

Remote Sessions

All therapies, except Emotrance (aka Energy In Motion), which can be done by phone or online, are available remotely wherever you are in the World. If you cannot attend in person, we can schedule a convenient time when you'll be undisturbed and comfortable, either lying down or sitting. Sessions last 30–45 minutes. I will follow up by email or phone with a session report and address your feedback. These remote sessions are also called Distant Healing.

Playground For The Soul

Fun workshops focused on intuition and healing are available for small groups of 2 – 6 people. Group sizes are limited to ensure each participant receives individual attention.

*“the sun always shines
behind the clouds”*

Khalil Gibran

	Well Being	Relaxation	Emotional	Pain Management	Emotional/Phobia
Spiritual Healing	✓	✓	✓	✓	✓
Access Bars®	✓	✓	✓	✓	✓
Diamond Light Grid Alignment	✓	✓	✓	✓	✓
The Umana Technique®	✓	✓	✓	✓	✓
Pellowah	✓	✓	✓	✓	✓
Emotrance	✓	✓	✓	✓	✓
Support in End of Life Care	✓	✓	✓	✓	✓
Metamorphic Technique	✓	✓	✓	✓	✓
Intuitive Guidance	✓	✓	✓	✓	✓
Indian Foot Massage	✓	✓	✓	✓	✓

Gift Vouchers available

Liz
Gilmour

Energy Healer & Spiritual Coach



*Healing therapies, uniquely
tailored for your well-being*

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Spiritual Healing

Spiritual healing enhances physical, mental, and emotional well-being by channelling energy through hands-on or hands-off methods. This non-invasive therapy can support recovery from stress, injury, or other conditions and is safe to use alongside other treatments. It does not require belief to be effective and works well for children, animals, and plants. Sometimes, the focus shifts from healing to support and building resilience.

Also, an excellent opportunity for personal rejuvenation and renewal. A very relaxing experience.

Access Bars®

Receiving an Access Bars® session involves touching 32 points on the head whilst laying down fully clothed. This technique is a body process for change and clearing the mind, resulting in feeling calmer and more energised, don't be surprised if you fall asleep during the session! I often hear after a session, 'my head feels a lot lighter and clearer'.

Diamond Light Grid Alignment

An alignment process calibrates the emotional, mental, spiritual, and physical dimensions within an individual's unique energy field. Numerous factors may contribute to misalignment, including physical discomfort, emotional distress or grief, shock or trauma, exposure to electromagnetic fields, and a sense of disconnection from one's deeper spiritual self. Alignment sessions are designed to support individuals in managing their current circumstances and fostering well-being at the core level, where many health issues may originate.

The Umana Technique®

The Umana Technique® is a transformational energy upgrade, offered remotely or in person, to help you reconnect with Source energy and your true self. Activating the Higher Energy Centres supports expanded awareness and personal growth, bringing greater clarity, purpose, inner alignment, new possibilities, and positive change.

Pellowah Energy Healing

Pellowah is a high-vibration, hands-off energy healing technique that was channelled in 2003 by spiritual teacher Kachina Ma'an in Australia.

Its name means "Radical Shift in Consciousness". Rather than focusing on the physical body, Pellowah works with the energy field to support new awareness, beliefs, and understanding.

Pellowah may be helpful when you are seeking well-being, emotional balance, spiritual growth, clarity, intuition, or support through life's challenges. It can be experienced in person or remotely, and each session is unique to the individual.

Pellowah will find you when you are ready!

Emotrance (aka Energy In Motion)

This is an energy-based technique that addresses emotional and physical pain by working with the body's energy and physical feedback, without needing to discuss specific memories. It can efficiently help relieve phobias and improve daily life.

Metamorphic Technique

This involves gentle, non-invasive touch on the feet, hands, and head in a calm setting. Clients may talk or remain silent. This approach aims to help individuals move beyond limitations and realize their potential. It is a subtle treatment that supports natural transformation, and I have found it especially helpful for teenagers facing exam stress and other life pressures.

Kansa Vatki (KV)

Indian Foot Massage

This treatment uses slow, relaxing movements on the feet and lower legs, incorporating a small copper, zinc, and tin bowl — each metal traditionally valued for wellness benefits. Ghee or other oils are used. The massage is deeply relaxing and revitalising, benefiting internal organs through nerve stimulation in the feet. It draws out excess heat, leaving you refreshed and calm; it's especially suitable if you're stressed, spend much time standing, or just need relaxation.

Gentle Dying

Dying, like birth, is a natural part of life. While everyone's journey is unique, healing can support a peaceful and dignified end-of-life experience. Equally, I offer support for family and friends as this is important too. Feel free to contact me for a chat.