



# SACRED ALCHEMY

## THE ASCENSION JOURNEY

Transmutational Healing and Spiritual  
Development  
with

*Emma Davies*

Dear Beautiful Soul

I am honoured that you have chosen me to guide you through this profound healing journey.

I Thank you for taking the aligned action required to find your way to my magical medicine.

I promise to act in your highest best at all times, to offer support when needed and always be my Authentic self as I guide you to yours.

I can't wait to get started!

Many Blessings

*Emma*

*XXX*



**My signature healing programme The Ascension Journey has been developed over a number of years by myself with the guidance of my Higher Dimensional Team.**

**This holistic therapy considers the effect that trauma has on the Mind, Body, Soul and Spirit (Energetic Body).**

**I follow a guided process which has been co-created with Reiki, Ancient Ancestral Light Language, Reiki Regression, Time Line Meditations, Breath-work, Hypnotherapy, NLP, Light Code and Soul Purpose Activations alongside Intuitive and Channeled Guidance to bring about a complete transformation.**

**Reiki is at the foundation and forms the pillars of light that support the ascension journey, this allows healing sessions to be delivered across time and space, all levels of consciousness and all aspects of self.**

**Your journey will be carried out via video calls.**

**This system of healing is designed to assist you as an individual, in every unique stage of your souls evolution. It is adaptable and fully supportive in your ascension from trauma, blocked emotions, addiction and limiting subconscious belief systems to living your highest and best life.**

A decorative vertical strip on the left side of the page features a complex geometric pattern of interconnected lines and dots, resembling a Sri Yantra or a similar sacred geometry design, rendered in a light yellow or gold color against a dark green background.

I refer to Trauma as any event or situation that has happened to an individual that has caused a lasting fear response within the nervous system and energetic stagnation, this has varying degrees of severity and is unique to each individual.

Core traumas are found deep within the subconscious, they can be complex and very well hidden, your bodies way of keeping you safe. PTSD, Anxiety, depression and phobias are born out of known or unknown unresolved traumas and present themselves in emotions, thoughts and feelings such as fear, anger, irritability and low self worth. Physiological presentations include hormonal changes, chemical imbalances, Gut issues, chest pains, fatigue, shyness, lack of motivation, panic and dissonance of self. This can ultimately lead to addiction, self sabotage, self harming, suicide attempts, poor quality of life and separation from life itself.

Trauma can result from experiencing events including the loss of a loved one, serious illness, serious illness of a loved one, being in or witnessing an accident, severe bullying, harassment, difficult childbirth, witnessing or being involved in a crime, being involved in a natural disaster and many more

Complex trauma can include childhood abuse and neglect varying in severity and longevity, spending time in war zones and many more.

Trauma experienced in a past life and throughout your Ancestral lineage can also effect you in this current life time. If the energy associated with the trauma remains attached to your spirit, this can effect your day to living and block your Soul Purpose.

The pain, shame, anger and grief that shows up, serves to point us in the direction of what needs healing, becoming a Conscious observer of our emotions gives us the power to act not react. Through this healing process we let go of old paradigms, old thought patterns and old belief systems that do not serve in our highest good, we now have the power to choose how we think, the energy we create and the action we take to manifest our highest timeline.

Trauma is dense, low vibrational energy that does not belong to you, it is created by our experiences, your trauma does not define who you are!

We will transmute the trauma energy into the energy frequency of Pure Divine Love. As we remove each layer that disconnects you from true self you will begin to know yourself as pure divine Love.

When we shine a light on dense energy and remove it from our Mind, Body, Soul and Spirit (Energy Body) we create space for new thought patterns and belief systems that are in true alignment with our Higher Self and Soul Purpose.

We will create the space needed for new spiritual gifts to grow and evolve, we get truly re-member what we are here in this life time to do.

We create a pure divine channel for The Universe/God/Creator to work through us.

Our trauma, once healed becomes an emotionless reference to the experience, it forms our inner wisdom that we can draw on for inspiration, enlightenment and a way to raise our conscious awareness.

The trauma no longer has energy and can no longer control us.

This journey will also allow your physiology to transform by recalibrating the nervous system so that the Chronic Fight, Flight or Freeze state of hyper vigilance can be altered.

During this programme there will be opportunities to clear old mindsets and create new ones with the help of higher vibrations these mindsets will not revert back to what is keeping you trapped.

Stress hormones Adrenaline and Cortisol are addictive and can cause you to become hooked on feeling bad and keeps you locked in fear. This is all subconscious. These chemicals need to be replaced with Oxytocin, the LOVE hormone, further supporting alignment and bringing you to your intended natural state of bliss. Oxytocin can be increase by activities such connecting to self, others, earth and spirit.

If required any and all dense Entities that are present will also be alchemised, very often the entities can have a debilitating hold over you, keeping you detached from true self, higher self, soul, the 'universal one'

These entities not only feed off of your pain and suffering but create and also exacerbate trauma and lower frequencies. We will discuss this on a deeper level in person.

The magical medicine I provide starts with identifying the root causes and working within the shadows, these are always negative and painful in nature. I will journey through the darkness with you and co-create an empowered future time line.

I will use integration light codes so that each activation or transmutation will have time to settle, this allows for moments of time to 'Just Be' to reflect with no judgment.

Your Journey will also include Reiki Level 1 & 2 Training complete with Certification. (depending on chosen package)



**My heart centred intention is that each beautiful soul that is open to my mentorship will not only be free from suffering but will be able stand in their own power, sovereignty and create a beautiful future with ease, grace and flow.**

**Each beautiful soul will gain the tools they need to heal themselves and be free from all that no longer serves in their highest good, be fully aligned and activated in their soul purpose.**

**May their healing and raised vibrations contribute the Ascension of Mother Earth and all who dwell up on her.**

**I work intuitively and am fully guided, this means that I can deal with whatever comes up and meet you exactly where you are at. I am able to adjust to your needs moment by moment.**

A woman with long dark hair, wearing a white long-sleeved dress with lace detailing, stands in front of a large, dark wooden door. The door is set within a brick archway. She has her right hand resting on the door. The background is a brick wall. The entire scene is framed within a rounded rectangle on a teal background.

Are You  
Ready to  
Walk  
Through  
the Door  
of

Transformation?

In order to fully show up for your session and get the best possible results please follow the guide below.

## Preparation Guide

### ***Before Session***

- Complete any meditations given.
- Please show up with an open mind and with the intention to receive all that is in your highest good.
- Find an area where you won't be disturbed during the session
- Have a place close by where you can lie down during the session if required. Have a comfortable seat available for when sitting is required. (what is best for you will be discussed)
- Wear comfortable clothing
- Use the bathroom before your session.
- Please do not drink alcohol before appointment.
- As the session progresses, you will feel more relaxed. If you become uncomfortable, you can adjust your position at any time.
- Please know you can stop the session at any time.
- Please try to avoid forcibly relaxing or worrying that you're not relaxing, open your mind to it and the Reiki will relax you.
- Your state will shift quite naturally as the session proceeds, feel free to daydream, enjoy the music, or simply observe your breath or the sensations of the therapy.

### ***During your session you may experience a number of things including***

- Immediate deep relaxation and stress release.
- Tension, anxiety, anger, sadness, despair, fear followed by Tranquility and peace.
- Sensations throughout the body, pulsations where the practitioners' energetic hands are placed or cascading waves of energy throughout the body.
- Seeing images or colours.
- Reliving memories.
- Heat in different areas around the body
- Belly rumbles.
- Crying or feeling upset.
- Comforting feeling of contentment.
- You will notice me referring to my Ascension Team, using light language and drawing light symbols. Please don't be alarmed if my voice changes as I channel my spirit guides.

During every session I will create a Safe Sacred Energetic Space and invite your higher self to join me there.

Each session will be slightly different depending upon your progress and individual needs.

In between some sessions you may be given additional meditation videos and breathing exercises which will support you through each stage of the healing process. Integration and Ascension support is also available.

You will be asked to keep a journal, to think about what positive lifestyle adjustments can be made to better serve in your highest good and working towards being ever conscious of your thoughts, feelings, emotions and behaviours.

Even from your very first session you will feel dramatic shifts and changes occurring, many feel this begin during the free Clarity Call. Be prepared for a huge transformation in your life!

## **Terms and Conditions**

### **Booking Policy:**

**Non-Refundable Payment in full is required on booking (unless a payment plan has been agreed to)**

**Receipt of payment is your agreement to the T&C's**

### **Cancellation of Package Policy**

**Should you wish to cancel your package: An administration fee of £100 will be retained as well as £5 for each reserved session that has not been taken. Any sessions that have been taken will be fully charged at £50.50. The remaining amount will be refunded.**

### **Cancellation of Session Policy:**

**If for any reason you need to cancel your appointment please call or message me as soon as possible, if this is your first cancellation an alternative appointment date will be offered. If this is your second cancellation in a row you may incur further session charges.**

**Refunds (full or partial) will be issued if therapist can no longer take on your sessions.**

### **Late Policy :**

**If you are running late please get in touch as soon as possible, depending on how late you will be it may still be possible to keep your appointment, if not please refer to the cancellation policy.**

**Emma Davies retains the right to refuse treatments at any time should inappropriate/harmful behaviour ensue without giving an explanation or full refund: See Cancellation of Package Policy**

## **Terms and Conditions (cont)**

**It is your responsibility to ensure any medications you regularly take are monitored. It is often the case that as your energy state changes for the better your physical state can also improve thus requiring a dosage adjustment.**

**Whilst taking the Ascension Journey please do not work with other individuals within the spiritual or healing field, only partake in the meditations provided and refrain from taking on the ideas, thoughts and beliefs of others. You may be asked to refrain from any regular practices that may affect your progress. Please seek further guidance on this, from Emma if required.**

**Any products (outside of the energy work) that Emma Davies may recommend through out your journey will need to be considered carefully by each individual. Research all contraindications before consuming.**

**Energy work will never be harmful but for some people, herbal/natural remedies could be. Please ensure you do the appropriate research.**

**Emma Davies cannot be held accountable for any decisions you make during your journey or results achieved.**

**Your Participation in and payment of your chosen package is your agreement to these terms and conditions.**



THE

# Ascension Journey Package 1

6 months  
Plus

Transmutational Healing and  
Spiritual Development

£1212

24 Sessions (1:1 Video Calls lasting 75 minutes)

2 short txt message responses per week

Reiki Level 1 Training & Certification

Pre-recorded Trainings and Videos.

Mindfulness Workbook

Ongoing support and future Training options



THE

# Ascension Journey Package 2

9 months  
Plus

Transmutational Healing and  
Spiritual Development

£2424

48 Sessions (1:1 Video Calls lasting 75 minutes)

2 short txt message responses per week

Reiki Level 1&2 Training & Certification

Pre-recorded Trainings and Videos.

Mindfulness Workbook

Ongoing support and future Training options



THE

# Ascension Journey Package 3

12 months  
Plus

Transmutational Healing and  
Spiritual Development

£4848

96 Sessions (1:1 Video Calls lasting 75 minutes)

2 short txt message responses per week

Reiki Level 1&2 Training & Certification

Pre-recorded Trainings and Videos.

Mindfulness Workbook

Ongoing support and future Training options