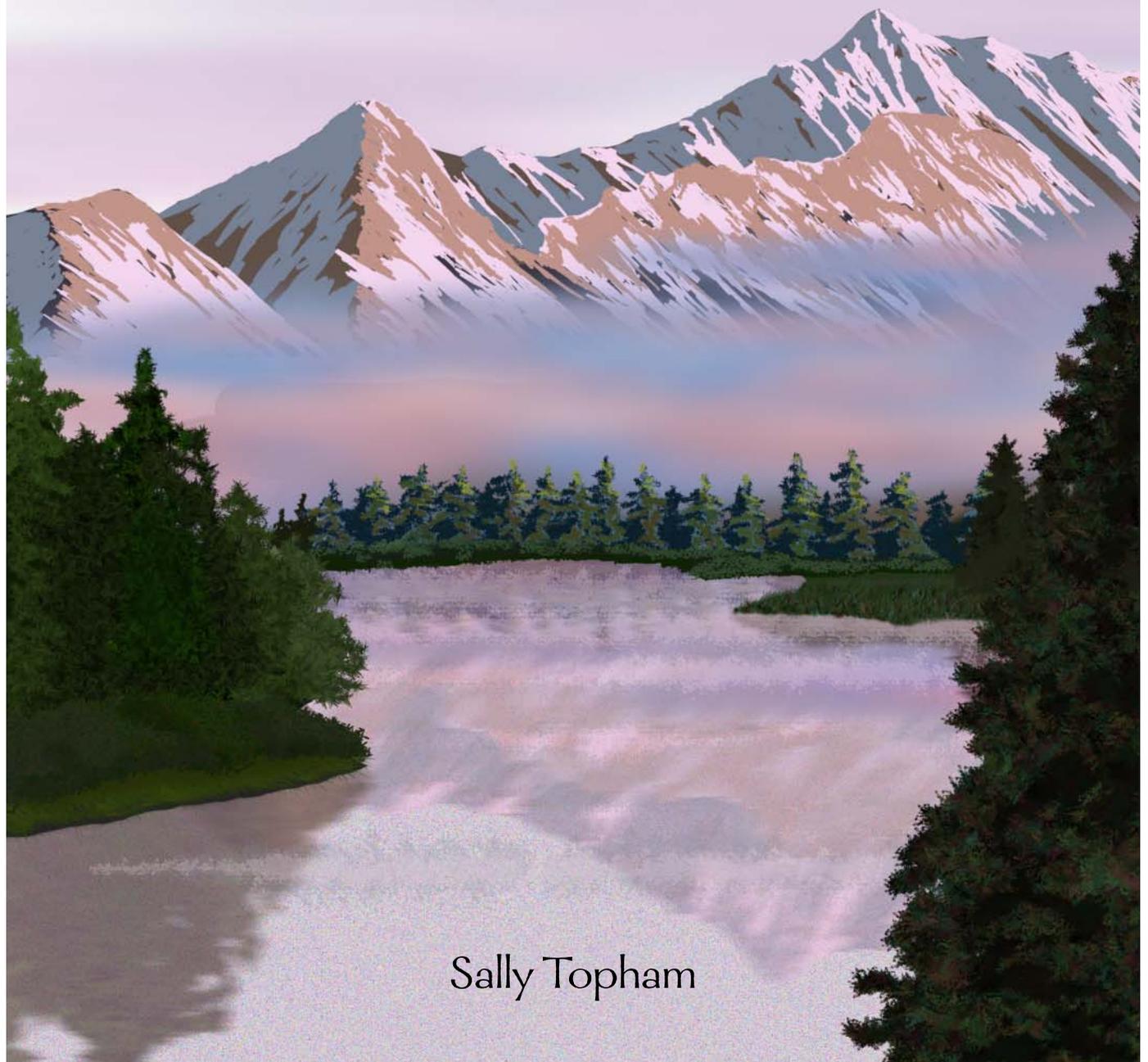


# Finding the River

The Energy Self-Help Manual  
For Surviving Life's Challenges



Sally Topham

Finding the River

The energy self-help manual for surviving life's challenges

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The Energy Self-Help Manual  
For Surviving Life's Challenges

This book is dedicated to

**Juliane Koepke**

whose courage and tenacity has been such an inspiration



# Contents

<b>List of Exercises</b>	vii
<b>List of Figures</b>	ix
<b>Foreword</b>	xi
<b>Acknowledgements and Permissions</b>	xi
<b>Prologue: The Story Behind the Title</b>	xii
<b>Part I: Body, Mind and Spirit</b>	1
<b>Chapter 1</b> Tuning In and Feeling the Connection	2
<b>Chapter 2</b> Mind–Body Connections	6
<b>Chapter 3</b> Body Basics	10
Diet	10
Diet and Eating Tips	11
Exercise	11
Exercise Tips	12
Sleep	12
Sleeping Tips	12
<b>Chapter 4</b> Moods, Feelings and Emotions	15
<b>Chapter 5</b> Relaxation and Pacing	20
<b>Chapter 6</b> Meditation	25
Creating a Special Place	25
When to Meditate	26
Sitting Positions	26
Troubleshooting	31
<b>Chapter 7</b> A Part of Something Greater: The Practice of Spirituality	32
<b>Part II: Everything is Energy</b>	37
<b>Chapter 8</b> Bliss Fields, Energy Pathways, and Star Stuff	38
<b>Chapter 9</b> Clearing Clutter and Enhancing the Chi in Your Home	44
<b>Chapter 10</b> Space Clearing and Creating a Sacred Space	50
First Round of Clearing	55
Second Round of Clearing	56
Ringing the Big Bell	56
Third Round of Clearing	57
Smoothing the Energy and Sealing It In	57
Space Clearing Maintenance	57
<b>Chapter 11</b> Energy Medicine	59
What Is Energy Medicine?	59
<b>Chapter 12</b> Energy Transformations	70
<b>Chapter 13</b> Energy Psychology and Emotional Freedom	74
EFT Tapping Sequence	76
Troubleshooting	81

<b>Part III: Seasonal Energies</b>	82
<b>Chapter 14</b> Planting New Seeds	83
Spring	83
Helpful Techniques for Spring	84
Spring Traditions	84
Building Confidence	85
Comfort Zones	85
Laws of Attraction	87
Welcome Spring	88
<b>Chapter 15</b> Fire and Abundance	89
Summer	89
Summer Energies	90
Stress Signals	90
Burnout Signs	91
Loving Oneself	92
The Growth of Summer	92
Helpful Things to Do in Summer	93
Abundance Thinking	93
Celebrate Summer	94
<b>Chapter 16</b> Harvest and Light	96
Autumn	96
Developing Gratitude	96
Balancing Your Life	97
Coping With Change	98
Autumn Traditions	100
Autumn Celebration	101
<b>Chapter 17</b> The Return of the Sun	103
Winter	103
Reflection	103
Awareness	104
Kindness and Compassion	105
Dreams	106
Winter On An Inner Level	108
Celebrate Winter	108
<b>Epilogue</b>	111
<b>About the Author</b>	118



## List of Exercises

<b>Exercise 1:</b> The Magic of Memory and Imagination	2
<b>Exercise 2:</b> Creating a Safe Place Within Yourself	3
<b>Exercise 3:</b> The Connection	4
<b>Exercise 4:</b> The Power of Thought	6
<b>Exercise 5:</b> The Inner Smile	8
<b>Exercise 6:</b> Working with the Best Things in Your Life	13
<b>Exercise 7:</b> Collapse and Retreat Endorphin-Style	16
<b>Exercise 8:</b> Keeping a Journal	17
<b>Exercise 9:</b> Write Them A Letter	18
<b>Exercise 10:</b> Natural Pacing and Relaxation	21
<b>Exercise 11:</b> Basic Pacing	22
<b>Exercise 12:</b> The Power Nap	23
<b>Exercise 13:</b> The Blue Mist	23
<b>Exercise 14:</b> Following the Breath	29
<b>Exercise 15:</b> Tratak	30
<b>Exercise 16:</b> Walking Meditation	30
<b>Exercise 17:</b> Gateway Meditation	33
<b>Exercise 18:</b> Uplifting and Unburdening the Heart	34
<b>Exercise 19:</b> Moon, Lake, Reflection Meditation	35
<b>Exercise 20:</b> Sensing Your Inner Energy	40
<b>Exercise 21:</b> Feeling Your Own Aura	41
<b>Exercise 22:</b> Feeling Someone Else's Aura	41
<b>Exercise 23:</b> Sensing Energies in Rooms and Buildings	42
<b>Exercise 24:</b> How You (and Others) Feel about Your Home	44
<b>Exercise 25:</b> Preparation For Clutter-Clearing	46
<b>Exercise 26:</b> How Does This Clutter Make Me Feel?	47
<b>Exercise 27:</b> Checking Out the "Don't Know" Items	48
<b>Exercise 28:</b> Writing Out Your Intention	52
<b>Exercise 29:</b> Creating an Altar	52
<b>Exercise 30:</b> Invoking the Guardian of Your Home	53
<b>Exercise 31:</b> Clapping Down the Walls	54
<b>Exercise 32:</b> Hara Breathing	55
<b>Exercise 33:</b> Flushing a Meridian	68
<b>Exercise 34:</b> The Spinal Flush	68
<b>Exercise 35:</b> Learning to Follow with Intention	70

<b>Exercise 36:</b> Emotional Healing	71
<b>Exercise 37:</b> Evoking Innocent Energy	71
<b>Exercise 38:</b> Feasting on Energy	72
<b>Exercise 39:</b> Heart Healing Exercise	73
<b>Exercise 40:</b> Getting Out of a Comfort Zone	86
<b>Exercise 41:</b> The Magic Wand	87
<b>Exercise 42:</b> Celebration of the Spring Equinox	88
<b>Exercise 43:</b> Greeting the Day, Greeting the Night	89
<b>Exercise 44:</b> Counting the Buds and the Blossoms	92
<b>Exercise 45:</b> Summer Solstice—Celebrating Your Achievements	94
<b>Exercise 46:</b> Gratitude Lists	97
<b>Exercise 47:</b> Drawing a Life Pie	98
<b>Exercise 48:</b> Approaching Change	99
<b>Exercise 49:</b> Making Changes Using EmoTrance and/or EFT	99
<b>Exercise 50:</b> The Flame	100
<b>Exercise 51:</b> A Ritual for the Autumnal Equinox	101
<b>Exercise 52:</b> New Year Reflections	104
<b>Exercise 53:</b> Loving Kindness Meditation	105
<b>Exercise 54:</b> Keeping a Dream Diary	106
<b>Exercise 55:</b> Winter Solstice: The Return of the Sun	108



## List of Figures

<b>Figure 1a:</b> The Full Lotus Pose	27
<b>Figure 1b:</b> The Half Lotus Pose	27
<b>Figure 1c:</b> The Cross-Legged Pose	28
<b>Figure 1d:</b> The Kneeling Pose	28
<b>Figure 2:</b> The Microcosmic Circuit	40
<b>Figure 3:</b> Daily Meridian Tracing Routine	61
The Central Meridian	61
The Governing Meridian	61
The Stomach Meridian	62
The Spleen Meridian	62
The Heart Meridian	63
The Small Intestine Meridian	63
The Bladder Meridian	64
The Kidney Meridian	64
The Circulation–Sex Meridian	65
The Triple Warmer Meridian	65
The Gallbladder Meridian	66
The Liver Meridian	66
The Lung Meridian	67
The Large Intestine Meridian	67
<b>Figure 4:</b> A Quick Guide to Using EFT	78



## Foreword

Are you peaceful and fulfilled right here, right now? Without consulting your mind for an answer, take a couple of long, slow, deep breaths and notice how your body is responding to the question. Focus only on the question. Let your body and its sensations provide the answer.

What are you experiencing—a sense of well-being and expansion or tension, contraction, heaviness or tightness? Regardless of what your mind might say and as extraordinary as this might sound, our bodies are able to communicate the truth in the moment more accurately than the mind. There are some exceptions, but in my ten years of working with, what I refer to as body wisdom, I have found this to be true. Indeed I will go one step further and say this: When it comes to deep emotional healing and personal growth, my experience has been that positive lasting shifts in mind and consciousness are often easier to bring about by working with our body than with the mind. Our bodies speak the truth and our bodies can be a portal into truth.

Regardless of what truth your body spoke in relation to the question above, you can experience peace and fulfilment right now. Are you sceptical? Do you believe me? Let's put it to the test. Ask the question again, notice what you are feeling. Now embrace and welcome those bodily sensations with the same energy and warmth that you would cuddle a newly born baby. If the baby image doesn't evoke warmth within you, choose something that does! Now breathe into the centre of the strongest body sensation and as you do so silently say to that sensation, "I am really pleased you are here." Keep breathing into the sensation and as you do so notice the spaciousness that is starting to open up in its centre. You can't make it happen—it's a case of allowing it to happen and it will, as long as you are able to stay present, hold focus and breathe. If you get distracted, frustrated or caught up in a story of "its not working", just smile to yourself and return your attention to your breath and to the centre of the strongest bodily sensation. Once you become aware of a spaciousness emerging, allow yourself to be pulled as though by a tractor beam towards and into this space. Keep going until you feel both peaceful and expansive. You might even feel blissful. The whole process takes as long it needs to take (usually between 5 and 30 minutes). If you do this, and I really encourage you to do it, you will discover something quite profound. In any given moment your relationship to "what is", in this case your body's sensations, is the determinant of whether you will experience a sense of peace and fulfilment or not. By resisting or fighting "what is", you suffer; by embracing and welcoming "what is", you experience peace. This is not just some fanciful esoteric promise, but a reality that you can discover for yourself with this experiment.

Why is this so? Why does surrendering to "space" shift the quality of our inner experience? It's because our true nature is the spacious awareness within which the content of our life experience is arising. You are the peace and joy that you seek. These qualities of experience rest not in the future or in fantasy or in our thoughts, but in the here and now.

The author of this book, Sally Topham, understands this. She has done a wonderful job of sharing the tools and approaches that have helped her along her own path of health, healing and awakening into present moment awareness. If you choose to follow her advice—and I recommend you do—you won't just learn how to improve your health or heal emotionally, you will discover your own unique path into the flow of life. I wish you the best. Enjoy the journey.

Dr Mark Atkinson MBBS BSc (HONS) FRSPH FBSIM

Dr Atkinson is a holistic medical doctor, well-being expert, author of *The Mind-Body Bible* and developer of human potential coaching. His website is [www.DrMarkAtkinson.com](http://www.DrMarkAtkinson.com).



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## The Story Behind the Title

**I**t all began on Christmas Eve, 1971, when I saw the evening newspaper headlines about an air disaster in Peru. A passenger plane on an internal flight between Lima and Pucallpa had unaccountably exploded in mid air and fallen to earth in the dense Amazonian jungle. All 94 people on board were feared dead.

I was saddened to hear about this tragedy and found myself pondering that there was so often a disaster somewhere in the world at Christmas time. Were these catastrophes really visited upon us by Cosmic/Universal/Heavenly forces as some people might think? I found it hard to believe that a vengeful God was punishing hapless scapegoats for the misdeeds of humanity. It seemed more likely that they were some kind of a wake-up call for us. Surely they could be more realistically interpreted as an opportunity to re-evaluate our lives so that we might perhaps learn to live more in the moment, to enjoy life, to have more awareness and gratitude? I dwelt upon these thoughts, but, unsurprisingly, came to no conclusions. As I wrapped up the last of the Christmas presents, I was simply left with a slightly uncomfortable feeling that there might be something here for me to learn, although I had absolutely no idea what it could be.

Media focus on the disaster melted away over the ensuing days. However, just after New Year, the tragedy was suddenly brought back to world attention. Reports started appearing in the news that, against all the odds, a seventeen-year-old German girl, Juliane Koepke, who had been a passenger on that plane, had survived. The world was agog with details of her miraculous escape and survival.

Juliane had been travelling with her mother (a famous ornithologist) from the Peruvian capital of Lima to spend Christmas with her father (a biologist) in Pucallpa, a city in the eastern part of the country. The plane was struck by lightning, burst into flames and Juliane was ejected, still in her seat, into a tree miles below that cushioned her fall. Miraculously, she suffered only a broken collarbone, a gash to her right arm and the loss of vision in one eye. She also found she only had one shoe.

Knowing she would surely die unless she found a way out of the disaster area, Juliane resolved to use botanical knowledge and survival skills she had learned from her father to find her way through the jungle and back to civilisation and help. Armed only with a stout stick and a bag of toffees found in the wreckage, she set forth. Remembering that her first requirement was to find land that sloped downhill, because this would lead to a stream, she looked for plants that grew beside water. In this way Nature guided her to a nearby stream that provided her with a source of clean drinking water. She knew if she followed the course of the stream it would eventually lead her to a river, and once she had found the river she would find areas of civilisation and be able to seek help.

Juliane's incredible and courageous trek for survival through the inhospitable Amazonian jungle took her ten days. During this time she was bitten and stung mercilessly by insects and bruised and battered by having to force her way through dense undergrowth. The stream she had been following ultimately led her to the River Amazon where she eventually came to a hut used by lumbermen who worked on the great waterway. When the lumbermen found her, she was lying in a canoe moored nearby where, exhausted and sick, she had finally collapsed. After a seven-hour canoe trip to the nearest village, help was summoned and Juliane was flown to Pucallpa Hospital where she made a complete recovery and was reunited with her distraught father.

I became totally obsessed with this story and probably read every paper that ran accounts of the epic tale, marvelling all the time at the courage of this young girl. Her heroism spoke to a place deep within me that was desperately seeking help and finding none. At that time in my life, I was feeling rather lost and vulnerable and was finding no support in the areas where I sought it—boyfriends who were unable to be present emotionally and a family that was unforthcoming in its encouragement of my dreams and ambitions. Furthermore, my

career in the theatre caused me a lot of stress and I had become far too reliant on cigarettes and alcohol as a means of coping.

In 1971, it was a time when many of the hippie values and philosophies of the 1960s were starting to become absorbed into general living. I was one of the generation who had been caught up in the social, cultural and artistic revolution that had begun. As an Aquarian, I had happily bought into ideas about expanding consciousness, spirituality, healing, meditation and new ways of being. I was excited by the general sense of opening, expansion, liberation and flow. The only trouble was that I couldn't find a way of getting into any of it. I merely stuck my toes in the water from time to time and engaged at rather superficial levels. The truth was that, deep down inside, even though I was feeling very stuck and blocked and was desperately seeking change, a large part of me was terrified of stepping out into the unknown.

I think Juliane's traumatic experience and miraculous escape had an almost mythic quality to it that I found inspirational. It was a metaphor for moving out of the darkness and into the light. In the months that followed, I resolved that I too wanted to develop a tenacity that would see me through challenges and difficulties. Above all, I knew beyond a shadow of doubt that I wanted to get out of this feeling of being stuck and dive into this wonderful flow of New Age consciousness.

As I started focussing on what I really wanted and believing it was possible to find it, so those things were drawn towards me. Before long, I had met a friend of a friend who spoke with great enthusiasm about a personal development group he had discovered. He persuaded me to go to some meetings and, to my delight, it appeared to be exactly what I'd been looking for. The teachings were a blend of the esoteric woven in with meditations and healing techniques and a strong emphasis towards connecting with nature. I couldn't wait to begin! Once I'd committed to the group, I was totally involved in the work. I later realised this was an incredibly important stepping stone into the rest of my life.

In time I left this particular group and moved on to other areas of interest. As the years rolled by and I journeyed further along my path of self discovery, the memory of that young German girl often came to mind. The many streams I've followed have led me through my own personal jungles and I'm still travelling! I've sat at the feet of Indian gurus and other charismatic teachers, read countless books by renowned writers on personal and spiritual development, and attended numerous courses, workshops and lectures by respected teachers on the subject of healing and energy. Along the way, I also placed myself in the hands of several therapists of various persuasions in an effort to find ways through my extremely tangled emotional undergrowth!

Eventually I became a teacher and a therapist myself. As I worked with my clients and students the germ of an idea began to seed within me. I started to ponder on the possibility of making a compilation of the techniques, healings and exercises that had helped me emerge from a feeling of loss and isolation into one of connection and flow. This was when the title, *Finding the River*, first floated into my mind. I knew the name was 100% right but I couldn't decide how to format the idea. It wasn't until the spring of 2008 that I realised this project, that had been composting for so long, could be made into a self-help book with that title. A couple of months later, the chance to write this book for DragonRising Publications arose.

So here it is. My book doesn't focus on just one method of self-help, for experience has shown me that we need to explore many different ways of helping ourselves. As we seek out the possibilities, so we begin to discover which particular techniques and concepts blend together in a synthesis that works best for us as individuals. In this way, we gradually move towards a sense of flow within ourselves. The journey towards the river is about learning to care for, nurture and heal yourself. About finding your centre, opening your heart, learning to feel joy and abundance and finding the peace and tranquillity within. It's about planting new seeds in your life, watching them flower and reaping the harvest of your efforts. Above all, it's about understanding your connection with Nature and learning to flow with its boundless energy and wisdom.

I wish you much joy in finding your river.

Sally





Part I

# Body, Mind, and Spirit



## Chapter 1

# Tuning In and Feeling the Connection

Life is like a river. We navigate the rapids with the challenges we face. We overflow with emotions when we feel sad and hurt or happy and joyful. We can recede or dry up when we feel threatened and unsafe or blocked and negative. We flow when we open our hearts and allow love, understanding and compassion to rise up within us. The high tides are when we experience abundance and fulfilment and the low tides are when we feel defeated or at a loss. Every bend in the river is a reflection of the cycles and changes we experience.

I've been in all of these places myself. And I want to share with you some of the methods and techniques I've learnt and used to help myself and my clients through the ups and downs we all have to face. Everything offered in this book is based on two fundamental things: first, that there are many ways of helping yourself through all kinds of problems, and second the importance of learning to keep our energies free and flowing.

I'm going to be telling you about lots of things you can do to help yourself find and maintain a better state of inner balance, all of which will be a foundation for finding your personal river. I'm going to be giving you core strategies to help you hack your way through the undergrowth and get you out of the jungle! I'll be describing various aspects of energy work and teaching you some techniques you can use. I'm also going to be explaining how working in harmony with the cycles of Nature can help you in this process.

I'm not going to promise that you will magically heal every part of your life or that you will be able to let go of all the unskilful bits of you which get in the way of becoming who you really are. I'm afraid there aren't any quick fixes in this kind of work. But what I can promise is that by following these methods and guidelines, you can make life a whole lot easier for yourself! By using these ideas, you can have less stress, more ability to cope and, if you use them regularly and on an ongoing basis, you will find you're gradually growing more in tune with your true self.

Your way forward starts from the moment you decide that you want to change. So, let's begin!

Have you ever found that if you have a problem and you go out for a walk in nature, something seems to shift in you for the better? Somehow, your state of mind is improved? You may not have actually solved your problem, but by some means or another, you've managed to put some space around it? Taking your problems for a walk can be very helpful!

Now, just in case you want to tell me that you lead a busy life and don't have the time to go out for lovely country walks to clear your mind when things are difficult, let me assure you that you don't have to live in the country in order to do this. You don't have to have a garden either. Neither of those things is necessary in order to connect with nature. You could just have a window box or a potted plant in your living room or a bunch of flowers on the table! And if you don't have any of these things, you could simply tear a picture of a beautiful view out of a magazine and stick it on your wall and spend a bit of time enjoying looking at it! All of these methods are fine if you can use them. But if all else fails, the quickest and easiest way of connecting with nature is through your imagination!

We all hold images in our minds. We're like a camcorder that's constantly in operation. We shoot the film with our eyes and re-run the scenes in our imagination. And every time we do that, we are *right there* again, re-experiencing everything we felt!

Before you go any further, I'd like to invite you to do Exercise 1.

---

### Exercise 1: The Magic of Memory and Imagination

Just take a moment to fastback through your library of mental images and choose a time when you've been out in Nature and it felt really good. You could go back to a childhood memory if you like, or stick with a more recent recollection. Maybe

you were walking by the sea, or sitting looking at a sunset, or it could have been when you were on holiday in another country.

I'd like you to select one of these memories right now. Make a quick decision about which one you want to recall. When you've decided, I'd like you to close your eyes, just go inside and bring the image of that place back into your mind.

Imagine the place. Remember the weather. Is it warm or cold or somewhere in-between? Imagine the sounds. What are the sights you can see? Can you smell anything which was very particular to that place? How does it feel being there? Allow all those sensations to come back to you.

Do this now. Don't read on until you've done it. Stay there for as long as you want. Then come back and open your eyes.

---

How was that? Most people can quite easily re-experience what they felt by using image recall. By the way, notice where in your body you felt those good feelings and what they were like. For example, if you felt a sense of somehow opening up and feeling more spacious inside did you feel it in your head or your chest or your belly? Or somewhere else? Just make a mental note of where it was for your own information and we'll come back to that in a later chapter.

If you're able to re-experience that nice feeling without even being there, it's as good as having a magic carpet, isn't it? Imagination is wonderful in this respect. It can transport you instantly to any place or time you choose. So next time you're wrestling with a problem and you aren't able to physically take it for a walk, all you've got to do is repeat that little exercise. Only this time, try to stay a bit longer and be very conscious of allowing yourself to soak up all that nice healing space you're remembering and let it flood through you.

Using your imagination to take you to a place inside where you can retreat and feel safe and good is a very healing thing to do for yourself. This way of working is totally natural for us because we've been using our imaginations since we were children. We've got a whole host of film clips which we store in our minds, and we can re-create these images for ourselves whenever we want, wherever we are, and at any time of the day or night.

Exercise 2 will help you create that safe place within yourself.

---

### **Exercise 2: Creating a Safe Place Within Yourself**

You might like to refine Exercise 1 by deciding which, of all your memories, is the very best one you ever experienced in Nature. Have fun scrolling through your memories. Then use the "film clip" of that image, and, just as you did in Exercise 1, go back and enjoy that glorious space. Let it become a special, safe and healing place where you can retreat whenever things get too much. It's a simple, easy thing to do and you can help yourself enormously by summoning that memory.

Try doing this before you go to sleep tonight. It doesn't matter if you fall asleep in the middle of it. It's a very nice place to fall asleep in! You may find that doing this exercise gives you a particularly good night's sleep and the next day, you wake up feeling more refreshed than usual.

Do this exercise whenever you need it.

---

Before I continue, let's try to understand what may be happening to us when we go out into the countryside or into a local park or even into our own back garden. Nature is quiet and often full of wide open spaces. Just being there and soaking it up helps you to find space in yourself. You see, when you get yourself into a frazzled state of one sort or another, your energy and your body tends to contract, and sometimes your mind seizes up to the point where it can feel absolutely solid. Nature diffuses this by filling you with a sense of expansion, which is why it can make you feel better, clearer and more relaxed.

And don't we all need that?

Sadly, in our present culture, we're so engrossed in our busy lives that we forget the natural things around us. Anything we're aware of can so easily be taken for granted or remain unnoticed.

Why is that?

Well, just look at the way we live these days! This is the age of technology and the more it speeds up, the faster we have to go to keep pace with it. Some of us are stretching ourselves to the limit to keep up with our machines! Press a button and you can send information to the other side of the world nearly instan-

taneously. We can sell and buy in cyberspace without ever coming face-to-face with a human being in the process. Mobile phones allow unlimited access at any time and any place to friends, family, and trade and business contacts. Many of us are working much longer hours than people were 25 years ago. We're bombarded on all sides by the media which feeds us a mind-boggling amount of information—good, bad and indifferent—24 hours a day. Whilst the plus side of this is we can now be much better informed than we were before and far more advanced in many respects, as a civilisation we are suffering from more stress-related problems and diseases than we were in previous generations.

Now, I'm not advocating that we all live reclusive lives in the country or emigrate to some remote area where people are living at a snail's pace. I'm not saying we have to give up the luxuries afforded by technology. Nor am I suggesting that we throw away our mobiles or stop reading newspapers! I'm just saying that this global village we all live in can get very noisy and crowded. It's small wonder that many of us have lost touch with Nature or the concept that we ourselves are part of it.

Actually, wherever you live, Nature is never very far away. Even amidst the concrete, glass and high-rise blocks of modern cities, you can still see it, touch it, and feel a sense of wonder about it. I remember once walking across Leicester Square in the heart of London's busy West End one summer evening and seeing the evening sky turn black with flocks of starlings coming together and preparing to settle for the night. It was gob-smackingly amazing. People were stopped in their tracks, staring up at the sky, hardly believing their eyes.

Nature is always there, just like the sun is always there behind the clouds. You'll find it in parks and village greens, in those small patches of grass in the middle of squares, in gardens and in window boxes, in the birds and the wildlife which live in our cities and towns. All we've got to do is become more aware of it. Then it's really not difficult to regain our connection with the earth and become more aware of our natural rhythms, instead of letting ourselves be driven by the speed of the culture.

What really helps is learning to "press the pause button" as one of my teachers (William Bloom) would say. If we can trigger a more gentle, spacious flow within ourselves and take some time to find the stillness within on a regular basis, it can make a huge difference to how we cope in our daily lives.

So how can we do that?

Well, it's quite simple. We extend the sort of thing we did in Exercise 1 ([page 4](#)) and Exercise 2 ([page 4](#)) and go into what's known as a guided visualisation (or meditation). You just need to bring certain images to mind and use your imagination. Exercise 3 is a great way to connect with, and feel a part of Nature. And it doesn't necessitate you going outdoors at all!

Here are just a few pointers before I take you into this:

- You can benefit most from doing this every day
- First thing in the morning is usually the best time, but some people may find it easier to do it in the evening
- Experiment to see which time of day suits you best.

At first, you may not be able to stay in this exercise for longer than a few minutes, but the more you practise it, the more time you'll want to spend with it because it feels so nice. The longer you can stay the better.

It's called "The Connection".

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### Exercise 3: The Connection

Put the phone on answer. Turn off the TV, radio, stereo, and computer. Close any doors or windows if you are in a draught. Make yourself comfortable in a sitting position with your back straight (supported by cushions if necessary) and with your feet placed firmly on the floor. If you are OK to sit cross-legged then do so, but make sure you are comfortable. You could lie down to do this but it's best not to as people tend to fall asleep when they lie down!

Close your eyes and bring your attention into the base of your torso and imagine that there is a line (or lines) of invisible energy extending from that part of you deep down into the earth beneath you. (You can imagine this like a big tap root or the roots of some great tree if you like.) Let these roots extend as deeply into the earth as you want them to go. As you extend them down, allow yourself to feel the safety and support of the earth.

Stay with this for a few moments.

Now, still keeping hold of your connection to the earth, bring your attention to your arms and both sides of your body. Imagine invisible lines of energy extending from there and outwards which connect you to the surface of the earth and to all the creatures which dwell upon it. Imagine they stretch out to include the vegetation, flowers, plants and trees which grow out of it, as well as to the seas and oceans and all the creatures which dwell there, too. Allow your energy to stretch outwards, imagining you are able to embrace all these things.

Stay with this for a few moments also.

Now, still feeling your connection deep into the earth and all across its surface, bring your attention to the crown of your head. Imagine more lines of energy extending out of you from there. Allow these energy lines to reach out to the treetops, to the hills and mountains, to the birds which fly in the sky. Then let the lines extend upwards and outwards even further—let them stretch up to the clouds, the sun, the moon and the stars. Let them extend into the galaxies beyond our planet and out into the universe beyond.

Stay with all this for as long as is comfortable. Enjoy your connection to all these things. When you are ready, come back slowly and sit for a while holding onto the feelings you experienced.

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Exercise 3 is an adaptation of “The Connection” meditation by William Bloom.

Don't be surprised if you find that your response to this exercise changes according to how you're feeling at the time of doing it. Sometimes, in the early days, you may feel as though not much is happening. But if you can commit yourself to practising it regularly over a period of time, you'll start to notice subtle changes in your experience of it. Getting a sense of your connection to everything can make a huge difference to how you feel about yourself.

When you do feel deeply connected, I promise you that the sense of belonging, the feeling of being held in some great benign bubble and being part of something greater is a truly joyful and healing sensation.





## Further Information and Suggested Reading

## Prologue

Documentary films about Juliane Koepke's crash survival.

*Miracoli Accadono Ancora (Miracles Still Happen)*. 1974. Giuseppe Maria Scotese. Based on the true story of Juliane Koepke's ordeal in the Amazonian jungle.

*Wings of Hope*. Documentary film made in 2000 by Werner Herzog in which Juliane Koepke herself takes part, revisits the crash site and talks about how she managed to survive.

## Chapter 1

*The Endorphin Effect*. William Bloom ([www.williambloom.com](http://www.williambloom.com)).

*Feeling Safe*. William Bloom.

*Soul-ution: The Holistic Manifesto*. William Bloom.

The Foundation for Holistic Spirituality ([www.f4hs.org](http://www.f4hs.org)).

## Chapter 2

*The Endorphin Effect*. William Bloom ([www.williambloom.com](http://www.williambloom.com)).

*The Genie in Your Genes*. Dawson Church ([www.genieinyourgenes.com](http://www.genieinyourgenes.com)).

*The Biology of Belief*. Bruce Lipton ([www.bruce-lipton.com](http://www.bruce-lipton.com)).

*Molecules of Emotion*. Candace B. Pert ([www.candacepert.com](http://www.candacepert.com)).

## Chapter 3

*The Mind-Body Bible*. Dr Mark Atkinson ([www.drmarkatkinson.com](http://www.drmarkatkinson.com)).

*Creating Health: How To Wake Up the Body's Intelligence*. Deepak Chopra ([www.deepakchopra.com](http://www.deepakchopra.com)).

The Chopra Centre ([www.chopra.com](http://www.chopra.com)).

*Anatomy of an Illness*. Norman Cousins.

*Staying Healthy with the Seasons*. Elson M Haas ([www.elsonhaas.com](http://www.elsonhaas.com)).

*The New Detox Diet*. Elson M Haas.

*Optimum Nutrition Made Easy*. Patrick Holford ([www.patrickholford.com](http://www.patrickholford.com)).

*The Amazing Liver and Gall Bladder Flush*. Andreas Moritz ([www.ener-chi.com](http://www.ener-chi.com)).

*The Creation of Health: The Emotional, Psychological and Spiritual Responses that Promote Health and Healing*. Caroline Myss.

*Why People Don't Heal and How They Can*. Caroline Myss.

Caroline Myss Institute ([www.myss.com](http://www.myss.com)).

*Your Body Speaks Your Mind*. Deb Shapiro ([www.edanddebshapiro.com](http://www.edanddebshapiro.com)).

The English Federation of Disability Sport ([www.wheelpower.org.uk](http://www.wheelpower.org.uk)).

## Chapter 4

*The Endorphin Effect*. William Bloom ([www.williambloom.com](http://www.williambloom.com)).

*The Artist's Way*. Julia Cameron ([www.theartistsway.com](http://www.theartistsway.com)).

Chris James ([www.chrisjames.net](http://www.chrisjames.net))

Jill Purce ([www.jillpurce.com](http://www.jillpurce.com)).

*Singing for the Brain* ([www.alzheimers.org.uk](http://www.alzheimers.org.uk)).

## Chapter 5

*The Relaxation and Stress Reduction Workbook*. Martha Davis, Elizabeth Robbins and Matthew McKay.

*Stress Relief and Relaxation Techniques*. Judith Lazarus.

*The 20-Minute Break*. Ernest Lawrence Rossi PhD ([www.ernestrossi.com](http://www.ernestrossi.com)).

*A Discourse with Our Genes*. Ernest Lawrence Rossi.

*Dreams, Consciousness, and Spirit*. Ernest Lawrence Rossi.

*Mind-Body Therapy*. Ernest Lawrence Rossi.

## Chapter 6

### **Books on Meditation**

*Journey of Awakening: A Meditator's Guidebook.* Ram Dass ([www.ramdass.org](http://www.ramdass.org)).

*Peace is Every Step.* Thich Nhat Hahn ([www.interbeing.org.uk](http://www.interbeing.org.uk)).

*Breathe! You are Alive!* Thich Nhat Hahn.

*Walking Meditation* (Book, CD and DVD). Thich Nhat Hahn.

*The Book of Meditation.* Chris Jarmey

*How to Meditate.* Lawrence LeShan ([www.spiritsite.com](http://www.spiritsite.com)).

*Meditation is...* Bodel Rikys ([www.zedweb.co.uk](http://www.zedweb.co.uk)).

*The Meditation Bible: The Definitive Guide to Meditation.* Jane Struthers

*Wherever You Go, There You Are.* Jon Kabat-Zin ([www.mindfulnessstapes.com](http://www.mindfulnessstapes.com)).

### **Meditation Centres** (see also **Spiritual Centres** under Chapter 7)

ACEM International School of Meditation ([www.acem.com](http://www.acem.com))(Non-Religious Meditation).

Plum Village Meditation Practice Centre ([www.plumvillage.org](http://www.plumvillage.org)).Headquarters of renowned Zen Buddhist monk Thich Nhat Hahn.

Transcendental Meditation ([www.t-m.org.uk](http://www.t-m.org.uk)) (International Meditation School with around 40 centres in UK teaching simple meditation technique based in Indian Tradition.

### **Tai Chi and Chi Kung**

For classes in your area, consult local directories

### **Books on Chi Kung and Tai Chi:**

Chi Kung. Master Lam Kam Chuen ([www.lamassociation.com](http://www.lamassociation.com)).

Tai Chi. Peter Chin Kean Choy ([www.rainbow-taichi.org.uk](http://www.rainbow-taichi.org.uk)).

## Chapter 7

### **Books on Spirituality**

*Fire in the Heart: A Spiritual Guide for Teens.* Deepak Chopra ([www.chopra.com](http://www.chopra.com)).

*How Long is Now? How to be Spiritually Aware in the Real World.* Tim Freke ([www.timothyfreke.com](http://www.timothyfreke.com)).

*The Direct Path.* Andrew Harvey ([www.andrewharvey.net](http://www.andrewharvey.net))

*The Hope: A Guide to Sacred Activism.* Andrew Harvey.

*A New Earth.* Eckhart Tolle ([www.eckharttolle.com](http://www.eckharttolle.com)).

*The Power of Now.* Eckhart Tolle.

*The Search for Spirituality.* Ursula King ([www.spiritualityandpractise.com](http://www.spiritualityandpractise.com)).

*A Path with Heart.* Jack Kornfield ([www.jackkornfield.org](http://www.jackkornfield.org)).

*Seeking the Heart of Wisdom.* Jack Kornfield

*The Road Less Travelled.* M Scott Peck—[www.mscottpeck.com](http://www.mscottpeck.com)

*Conversations with God.* Neale Donald Walsch ([www.nealedonaldwalsch.com](http://www.nealedonaldwalsch.com)).

### **Spiritual Centres**

British Taoist Association ([www.taoists.co.uk](http://www.taoists.co.uk)) Taoist Teachings—Eastern philosophical and religious tradition.

Buddhist Centres in the UK ( [www.chezpaul.org.uk](http://www.chezpaul.org.uk)).

International Centres for Mindfulness ([www.jackkornfield.com](http://www.jackkornfield.com))

Buddhist Mindfulness Meditation.

Kabbalah: ([www.Kabbalah.com](http://www.Kabbalah.com)) International Centres for Learning Judaic-based spiritual teachings.

Radha Soami Spiritual Path (also known as Sant Mat): ([www.radha-soami.info](http://www.radha-soami.info)) Sikh-based method of God realisation.

Siddha Yoga ([www.syduk.org](http://www.syduk.org))Hindu-based spiritual path.

Sufi Teachings: ([www.schoolofsufiteaching.org](http://www.schoolofsufiteaching.org)) ([www.sufiorderuk.org](http://www.sufiorderuk.org)) Esoteric arm of Islam.

Thich Nhat Hanh UK & International Sanghas ([www.interbeing.org.uk](http://www.interbeing.org.uk)) Zen Buddhist Centres focussed on the teachings of Thich Nhat Hahn.

Zen Buddhism ( [www.iriz.hanazono.ac.jp](http://www.iriz.hanazono.ac.jp)) List of International Zen Buddhist Centres.

Alternatives—St James's Church, Piccadilly, London Tel: 020 7287 6711: ([admin@alternatives.org.uk](mailto:admin@alternatives.org.uk) [www.alternatives.org.uk](http://www.alternatives.org.uk)) Hosts Monday night talks on spirituality, creativity and wellbeing by some of the best known names in the mind–body–spirit world.

## Chapter 8

*The Body Electric*. Robert Becker.

*The Tao of Physics*. Fritjof Capra ([www.fritjofcapra.net](http://www.fritjofcapra.net)).

*Perfect Health*. Deepak Chopra ([www.chopra.com](http://www.chopra.com)).

*Vibrational Medicine*. Richard Gerber M.D.

*Chakra Balancing*. Anodea Judith ([www.sacredcenters.com](http://www.sacredcenters.com)).

*Ayurveda: The Science of Self-Healing*. Dr Vasant Lad ([www.ayurveda.com](http://www.ayurveda.com)).

*The Field: The Quest for the Secret Force of the Universe*. Lynne McTaggart ([www.livingthefield.ning.com](http://www.livingthefield.ning.com)).

*The Sun and the Serpent*. Hamish Miller and Paul Broadhurst.

*Chi: Discovering Your Life Energy*. Master Waysun Liao ([www.taichiaocenter.com](http://www.taichiaocenter.com)).

*Advanced Energy Anatomy*. Caroline Myss (Audio CD) ([www.myss.com](http://www.myss.com)).

*Anatomy of the Spirit*. Caroline Myss.

*Energy Anatomy: The Science of Personal Power, Spirituality and Health*. Caroline Myss (Audio CD).

*The Dancing Wu Li Masters*. Gary Zukav ([www.zukav.com](http://www.zukav.com)).

## Chapter 9

*Clear Your Clutter with Feng Shui*. Karen Kingston ([www.spaceclearing.com](http://www.spaceclearing.com))

*Sacred Space*. Denise Linn ([www.deniselinn.com](http://www.deniselinn.com)).

*Clearing Clutter Choices*. Barbara Tako ([www.clutterclearingchoices.com](http://www.clutterclearingchoices.com)).

*How to De-Junk Your Life*. Dawna Walters and Mark Franks.

*Organized Living: Clutter-Clearing Strategies and Creative Storage Solutions*. Dawna Walters.

Herbal Colon Cleanse: Specialist Herbal Supplies For Practitioners ([www.shs100.com](http://www.shs100.com)).

### *Feng Shui Organisations and Practitioner Listings*

Association of UK Feng Shui ([www.webring.com](http://www.webring.com)).

The Feng Shui Society ([www.fengshuisociety.org.uk](http://www.fengshuisociety.org.uk)).

The Feng Shui Agency ([www.fengshuiagency.com](http://www.fengshuiagency.com)).

## Chapter 10

### **Books**

*The Feng Shui Bible: The Definitive Guide to Practising Feng Shui*. Simon Brown.

*Clear Your Clutter*. Karen Kingston ([www.spaceclearing.com](http://www.spaceclearing.com)).

*Creating Sacred Space with Feng Shui*. Karen Kingston.

*The Feng Shui House Book*. Gina Lazenby ([www.thehealthyhome.com](http://www.thehealthyhome.com)).

*Feng Shui for the Soul*. Denise Linn ([www.deniselinn.com](http://www.deniselinn.com)).

*Sacred Space*. Denise Linn.

### **Bells:**

[www.spaceclearing.com](http://www.spaceclearing.com)

### **Feng Shui Suppliers**

The Feng Shui Company ([www.fengshuisite.com](http://www.fengshuisite.com))

### **Incense Burners, Charcoal and Incense**

[www.bombayincense.com](http://www.bombayincense.com)

[www.watkinsbooks.com](http://www.watkinsbooks.com)

### ***Rattles and Drums:***

[www.bongocentral.com](http://www.bongocentral.com)

[www.livingdrums.com](http://www.livingdrums.com)

### ***Resin Incense and Charcoal Tablets***

[www.bombayincense.com](http://www.bombayincense.com))

[www.prinknashabbey.org](http://www.prinknashabbey.org)

[www.watkinsbooks.com](http://www.watkinsbooks.com)

### ***Tibetan Bells***

[www.GarudaTrading.com](http://www.GarudaTrading.com)

[www.watkinsbooks.com](http://www.watkinsbooks.com)

### ***Music***

New World Music ([www.newworldmusic.com](http://www.newworldmusic.com)).

Mysteries ([www.mysteries.co.uk](http://www.mysteries.co.uk)).

Tibetan Bells Music—Nada Himalya. Deuter ([www.newearthrecords.com](http://www.newearthrecords.com)).

[www.watkinsbooks.com](http://www.watkinsbooks.com))

### ***Bach Flower Remedies***

[www.bachshop.co.uk](http://www.bachshop.co.uk)

### ***Space Clearing Mist***

[www.ausflowers.com.au](http://www.ausflowers.com.au)

## **Chapter 11**

### ***Books on Energy Medicine***

*Energy Medicine*. Donna Eden with David Feinstein ([www.innersource.net](http://www.innersource.net)).

*Energy Medicine Essential Techniques*. Donna Eden (DVD).

*Energy Medicine for Women*. Donna Eden with David Feinstein.

*The Energy Medicine Kit*. Donna Eden.

*Energy Medicine: The Scientific Basis*. James L Oschman ([www.energyresearch.bizland.com](http://www.energyresearch.bizland.com)).

### ***Energy Umbrella Organisations and Practitioner Listings***

Acupuncture ([www.acupuncture.org.uk](http://www.acupuncture.org.uk)).

Applied Kinesiology ([www.appliedkinesiology.com](http://www.appliedkinesiology.com)).

Polarity Therapy ([www.ukpta.org.uk](http://www.ukpta.org.uk)).

Reflexology ([www.aor.org.uk](http://www.aor.org.uk)).

Reiki ([www.reikifed.co.uk](http://www.reikifed.co.uk)).

Shiatsu ([www.shiatsu.org](http://www.shiatsu.org)).

Therapeutic Touch ([www.ttouch.org.uk](http://www.ttouch.org.uk)).

## **Chapter 12**

### ***Books on EmoTrance***

*Energy Magic: The Patterns and Techniques of EmoTrance, Vol 3*. Silvia Hartmann ([www.silviahartmann.com](http://www.silviahartmann.com)).

*Living Energy: The Patterns and Techniques of EmoTrance, Vol 2*. Silvia Hartmann.

*Oceans of Energy: The Patterns and Techniques of EmoTrance, Vol 1*. Silvia Hartmann.

*The Love Clinic*. Sandra Hilawi ([www.passionforhealth.com](http://www.passionforhealth.com)).

### ***For Books, CDs, Events and Practitioner Listings***

EmoTrance ([www.emotrance.com](http://www.emotrance.com)).

### ***For eTraining Manuals and Distance Learning***

Sidereus Foundation ([www.sidereus.org](http://www.sidereus.org)).

## Chapter 13

### **Books on EFT**

*The Healing Power of EFT and Energy Psychology.* David Feinstein, Donna Eden and Gary Craig  
([www.innersource.net](http://www.innersource.net)).

*EFT for Dummies.* Helen Fone.

*EFT in Your Pocket: Tapping into Emotional Freedom.* Isy Grigg ([www.eft4me.com](http://www.eft4me.com)).

*Advanced Patterns of EFT.* Silvia Hartmann ([www.silviahartmann.com](http://www.silviahartmann.com)).

*Adventures in EFT.* Silvia Hartmann.

*Emotional Healing in Minutes.* Valerie and Paul Lynch ([www.friendsinfocus.co.uk](http://www.friendsinfocus.co.uk)).

*Tapping for Kids.* Angie Mucillo ([www.TappingForKids.wordpress.com](http://www.TappingForKids.wordpress.com)).

*Art and Science of Emotional Freedom, The.* Ananga Sivyer ([www.ananga.net](http://www.ananga.net)).

Gary Craig's Website ([www.emofree.com](http://www.emofree.com)).

### **For EFT Practitioner Listings, Courses, Trainings, and Manuals**

The Association for Meridian Energy Therapies ([www.theamt.com](http://www.theamt.com)).

## Chapter 14

*The Seven Spiritual Laws of Success.* Deepak Chopra ([www.chopra.com](http://www.chopra.com)).

*The Power of Intention.* Dr Wayne Dwyer [www.drwaynedwyer.com](http://www.drwaynedwyer.com)).

*The New De-Tox Diet.* Elson M. Haas and Daniella Chase ([www.elsonhaas.com](http://www.elsonhaas.com)).

*The Intention Experiment.* Lynne McTaggart [www.theintentionexperiment.com](http://www.theintentionexperiment.com)).

*Detox For Life.* Carol Vorderman.

*The Detox Cook.* Louisa J Walters, Aliza Baron Cohen and Adrian Mercuri.

For Equinox dates ([www.en.wikipedia.org/wiki/Equinox](http://www.en.wikipedia.org/wiki/Equinox))

## Chapter 15

*The Secret.* Rhonda Byrne ([www.theseecret.tv](http://www.theseecret.tv)).

*Love as a Way of Life.* Gary Chapman ([www.garychapman.org](http://www.garychapman.org)).

*Overcoming Low Self-Esteem.* Dr Melanie Fennell.

*Men Are From Mars Women Are From Venus.* John Gray ([www.home.marsvenus.com](http://www.home.marsvenus.com)).

*Love Yourself, Heal Your Life Workbook.* Louise L Hay ([www.louisehay.com](http://www.louisehay.com)).

*You Can Heal Your Life.* Louise Hay.

*Ask and it is Given.* Esther and Jerry Hicks ([www.abraham-hicks.com](http://www.abraham-hicks.com)).

*Abundance through Reiki.* Paula Horan ([www.healyourselfwithoxygen.com](http://www.healyourselfwithoxygen.com)).

*Attracting Abundance with EFT.* Carol Look ([www.attractingabundance.com](http://www.attractingabundance.com)).

*The Cosmic Ordering Service.* Baerbel Mohr ([www.baerbelmohr.de](http://www.baerbelmohr.de)).

*I Deserve Love.* Sondra Ray ([www.sondraray.com](http://www.sondraray.com)).

*The Loving Relationships Treasury.* Sondra Ray.

For Solstice dates ([www.en.wikipedia.org/wiki/Solstice](http://www.en.wikipedia.org/wiki/Solstice))

## Chapter 16

*The First 30 Days: Making Any Change Easier.* Ariane de Bonvoisin ([www.first30days.com](http://www.first30days.com)).

*Change Your Thoughts, Change Your Life.* Dr Wayne W Dyer ([www.drwaynedwyer.com](http://www.drwaynedwyer.com)).

*Gratitude: A Way of Life.* Louise L Hay ([www.louisehay.com](http://www.louisehay.com)).

*How to Want What You Have.* Timothy Miller ([dr.timothymiller.com](http://dr.timothymiller.com)).

*Meister Eckhart: From Whom God Hid Nothing.* David O'Neal.

*Attitudes of Gratitude: How to Give and Receive Joy Everyday of Your Life.* MJ Ryan ([www.mj-ryan.com](http://www.mj-ryan.com)).

*Authentic Happiness: Using the New Positive Psychology to Realise Your Potential for Lasting Fulfillment.* Martin EP Seligman ([www.authentichappiness.sas](http://www.authentichappiness.sas)).

*Learned Optimism: How to Change Your Mind and Your Life.* Martin EP Seligman.

*Gift of Change, The: Spiritual Guidance for a Radically New Life.* Marianne Williamson ([www.marianne.com](http://www.marianne.com)).

## **Chapter 17**

*Synchrodestiny: Harnessing the Infinite Power of Coincidence to Create Miracles.* Deepak Chopra ([www.chopra.com](http://www.chopra.com)).

*The Spontaneous Fulfillment of Desire.* Deepak Chopra.

*The Way of the Dream.* Marie Louise von Franz.

*The Art of Forgiveness, Loving Kindness and Peace.* Jack Kornfield ([www.jackkornfield.org](http://www.jackkornfield.org)).

*The Hidden Power of Dreams.* Denise Linn ([www.deniselinn.com](http://www.deniselinn.com)).

*The Dream Bible: The Definite Guide to Over 300 Dream Symbols.* Brenda Mallon.



## About the Author



Originally trained as an actress, Sally spent a number of years working professionally in regional theatre, as well as radio, film and television. Her interest in alternative therapy and personal and spiritual development ran in tandem with her theatrical career and gradually led her towards a personal journey of self-discovery.

Sally has explored many paths and techniques over the years in her quest for healing and spiritual unfolding under the direction of a number of highly skilled therapists, trainers and spiritual teachers. She has studied Astrology, Dowsing, Energy Medicine, Feng Shui, Transpersonal Psychology, Jungian Dream Interpretation and Cognitive Analytic Therapy. She has also done courses in spiritual care under the auspices of RIGPA (The Tibetan Buddhist Centre). In addition she spent six years following the Sikh tradition of Sant Mat under the guidance of Maharaj

Charan Singh and later studied the Hindu path of Siddha Yoga and the teachings of Mother Meera before synthesising this wealth of wisdom into a personal spiritual practice which she has continued ever since. She has also completed a three-year study course in Holistic and Spiritual Growth with Dr William Bloom.

She is qualified as a Reiki Master/Practitioner, an Advanced EFT Practitioner, an EmoTrance Practitioner, an Endorphin Technique Practitioner, and has a private practice in North West London. She also teaches meditation to beginners.

Sally is passionate about the work she does, deeply interested in the people she is privileged to work with and committed to using her healing skills with integrity.