



When you book a psychic reading by email, you will receive a professionally presented pdf document such as this one, sent to your email address.

All email reading documents will contain:

- (1) Your Question/s
- (2) Guidance & responses from spirit guides, angels & loved ones on the other side, as channeled & recorded by Sarah.

The following is an example of what a person who ordered a **mini psychic reading** would receive (Full Email readings are longer & more detailed):

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**Your Question: My relationship with my parents has always felt strained, causing conflict with other family members. Will it ever be resolved?**

Dear Jane.

When I tune in the first message I get is to stop blaming yourself as it is *not* your fault!

I am being told that you are not the one *causing* the conflict. I can feel a lot of unresolved tension.

In some way it's like it has always been there or been there for a very long time. I feel a lot of rifts within the family and a lot of heart pain too, a real blocking of the heart energy.

"Stop throwing yourself back in there to get hurt again" the angels are saying. They are showing me a moving fan and it's as if you are throwing yourself into it and you're just getting hurt every time.

They are really stressing that you mustn't blame yourself as you can't stop your parents being who they are and I do feel that there are other people involved.

I'm getting the words "party plan" and it feels like there are aunts and uncles and even perhaps "friends" of your parents getting involved. It's like there is a "party" or group of people involved and that there is some kind of a "plan" behind it. I feel that these people are getting something out of it being this way and that there is manipulation involved. I get the image of a smouldering fire and it's like they keep revving it up again and because of this it's just not getting the chance to heal. They are real "trouble makers".

It's all about *who* your parents are listening to, they are hearing what they *want* to hear.

## Healing Messages

I feel that there was something significant about last year, something being unresolved. I feel that a decision was made that caused conflict and this has been left unresolved or has simply been unresolvable.

I feel that the decision has something to do with being powerful, a powerful decision being made. Maybe it was that you decided to stand your ground and that in some way you "left" the situation.

The angels wish for you to be free of this self torture as you are a good person and you need to move on from this point and get on with your life. I feel that you really want peace – you want this to be resolved but you can't force the other people involved to behave in the way that is needed for it to resolve.

I feel people holding grudges and judging you unfairly. The angels are saying that it is no longer your problem – leave them to it! For the sake of your health and happiness, move on, choose not to be a part of it all.

I'm sensing a brother and I feel that he has made a mistake in some way. That was his choice but I do feel him moving on also and getting away from it all at some point in the future. Know that you are not alone at all, there *are* other people that feel the same way that you do. They are just not voicing it clearly for fear of the bullies, I feel.

You must not believe the negative voices. I feel like these negative words and thoughts float around in your head and try to convince you that it is all your fault. These are not your words, nor the words of universe but rather the thoughts and false beliefs of the negative people involved in this. It is your choice right now and I certainly don't feel that choosing to free yourself of this situation and take care of yourself will bring anything but good into your life.

I actually feel that by removing yourself from it, it will find a way of healing by itself. I feel that once certain negative people aren't around to influence the situation, when you are not there to give them a reason to fight, there will be no fight. They will run out of steam.

I feel that your parents definitely *do* love you, very much. But I feel that in some way they have kept it from you, which hurts you deeply. They are not letting *you* know that they love you.

I feel that they are quite old fashioned in many ways and this has contributed to a lack of understanding between you all. I feel them judging you unnecessarily harshly.

I do feel that your parents will come back into your life again in the future and it will be happier times.

I see grandchildren for them through you, if there aren't already and them wanting be a part of both you and your children's lives. You'll be sorely missed but it's like they need

## Healing Messages

to experience losing you in order to appreciate you more. I feel that the negative people that are around them, influencing them at the moment will not always be there.

I do feel that your father feels remorse already over the situation and your mother does too, but she needs more time to get to the point of acceptance and to make some much needed realizations. I do feel that there will come a point in the future where they will have a more mature view of the situation, which will help to enable healing of the situation.

At the moment though, you need to look after yourself as it is a very toxic situation to be in and is not good for you at all.

I just know that you are going to feel a whole lot better when you stop focusing on the situation and move on for a while. But know that you are their child and will always be in their hearts. They just need to grow up a bit! I am getting the distinct feeling that you are actually behaving in a much more mature manner than they are at this point!

Don't give up hope of it healing one day, and I feel that "brother" joining you one day, going down a similar path.

Keep praying to the angels for healing and in the meantime take care of *your* needs and *your* happiness.

God Bless!