



Personal Consultation **with Anna Hughes**



Anna Hughes **Master Healer, Spiritual Teacher and Intuitive Mentor**

We're very pleased to welcome Anna Hughes to Chiva Som. Anna is founder and head of Ultimate Woman and OneTouch Inspiration, organisations devoted to connecting those seeking the ultimate in self-determination, purpose and fulfilment. An internationally-recognised Master Teacher and Healer, Anna is mentor for 'strategic business and personal growth' and 'conflict resolution' of any kind.

Her work is about connecting with your inner self, to find and use your voice in cooperation with the higher awareness of your intuition, and encompasses a wide spectrum of spiritual energy, working together with one's natural desire to move on and grow in life, business and family situations. She offers safe, shared confidence in making decisions both personal and professional, using her unique vision to give answers, insights and context to all your questions about situations and purpose.

Personal Consultation with Anna: Healing and Readings.

Anna is known for the accuracy of her intuitive readings, using these with great humour to mentor individuals and inspire each to heal through growth responsibly, quickly and often permanently. Typical sessions start with her intuitively scanning the body for energy blockages, assisting you to come to the clarity of your own truth and inner wisdom – the foundation of all permanent healing. Her skill at putting different context onto situations leads you to speedily resolve any conflict within yourself and with others, whether it is about personal situations, family, social and business relationships and/or business situations, and move beyond fear and self-limitation to make new, often more-dynamic choices. Your body – indeed, the whole of your life – then very often heals itself.

Some example questions asked during consultations include:

- Who am I and what is my life purpose?
- I would like to manage my feelings of stress in making all the 'right' decisions?
- I have [x] disease/chronic/acute pain. How can I heal it?
- My marriage/job is on the rocks and I'd like to work towards healing/enhancing/growing it.
- My son/daughter seems lost, how can I assist them find their way again?
- I would like to know my life path/journey/that my company for the next [x] years

Anna can advise and support you to use energy to resolve any kind of conflict in your life, ranging from marital, legal, business and other disputes.

You can inquire through the H&W reception for bookings