

AUTUMN 2025

# ANGELIC HEART

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## ANGELIC HEART

### **Divine Timing**

**By Sally Stevenson**

Welcome to Angelic Heart and my Autumn newsletter.

I can't quite believe we are in October already. Autumn is my favourite season, the fresh mornings, colours and cosy nights in, it brings me so much peace. I find Autumn very symbolic and a reminder that mother nature is starting her process of releasing the old to allow for the new. A time of stillness, and rejuvenation for all.

It was a pleasure to catch up with clients over the warmer months and get back to doing what I love; working some magic in the retreat.

It is with great pride to share with you, that over the summer I received nomination for my courses that I have been working on for five years at Angelic Heart Academy by SME News, the Southern Enterprise Awards.

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.

You can view the official press release here; <https://smenews.digital/sme-news-celebrates-the-winners-of-the-southern-enterprise-awards-2025/>

It is an honour to create innovative courses for those looking to expand their spiritual knowledge and ascension. I dedicate this award to my parents, Barry and Sue.



## Spiritual growth and the lobster

A few years ago, I read an article, one that resonated with me so deeply, that it continues to stay with me to this day. It was a story told by a wise scholar, (forgive me as I have forgotten his name) and his interpretation of spiritual growth. Our soul longs for growth, that is why we are here, experiencing a 3Dimensional world. This is so we can develop, expand our knowledge and awareness. Tapping into our innate wisdom and intuition as we go, helping one another to progress. Without these experiences we would be transfixed.

The scholar described our growth and development as if we are a lobster shedding its skin.

The exoskeleton of a lobster doesn't expand, so in order to grow, lobsters have to shed it in a process called "molting." When the old exoskeleton becomes too tight for lobsters, they split the shell in half where the main body meets the tail and then they crawl out.

The meaning of his story is, for us to grow as spiritual beings, we must be willing to feel uncomfortable.

The uncomfortable process that the lobster goes through, is signaling that in fact the lobster is growing and evolving. Shedding the old, to allow for the new.

I feel this is the process that we (humanity) are going through. Shedding our old selves and embracing something new, even if we can't quite make out what that is yet.

From my own personal experiences, I have learnt that spiritual growth is not always easy. In fact, this process can be incredibly painful and uncomfortable. These times can be the most difficult and life changing experiences that we could ever endure, mentally, emotionally, and physically. We may even doubt our spirituality, our faith and its existence at all.

These experiences are our life lessons, that change our very core. However, we emerge stronger, wiser, with a deeper understanding of ourselves, our life purpose, our faith and what is important to us. I often wonder how liberated the lobster must feel, once the old skin has shed. Relief, I am sure.

## 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.

**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, 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 now accredited with the IPHM-  
[International Practitioners of Holistic Medicine](#) and

I am now 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.



## **Terms and Conditions**

### **Healing Sessions**

Healing sessions will last for the time specified. 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. 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**

Anya is not connected to any other healing modality and is a beautiful vibration of its own right. However, due to the high frequency of Anya, this teaching module is not available to everyone. The intensity of the activation is high, and caution is always advised. Those that connect to the high frequency are experienced healers. With a great knowledge and depth of working with energy and an understanding that our spiritual progression is a long process. 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. Preparing the aura for the activation, sometimes for 6 months to a year in advance. The Holistic Teacher reserves the right to refuse teaching to any student they deem to be unready for the activation and responsibility of working with Anya.



## 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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