

"An angel appeared in the room!"



Can mainstream medicine and psychic intuition ever work in harmony?
Angela Kennedy finds out during her appointment with a psychic osteopath

Everyone I tell about my appointment with a psychic osteopath immediately collapses in a fit of giggles. And while it's quite nice to spread so much mirth, I'm taking the whole thing very seriously. Well, okay, I do feel a pinch of scepticism about how medically recognised osteopathy could synchronise with the mystical world of psychics. But after five years of lower back pain, via various NHS solutions, usually involving industrial-strength painkillers, I'm ready to try anything. And actually, pairing osteopathy with psychic abilities is not as random as it sounds. Osteopathy is a holistic treatment, which helps bring your body back to a state of balance, just as a decent psychic will pass on advice intended to restore your mind to a state of balance. But let's not pretend that psychic osteopaths are an everyday occurrence – it's this weird and wacky uniqueness that makes Heather Ankara Loft and her way of working so fabulous. You're treated on a physical level by a qualified professional but at the same time, and only if you want, you get emotional and spiritual advice, too.

According to the General Osteopathic Council (osteopathy.org.uk), osteopathy involves physical manipulation, stretching and massage to increase mobility and to aid your own healing mechanisms. The thought of my ever-painful back being stretched into submission fills me with fear. But when I meet Heather, her hands look more delicate than dangerous, and I'm relieved when she stresses the need to be as gentle with me. "I create a pathway for your body to heal itself, starting with the physical and moving towards the spiritual – I see this as a very natural progression," she says. An intuitive person, Heather had her first brush with the spiritual as a youngster, encountering the spirits of Aboriginal tribesmen in a sacred space near Canberra in Australia, where she grew up. She later came to the UK and qualified at the London School of Osteopathy. Alongside this, she trained at the College of Psychic Studies in London, learning how to clear energy blockages and re-balance and energise

chakras. "I had done some intuitive healing in Australia but it was a Maori Tohunga medicine man who mentored me and revealed my calling to be a healer. I think of myself as 'a sensitive' because I can sense metaphysical phenomena and am clairaudient and clairvoyant. I can even recall my existence before I was born: I remember being an unborn soul waiting to incarnate into a human family. Existing in the other world was like being within a powerful energy, but I was impatient to arrive on Earth as I felt I had a mission to fulfill."

"A group of powerful, black-robed spiritual beings have appeared to protect you"

The treatment

Heather is buzzing with an infectious energy, which immediately makes me warm to her. The room is filled with the soothing aroma of rose-scented candles, and scattered on the table are a twinkling array of crystals. "Before seeing a patient, I protect and clear the energy of the room and invite in the appropriate spiritual helpers," she explains. But I am taken aback when she asks me to whip off my dress in front of her, pushing my dignity aside, I manage to wriggle inelegantly out of my clothes and sit on her couch desperately trying to hold my stomach in. Heather questions me about my back pain and examines me. Her diagnosis is the first comprehensive one I've ever had. She uses her osteopathic training to diagnose a twisted pelvis, nerve inflammation, disc damage and damage to the thoracic spine – great, so it sounds like I'm falling to bits then! But Heather is positive she can launch me on the path to recovery. She uses gentle motions to loosen up the middle of my spine and relieve pressure on my inflamed nerves. Then she applies pressure to separate out the vertebrae all along my spine. Intuition tells her that my lower back has become disconnected from the rest of the body and is very weak and watery. My upper body is taking the strain but has stiffened up. I'm caught between being fascinated by her diagnosis and horrified as she creeps my knees up around my ears.

She brings her psychic skills into play, telling me: "Your heart chakra is carrying lots of sadness and tragedy, which I think is connected to ancestral healing that needs performing. Your heart centre has lots of energy but it's blocked and is not able to flow. I can see an elderly woman in the room with us now. She had a hard life and is desperate to be acknowledged by you. She is telling me she wants you to uncover the past and

put it to rest, and she is holding out a letter to you with secrets written inside. This lady has many other spirits with her who shared the hard times on Earth." Heather explains that these spirits are trapped on the astral level due to grief and pain experienced in their Earthly existence. She tells me that she is releasing them into the light or higher dimension. Heather puts her hands over my heart chakra in the middle of my chest, and says she feels the energy starting to lift. Apparently, it's this blockage that is causing disconnection to other areas of the body, like my lower back. She releases abdominal tension by pressing hard on my stomach – this is the only painful part but it feels like my innards are being compressed to the size of a Mars Bar.

Then she startles me by saying: "An angel is in the room with us now, to assist me with your healing and with the release of these spirits." I'm busy looking around the room to try and catch a glimpse of this celestial messenger when she tells me my spirit guide has come forward to heal me. I'm totally intrigued by this, as I have never encountered him before. But he sounds like a cheeky chap, as Heather says he was winking at her as if to say, 'well done for finally getting Angela to notice me!'. On a slightly more scary note, Heather then says that a sombre group of powerful, highly advanced spiritual beings have appeared, dressed in long black robes. I feel a tad twitchy about having them following me around as Heather seems over-awed by them, but she tells me their presence means I am strongly protected and they are here to help with my spiritual mission of healing my ancestral past – very mysterious.

The verdict

Although I spend some of the session feeling concerned about all the ghosts catching sight of me in my undies, I leave the treatment feeling like every aspect of me has been drawn into Heather's healing process. On a physical level, I am now aware that I need to gently exercise my back to stop it seizing up. And while osteopathy is no relaxing massage, it does give me a sense of immediate relief, loosening up my joints. I think it's interesting that Heather senses my lower back has become disconnected from the rest of me, mired down with weak energy, as I have felt this for some time now but, of course, I would never have linked this to a blockage in my heart chakra. What she says about the ancestral healing also rings true to me, and I know who the ghostly old lady might be. I actually embarked on a kind of healing of my ancestral past last year and found it an incredibly moving experience, so I'm startled that Heather picks up on this. I feel slightly silly having to talk to a spirit guide I can't see. But I'm fascinated, too, by her total conviction in the existence of these beings, and of course it's rather nice to think you might have a heavenly guide watching over you!

