

Magdalena Sheard works holistically, knowing the body, emotions, mind and spirit as one system, each part affecting the other and each having memory of all time.

She trained in body-centred psychotherapy in the late 1970's then later in Past Life Regression with the late Dr Roger Woolger (author of *Other Lives, Other Selves*); and Life Between Lives with Dr Michael Newton (*Journey of Souls*) and Andy Tomlinson (*Healing the Eternal Soul*). She also trained in Bert Hellinger's *Family Constellations* or *Orders of Love*.

Throughout her life, her connection with the 'non-rational' world has been enriched by her time spent in retreat, in meditation, in indigenous ritual space and in group and women's work.

She practises from her home in Dulverton on the edge of Exmoor. She was born Lindy Harding and became Magdalena through intuitive guidance. She is blessed with two children and five grandchildren.

Testimonials

'Thank you for your wisdom and guidance. I do feel as if I have indeed given birth - to a Child of Light!'

MW, Totnes

'I wasn't sure what to expect with the Life Between Lives session. I completely trusted Magdalena and went with the flow. It was amazing! On a soulful level I now know so much about my history and who I am.'

MR, California



Remembering other incarnations has been an everyday part of my life. I have so often 'heard', in other people's stories, the experiences and traumas of other lifetimes and can see how these are affecting their state of health and well-being now.

How often are we limited by our fears and what seem to be irrational feelings. Fears are usually real memories locked in our physical and emotional body.

We can address and dissolve these fears through Past Life Regression. We can explore why we've chosen these experiences through Life Between Lives journeying.

'Begin to Weave and Spirit will provide the Thread'

To enquire about how this work might help you please phone Magdalena on

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or email her at

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Soul Works



PAST-LIFE HEALING

and

Exploration into LIFE BETWEEN LIVES

with

Magdalena Sheard

Past-Life Regression Therapy

Can help with:

- ~ Recurring conditions, eg sore throats, ear infections, etc
- ~ Insomnia or sleep problems
- ~ Pain or ailments which don't respond to treatment
- ~ Phobias, fears and obsessions
- ~ Depression and panic attacks
- ~ Fear of speaking in public, or 'speaking out'
- ~ Recurring patterns of behaviour in relationships
- ~ Feelings of low self-esteem or lack of confidence

Even though we may not be aware of having lived before, any trauma, especially during dying, held from previous lives will impact on our behaviour now.

Chronic pain can relate to wounding; chest problems to gas poisoning; past persecution for our beliefs may render us unable to speak our truth. We may suffer from panic attacks, depression or obsessive behaviour.

With gentle exploration, Past Life Therapy can transform these imprints from irrational limitations into greater understanding and wisdom.

Life Between Lives

For major life-changing enquiries such as:

- ~ What is my life purpose?
- ~ What are the barriers preventing me from fulfilling my potential or achieving peace in my life?
- ~ What are the important lessons I wanted to learn in this lifetime?

... then Life Between Lives journeying is for you.

Based on the research and professional practice of Dr Michael Newton, this work offers you a profound insight into your soul's experience between incarnations.

It includes meeting your spirit guides as well as your soul group, with whom you incarnate again and again in differing relationships.

We have the opportunity to review other lifetimes and the choices made therein, as well as the life-changing experience of seeing and understanding why we have chosen this current life and physical body.

Past Life Regression

Sessions require two hours and involve no hypnosis

Cost £65

Usually a series of 4-5 sessions is recommended but radical improvements can occur in only one or two sessions

Life Between Lives

A single session under deep hypnosis taking up to four hours

Cost £110

It is advisable to give yourself a quiet gentle period afterwards to integrate this experience.

Prices are negotiable if this is the right work for you and times are hard.

Cancellations of less than 24 hours' notice incur a charge of 40% of the session fee.