



**Empower Yourself Through...**

Growing your intuition, connecting with your strengths, confirming your gifts, talents, and abilities, and accepting that your journey matters.

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**THE MAP OF INFLUENCES THAT CREATED SARAH'S APPROACH**



## MY STORY IN A NUTSHELL

**“Dearly beloved  
We are gathered here today,  
To get through this thing called ‘life’ “.**

*Prince and the Revolution*

I was always a person with a powerful and imaginative inner life. I enjoyed my own company and projects, and sometimes went off and did them without telling anyone. I would go for adventures in the countryside on my bike. I would find the best woodland glades, the best high meadows with blue butterflies and white flowers on the South Downs (British hills). Even as a young child, I loved music and books as much as my mother did. Reading books and listening to music painted pictures in my mind.

While my mother focused on making a lovely home for my brother, my dad and I, I wanted to *make* things. I would draw, paint, crochet, sew and knit. We lived on the edge of a village, and opposite a beautiful water meadow with a dairy. I would often climb over our fence and then slip under the wire fence in the field opposite to commune with the cows, horses, plant life and nature.

I regularly walked a neighbors’ dog and took my kite up to the highest point in the area, flying it for hours on end. This was a lovely upbringing, but it didn’t prepare me for life.

And then there was school. I loved to study, but from about the age of 9 or 10 I was bullied – perhaps because of my dreamy and imaginative nature and lack of desire to bully anyone else. I was even bullied by others for getting good grades. I made some good friends at school, but for many I seemed to be a threat, just being me.

As an adult, I worked my way through various unusual jobs. I set my focus on a job at the BBC rather than university – because I was hoping to marry someone famous. That didn’t pan out, but I did end up with an interesting and varied selection of roles in the British broadcasting industry, until one day I became burned out and depressed and unable to work.

The first time I burned out, I went to a psychotherapist. I had traditional treatment, which helped a little. When I had burnout number two, I was fortunate enough to find an unusual form of meditation which got me back on track as I began to focus on working for myself, rather than in the corporate world.

Burnout number three happened when my second marriage began to fail. By then, I had long been on the spiritual and intuitive path, and I’ve followed that path ever since.

## GROW YOUR INTUITION

**“When opinion is stated, the third eye closes.”**

*Richard Rudd, The Gene Keys*

Have you ever had a weird experience you can't explain? Or perhaps you knew something about a person or situation ahead of time, but just couldn't work out exactly how you knew that thing? Maybe over the years you have found yourself drawn into studying weird stuff, the unusual and hard to explain...or perhaps you are studying psychic phenomena and even the UFOlogy narrative to help you understand yourself.

*Lucid dreaming...premonitions...a sense about a past life...feeling energy...intuitive hits that are becoming more intrusive...experiences of Loved Ones that have passed...health issues that are hard to explain...all these things and more have brought clients to my site over the years.*

But what can we *do* about it? In my experience, we can delve deeper into our own inner nature, even connect with our Soul-level self – and learn to embrace our gifts.

We are all changing and evolving as a species, yet we swim in a very small gene pool of differences as humans. How much is still hidden from us about life and the Universe?

What we do differently to animals is that we like to *think*. In that act we have begun to believe that *thinking is the ruler* of our world, instead of including our **intuitive** processes.

Thoughts, thinking, ideas and opinions may currently appear to rule the human world, but they are just by-products of evolution on our planet.

What does planet Earth, or Gaia, really intend for us humans? Again, we like to 'think' that we run the show – but we don't. The white matter in our brains doesn't run our evolution, it's just a record of our thoughts, actions, and behaviors in our life. We create things through manifesting ideas, but that could all change in the blink of an eye if planetary conditions shift.

One of the areas that scientists are now researching is the nature of the human cerebellum, an area towards the back of our brains behind our brain stem. In the past, the cerebellum was thought to only be significant related to our sense of balance, equilibrium, and direction.

Yet, as we evolve, we are discovering that the cerebellum contains over 80% of our neurons! This brain section is slowly moving and shifting to the front of our brains - and transferring some of its' functions to top of our brain stem – known as the *medulla oblongata*.

Mystics have long known of this process – and point to it as a sign of our upcoming evolution. We will shift from 'thinking' to 'intuiting' and ultimately create a completely different world.

## INTUITION AND RECEIVING INSPIRATION FROM OUR QUESTIONS

“God (or Creator) may have the answers – but the Goddess lies in the questions!” - *Gloria Steinem*

“A question allows you to create, to open to the mind. The Universe was made with questions. Humans are here to bring consciousness to questions.” - *Matias de Stefanou*

My business partner and I had rented a hotel conference room so we could spend 2 days planning our new business together. I felt intimidated and overwhelmed as she flipped back the paper on the wall chart. I had been running a freelance business for a while – but a real-life company of our own? That was a whole different ballgame.

I remember one thing she said at the time that was revolutionary, when I said that I didn't know where to start. She said, “*Don't worry, Sarah, we don't need the answers, we only need the right questions.*” What?

Once we got to work, I realized that she was right. Once we knew *what to ask*, the answers flowed very clearly and easily. At the time, I viewed this as a rather revolutionary business approach. Looking back from today's perspective - that was quite a few years ago now – I realize that essentially, what we were really doing was embracing a highly *intuitive and energetic* approach.

Through energy work, (see page 7) I realized that when we send a question out into the Universe, it departs from our energy field at the front of our bodies on a golden thread in the shape of a figure 8. As a golden disk, the data and resonance of the question slides out into the energy around us – the quantum field - being attracted by what elements are out there, and ultimately bringing the answer data back into our own personal energy field for us to consider through our own *consciousness*.

Learning to create excellent questions then becomes a required skill. How do we know what to ask, when to ask it and even – how?

One of the powerful guided answers to this comes from the nature of *intellect* versus *intuition*. In the West, the left frontal lobes of our brains have been powerfully educated and entrained to record and regurgitate what we *know*. Left-brain thinking, while effective, is an event that only looks at the past and brings us up to the present moment.

*What if we learned how to move forward and create new ideas from our intuition?* Intuition is about the whole body, our Inner Authority, our senses, our emotions, our vision, our feelings and so much more – and where we can start is by learning to ask excellent questions.

## WHY LEARNING TO MANAGE OUR LANGUAGE IS PART OF OUR EVOLUTION

**“How much bliss can you stand?” - Richard Bandler**

I was sitting with 400 or so people in a seminar with a teacher I had only met a day or so ago. Richard Bandler asked me that question, looking at me directly over the heads of others, and I felt his energy. I didn't know how to answer at the time, but I knew it was important.

My business partner and I had booked ourselves a week of intensive training with Richard Bandler, originator of NLP (Neuro-Linguistic Programming).

When we got there, most of the other participants seemed to be in the medical field, and we were business trainers in the relatively new field of IT (computers), training, and development. I wasn't quite sure why we were there at first.

By day 3, I got it. Richard Bandler was in the business of showing us what internal mind-body programs we were running, and how to shift and change the programs that didn't serve us.

He was also demonstrating to us how our states of mind affected our performance and wellbeing, and how we could create mind programs and somatic models to help ourselves and other people improve both those things.

A lot of our clients were stressed out in their businesses, because they had never had to use a keyboard before, let alone a mouse, and now everyone was suddenly emailing each other and using Windows.

I took a typing course when I was 17 at 6<sup>th</sup> form college. The keyboard wasn't scary to me after years of office work, but it was scary to them.

Walking home from the train station one night after work and mulling over what I learned during Richard's course, I looked down into a basement office area in Tunbridge Wells. There were still people at work there at 6.30pm – typing out information laboriously with just 2 fingers. We used to call that 'peck and poke'.

It was then that it hit me – we could use this new technology we had learned – NLP – to design a course for people who had to learn to type in a hurry because of all the new technology coming in.

We created Key Symphony which ran in the UK for quite a few years – from 1998 – the last course being run at Happy Computers in London in 2021. Visualization and memory techniques to help people learn faster, and it worked. Maybe not bliss - but a lot of empowerment and growth for people.



## ENERGY WORK, REFLEXOLOGY, ESSENTIAL OILS AND YOUR AURA

**“Humanity, take a good look at yourself. Inside, you’ve got heaven and Earth, and all of creation. You’re a world - everything is hidden in you.” - Hildegard of Bingen**

Hildegard of Bingen was a nun who became a prioress, she lived a long life from 1098-1179, passing away at the age of 81. She had the ear of higher-ups in her Church and even corresponded with the Pope. She may have introduced the use of Arnica into the world, which even Olympic athletes now use as the product Boiron Arnicare Gel.

Just ask Siri, Alexa, or look her up on your music app – and you will hear Hildegard of Bingen’s music. She rocks! Imagine a female visionary from the 12<sup>th</sup> Century still having her chants and meditations heard today in the 21<sup>st</sup> Century - on social media of all places.

She voluntarily spent many years in seclusion, meditating on her inner world and having food given to her through a small slot in a door. This was called being an ‘ *anchoress*’ back in the day. This commitment to contemplation brought through many amazing truths in her writing and research.

Now I’m not saying any of us must seclude ourselves to progress on the spiritual journey – but Hildegard of Bingen was right in what she said. Inside ourselves, we DO have heaven and Earth, and all of creation.

Through a friend and business partner who was always a catalytic influence, I bumped into a form of energy work called the EMF Balancing Technique (EMF = Electro-Magnetic Balancing). I spent 5 years studying and learning this approach and giving sessions for clients too.

During that time, I also felt drawn to learning reflexology (hand, feet, and ear acupressure). I was lucky to connect with an experienced teacher, an RN who now teaches nurses how to give pain-free IVs to patients by using acupressure, amongst other things.

This teacher was also an essential oils enthusiast. I used oils on clients’ feet (and mine!) for years to help them relax and let go of body tension. Now the loop of learning has come back around again, since I am currently studying with a Pranic teacher who has been a medical aromatherapist for 30 years. He also studied with the originator of Pranic Healing in the USA.

All this study, research and application has helped me to conclude that, yes, we do have heaven and Earth, and all of creation, inside of us. Hildegard was right! Our past, present and future are stored within our energy fields and body at a cellular and even holographic level.

Learning about your own energy and Aura is the deepest study of self-awareness you can take.



## THE AKASHIC RECORDS - A WHOLE NEW FRAME OF REFERENCE

**You have inherited (the) most from yourself, not from your family! The family is only a river through which Soul flows.** — *Edgar Cayce.*

My first experience of Edgar Cayce's A.R.E. (Association for Research and Enlightenment) was a trip to the building, a tour of the gardens and a visit to the upstairs meditation room.

I was living less than 2 miles away, having moved to the USA and being a newlywed to a US Citizen in the Navy. I didn't know what the Akashic Records was, or even that Edgar Cayce read the Records, I thought he was purely a psychic. I enjoyed my time there very much.

I took my first Reflexology course at the A.R.E.'s Massotherapy School. I enjoyed buying books in the alternative store there, but after 2 years moved away to California with my then husband's job and our new baby.

As I discovered from a spontaneous opening to the Akashic Records in 2010, the Akashic Energy Field is an electromagnetic store of all your past lives, present life – and even, some say – your future lives, that can be read and interpreted.

I've studied with 3 different sources of Akashic wisdom, and out of these teachings created some new approaches of my own to the work, as well through applied practice with clients. If you talk to people in India and Tibet, the Akashic Records or field of energy is nothing new to them.

His Holiness the Dalai Lama has come from a long line of Lamas who remembered their past lives to take on the responsibility of becoming the next Dalai Lama.

Tibetan doctors delve into the wisdom of plants and make the most amazing health remedies for their people, from specific plants that have been picked at certain times of the year, seasons, or even during specific moon cycles based on ancient traditions and knowledge. Western Medicine is currently studying Tibetan methods because they are so effective.

Past lives are still quite a new concept to many people in Western Countries, only because one of their main sources of religious and spiritual practice – the Bible – was edited by the first Christian Roman Emperor Constantine during the Council of Nicaea in 325 AD. The concept of reincarnation was removed from the Bible at that time to differentiate Christianity from other religions.

Over time, I learned that Edgar Cayce was a medical intuitive, his readings helped people with life-threatening and chronic illnesses – and he did this [by accessing their Akashic Records](#).

## HUMAN DESIGN – YOUR AURA AND ENERGETIC CIRCUITRY

**“It doesn’t matter what you *know*. It matters what you *live*. Follow your Strategy and Authority.” - Ra Uru Hu**

Since being on the spiritual path or journey, I have learned to pay attention to synchronicities and signs. One form of synchronicity I have found particularly useful is the law of 3 – if I get three references to the same thing, book, practice, modality, whatever it is, in a short period of time, I will research it. Perhaps a friend mentions something, then I see a social media post, and then I hear something on the radio or read something in a book.

The 3 experiences all pushed me towards [learning more about Human Design](#), which I had heard of, but had resisted looking into at the time. I was deep into my Akashic study, and very much enjoying it.

So, I went to a site and put in my details so I could print out my Human Design. I thought it was interesting, read a little bit about my Type and Personality, and then pinned the chart up on my office board and left it there.

After a week or so, I started to get drawn to looking at the chart. When I looked at it, I felt certain emotions, and started to hear my inner intuitive voice talking to me when I looked at certain parts of the chart.

Over time, I decided to join a class, and ended up doing a 6-month mentorship with a Human Design teacher, somebody who had learned Human Design from Ra Uru Hu, the originator. As I worked with each part of my chart, I felt energetic frequencies resonating in different parts of my body, and changes happening in the Chakra centers.

Ra Uru Hu always called Human Design ‘The 7-Year Download’. For the first year, I focused on understanding my unique Chakra pattern, and on working with specific Channels and Gates. By year 2, I began to get interested in my Variables – these are deep and can take a while to process and really embody. After that, I felt drawn to work with the Shadow aspects of my chart to get into a deeper process of deconditioning.

I also found the work of Richard Rudd and started reading his written work *The Gene Keys*. Reading Gene Key definitions caused me to have elevated states of mind - like a meditation high if you’ve ever had one of those. I’m continuing to work with both my Human Design and the Gene Keys information that gets downloaded as a result. Learning to live your Human Design is an experiment in living, and influences much of my work.

## PUTTING IT ALL TOGETHER INTO AN EFFECTIVE PROGRAM FOR YOU

**“Everybody’s journey matters”** - Sarah Lawrence

To create a helpful system for other people on their journey, I started to research these questions. I am finding answers to all of them – and more - and continue to do so.

Through readings for clients, coaching classes, and soon, courses, I’m creating a path for people to follow who wish to learn about the system of energy and consciousness, and how it can help them.

I call this path “*New World Energetics*”. These are some of the questions I’m working on answering: -

*What methods and approaches are available to us to grow our intuition?*

*How can we best work with Spirit Guides to help us on the journey?*

*What is mediumship and why and how does it happen?*

*How can we learn to work with our Personal Energy Field and the quantum field of consciousness?*

*What are the best ways to formulate questions and to help us apply our consciousness to the answers?*

*What useful language structures can help us to create effective states of mind and helpful chemical processes in the body?*

*How can we learn about our Akashic Records effectively and with practical applications for life?*

*Who are we at Soul Level?*

*What is our Soul Purpose?*

*How do Past Lives affect relationships, abundance, dharma (innate gifts) and karma?*

*How can we easily learn about our Auras, Chakras and Meridians?*

*What is our present Life Purpose, and how has our Soul chosen to express its’ energy fully for this lifetime?*

*In business, how can we align our Soul Purpose and Life Purpose to become Soul-led Entrepreneurs?*

## READINGS WITH SARAH



### Readings help you to...

- Discover how your Past Lives *influence* your present world.
- Read your present life energy (Aura) *accurately*.
- Get context about *future* actions, so that you can choose to change *present* life outcomes.
- *Find out how* to create the abundance you've always wanted.

Imagine that there is an electrical, etheric field where all your choices, decisions, actions, circumstances, and emotions are stored as a form of energy *that can be read*. This is your Akashic Record!

Sarah can help you to read your Personal and Akashic Energy to clarify life situations.

This work will also help you to clear blocks and restrictions - and create more abundance and fulfillment in your life.

### 3 DIFFERENT WAYS TO GET STARTED TODAY

1. **The Soul Star Reading.** The best place to begin! Discover your Soul Blueprint, identify Karmic Patterns that are holding you back, clear blocks and restrictions from past and present life. Discover a whole new frame of reference to work with in your life.
2. **Life Purpose Reading (think of this as an introduction to your Human Design).** Are you aligned with your innate energetic type, or living through social conditioning? Establishing this connection with beginning the clearing process and align you with the energetic circuitry your Soul intended for this incarnation.
3. **Spirit Guides Reading.** Have you had a few Guide experiences and would like more – or maybe you are just beginning? Either way, this reading through your Akashic Records will reconnect you with your Inner Circle Guides, who are your A-Team of Guides for this lifetime.

Interested in something else or have questions before you begin?

[You can contact me here to arrange a free 20-minute Discovery Chat.](#)

## HOW TO PREPARE FOR A READING WITH SARAH



Any Reading you have with Sarah will involve connecting with your Personal Energy Field.

Sarah reads your energy remotely and during calls to compile any of your readings.

When you submit your personal details before a reading (name, date of birth, place of birth, time of birth), Sarah ensures she can read for you accurately - by attuning to your Akashic Records and Human Design Chart with your personal information.

Think of your Akashic Records as your personal data 'cloud' or file. You are physically a part of this file, too, and all your data is stored as *emotional energy*.

Your emotional energy is activated when you have a reading, you might feel 'goosebumps', chills, or a sense of energy moving – because it is!

Come prepared for your reading to get the most out of your investment of time and money. Before your reading make sure you are prepared: -

- **Make notes on any questions you want to ask.** You can always send any questions that you have to Sarah before the reading.
- **Have some water handy.** It's always good to be hydrated when working with energy.
- **Check that your tech works beforehand!** If you are using Zoom or a video chat connection that is new to you, play on the device you will be using with a friend beforehand. That way, you won't waste minutes of your reading trying to get things to work.
- **Set an intention for your reading.** Maybe there's one thing you would really like to begin to understand. Or perhaps there's a relationship you a trying to heal, a project you want to begin, or a change of location coming up. Just pick one intention and focus on it for a few minutes beforehand.

**CLIENT PORTAL AND EMAIL LIST**

[\*\*You can join the general email list here>>\*\*](#)

[\*\*You can join the private Client Portal here>>\*\*](#)

**General Email List**

**Client Portal**

- 
- Email learning series*
  - ✓ *Blog post updates*
  - ✓ *Promotions of curated products Sarah recommends, such as books, Oracle Cards, health products*
  - ✓ *Podcasts*

- ✓ *Private messaging area with Sarah*
  - ✓ *Secure booking and payment portal*
  - ✓ *Share and download documents*
  - ✓ *Refer a friend – if they book, you get a discount on your next reading.*
  - ✓ *Be selected to experience a new class at a discounted rate because you are an existing client.*
- 

***SIGN UP FOR BOTH IF YOU LIKE, THEY ARE BOTH FREE TO JOIN!***