Did you know the pulmonary vein is the only vein in the entire body that carries oxygenated blood?

Once the blood has been through the lungs to be re-oxygenated it comes into the left atrium, through the mitral valve into the left ventricle. This is one strong muscle that needs a lot of taurine, the wonder molecule of the heart¹. This muscle has to pump all that blood endlessly around the body up through the aortic valve into the aorta then through all the arteries and capillaries, to feed all the body organs their own unique synergistic mixture of nutrients.

¹ <https://jbiomedsci.biomedcentral.com/articles/10.1186/1423-0127-17-S1-S2>



Many things can cause the disruption of the flow to and from the heart. Lets dig deeper and see what those could be.

Physical: Any structural change to the heart that can be a genetic weakness or as a result of surgical operations or post injury

Energetic: Anything that has the potential to restrict the flow of energy around the heart or restrict the flow of electricity within the heart. Emotions such as fear, loss, wounding, fear of being hurt, anger and bitterness can all restrict the energy around the heart. As this energy is restricted around the heart the blood flow is reduced so the nutrients cant reach the heart as well as they need to. Electrolytes may be in short supply and these run the electrical system of the heart.

Mental: self depreciation, feeling unfulfilled, disappointed and lonely. These feelings send an imprint to other organs so the body feels unloved.

Intuitive: Ignoring our intuition, feeling confused between our own intuition of what is correct for us and what the narrative tells us is correct. Some of us believe our intuition comes from our head but the head believes anything we tell it. Tell it negative information and that will create new neural networks of negativity. Come from place of love and intuition becomes heightened.

Spiritual: Religion and belief is riddled with confusion so I would love to park that concept for now and think of spirituality as “awareness” and of coming back to self. The earth is changing right now and many of us are realising we

are going through an awakening process only previously seen in the very old and very wise ancestors. Enjoy the ride.....

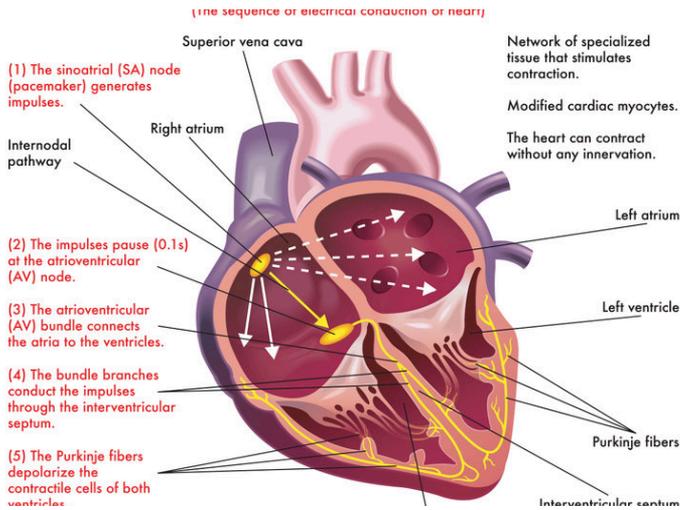
CHAPTER 2: ENERGETIC

THE HEART AS AN ENERGY SYSTEM



The heart is the most powerful source of electromagnetic energy in the human body, producing the largest rhythmic electromagnetic field of any of the body's organs. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain.” (Doc Childre)

The heart has two energy sources, one on the inside and one on the outside. If we think of the heart as a central heating system with a pump, the pump needs electricity to run. The heart's electricity is generated by the movement of electrolytes (sodium, potassium, calcium and magnesium) across cell walls. The Sino-atrial node generates the electrical impulse and keeps the pace of the beats steady and strong.



Electrical conductivity

The impulse travels down towards the atria-ventricular node (between the atria and the ventricles), then out through the bundle of his / bundle branches into the purkinje fibres where the impulse is depolarised (neutralised). This process takes a split second to generate enough of an impulse to cause all heart muscles to contract in a systematic manner so blood flows freely as described in chapter 1.



The heart needs a good constant flow of electrolytes, taurine, omega 3 fatty acids, monounsaturated fats folate and fibre². It also needs coherence (low or no stress) as measured on heart rate variability studies.

² <https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/preventing-cvd/>

CHAPTER 3: ENERGETIC

THE HEART AS AN ELECTROMAGNETIC SYSTEM



“The heart radiates an electromagnetic field affecting each others moods, attitudes and feelings, whether we are conscious of it or not”

Some may describe the heart energy as the aura. The Heartmath institute³ have done thousands of studies on how far our heart energy field can extend, the impact of mass consciousness and the impact of one individual’s heart energy on others.

Have you ever sat thinking about someone close only to receive a telephone call from them?

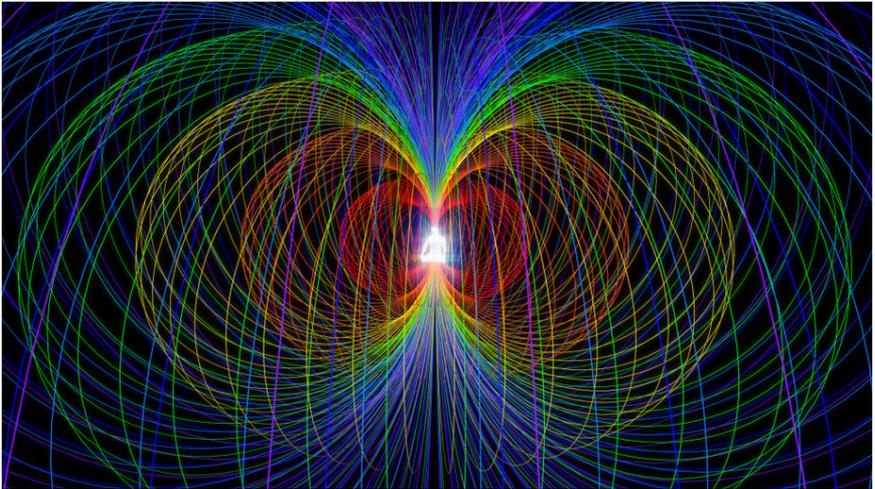
Have you ever attended a function and arrived home completely exhausted?

³ <https://www.heartmath.org>

Have you ever had a premonition or a dream that has come true many years later?

These are all examples of how we affect each other's energy.

Eileen McKussick⁴ writes about this in her book as she tells us how to use the vibrational frequencies of tuning forks to break up stagnant energy in the body.



Chakra system of human energy fields

Where does the stagnant energy come from?

⁴ <https://www.biofieldtuning.com>

The ancient medicinal arts such as Chinese and Tibetan correlate emotions with organs and organ systems. The heart is the organ of love. If we haven't been taught how to give and receive love, or if we have had to suppress emotions due to feeling unsafe our vulnerable heart energy becomes stagnant. We feel tight across the chest or may even experience pain or discomfort. When we are suffering what humans call heart break these are classic signs.

Have you realised how tight you feel across the heart when you have been emotionally hurt?

The emotions of the heart are love, compassion, joy, gratitude, happiness and forgiveness. When we can't feel these it means the heart is closed. We then feel the opposite - wounded, rejected, hardened, cold, self depreciating, worthless angry and bitter. Living in these energies makes the body sick.

When the energy becomes stagnant the blood supply is curtailed somewhat, so the electrolytes may not reach the heart. This may put the heart into an aberrant rhythm such as ectopic beats or even atrial fibrillation. The latter means the atrial chambers at the top of the heart are beating too fast and too disorganised, whilst the ventricles usually keep their beat steady. This increases the risk of myocardial infarction (heart attack) or cerebrovascular accident (stroke) due to blood being able to stagnate around the tricuspid and mitral valves.

The reduction in blood flow may also be felt in the arteries around the heart. This may feel like the pain of angina. So what does Segal (2010) tell us about Heart these conditions?

Angina:

Stress, frustration, fear of the future. Difficulty showing emotion, especially love. Closed off from life; angry, judgemental. Feeling that life is unjust.

Heart attack:

Stubbornness, stress, inflexibility, obnoxious attitude. A “my way or the highway” approach. Selfish, ignorant, controlling. Too focussed on money, achievement and winning. Neglect of your health and family. Suppression, envy, hardness. Needing to be right. Feeling unloved, easily hurt, holding onto guilt and regret. Thinking that you know everything - that you don’t need anyone’s help or advice.

We only have to think back to the last time we had an argument and how that energy was around our hearts.

How much energy did that argument deplete?

How long did it take for us to recover from the argument?

Highly sensitives will notice this far more.



“The heart has the most powerful electromagnetic field within the human energy field and there are more nerves going from the heart to the brain than going the other way. The latter is indicative of a sparkling truth that has been long forgotten – the brain is not the focus for intelligence within the body – the heart is.”

— David Icke



How our energy field affects another

Further reading

Eileen McKussick Tuning the Human Biofield

<https://www.amazon.co.uk/dp/1620552469/>

[ref=cm_sw_em_r_mt_dp_HJM1E3B58S3P8YTWPRMJ](https://www.amazon.co.uk/dp/1620552469/?ref=cm_sw_em_r_mt_dp_HJM1E3B58S3P8YTWPRMJ)

Lynn McTaggart The Field

<https://www.amazon.co.uk/dp/0007145101/>

[ref=cm_sw_em_r_mt_dp_Q6722GAS3NV75YMGDW76](https://www.amazon.co.uk/dp/0007145101/?ref=cm_sw_em_r_mt_dp_Q6722GAS3NV75YMGDW76)

Inna Segal (201) The Secret language of the Body

<https://www.amazon.co.uk/dp/1582702608/>

[ref=cm_sw_em_r_mt_dp_16R3VCG1G54DQHMMMP3Y9](https://www.amazon.co.uk/dp/1582702608/?ref=cm_sw_em_r_mt_dp_16R3VCG1G54DQHMMMP3Y9)

Jacques Martel The Encyclopedia of Ailments and Diseases

<https://www.amazon.co.uk/dp/1644111896/>

[ref=cm_sw_em_r_mt_dp_10SJBTD0HXYSR00SRJF5Y](https://www.amazon.co.uk/dp/1644111896/?ref=cm_sw_em_r_mt_dp_10SJBTD0HXYSR00SRJF5Y)

CHAPTER 3: MENTAL

THE HEART AS AN IMPRINTER



“Before I carried the pain I carried you. And in my heart I carry you still” (unknown)

NEShealth sees the heart as an imprinter of information. The imprint is coming from 3 sources, electromagnetism, phonons of various frequencies and electrons.

Electromagnetism drives the planet as a whole. Far below the earth's crust a layer of metals churns and flows. This creates electric currents that then produce magnetic fields that encompass the planet. This geodynamo causes the earth's poles to attain positive and negative charges, creating a protective electromagnetic field around our planet⁵.

A phonon is a concept understood in physics. It is a unit of vibrational energy arising from oscillating

⁵ <https://youtu.be/Elv3WpL32UE>

(spinning) atoms within a crystal. Table salt (sodium chloride) for example, contains atoms bound into a specific repeating 3 dimensional pattern called a lattice. The atoms behave as if they are on springs in relation to each other so this creates thermal energy that makes the lattice vibrate. This vibration carries heat and sound through the heart and around the body. So a phonon is a discrete quantum (unit) of mechanical energy, whereas a photon is a discrete quantum (unit) of light energy.

Electrons are the smallest particle of an atom (comprised of protons, neutrons and electrons), they carry a negative charge. Electrons create an electrical field by attracting positive (protons) and repelling (electrons).

We can see this energy in daily life when we rub an inflated party ballon on our arm and stick it to the wall.

We can also see it in areas of high polarity (such as Lapland). When we have worn a hat and a hood for a while then we come into the warmth, removing the hat. What happens to our hair with the static electricity?

So each time our heart beats it creates pressure waves and phonons within its chambers. It produces hundreds of frequencies that each carry different information to respective organs. This is simply the

heart's "blueprint", being provided to the body field. When the body is properly tuned and all channels of the body fully open (think acupuncture meridians) the heart can distribute the correct information to maintain your body's optimal wellness.

So your heart is communicating with your body field constantly. It is sending information through your body in the same way the conductor instructs the orchestra. Isn't that amazing!

Some cultures, such as Traditional Chinese medicine, believe the heart is a second brain. It is such a crucial bioenergetic organ.

Linking this to emotions and the heart being the organ of love. Do we not perceive to have a "broken heart" when we have lost loved ones or been hurt by others?

Sometimes we stay in low vibrational frequency emotions unconscious to the fact that this prevents healing. There are 4 components to emotions⁶

Vibrational frequency component of emotion

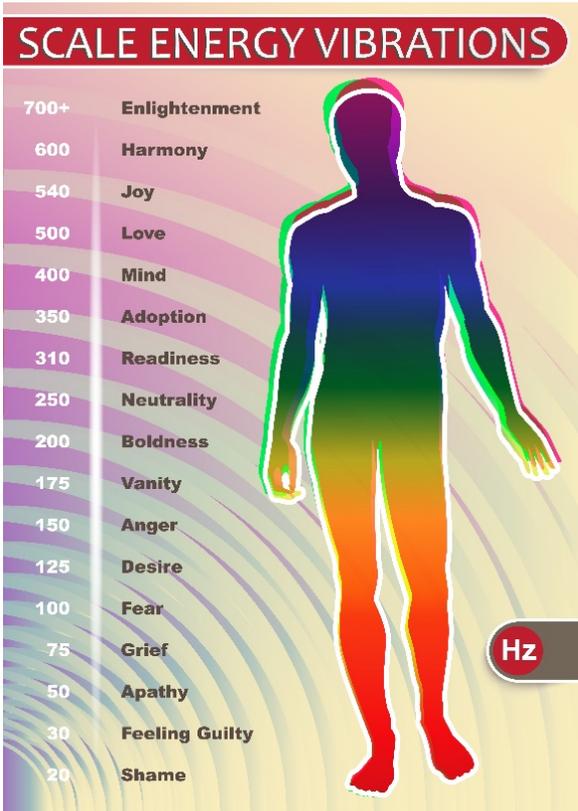
Physiology/Biology component of emotion

Behavioral component of emotion

Mind component of emotion

⁶ <https://spacioustherapy.com/understanding-emotions/>

All cells in the body have a vibrational frequency so any emotion felt through the heart will be sent through the body, affecting physiology, behaviour and mindset. Thoughts become things⁷



So given that emotions are energy in motion and as such carry a frequency specific to each emotion. Given that to be happy we need to be operating emotionally at frequencies above 200 it is worth considering how we might achieve that. NES health infoceuticals, Intuitive homeopathy, exercise, time in

⁷ <https://youtu.be/9O15VXPHUmI>

nature, being creative, exercise, music are invaluable. These are all the things we did intuitively as children. We weren't taught they were good for us, we just knew and we did them. Once we became programmed to be a human doing rather than a human being we lost touch with the self. The heart closed and the body felt unloved.

Also consider the Solfeggio frequencies, especially the 528Hz. This frequency has been used throughout time to encompass love and to heal DNA. It increases harmony, reduces cortisol and balances the solar plexus chakra, providing confidence and self esteem⁸

Consider heartmath. Breathing is fundamental to life and yet because it is automatic we pay it no attention until it is almost too late. Conscious breathing brings us back to self.



Further reading

[HTTPS://WWW.NESHEALTH.COM/ARTICLES/THE-HEARTS-HIDDEN-HEALTH-IMPORTANCE](https://www.neshealth.com/articles/the-hearts-hidden-health-importance)

⁸ <https://meditativemind.org/benefits-of-music-based-on-7-solfeggio-frequencies/>

CHAPTER 4: INTUITIVE

THE HEART AS A GUIDE



“When we’re engaged with our hearts, the mind slows down and our thoughts become more rational and focused” (Doc Childre)

“We now have scientific evidence that the heart sends us emotional and intuitive signals”⁹

Chopra (2005) said that the heart cells are not thinking in word abstractions. Rather, they are knowing, longing, and feeling in another type of energetic which is one important source of our spiritual connection and higher self Identity.

It all begins with mother. The infants heart begins to beat in the 5th week of gestation. It entrains to

⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4010961/>

the mother's heart at this time. This match is the essence of the bonding process. There is no dissonance, the waveforms of the infant and mother match up. The emotional state of the mother determines the shape, character, growth and quality of infant brain development. It influences the capacity of neural cells in utero and after birth, especially in the first eighteen months of life. The growth of the infants pre-frontal cortex is determined by the mothers heart coherence.

Joseph Chiltern Pearce was a cultural creative psychologist who majored on attachment and development in the 1970s. He was another genius of our time. His first book *Cracking the cosmic egg* became a best seller. It talks about the crack in consciousness when we allow ourselves to become immersed in and guided by higher intelligence. Once we learn we cannot unlearn. His final book (2012) *The Heart-Mind Matrix: How the Heart Can Teach the Mind New Ways to Think* brings an enormous amount of research to teach us that the heart is primary as the central organising intelligence in our lives.

More recent evidence points to the heart field modulating incoming information from all around us relaying important epigenetic messaging to our genetic blueprint, spelling out the instructions for new life. Early life bonding is therefore redefined

around the nature of the maternal / infant experience.

Ross Rosenberg a world leading psychotherapist has made the bold statement that we are all experiencing attachment trauma. We all live lives from the head rather than the heart unless we make a conscious decision to change. Our intuition is lost as we are guided by the narrative, most of which is only evidence based from a narrow line of thinking. We bring our children up from the narrative as opposed to from the heart. From that first connection in the womb where we were "coherent".

Sometimes we over-rule our intuition, especially in relationships that no longer serve us. We know in our hearts that the other person cannot change. We may even realise we cannot make a person change either. But we hang onto the hope that it will. Ross speaks wonderfully from his model The Continuum of Self in his book The Human Magnet Syndrome.

In functional medicine we talk about the gut / brain axis so much at a physical level. We know that the best diet in the world cannot heal a person if there is stress, or the mindset / belief system is not in line with the approach. Pearce says there is a 40,000 strong neural pathway connection where the heart informs the brain its general emotional state

and encourages the brain to make an intelligent response.

Highly sensitives will love this task. Consider your life timeline, the choices you made the lessons you learned, the career path/s you chose and followed. Did you plan all of that?

Were you ever so sure you needed to follow a path / plan and you had no idea where that was taking you, yet you simply trusted?



“Your time is limited so don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” Steve Jobs (2005)¹⁰

Further reading

¹⁰ <https://youtu.be/UF8uR6Z6KLc>

CHAPTER 5: SPIRITUAL

THE HEART AS A SOUL AND CONNECTION TO SOURCE



“Heart intelligence is the intelligent flow of awareness and insight that we experience once the mind and emotions are brought into balance and coherence through a self-initiated process. This form of intelligence is experienced as direct, intuitive knowing that manifests in thoughts and emotions that are beneficial for ourselves and others.”

The heart is the locus of physical and spiritual being, and represents the "central wisdom of feeling as opposed to the head-wisdom of reason" (Cooper, 82). It is compassion and understanding, life-giving and complex. It is a symbol for love. Often known as

the seat of emotions, the heart is synonymous with affection.

We may be able to achieve many accomplishments in our lives but still remain empty. We can improve our self-esteem and decrease our emotional reactivity, yet we may not feel whole or complete. We often associate this with a lack of love that is from an external source. Our belief systems have been taught it is conceited or even narcissistic to love ourselves. However if we cannot love ourselves we cannot give and receive love from others.

Heart wisdom , heart intelligence, listening to the heart and following the heart have been at the core of spiritual practice in many cultures. When we speak of the heart we are not referring to the physical heart but the spiritual heart. Our spiritual heart embodies a level of consciousness and is the key to our deepest fulfilment and relationship to source / our creator. This is where we sense joy, compassion, gratitude, peace, forgiveness and unconditional love. Seasoned meditators will openly display all of these states.

The heart is non denominational, it transcends religion. Connection to our spiritual heart also

transcends doctrines, cultures and belief systems. Many of today's illnesses can be attributed to the fact that we have been taught to function from the mind rather than the heart. The problem with this approach is that once the fight or flight response is activated all humans are meant to think about is their own survival. Our connections to others become polarised and our communication selfish, but without the awareness to change or to hold compassionate understanding. The mind becomes controlling and manipulative destroying relationships. We become emotionally reactive, or we learn to shut our emotions down, leading to mental and physical pain we determine as burnout.

While all human teaching and learning has been and is still focussed on the mind, very little education is spared on the heart. No wonder so many feel "broken". We cannot live a well balanced and fulfilling life without heart. I believe things are beginning to change. A recent pandemic has taught many of us that our lives need to change and the beauty of observing that change is unbelievable.

So how did our ancestors feed their spiritual heart? They lived in groups of less than 100 where all were accepted. The elders taught the children what the children needed and wanted to learn,

whilst the more physically able hunted, tended the crops and the animals, kept home. When the children had completed their learning they were granted a holiday. There was no need for adult discipline. If a child was unable to come from the heart, for example bullying a child who found learning difficult. The other children befriended the child who was being bullied, the bully ostracised him/ herself. All discipline was done through love.¹¹

This might sound idealistic but its a far cry from the society of today. Many of us agree we have become victims of our own success but at great cost to each and every one of us. We have completely lost connection, instead chasing external fixes to try to feel that wholeness we search. The biggest house, the grandest car, showering our children with money and goods, running ourselves ragged to gain them the experience we cannot provide as parents due to wage slavery. This makes for sadness, envy, greed, frustration, lack, unworthiness, guilt, shame. All the emotions that manifest as “Self Love Deficit Disorder” (SLDD).¹² More than this it can lead to disassociation from self.

¹¹ Women of Lemuria

¹² SLDD

SLDD leads to people pleasing, settling for less, years of unhappiness, lack of authenticity and for some, a yearning to die. This mindset breeds ill health and a long slow decline. Some even experience spiritual awakenings through near death experiences or physic-kundalini¹³

So what can we do to re-ignite our connection to source?

Learn to breathe consciously and somatically

Spend time out in nature - absorbing through all senses

Listen to music

Creative activities (painting, drawing, knitting sewing, crochet, writing stories or poetry, reflective writing, playing a musical instrument). Any other right-brained activity you enjoy.

Music and movement - Music brings the rhythm back to the body, movement moves the energy releasing traumas of the days interactions.

Ground regularly through the day by walking barefoot on the lawn and gardening.

Walk along the waters edge on the beach to absorb the positive and negative IONs from the earths atmosphere. These are the best anti-oxidants / anti-ageing particles we know.

¹³ <https://pubmed.ncbi.nlm.nih.gov/24271550/>

Meditation doesn't mean sitting cross-legged on a pranyana cushion for hours. It simple means being in the moment, experiencing stillness.

Do whatever it takes to buy you stillness every day.



Further reading

<https://www.newstatesman.com/culture/2018/11/heart-history-sandeep-jauhar-nine-pints-blood-rose-george-book-review>

<https://www.diamondapproach.org/public-page/inner-journey-home>

CHAPTER 6

IN-DEPTH ANALYSIS FROM MYSELF AND SPIRIT



The aim of spiritual practice is to cultivate love in us. In other words, to stop all those signals going on in our head that tell us not to love another.

SriAnand

Heart transplants and the energy produced afterwards.

I wanted to conclude this short book with an excerpt from my nursing experience. I spent many years as a specialist nurse on Cardio-thoracic Intensive care units and theatres. I was humbled by my experience of caring for those who's life really did hang in the balance. Tiny babies, new to the world with the most complex heart conditions that needed surgical restructure to maintain life. All that trauma to heal (birth, attachment, surgical then possible developmental) as it manifests in adulthood. At the time we save the life, the trauma isn't even considered. We are doing our best for the tiny being and the family.

I also had the experience of caring post-operatively for those who count themselves lucky. Life on the edge, never knowing if they will wake up tomorrow then they get the call "We have a heart and we think its a match for you". All their birthdays came at once! But where does that heart come from? It comes from a traumatised body, a body that has endured a fatal accident. The brain has been declared dead so the body is maintained on life support. The body parts, all given from love, can be harvested for the good of others. Sometimes as many as 60 people can benefit from various organ donations of one body. Isn't it beautiful that mankind, in so much grief, can give so freely?

But there is another side to the story as always.

One 18 year old girl will never leave my memory. She got the call and the heart of a 35 year old man who was murdered. He had been systematically kicked in the head by a gang. The poor girl recipient relived that trauma until she took her own life 9 months later. In those days we knew nothing about trauma or PTSD. We knew nothing about emotions (energy in motion) other than to suppress them. We knew nothing about imprints of trauma. We knew nothing about our connection to each other. We are only just learning this now.

I am not saying for one minute we shouldn't use organ harvesting to save lives. I use this case to show you we need to be more aware of the consequences of all we do and we need to ensure energy medicine is at the forefront. This beautiful girl could have benefitted greatly from therapies such as Network Spinal Analysis, Biofield tuning, Drumming circles, gong baths, sound baths, music and movement, EMDR, specialist psychotherapy, shamanic healing.

ABOUT THE AUTHOR



I have spent my entire life trying to understand every aspect of humans and their illness. My working life has taken me through training in many health modalities. Nursing, Psychology, teaching, Functional medicine, nutrigenomics, heartmath, NEShealth, live blood analysis, bioresonance, energy / vibrational medicine and now trained by the lovely Niki Skye and source as medical intuitive. Whether you are just starting out or you have “tried everything” check me out here.

<https://venturoushearts.com>

Mob: 07986735118

If you are drawn to my work then my gifts are here to empower you to heal you.

Following completion of intake forms and a 90 minute consultation on zoom or in the office, you will receive a very comprehensive analysis of your case with a phased plan and links to the tools and services that you need to access to heal you. If you need confirmation of my analysis you will also see links to the most useful and cost effective tests, saving you thousands of pounds. Many of these tools are free on youtube.

Namaste