

SPRING 2026

# ANGELIC HEART

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## ANGELIC HEART

### **In Jesus Name Amen**

**By Sally Stevenson**

Welcome to Angelic Heart and my Spring newsletter.

I hope that you are all well and enjoying the lighter evenings and signs of new life all around us. I have been very busy beavering away and after many months of preparing, I can finally offer a new healing modality, which completes my work...for now.

It is called IJNA Healing, and it means In Jesus Name Amen. This beautiful modality activates our Christ Consciousness, with a series of sacred light language activations. It connects us to our sacred geometry, bringing a sense of oneness. All information regarding my new modality can be found on my website [angelicheart.co.uk](http://angelicheart.co.uk).

IJNA is taught over three levels, with access to light language symbols at each stage. Once a student has completed those three levels, they can then move onto ANYA Healing, which also has three levels of completion. Students will be required to have a break between each level for spiritual adjustment. I have waited a long time to be able to teach my modalities, but I've always understood divine timing is everything. All work has been registered with Copyright House and trademark protected with the Intellectual Property office. I am also a member with the IPHM and have accredited both modalities to ensure students receive the best training possible.



## **A Power Within**

Easter is a special time as we reflect on Christ's ultimate sacrifice for all of humanity. It is hard not to feel so much love and gratitude to someone that taught us so much, enduring pain and suffering, and always leading us back to the light.

Whenever I feel that I am not strong enough or wonder how to cope. I call upon my many guides, Jesus being one of them.

I am reminded that I am a child of God, and no matter what is happening here in the world, somewhere in the ethers, and in a place that is a much higher frequency than here, I am loved. I am loved for being me. I am loved without judgement and ridicule.....and so are you.

You have a strength inside of you, a power within, just as Christ had. A power within to weather the storms. A power within to forge your own path. A power within to see the bigger picture and rise above the chaos and fear.

A power within to forgive and let go with compassion of all that isn't serving or resonating with you anymore.

A power within you, deep inside at soul level, that reminds you, that you are so much more than a physical being.

A power within that reminds you of your spiritual essence and a power within to adapt to change.

Astrology is a science and we are being shown constant portals for change this year; a huge planetary alignment is happening between April 15<sup>th</sup>-17<sup>th</sup>. Extraordinarily, 7 planets will align in the star sign Aries over 3 days. Aries is about starting new cycles, action and it brings the fire element to fuel the forward movement.

How can we navigate this gateway of opportunity that is occurring for humanity? Well for me, I am focusing on my own gifts, that just so happens to be spiritual. However, everybody is different and each person's soul gift is different. I call it a soul gift because it is my belief that it is what we are here to do in this lifetime. Soul gifts becoming a part of our everyday life, means, work no longer feels like work. A never-ending supply of creativity emerges, and you feel in complete alignment, fulfilling your soul purpose and life's mission.

New cycles and changes in life can be hard. We may not always feel ready or prepared, but it can also be incredibly liberating and rewarding. Life is changing at a fast pace, we must dig deep and never forget our power and light within, that can truly make a difference in our world.

Try not to feed into any chaos and fear that may come to the surface, only rise above it and know, that your frequency is making a difference just by you doing that. A beautiful quote by Helen Keller. "Just like the sunflowers, keep your face to the sunshine and you cannot see the shadows. It's what sunflowers do."

# CONTINUED PROFESSIONAL DEVELOPMENT

## Cancer Awareness

I have completed a course about Cancer Awareness and how to offer the best possible care, for people with cancer. It was an informative course, and I feel I have a greater knowledge and understanding of the symptoms and side effects, that many people suffer when undergoing treatment for their illness.

One in three people, will develop cancer in their lifetime and this ratio unfortunately seems, to be increasing each year across the world.

With the pressures on our health services, affecting treatments and support for people, I felt there was a need to accommodate this in my healing work.



If you would like further information regarding this, please contact [sally@angelicheart.co.uk](mailto:sally@angelicheart.co.uk)



## Astrology

I have always been drawn to the stars, you only have to look up to the night sky and feel its wonder, to know of its magic.

In my teenage years I used to read the horoscopes religiously in newspapers and magazines each day (pre-internet). I would skip straight to the back, the days of Russel Grant and Mystic Meg. Now we are understanding more and more about our connection to the cosmos. There lies the infinite wisdom and knowledge, that humanity is searching for.

I have grown to love Astrology, there is no denying, that the planetary energies affect us, individually and collectively.

So, as I am always learning and enhancing my skills, I am studying a diploma in Astrology.

Having two young children and studying is a juggling act, but I never set a time limit, and I know I will be finished precisely, when I am meant to.

## COURSES AND HEALING

### SESSIONS

#### Angelic Heart Academy of Holistic Healing

##### Courses

At Angelic Heart, I offer a variety of courses that will help you to progress on your spiritual path.

**Ijna Healing Level One**

**Ijna Healing Level Two**

**Ijna Healing Level Three**

**Anya Healing Level One**

**Anya Healing Level Two**

**Anya Healing Level Three**

##### Healing Sessions

Healing Sessions are available at my retreat in Winslow, Buckinghamshire.

I offer high frequency healing, Ijna Healing, Anya Healing and guided meditations.

The healing received will be dependent upon the needs of the recipient, we discuss this in complete confidence at the consultation prior to healing.

##### Meditations

At Angelic Heart, I offer a variety of meditations. Join me on a journey of discovery, of healing and empowerment.

Relaxing healing techniques and sacred light language activations are used to help release all that no longer serves us. Leaving you feeling lighter.

**Purification Meditation**

**Mother Earth Meditation**

**Soul's Protection Meditation**

**Divine Feminine Meditation**

#### Vulnerable Clients

I have completed training for, 'Control of Cross Infection in a post Covid -19 World Qualification', to ensure the safety of vulnerable clients when receiving healing.

I also offer home visits for those that are house bound, receiving care at hospital or a hospice.

For further details and pricing of courses and healing sessions, please contact

[sally@angelicheart.co.uk](mailto:sally@angelicheart.co.uk) or visit my website, [www.angelicheart.co.uk](http://www.angelicheart.co.uk)



## **Accreditation**

All courses are accredited with the IPHM- [International Practitioners of Holistic Medicine](#) and I am a registered IPHM training provider. The IPHM is the only global holistic training provider certification board, specialising in high-quality holistic and complementary training providers. Training providers go through a thorough selection process with high standards and expectations, to ensure you are receiving the best training and holistic therapy possible. All courses are registered with Copyright House and are trademark protected by the Intellectual Property Office.



**Accredited Training Provider**

## **Fraud Prevention.**

Unfortunately, fraud is on the rise and sadly it is impacting the spiritual community significantly. Thankfully there are ways to protect myself and practitioners that I teach and work with. I am teaming up with a company called Certifier. Certifier is a powerful digital credential platform, enabling businesses and education leaders to manage digital certificates. All qualified practitioners will receive a digital certificate with a unique serial number, QR code to display on business websites or place of practice. This is to provide authenticity of qualification for all those seeking a qualified practitioner. I am not affiliated with any other website or collaborating with anyone that is not displayed on my website in the news and collaborations section. It is sad that we as healers must take these measures, but it is of great importance to build an authentic and trustworthy community of practitioners, where the quality of healing shines through. I am confident that the measures that have been put in place will benefit for years to come.

## **Terms and Conditions**

### **Healing Sessions**

Healing sessions will last for 45-60 minutes. This includes an introduction, healing, and discussion of my findings with a complimentary beverage. All sessions require payment in advance. For cancellations, please give at least 24 hours' notice, otherwise no payment rebate will be offered. All new clients are required to complete a full medical questionnaire and consent forms prior to healing sessions. This provides information about a client's needs and must be updated at every session. The Holistic Practitioner reserves the right to refuse treatment to any client they deem to be unsafe; this includes those suffering from severe mental health issues, such as Schizophrenia, drug and alcohol intoxication and those that are verbally and sexually inappropriate. For those that are receiving chemotherapy, radiotherapy, and autoimmune diseases, I can only offer IJNA healing. For those that have a pacemaker can receive healing at the crown chakra, avoiding the heart chakra and for those that have epilepsy can receive healing from the heart chakra to the root chakra. The holistic therapist does not diagnose health issues. Complimentary therapies are not to be used as an alternative to medical care but alongside as a benefit.

### **Teaching**

I offer teaching of two modalities, IJNA healing and ANYA healing. IJNA healing is available to everyone, and previous healing experience is not essential. You will be supported throughout the learning process. Due to the high frequency of ANYA and third eye area of activation, practitioners must have completed IJNA healing level one to three, to be spiritually ready and adjusted for this activation. A step-by-step approach is how I prefer to work with practitioners.

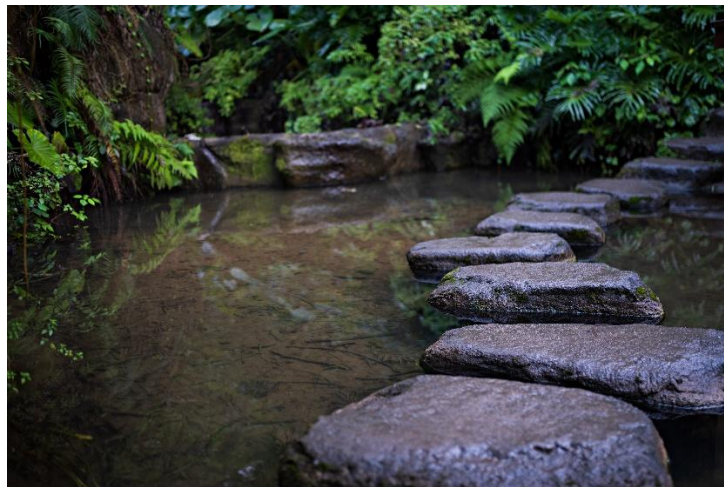
The late Deloras Cannon explains spiritual development so beautifully throughout her career, it's very informative. She was a great advocate and understood it takes time and patience. I work closely with practitioners prior to any teaching and activations. The Holistic Teacher reserves the right to refuse teaching to any practitioner they deem to be unsafe; this includes those suffering from severe mental health issues, drug and alcohol intoxication and those that are verbally and sexually inappropriate.

If you have received teaching and activations for another modality, I advise again waiting a year for spiritual adjustment. Even though the energies are different it is still an activation that will influence your aura. Pregnancy is also a spiritual experience, where a mother's aura expands whilst carrying their child. I advise mothers to avoid activations during pregnancy and to wait a year post-partum, for spiritual adjustment.

There are many spiritual consequences for those that do not allow time for adjustment between activations, you really can do too much too soon. Spiritual psychosis and spiritual crises are all symptoms of this. I have several healing techniques that I use during healing sessions and my teachings, to aid with grounding the clients/practitioner's energy.

It isn't impossible to overcome during times of unchecked spiritual adjustment, but it is challenging and requires a much longer break between activations. Prevention is better than cure. I advise a break of at least a year between teaching levels.

Both spiritual psychosis and spiritual crises can be a disturbing experience and almost dissuade people from following their spiritual path. If taught safely and responsibly, your spiritual journey need not feel so overwhelming, and confusing. You can work with high frequency energies and remain grounded, enjoying everyday life. Ultimately, that is what spirit also wants for us.



## Associations

I was recently contacted by MysticMag to talk about my healing background, and Angelic Heart, Academy of Holistic Healing. It was a pleasure and honour to work with them. You can access the interview here should you wish to.

<https://www.mysticmag.com/psychic-reading/interview-sallystevenson/>



## Awards

I am delighted to announce that  
Angelic Heart Academy of Holistic Healing  
has been named within the Southern Enterprise Awards;

Holistic Business Innovator of the Year 2025 &  
Most Innovative Holistic Healing Academy 2025.



Social Media 

I am now on LinkedIn so please feel free to connect with me if you are associated with this platform

[Sally Stevenson | LinkedIn](#)

Well, that's all from me for now. If you would like any assistance in navigating these extraordinary times, contact me at, [sally@angelicheart.co.uk](mailto:sally@angelicheart.co.uk)

*With Love, Sally x*



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