

Lynn Andrews' Graduate Directory

Sophie Colas



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Counsellor and psychic medium

I help people reconnect with the gift of life that was given to them at birth and to regain balance and well-being through the understanding and healing of their personal history.

Website : www.d-ames-de-coeur-et-de-plume.com

Graduate of the Lynn Andrews Center for Sacred Arts and Training (2001).

Former member of the Spiritualist Association of Great Britain and the National Federation of Spiritual Healers.
Sound Practitioner, Sounds Wonderful, Australia.
Ordained Minister, Spiritual Healer and Earth Steward,
International Assembly of Spiritual Healers and Earth Stewards
Congregations.

Background

In Lynn Andrews' school, I learned to understand stories and reactivated a gift of empathy related to the senses of hearing and sight. This gift allows me to enter with people into their "dream of life". In images, words and sensations, as if we were walking together on layers of their past and future history, I translate what their unconscious wishes to bring to light. When the story comes out of the shadows and is told, the light flows again. Sometimes ancestors wish to provide clarification or encouragement. The physical sensation is immediate. People relieve their hearts and gain in light, awareness and physical health.

An author, I have written three novels and two guides for self-development.

What Defines Me?

Gentleness, spontaneity, humor and rigor, curiosity and vigilance, a contrasting cocktail that led me to learn an ancient feminine tradition and to plunge into the unknown.

What Drives Me

Bring to others the comfort of re-establishing a deep connection with oneself and shedding light on their life experiences, allowing them to find peace, restoring self-confidence and the desire to be there for oneself. To trace a path towards what animates everyone and delights our hearts. Share, write, teach.

Parisian by birth, I consult in France, in the region of Nantes now, and internationally by video, in French and English.