

SUMMER 2025

ANGELIC HEART

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ANGELIC HEART

A Healing Journey

By Sally Stevenson

Welcome to Angelic Heart and my Summer newsletter.

It feels like a lifetime ago that I have written a newsletter for Angelic Heart, but after a lot of healing, I have had the nudge from within, and it is time for me to get back out into the world.

As many of you are aware, I have had to work through bereavement. The loss of my parents in 2022 has been the hardest experience that I have ever had to endure, and healing is a work in progress.

If anyone had the pleasure of meeting my parents, you will know, they were kind and loving people. I am blessed to have had them for the forty years that I did, and I will never forget the love that they showed me, each and every day.

I still have my bad days, but I am in a place now, where I feel ready to reconnect on a regular basis and I'm looking forward to seeing my clients again and how you are doing. I am sure there is much for us to catch up on.

I feel I now have motivated momentum to use my experiences to help others, and I promised my Mum that our final heartbreaking months together would not be in vain.

My parent's memory will always remain at the forefront of my work and forever in my heart.

LET THERE BE LIGHT



Never has our planet had to hold so much light, sent from the greater cosmos, at any given time. If you find yourself struggling with this, it is exactly how you are supposed to be feeling. Light shows us lovingly, what needs to be seen, so we can work through whatever it is, that is coming up for us. It is ushering us to go within and complete our soul's healing. This may also include past life healing, that you incarnated to work through, to learn soul lessons, and heal once and for all. A greater consciousness wants you to be aware of this, so you can be the best version of yourself.

After 226 years, on January 20th of this year, Pluto moved back into Aquarius, and humanity has now entered a 21-year transformative cycle. A cycle that will change all of us and life as we know it. It will bring an abundance of revolutionary breakthroughs, discoveries, about our planet, solar system, and our place in the universe. Quantum physics will become a hot topic, and our perception of our world will change. It will influence travel, technology, science, medicine, personal and collective growth, and revolutions. The last time Pluto was in Aquarius, was between 1777-1797, and the French and Industrial revolutions took place. What a transformative time that was. We can see the change already taking place on the world stage, it is impossible not to notice all that is coming to the surface to be worked through and healed. Change can be hard as we are faced with the unknown and often it takes a lot of adjusting. However, every soul on earth has a purpose in rebuilding, as the old dense energy fall's away, the light will remain.

Through the changes that will take place, you will find your people. Your soul tribe that you can turn to and feel loved and supported. A tribe that you can count on, weather the storms and dance in the rain with. People that are of a similar frequency to you, that share the same morals and values. Alliances that are formed at the heart and destined soul connections will form. As you navigate this extraordinary time, you are not alone.

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



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 or visit my website, 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/>



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

With Love, Sally x



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