

Struggling to get over a break-up? 'Angel therapy' could be the answer

Exorcise your ex!

by Mandy Appleyard

LET me start by explaining I am no fan of angels. They make me think of draughty churches, romantic ballads and bad posters on the walls of student bedsits. However, dire straits call for radical action.

I spotted on the internet a novel way of 'exorcising your ex' and am curious — even though it involves angel therapy.

Healer Elizabeth Rose explains on her website how negative 'cords' can bind you to your past, blocking your energy and allowing emotional pain to flourish. But she says she can remove them — with a little help from your guardian angels. It sounds promising, if slightly mad.

My last 'relationship' — I use the term loosely — was an involvement with a man who had told me he was separated from his wife, but I now suspect he wasn't.

He hoodwinked me into believing we were

having a significant relationship when, in fact, we were having an affair. When I became convinced of his duplicity, by which point the relationship seemed to involve more pain than pleasure, I

ended it. But two years on, he is still under my skin. I can't shake off my ex.

He still phones me occasionally. Sometimes, when I see his number on my mobile, I am

resolute enough not to answer the call, sometimes not. Our conversations — only ever chit-chat — stir me up, provoke a thousand questions and leave me feeling attached to a man more toxic than the plastic 'cheese' they pour on nachos at the cinema.

So what's a girl to do? Talk it out? Done that, *ad nauseam*, with friends, family, professionals and, occasionally,

unfortunate strangers. Let time heal? It's not happening fast enough. Distract myself? Learned Italian, threw myself into work. Meet someone else? Not as easy as it sounds.

Since all else has failed, I make my appointment for an hour's session with Elizabeth Rose — an angel therapy practitioner, spiritual life coach and neuro-linguistic programming practitioner — and suspend disbelief.

She is a bright-eyed woman dressed in black with bold jewellery, and her consulting room is thick with the whiff of joss sticks. She is smiley, confident and, I'm sure, senses my scepticism rising like bile.

Elizabeth sits back, observing what she calls my 'aura', and tells me she is seeing a lot of red. I think this might represent the acute embarrassment I am feeling, but she says red can be seen as a sign of anger and irritation, or assertiveness and determination.

'I sense frustration, as well as a determination in you to take action,' she says. 'There is also yang masculine energy being defaulted to.'

Her theory is that everyone has one or more guardian angels by their side from the moment they are born.

She describes angels as 'beings of pure love and compassion', who encourage us to be healthy and happy. We can, she says, ask them to assist with every aspect of our lives — no job is too big or too small.

When she explains that her healing work involves 'the highest angelic presence' and 'comes through her from the archangels', I start feeling a bit wobbly — but not as wobbly as I become when she tells me my shoulders are 'enormous'.

'It's as if you are shouldering the burden of it all, and also shouldering other people's burdens,' she says.

THEN we come to chakras — points in the body that spread energy around it in a steady flow. When they're open, you are in full health, spiritually and physically. But when they're blocked, you can feel ill.

Apparently, there's a shoot growing out



of my 'sacral chakra', which represents my relationships. Elizabeth sees an expansive year for me, with change on the horizon. Marvellous.

My 'root chakra' is in fine fettle — meaning I am grounded in the day-to-day. She says my guardian angels are all around me, working on helping me to balance my focus on the material with my focus on the spiritual.

OK, I want to say, but what about the ex? How do we bin him? Elizabeth surprises me. 'There is some reticence in the emotion part of your system to letting go completely of that old relationship,' she says. 'This is not uncommon. It does not mean anything more than that one part of you needs to feel reassured it is safe to let go.'

She asks me to stand, so she can perform the cord-cutting. She invokes Archangel Michael to join in, 'using energy brought down from the angelic realm'. I feel dizzy with embarrassment

as Elizabeth begins moving her hands vigorously just two inches from my body, accompanied by a violent 'shooshing' sound.

So what are these cords she is cutting? 'They can look like hollow tubes coming out of one person's aura into another person's aura, starting thin and small, but sometimes they grow thick and large,' she says. 'They can be connections to events, situations, places or feelings, or any negative experiences, resulting in an energy exchange or drain that will continue until the cord is cut.'

SO if you are still 'corded' to a former lover and they are having a bad day, you might feel some of their negativity. Or they could drain your energy for themselves. 'Walking around with lots of cords can result in low energy physically, mentally and emotionally,' Elizabeth says.

'The more we cut cords, the better. The clearer your energy is, the more refreshed and light you feel.'

I feel a little light-headed as Elizabeth is working on me, but that could be bashfulness, heady disbelief or the fact that I have stood up too quickly.

I hoped I might feel a violent wrench as my ex was exorcised, but I'm just slightly nauseous and self-conscious.

Elizabeth is pleased with her work, however, announcing my sacral chakra has been cleared of clogging cords and much old pain, so it is now cleaner. I wish I shared her conviction.

As I lie back down, for ten minutes, Elizabeth holds her hands over — and sometimes on — me. They're hot from all this angel toil. Sometimes I think I can feel a tingling, at other times I am

close to falling asleep.

Elizabeth cuts her own cords in the shower every morning and says severing one connected to a former boyfriend from 26 years ago instantly gave her an energy boost.

Sadly, three days after the session, I can report no such epiphany. But I am open-minded. It seems that getting over a toxic ex is a marathon, not a sprint. So maybe angel therapy will work wonders and I just don't realise it yet.

Besides, there is still a step I need to take to complete Elizabeth's work. As our session ended, she told me she had an image of me walking to the top of a peak with my arms in the air.

'You are declaring your renewed connection to your own womanhood,' she said. So this weekend I plan to climb a hill 24km from where I live, in search of my lost Divine Femininity.

If she's a no-show, it won't be a wasted journey. There's a factory outlet nearby and I need some new jeans.



Picture: BEN LISTER

Hands on: Mandy with 'angel therapist' Elizabeth Rose

