



## **Clear up city stress by healing your aura.**

**Healers gave Georgia  
Coleridge a new lease of life.  
Now she's doing the same for  
other people.**

For years I woke every morning feeling exhausted. Like Dolly Parton in the film *Nine To Five*, I'd stumble out of bed, fumble to the kitchen, pour myself a cup of ambition and head off to work on the sardine Tube.

It wasn't a bad job but the sheer relentlessness of the long weeks drained my energy. I wasn't ill, but I never felt 100

per cent. My brain was stuck in a permanent loop of low-grade anxiety and my shoulders ached.

It didn't help that, like most Londoners, I couldn't resist the excitement of living in a big city. I filled my evenings and weekends, cramming every single space in my diary with friends and parties and films and staying up too late. Life was fun, but getting through each day took a huge effort, as though I was pedalling hard against half-stuck brakes. When I started having children, I knew something had to change. My babies and toddlers weren't great sleepers, and during a working day I often felt so shattered I could hardly think straight. Cutting down on coffee and going to the gym more wasn't making any difference, so I tried alternative ways to boost my energy, experimenting with acupuncture, reflexology, kinesiology and cranial osteopathy.

I discovered that many of these therapists were also healers; as they worked I could feel the most wonderful heat coming through their hands, and I was impressed by the way they soothed my aches and lifted my brain-fog. I was fascinated and couldn't stop asking questions about what this energy was and where it came from. Some

said cryptically that it was "love and light". Others were more scientific and talked about electrostatic energy. Whatever it was, it was working.

Some of my symptoms cleared up immediately, and though other changes were more subtle, I found I was sleeping better and waking feeling positive about the day. By this point I was hooked. I was feeling so well and full of life, so calm and clear-headed, that I knew I had to find out more.

I started reading books about healing, energy, auras, chakras and meridians, and enrolling for lectures and workshops. I drank lots of water and took my yoga lessons seriously. And then something strange happened. People started telling me I should be a healer too, that I had lovely energy, a gift for it.

After so many years of not feeling up to par, I was amazed, but deep down I knew that they were right. I knew how much complementary therapy had helped me and I wanted to help other people.

I did two professional healing courses: a two-year intensive one at the College of Psychic Studies in South Kensington, and a five-year shamanic course taught by Terry and Natalia O'Sullivan in Barnes, before setting up on my own as a registered healer.

Disappointingly I can't see the energy round my clients as shapes and colours, but I am now so sensitive that I can feel, almost as though I am touching something physical, the areas around their body that seem tired, sore, blocked, depleted or overloaded. Phrases such as "he's carrying a weight on his shoulders" now make sense. Like hauling invisible rocks in a rucksack, most people carry round old worries, other people's expectations and physical trauma in their energy field. By consciously channelling healing through my hands, I can help to dissolve these areas, and my clients report how much lighter they feel after a session.

Yesterday a new client arrived who looked like I did 20 years ago. She worked long hours in a West End office and said she loved her job. But when she walked in, her back was stooped and her face was greyish with fatigue. She lay down and we cleared off the energetic equivalent of layer after layer of London grime. After the session she said, "I feel as if I walked in wearing seven overcoats and now I'm only wearing two. And one of them is my real coat! Thank you."

## **STRESS BUSTERS**

1. Have a break from other people's energy. Go for a walk or eat your lunch under a tree in a park.
2. Physical exercise, yoga or walking can clear your head and keep work stress in perspective.
3. Give your brain a rest. When you get home, sit quietly for 10 minutes, taking long, slow breaths.

4. Stay away from noxious people. If you can't avoid bullies or whingers, make a conscious decision not to let them sap you.

5. Find a good, professionally qualified healer. Like the sooty buildings in London we all need a spring clean sometimes.

Georgia Coleridge has a healing room in Chelsea or can visit you at home. For an appointment, visit [georgiacoleridgehealing.com](http://georgiacoleridgehealing.com)