

Have a psychic life coaching session

The Lighthouse is owned and run by Zoe Desmond, a psychic medium and healer. Zoe gives internet readings and her colleague, Rosie, does psychic and mediumship phone readings. "Our readings hit every level: practical, emotional, mental and spiritual. We only want to give the very best," says Zoe. "I like to take care of the people who trust me enough to read for them. We build up relationships and this makes me enjoy my work so much more than if it was just a load of one-off transactions."

Tester's verdict:

"My email reading from Zoe was fantastic. I didn't give her any information, only that I wanted her to focus on relationships. What I received back was a staggering 4200-word character analysis that could best be described as a psychic life coaching session, pinpointing areas I need to work on when it comes to love. She gave plenty of practical advice on what to do and not to do when I get into negative thought loops regarding men. Here is an excerpt: "As you continue to leave behind the stories you play out in your mind regarding love, you will be able to act naturally without doubting yourself. If fear or sadness comes up, instead of being so scared of these emotions that you hold back, you will be able to act with

confidence. As you practice living through your fear, feeling everything as it comes up instead of living in your head, which has led you wrong in the past, you will open up to more love than you can ever imagine. As you go through this process, you can be sure men will come up who tick all the boxes and who will dote on you, but you know they are not right. They are the ones you can get stuck in a relationship with and not really be deeply in love with. Don't allow anyone's passion for you to lead you into a romantic relationship if it's not right."

Zoe also made interesting predictions about a man I would meet, and what he would be like, and it related to someone I already had met. I emailed her back with some questions and was pleasantly surprised when she sent back another lengthy response (1600 words), offering yet more insight and guidance. And even though I had thought something might happen with this guy, she predicted that someone else would come along, which they then did! Her initial analysis of me was so accurate that it brought a tear to my eye. I'd recommend a reading with Zoe to anyone."

■ **Try it:** Visit thelighthousewebworld.com or call 0844 770 3344 (UK local rate). Full readings cost £70, a 300-word reading costs £33 with Zoe. Phone readings with Rosie is £40 for 20 minutes.

Purge your body with Ki Therapy

Delicate-looking Ki therapist Master Myeong, presses on the stomach with a seemingly super-human strength, then emits a deep whooshing noise that sounds like she's blowing through a huge pipe. This strange experience is all part of the Ki Global treatment that aims to remove toxins and dislodge emotional blockages from your body, helping you to cope with the stresses and strains of modern life. 'Ki' literally translates as 'energy', and the therapist is trying to transmit positive energy to you and remove negative energy with the strange sound. Master Myeong explains: "We perform a type of acupressure combined with a sound breathing technique. The vibration of the sound helps shatter any blockages in your body and the touch gets the energy moving." The treatment was developed in South Korea by the enigmatic-sounding Master Oh, who is a Taoist master. Ki Global is more than just a therapy, it is a lifestyle; the masters are not paid, and the treatment money goes back into the organisation.

Tester's verdict:

"A relaxing massage this is not! Instead, the Ki treatment is a full-throttle, pummelling! Master Myeong senses cold energy in the left of my stomach, and makes low whistling noises to remove it. She moves around my body, forcefully working on my shoulders and arms, which is the only place the pressure of the massage feels pleasant and invigorating. Master Myeong says it will recharge my internal battery, although I'm slightly more concerned about external bruising. But that night, I fall into a deep sleep and awake feeling energised. Physical pain aside, I found the treatment psychologically soothing; it was cathartic to hear my toxins 'drawn out' by the therapist and banished from my body."

Cleanse your emotions with Shen therapy

Shen therapy is all about your emotional health. It offers an alternative understanding of how your emotions can have a tangible effect on your body and mind. It centres on the idea that painful feelings, like fear, grief, despair or shame, can trigger an involuntary spasm in your body as if the emotion was a physical hurt. "These contractions can upset your internal organs, such as the heart and stomach," says Shen practitioner Tony Bailey, "and disrupt your body for as long as the emotional pain remains inside, sometimes lingering long after you've forgotten the event, as negative behavioural patterns." The treatment works as the therapist places their hands over your body at locations where emotions are trapped – this is established beforehand in a consultation. The energy, called 'biofield' in Shen, from the practitioner's hands releases the contractions, safely lifting them to the surface to disperse. "As the painful emotions end, the deeper empowering emotions of joy, love and confidence are freed," says Tony.

Tester's verdict:

"Tony explains that everything has an energy field surrounding it, like the pull that you can see when a magnet attracts metal. He tells me it is this energetic field that he will be clearing, and he will use his biofield to make mine flow. Despite having a million and one work-related things whizzing around my brain, as Tony starts the treatment, I quickly find myself falling into a deep meditative state. I see colours in my mind's eye and feel relaxed but not sleepy. I can feel my left leg constantly jerking and I feel as if I have no control over it, which is slightly embarrassing but I soon just forget about it. Afterwards, Tony tells me that the jerks were releases of tension and emotion leaving my body. He saw my solar plexus area contracting and my shoulders jerking, all of which, very oddly, I was not aware. He says that grief is often trapped in this area. Apparently, also, my face was running through the whole gambit of emotions, one minute grinning and the next looking anguished; I was very surprised to hear this as I'd assumed I appeared beatifically serene during my meditative state. Tony said that this was another bringing to the surface and purging of deep-seated emotions. I left the treatment feeling energised and relaxed."

■ **Try it:** Book a session with Tony Bailey, or try his Shen Emotional Healing And Personal Empowerment workshop, designed to help you let go of painful emotions. Look at ask4sanctuary.co.uk or phone Tony on 01299 401407.

Try it
Sessions cost from £40, with centres in Exeter, London and Manchester. See kiglobal.org or call 0845 459 1025