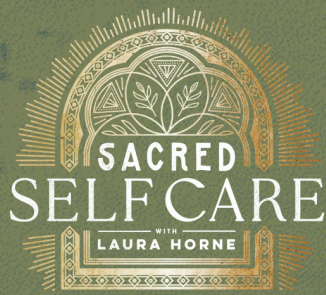


SACRED  
SELF CARE

— DIVINE LIGHT —  
HEALING ACTIVATIONS

OPENING THE WINDOW TO YOUR SOUL

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## *My Offerings*

I HOLD SACRED SPACE BY USING AN AMALGAMATION OF REIKI & CRYSTAL ENERGY HEALING, VIBRATIONAL SOUND THERAPY, MY NATURAL GIFTS & ESOTERIC TECHNIQUES FOR THOSE WHO WISH TO GROW AND DEEPEN THEIR SPIRITUAL CONNECTION, AIDING THOSE THAT WISH TO EITHER HEAL OR CONNECT TO SOURCE.

IN ADMINISTERING MY HEALING TECHNIQUES I WILL ACTIVATE HEALING WITHIN YOU REALIGNING THE MIND, BODY, AND SOUL FOR HEALTH, WELLBEING, HAPPINESS & CONTENTMENT.

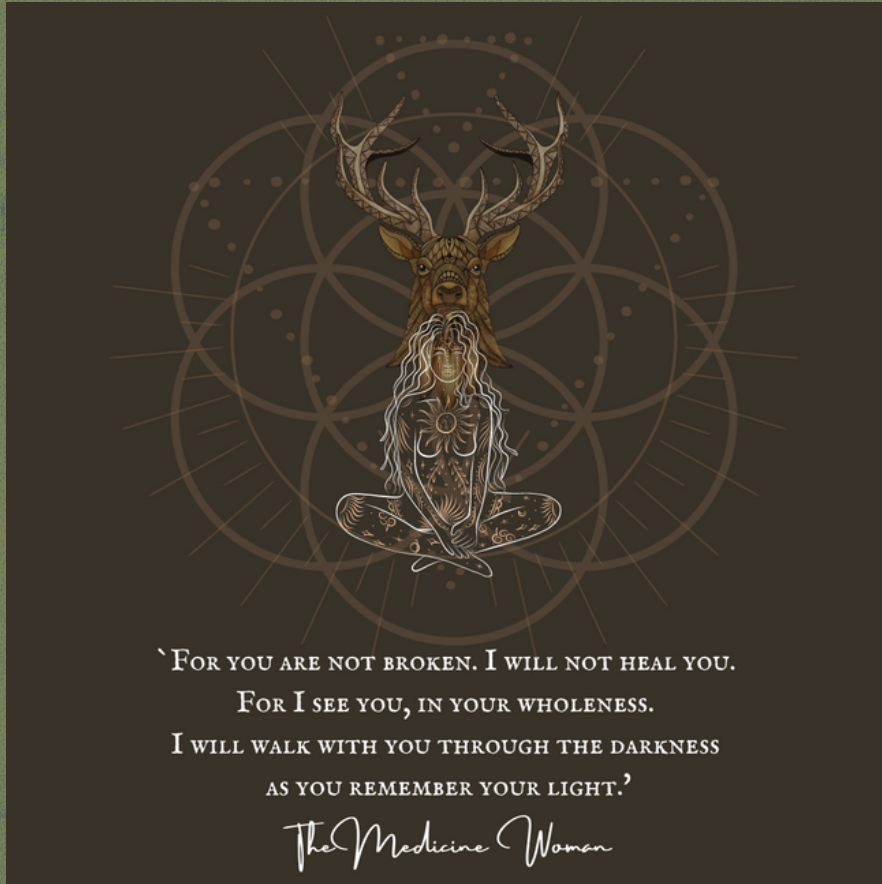
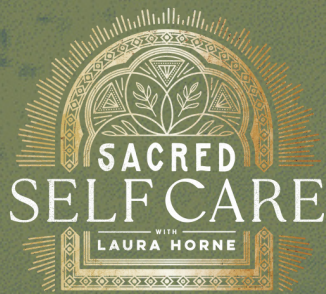
I BELIEVE THE HUMAN BODY POSSESSES AN INNATE ABILITY TO HEAL ITSELF AND RESOUND IN HARMONY WHEN WE BEGIN TO INTERACT MORE CONSCIOUSLY WITH THE VIBRATIONS WITHIN US AND ALIGN TO THE HEALING ENERGIES OF MOTHER NATURE AND THE COSMOS.

I WORK IN ALIGNMENT WITH THE ENERGIES OF THE UNIVERSE AND OUR MOTHER EARTH SUCH AS PLANT MEDICINE IN THE FORM OF HERBS, CEREMONIAL CACAO & ESSENTIAL OILS, THE LIFE FORCE ENERGY OF REIKI & CRYSTAL ENERGIES ALONGSIDE ACTIVATING VIBRATIONAL SOUND HEALING THERAPY & LANGUAGE OF LIGHT.

I WILL BE OFFERING YOU A CUP OF CHOCOLATE PLANT MEDICINE, CEREMONIAL CACAO. THIS ANCIENT MEDICINE WILL WORK TO OPEN YOUR HEART CHAKRA DURING YOUR SESSION, PLEASE [CLICK HERE](#) TO LEARN MORE ABOUT THIS BEAUTIFUL PLANT MEDICINE. IF YOU HAVE ANY QUESTIONS, WE CAN CHAT MORE ABOUT THIS IN PERSON.

YOU WILL RECEIVE A SOUND BATH WITH VARIOUS VIBRATIONAL INSTRUMENTS. FOR MORE INFORMATION ABOUT THIS PART OF YOUR SESSION PLEASE [CLICK HERE](#).

PLEASE NOTE THAT SOUND THERAPY IS NOT SUITABLE FOR THOSE THAT ARE EPILEPTIC OR IF YOU ARE IN THE FIRST 12 WEEKS OF PREGNANCY. PLEASE CONTACT ME IF YOU HAVE ANY FURTHER QUESTIONS.



'FOR YOU ARE NOT BROKEN. I WILL NOT HEAL YOU.  
FOR I SEE YOU, IN YOUR WHOLENESS.  
I WILL WALK WITH YOU THROUGH THE DARKNESS  
AS YOU REMEMBER YOUR LIGHT.'

*The Medicine Woman*

## *Location & Directions to The Sacred Space*

PLEASE [CLICK HERE](#) FOR INFORMATION ON THE CENTER,  
INCLUDING DIRECTIONS.

THE CENTRE IS LOCATED A SHORT WALK FROM COLCHESTER TOWN AND NEAR  
TO EXCELLENT BUS ROUTES. THE NEAREST CAR PARK IS ST MARY'S [CLICK  
HERE](#) FOR INFORMATION ON DIRECTIONS & PARKING CHARGES.

THE APPOINTMENT WILL LAST FOR APPROXIMATELY ONE AND A HALF HOURS,  
ALLOW 2 HOURS FOR PARKING.

[WWW.BEAUTIFULBOHO.CO.UK](http://WWW.BEAUTIFULBOHO.CO.UK)



## *My contact Details*

WHEN YOU HAVE ARRIVED AT THE MANOR ENTER INTO THE BUILDING FROM THE ROAD AND I WILL BE WAITING FOR YOU.

MY MOBILE NUMBER IS:

07545 445952

IF YOU HAVE ANY PROBLEMS AND YOU NEED TO CONTACT ME.

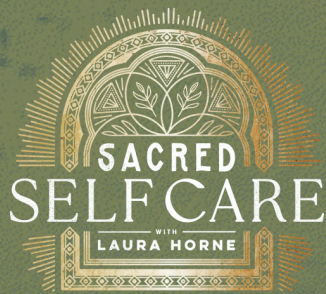
## *What to expect after your session*

MY HEALING HAS DIFFERING EFFECTS ON DIFFERENT PEOPLE DEPENDING ON YOUR OWN PERSONAL NEEDS & WANTS AND YOUR OWN PERSONAL JOURNEY.

WHEN THE CONNECTION TO SOURCE FINISHES, I WILL CONTINUE TO HOLD SPACE FOR YOU TO DISCUSS MY FINDINGS AND ANSWER ANY QUESTIONS YOU MAY HAVE.

AS PART OF MY OFFERING I OFFER A VERY SPECIAL UNIQUE AFTERCARE SERVICE IN WHICH I HAND MAKE YOU A BLESSINGS BOX OF SPIRITUAL & HOLISTIC TOOLS ALIGNED TO YOUR ENERGIES, DEPENDING ON THE COMPLEXITY OF WHAT I FEEL YOU NEED, YOU WILL TAKE THE BLESSINGS BOX HOME WITH YOU AFTER THE SESSION.

[WWW.BEAUTIFULBOHO.CO.UK](http://WWW.BEAUTIFULBOHO.CO.UK)



## *What to wear & your preparation for your time with me*

PLEASE TRY NOT TO COME ON A FULL STOMACH OR DRINK ANY CAFFEINE FOR AT LEAST TWO HOURS BEFORE YOUR APPOINTMENT. COME IN COMFY CLOTHING THAT MAKES YOU FEEL RELAXED & UNRESTRAINED.

## *What I need from you prior to the appointment*

TO ASSIST ME WITH YOUR HEALING PLEASE COULD YOU [CLICK HERE](#) TO COMPLETE MY HEALTH & WELLNESS QUESTIONNAIRE FORM.

IF YOU WOULD LIKE ME TO MAKE YOU BESPOKE HEALING PIECES ALIGNED TO YOUR ENERGIES TO ASSIST ME WITH THIS PLEASE COULD YOU [CLICK HERE](#) AND COMPLETE THE FORM AND SEND THEM BACK TO ME ELECTRONICALLY.



## *Energy healing Sessions*

AN AMALGAMATION OF CRYSTAL HEALING, REIKI & VIBRATIONAL SOUND HEALING

## *Spiritual Indian Head massage*

INDIAN HEAD MASSAGE WHICH FOCUSES THE MIND, SPIRIT AND BODY. MASSAGING THE UPPER BACK, NECK, HEAD, ARMS HANDS & FEET.

THE ENERGY EXCHANGE FOR MY OFFERINGS STARTS AT £45 FOR THE HEALING SESSIONS & INDIAN HEAD MASSAGE.

INCREASING ON A SLIDING SCALE DEPENDING ON THE BLESSINGS BOX YOU WOULD LIKE.

£70 SUPREME BLESSINGS BOX

£100 DULUX BLESSINGS BOX

PLEASE DO NOT HESITATE TO CONTACT ME IF YOU HAVE ANY QUESTIONS,  
I VERY MUCH LOOK FORWARD HOLDING SACRED SPACE FOR YOU.

WITH SO MUCH PEACE, LOVE & MANY BLESSINGS

*Laura*

*Xx*

REIKI MASTER, CRYSTAL HEALER, LIGHTWORKER, VIBRATIONAL SOUND THERAPIST & CEREMONIAL  
CACAO PRACTITIONER

[WWW.BEAUTIFULBOHO.CO.UK](http://WWW.BEAUTIFULBOHO.CO.UK)

SACRED  
SELF CARE  
WITH  
LAURA HORNE



• SACRED SELF CARE •

*With*

• LAURA HORNE •

HEALING OFFERINGS

• REIKI • ANGELIC REIKI • CRYSTAL HEALING •

SOUND THERAPY • REIKI DRUM •

• SHAMANIC JOURNEYING •

• SPIRITUAL INDIAN HEAD MASSAGE •

• TO BOOK YOUR HEALING SESSION WITH ME VISIT •



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INFO@BEAUTIFULBOHO.CO.UK

MOB: 07545 445952

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