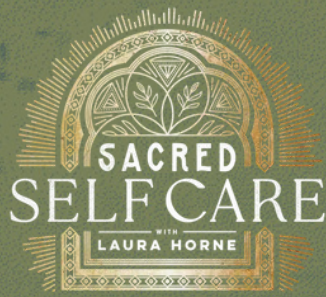


SPIRITUAL COACHING & GUIDANCE



A SACRED SPACE FOR YOU TO EXPLORE YOUR BELIEFS
RECEIVE GUIDANCE & ANCIENT KNOWLEDGE ALLOWING
YOU TO AWAKEN INNER WISDOM AND INTUITION FOR
HEALTH & WELLBEING MIND, BODY & 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.

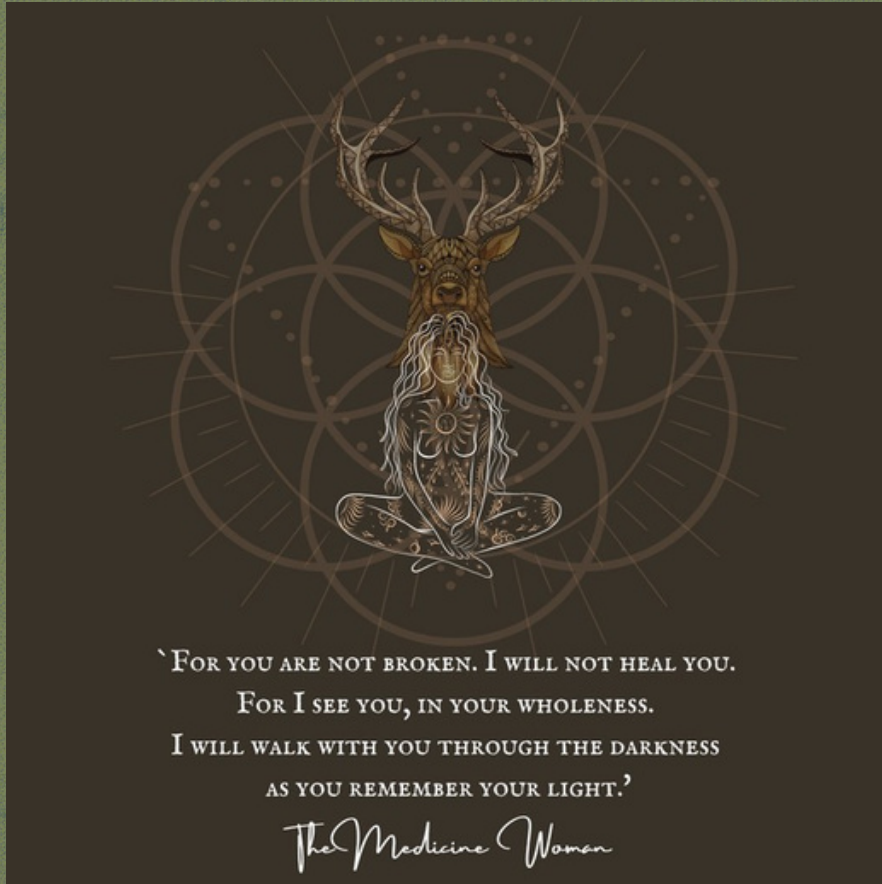
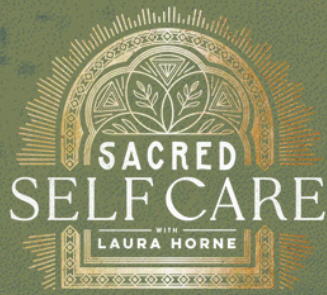
I BELIEVE THE HUMAN BODY POSSESSES AN INNATE ABILITY TO HEAL ITSELF AND RESOUND IN HARMONY WHEN WE BEGIN TO INTERACT MORE CONSCIOUSLY WITH THE VIBRATIONS WITHIN US AND ALIGN TO THE HEALING ENERGIES OF MOTHER NATURE AND THE COSMOS.

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

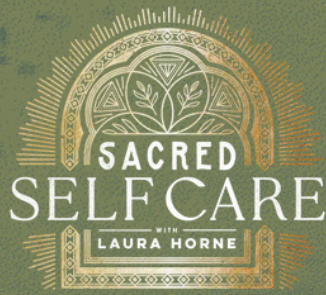
Location & Directions to The Sacred Space

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.

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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

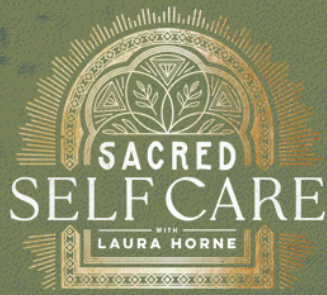
IF YOU HAVE ANY PROBLEMS AND YOU NEED TO CONTACT ME.

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.

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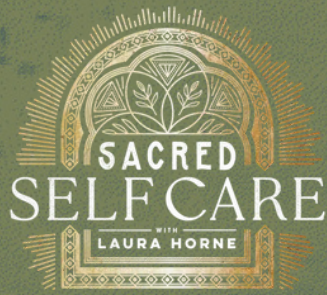
What to wear & your preparation for your time with me

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.



1:1 Sessions

AN AMALGAMATION OF SPIRITUAL COACHING, 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

£70

WHICH INCLUDES A BLESSINGS BOX OF HANDMADE PIECES MADE BESPOKE FOR
YOU AND ALIGNED TO YOUR ENERGIES AND INDIVIDUAL SPIRITUAL JOURNEY



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Healing Appointment Times

TUESDAY'S

11AM - 1PM

1PM - 3PM

3PM - 5PM

WEDNESDAY

10AM - 12PM

PLEASE ADVISE ME OF YOUR PREFERRED TIME AND DAY AND WE WILL CONFIRM THE DATE DEPENDING ON AVAILABILITY, EVENING & WEEKEND APPOINTMENT'S AVAILABLE ON SPECIAL REQUEST

Group offerings

I ALSO HAVE THE HONOR OF HOLDING SACRED SPACE WITHIN BEAUTIFUL COMMUNITIES OF LIKE MINDED PEOPLE. WALKING YOUR TRUTH & EXPLORING YOUR JOURNEY CAN SOMETIME FEEL LONELY WHICH IS WHERE THE POWER OF COMMUNITY IS SUCH A POWERFUL AND MUCH NEEDED COMMODITY.

I REGULARLY HOLD SACRED CIRCLES, SOUND BATHS, RETREATS, REIKI TRAINING COURSES, DRUM CIRCLES, CACAO CEREMONIES

IF YOU FEEL THE CALL TO FIND YOUR SPIRITUAL TRIBE

[Click Here](#)

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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

SPIRITUAL COACH, GUIDE & MENTOR

REIKI MASTER, CRYSTAL HEALER, CREATIVE HEALER, LIGHTWORKER, VIBRATIONAL SOUND THERAPIST, COLD WATER
THERAPY COACH & CEREMONIAL CACAO PRACTITIONER



• 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 •

Instagram icon @BOHO__HEART_BODY_SOUL

Facebook icon @BEAUTIFULBOHOHEARTBODYSOUL

INFO@BEAUTIFULBOHO.CO.UK

MOB: 07545 445952

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Testimonials

“ I HAVE ATTENDED PRIVATE ENERGY HEALING FROM LAURA, AS WELL AS BEING TAUGHT REIKI I AND II BY HER. SHE MAKES ANYTHING THAT SHE DOES VERY SPECIAL BY ALWAYS GOING THAT EXTRA MILE. EVERYTHING HAS THAT LITTLE BIT EXTRA TO MAKE YOU, THE INDIVIDUAL, FEEL LOVED, NURTURED AND LISTENED TO. SHE KNOWS HOW TO BRING OUT THE BEST IN PEOPLE, AND IS AN ATTENTIVE LISTENER. SHE IS TRULY A BEAUTIFUL SOUL WHO CARES FOR ANYONE WHO HAS THE PLEASURE TO MEET HER. ”

KATHRYN

“ LAURA HAS BEEN A WONDERFUL SUPPORT ON MY JOURNEY TO OBTAIN MY REIKI 2 QUALIFICATION, SHE HAS SO MUCH PATIENCE, EMPATHY AND SHOWS SO MUCH KINDNESS, SHE GOES ABOVE AND BEYOND TO HELP AND SUPPORT YOU. SHE IS VERY PROFESSIONAL AND HAS SO MUCH COMPASSION AND IS SO PASSIONATE ABOUT WHAT SHE DOES.”

PATRICIA

“ I’VE KNOWN LAURA FOR YEARS, MOSTLY THROUGH HER CIRCLES AND SOUND BATHS. SHE IS TRULY ONE OF THE MOST SOOTHING AND NURTURING SOULS I HAVE EVER MET. EVEN WHEN SHE WAS DEALING WITH HER OWN LOSS OF A LOVED ONE, SHE CONTINUED TO CARE FOR OTHERS. WHEN I WANTED TO LEARN MORE ABOUT REIKI SHE WAS MY OBVIOUS CHOICE OF TEACHER, AND I CAN HONESTLY SAY THEY WERE THE BEST COURSES I HAVE EVER DONE, TRULY A SHARING OF KNOWLEDGE AND EXACTLY WHAT YOU WOULD EXPECT FROM THIS EXCEPTIONAL WOMAN.”

LEAH