

Our energy centers are etheric transmitters and receivers, exchanging energy on a moment to moment basis. As human beings, we receive both positive and negative energy in the form of brain waves, vibrations and frequencies from all that's around us, including the food we eat and the water we drink. Did you know that thoughts are electric and emotions are magnetic? But how do we make best use of them when life gets rough or we get stuck? Through 'Emotional Alchemy' old patterns and traumas can be released finding coherence between the heart, mind and body so you can heal well.

The bio-field and chakra cleanse removes trauma, emotional / mental dissonance and retunes your harmonic frequencies through sympathetic resonance. Calibrated affirmations personally empowers you through the sound of your own voice. Afraid to speak your truth? Now is the time for positive change. With simple techniques, using sound, tuning forks, visualization and more, healing practitioner: Helen Sheppard, helps you to heal and precipitates emotional, mental and physical harmony, creating wellbeing and clarity. Are you ready for change?