

# 'The call that changed my life'

A chance invitation from a friend helped **Sarah Negus** to unlock the potential she had been ignoring

A few weeks after my 30th birthday, a friend phoned me asking for help.

'I've got a psychic reading with a shaman called Sue\* and I can't afford the whole hour,' she explained. 'Will you come with me and take half of the hour?'

'Go on then,' I replied. 'When do you need me?'

'We're going now!' she said.

We arrived at a big country house and within half an hour the shaman had told me more about myself than I would ever dare to admit to myself.

'You're extremely spiritually gifted and you've been hiding it,' she said. 'You can't keep living a lie.'

I came away from the reading and cried for two days, because she was right.

As a child, I understood there was far more to our physical world than it might seem. I could see the energy of trees and angelic beings and I had an imaginary pet cat, my first power animal. But whenever I'd mention these things to my mum, she would tell me to be quiet. I became closed down.

As an adult, I worked in a merchant bank before meeting my husband at 23, and we had our son when I was 29. We had a lovely house, money to do whatever we wanted, and it should have been idyllic. So I had no idea why I felt so awful most of the time.

Something was missing from my life – I just didn't know what.

That's why, when the shaman told me I'd been living a lie, it struck such a chord.

After two days of tears, I ended up going back to see her.

'Help me,' I pleaded.

Little did I know this was the start of a journey that would turn my life upside down. It would



Finding my true path has been life-changing

*'I would never be the same person I'd once been'*

never be the same again and I would never be the person I'd once been.

Since my twenties, I'd suffered from ill health and been involved in multiple non-serious car accidents.

Then, at 21, I had an abscess on my throat. It covered my windpipe and was very painful. While I was in hospital having treatment, I had an out of body experience where I was looking down on myself and walking around the hospital, yet physically I was still in bed. At the time I thought it was a dream.

And then there were all the migraines I'd suffered with, the ulcerative colitis and the early stages of cancerous polyps.

There was no family history of these conditions, and I couldn't figure out why I was always ill.

I'd put it down to bad luck, but now, talking these things through with Sue, she explained these experiences were being caused by my spiritual gifts.

'You have access to powerful shamanic energies,' she began. 'But if this energy isn't used, it disrupts and distorts and that's why you had all of those illnesses.'

To live a calmer, happier, healthier life, I needed to embrace my gifts.

## Taking control

With Sue's help, I began to learn more about my abilities and, over the next seven years, she became my mentor.

Twice a week I'd sit in her shamanic journeying sessions and accompany her on workshops as her apprentice.

Everything came so naturally to me. One of my gifts was being able to interpret someone's emotional energy by putting my hands on them – I'd understand whether they were happy, sad, angry. Sometimes I was even able to do

it without touching them. For example, I'd be sitting in a group of about 12 people and would know what everyone had experienced in the shamanic journeying session before they shared it with everyone else.

But it was in 2005, things really changed for me. Sue invited me to accompany her on a trip to Peru to spend time with native shamans in the Amazon jungle.

While I was there, I took part in my first ayahuasca ceremony. Sipping on a gloopy blue tea, made from the hallucinogenic plant, I waited for it to kick in... but instead, I fell asleep for eight hours!

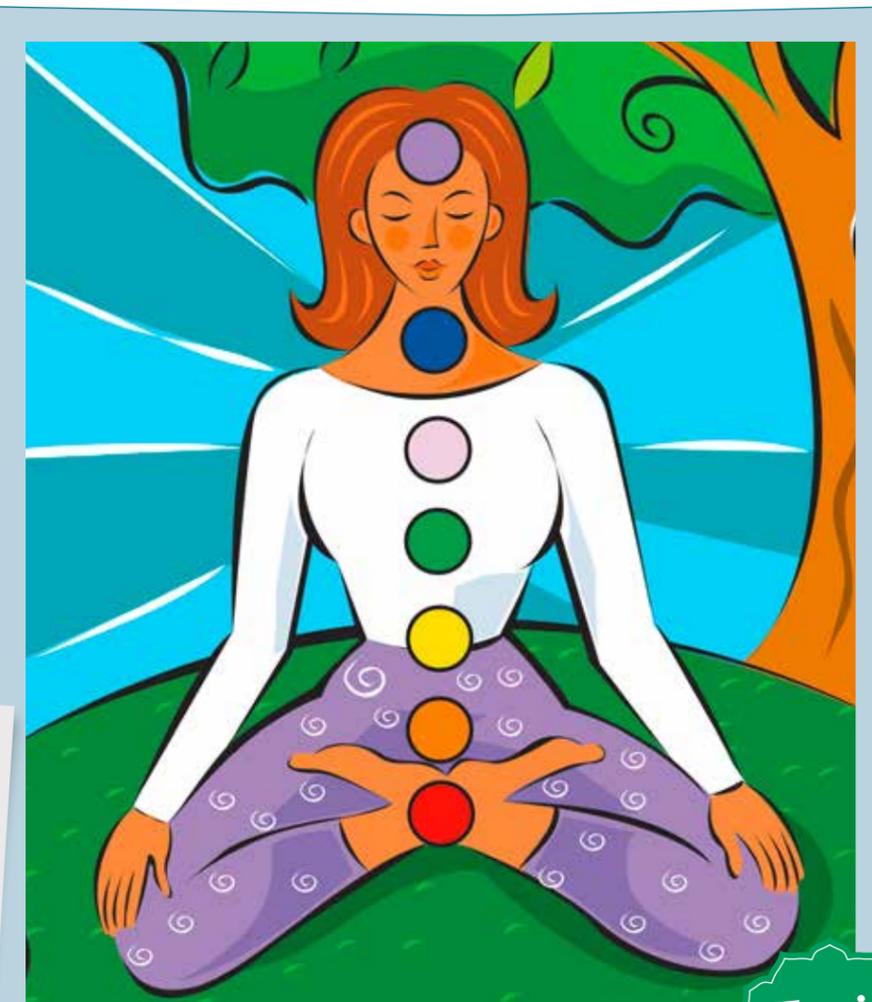
The next time we gathered for the same ceremony, the lead shaman, Mateo, performed a ritual on me.

'It didn't work last time because you need to reconnect with the spiritual force within you,' he explained.

I burst into tears as he pressed his thumbs into the side of my neck, and I was pushed and pulled back into alignment.



With Bear, my Golden Retriever. Below: in life-changing Peru



Try it now!

## Settled and centred

A shamanic technique to make you feel grounded

### STEP ONE

Sit cross legged on the floor with your back straight. Close your eyes and connect to the rhythm of your breath.

### STEP TWO

Now bring your attention and intention to your midline, this is the deepest central part of yourself and encompasses the length of your spine from your tailbone to your head. It houses the electrical impulses of your brain and spinal cord and is the pathway of your chakras from base to crown.

### STEP THREE

With your strong, focused intention, call your energy back from wherever it is in the universe - from the to-do list to work to your friends and family, the past and future. Bring it back to your centre, to your midline, to yourself. Anchor it in every chakra.

### STEP FOUR

Observe how you feel as you collect all that you are. Know that you have power and responsibility over your own self. Open your heart to gratitude.

### STEP FIVE

When you feel settled, reach up from your crown to the highest point in the universe and call in universal love. Draw it through your chakras and out of your tailbone into the earth. Connect with the energy of Mother Earth and invite her to hold you steady and secure.

### STEP SIX

When ready, connect to the rhythm of your breath and open your eyes, coming back to this place and this time.

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**My life has purpose now I've embraced my spiritual side**



It did the trick though.

About 45 minutes after sipping on the bitter tea, I had the most amazing experience.

The colours of the universe swirled around me. I met an angelic host, who I later found out was Metatron, and went up into the sky, becoming one with the universe. I felt like I had come home. I could see mathematical equations and spinning shapes. I saw all the difficult experiences I'd faced in life and buried deep within myself.

As the trip came to an end, I realised something – life was too short to live uncomfortably, as I had been doing. It was the final step to me fully embracing my calling as a shaman.

### Life choices

When I returned to the UK, I spilt from my husband. We'd been having counselling for two years but I was still unhappy. We'd met when I was 23 and he was 15 years older than me. I realised I'd outgrown the relationship and needed to be free to discover who I really was. The trip to Peru gave me the strength to leave.

Over the next few years, I started seeing clients and helping them with shamanic techniques, such as shamanic journeying, before setting up as a shamanic practitioner full time.

Now I have clients all over the world and don't always have to physically be with them to help them. I use psychology, meditation and shamanic techniques and some neurolinguistic programming (NLP) when working with

clients. Many people come to me as a last resort after trying other personal development techniques and therapies and it feels fantastic when I can help them make a breakthrough.

I work with a lot of business people, mainly female entrepreneurs and women in the corporate world who are looking to progress in male dominated workplaces.

Recently, one client went from earning £300,000 to a million pounds. Another, who owns a massage therapy business, negotiated a £10,000 job working for a celebrity client.

I often ask my clients, 'What would you do if there were no barriers and you couldn't fail? Where would you be now?' We then look at the steps to help them make their dreams come true.

I have certainly made mine come true.

It seems I was always destined to walk the shamanic path – my surname (Negus) has ancient Egyptian and Ethiopian roots and means 'shaman king', but that phone call from my friend to go for a psychic reading was the trigger to me finding my true purpose. Just half an hour changed the rest of my life.



## What is shamanic journeying?

**Sarah** explains this ancient technique and how it can help you to connect with your inner world and find your path

**T**he art of shamanic journeying allows you to use your intention to enter an altered state of consciousness where you can explore your inner world.

'It's a little bit like storytelling,' says Sarah. 'You are guided into your subconscious mind and imagination to find out new things about yourself, to answer questions and solve

problems that perhaps you cannot otherwise do because your logical mind gets in the way.

'No two journeys are ever the same, each is unique to

a person and the time in their lives. You can expect deep relaxation, interesting insights, a feeling of being really grounded and whole new ideas and 'aha' moments, too.'

To try Sarah's Seven Day Energy Reset, which consists of seven, daily, short shamanic journeys to help to reset your energy frequency, visit her website, [sarahnegus.com](http://sarahnegus.com).

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**'The colours of the universe swirled around me'**