



## About nicolya

I am the pioneer of Psychic Life Coaching and Psychic Counselling 'Target Therapy'. I have been hearing and seeing Spirit since my childhood and have been working professionally as a 'Channel' for over twenty years.

I completed a three year training in Psycho-Synthesis psychotherapy and have studied Core Process psychotherapy, Non-Violent Communication (NVC) and Past Life Therapy. I have also explored diet, nutrition and the body/mind relationship for over 25 years. I am currently completing the final year of a Doctorate in Metaphysical Sciences. I advocate and practice the art of 'Manifestation' and 'Creating Reality Consciousness'. I am an ongoing student of A Course In Miracles (the channelled writings of The Christ) and Sufism - the core message of which is Unconditional Love and Living From the Heart. I am inspired by Tibetan Buddhism/Culture and I am greatly influenced by the teachings of the Dalai Lama and Gandhi.

In June 1997, a series of extra-dimensional 'visitations', experienced through my body as an overwhelming and immobilising, high voltage current commenced. At the same time, this catalysed 'out of body' journeying. These 'visits' occurred regularly, lasting for a period of five years, after which time I consciously chose to stop them due to the unendurable intensity of the voltage that literally 'blew' the circuits of my nervous system and resulted in a near to death 'illness'.

I suffered a total collapse and as a result was dangerously ill. During the first two weeks of this collapse, I experienced 'dying.' For three months, I was unable to walk, sit up unaided or cope with any sensory stimulation. During one 24 hour period, I was unable to open my eyes. For nearly five years, I remained chronically ill with this medically undiagnosed and untreated 'mystery' illness which continued to remain a constant threat to my life and baffled both conventional and unconventional specialists. In time, I came to understand the reasons for this condition and in so doing have affected my own healing.

Such a profound and harrowing journey paved the way for my own personal understanding of that which is termed 'Ascension' healing and has given me deep insight and wisdom into 'Energy Illness' and 'Energy Medicine.' It is my understanding that many of today's diagnosed and undiagnosed illnesses/symptoms are caused by either 'invasive' energies attaching to us (caused by negative thought states lowering our vibration and literally inviting unwanted, destructive entities), karmic patterns, past life and/or ascension healing; an energy realignment process triggered by the higher-dimensional light and frequencies flooding our planet - in preparation for the huge planetary shift due to be catalysed in December 2012 . This ascension process, along with the burning of Karma at a cellular and Soul level, is needed for specific alignments to take place in many people on our planet at this time.

## **What is Psychic Life Coaching and Psychic Counselling Target Therapy?**

### ***Psychic Life Coaching and Psychic Counselling Target Therapy are new therapies for the 21st Century.***

Psychic Life Coaching and Psychic Counselling combine an equal balance of clairvoyant/mediumistic and professional counselling and metaphysical skills. This work can be experienced as either a short-term 'target' therapy, lasting six weeks or as a One-Off 'target' session lasting 50 minutes. When focussing on a specific issue the work can 'roll' in six weekly ongoing sessions.

## **How does Psychic Life Coaching and Psychic Counselling Target Therapy work?**

These therapies work by offering channelled guidance with professional counselling and *metaphysical skills* to 'target' a specific area of a client's life. Present at each session are Spirit Guides, Helpers and Loved Ones who have crossed over. This unique way of working includes working with signs, influences and messages from the unconscious and higher conscious, presenting through dreams, symptoms of illness, past life memories, as well as, visionary, psychic and spiritual experiences (experienced by the client and/or myself) and is invaluable when experiencing current life struggles, life transitions, or an 'awakening'. In fact, this approach can be utilised for any life situation where one is looking for clarity, insight, support, healing and transformation

Working in this way does not offer predictions or outcomes, but does communicate all potentialities, possibilities and influences channelled either by a client's connection to his/her higher Self or through the 'unseen' energies present at each session and channelled through me. These therapies are not about giving answers - but specifically offer meaningful guidance that will lead you to discover your own truth and answers - *with a little help from our Spirit friends.*

During session, you are encouraged to express what you wish to explore. I will read into the 'presenting' issue psychically and then channel the higher guidance coming through me. With my psychotherapy and metaphysical skills, I am qualified to support you to face whatever the reality of your situation is and guide you as to how to flow with such.

Psychic Counselling and Psychic Life Coaching have a vital role in helping people to deeply connect to their inner truth, to unconditionally love themselves and heal many wounds (that go way back in time) in a gentle, speedy and complete way. The results of years of therapy can be achieved in a matter of weeks or months. These therapies afford the opportunity to live a life of Self-responsibility and Self-love and to truly understand that you can truly create a reality exactly as you choose it.

## ***We change our fate by the choices we make...***

### ***Our destiny can change in a moment by the choices that we or another make.***

We are the Creators Of Our Destiny and *do* change our fate by actions taken. I have come to understand this fully and therefore realise that it is not possible to guarantee any 'outcome'. In the Spirit world there is no such thing as time, so timing of 'predictions' is prone to inaccuracy. As we each realise more and more that all there is is *this moment* - pin pointing times and dates for events to unfold is a waste of energy. Doing so, takes us out of the now - and projects us into a future that takes our attention away from giving all of our energy to 'the now'. By remaining in 'the moment', we consciously create our futures to unfold as we would wish *because* this is a place of truth, of reality and as long as we are living consciously, in each moment - we can trust the unfolding of each moment ahead of us. From this continuous and flowing 'moment' of truth we are able to 'dream' and consciously navigate a path to living the fullness and wonder of who we are and why we are here. Suggested outcomes will always be at the mercy of the choices that we or others make in the interim.

### ***Everything is down to choice..***

Channelling influences, potentialities and possibilities, along with counselling skills to accurately mirror the 'inner' world of the client, as well as applying metaphysical skills is where Psychic Life Coaching and Psychic Counselling Target Therapy come into their own. This work is not about offering definitive answers but instead suggesting all that is possible, right now, based upon our ability to make appropriate life-serving choices with a positive future in mind. By remaining curious as to why our lives look or feel a certain way, we take responsibility for our life experiences making possible the manifestation of our own outcomes.

Even if the choices of others change our vision of our future, through this work one is more able to accept gracefully how such is a part of the great tapestry of our lives. In this way we can ebb and flow in a stream of loving consciousness with life's little shocks or surprises, rather than causing ourselves (or others) unnecessary suffering.

Tibetan Buddhism explains - ***'It is not the situation that causes our suffering - it is what the Mind does with it'***.

## Summary

### Psychic Life Coaching and Psychic Counselling:

Psychic Life Coaching and Psychic Counselling 'target therapy' are new therapies for the 21st Century and work best as short-term 'target' therapies that focuses on one main theme over a six week period. The focus of these six weeks is all that arises from the exploration of the presenting issue. However, they can be experienced as a 'One-off' 'target' session focusing on a particular question/dilemma and can be invaluable if immediate or urgent support and guidance is needed.

An equal balance of channelled insights, metaphysical skills and professional counselling and life coaching skills are used to facilitate and support a client engaged in for example; an awakening, challenging time, crisis, painful process, time of great change or any life changing experience - where the temporary presence of a psychically gifted metaphysician and professionally trained counsellor is needed.

Through this work it is possible to recognise and break old, outworn patterns and become Creators Of Our Own Realities. My work is aimed at helping others to gain the understanding and life skills needed to transform their lives and make possible the creation and manifestation of their most heartfelt desires and ideal outcomes.

*"In a moment we can catch a glimpse of all that we can be  
and in a moment we can lose it to fear"*

**Nelson Mandela**

## **Appointments**

### **How to book an appointment**

If you would like to book an appointment all you need to do is give me a call ~ **0800-0831171** or e-mail **nicolya@nicolyachristi.com**

### **What to expect**

You lead the session by expressing what it is that you wish to explore - the presenting issue. I will listen intently to what you are sharing whilst psychically 'feeling' into what you are saying. I will 'channel' the guidance you are seeking and offer valuable psychological insights, where appropriate. Invariably, the session will really open up and expose layers and pathways you may not even have considered to be linked to your presenting issue. It is a little like you and I journeying through an incredible labyrinth ~ with you emerging the other side somehow changed and always wiser, clearer and ready to put what transpires in session into action. Each session leaves a feeling of empowerment, potential and positivity - the key word being clarity.

### **Session duration**

For those on the six week journey seeing me in person, each session lasts an hour, once a week. For telephone consultations two 30 minute sessions twice per week are required. One-off sessions can be booked for 50 minutes.

### **Costs**

The six week journey costs £45.00 per weekly session and £35.00 for those facing financial challenges, (for example; if you are out of work or on sickness benefits).

A One-off session lasting 50 minutes costs £50.00.

Payments are to be received three days prior to each session to confirm the booking, (or you can pay in six week blocks). Emergency sessions are paid for either by pay pal or bank transfer.

For UK/International clients and for urgent appointments pay now through Pay Pal or by credit/debit card.

### **Cancellations**

Sessions are automatically cancelled if payment has not been received prior to the appointment date. If you need to cancel a prepaid appointment for exceptional reasons, then I will reschedule for that same week, where possible.

### **Confidentiality**

I always work within the code of ethics of my psychotherapy training. All sessions are strictly confidential. All names and identities of my clients remain confidential. All matters shared in session remain between myself and the client.

## **Contacts**

**Tel. 0800-0831171**

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***'Speak your Truth ~ Speak it with compassion and sensitivity  
and let the chips fall where they may...***