

Open your heart with the Modern Day Wizard



When she asked healer Andrew Wallas for help with her money troubles, Andrea Blundell didn't expect to be taken on a journey to confront her fear of love

I've heard that 'Modern Day Wizard' Andrew Wallas is sheer magic at uncovering stubborn inner blocks, so I've run to him for help with my endless financial troubles. But now, nestled in a pile of bright pillows on the floor of his immense therapy room, he's saying with a warm smile that what I really want isn't money at all. 'Money is just an energy form, another form of love, and your true desire is just for love.'

Admittedly, I'm disastrous at relationships and have firmly decided since the last one disintegrated that I have no more time for the L-word. Now that I'm in my late thirties, I'm just more comfortable with being alone. So how can what he's saying be right? 'I don't feel very loving lately,' I mutter.

'But love isn't actually a feeling,' Andrew tells me. 'It's an energy, much closer to the essence of your being than just an emotion.'

My problem is that I have apparently blocked all energy from flowing through me. He explains that love is the highest frequency of energy, so if you block love, you block everything - it's like I'm a river that's backed up and gone stagnant. But if I work at allowing love to flow, other things such as money will naturally follow.

It's a lot to take in, and I begin to barrage him with questions,

but he stops me short, telling me that we're not going to think our way through this. Instead, we're going to use physical techniques that uncover where I'm holding backed-up emotions and then work to release them, 'feeling' my way through instead.

Andrew's been on a journey of his own. He left a job in the City to put himself through 13 years of psychoanalysis, then became a psychotherapist before moving into working with energy at the level he calls 'alchemical'.

We start off with some breath work. I lie on the floor and Andrew places his hand on my lower stomach, which he tells me is a place where we store emotions. He tells me to breathe into his hand as deeply as I can, which seems easy enough. But his intuitive questions about what I'm feeling seem to loosen a knot of long-held helplessness and grief, and soon I'm sobbing like a lost five-year-old (note to self - don't wear mascara to healings from now on).

After that comes 'Deeksha', a hands-on transference of universal energy, which Andrew brings from his training at the Oneness University in India. He touches my head and it feels like heat is pouring into me. Deeksha is thought to create neurobiological shifts



Andrea is overwhelmed by the power of ancestral work

that help us have a more mindful presence in our lives.

When it's over I sit up and thank him, feeling serene yet shattered. 'But that was just the preparation,' he tells me. Uh-oh.

Before I know it, I'm on my feet again. Next up is ancestral work, where I'll need to instinctively respond to questions. To help me practise, Andrew asks me



Doing breath work to release pent-up emotions

Andrea receives 'Deeksha' healing



The Wizard's studio is full of inspiring artefacts



A transfer of positive energy



random things about a hypothetical woman I don't know, encouraging me to let my responses flow without thought or reason. In my relaxed state, it's surprisingly easy. With his arm supporting me, he tells me that now, when I step backwards, I'll be moving into my father's energy and answering questions.

I'm surprised to find my voice and the way I hold my body changing as I do so - ancestral work is best described as a sort of psychodrama. We go back through three generations, and as if I'm hypnotised or channelling information, I clearly reveal that the men in my family didn't prize women. Is this behind my secret lack of self-confidence that makes me nervous in relationships?

I'm not prepared for the intense nausea that hits me when I get to my great-grandfather, and I fight it, shaking and drenched with

sweat, as my mind desperately tries to comprehend what is happening. Andrew calmly encourages me to 'release the energy' by being sick in a nearby bin. I can't bring myself to publicly purge, but attempt some dry heaves.

Later I'll find dried salt stains on my clothes, as if toxins have been pulled from me.

Not all sessions are so intense, Andrew says, and no two are the same - he intuitively 'reads' what a client can handle. Some people are simply comfortable with lying on pillows and being guided to access the different parts of their personalities.

I confess to playing the Lottery as a test later that week to see if my energy really was **23**

Andrew tunes into his intuition



A head to head is symbolic of a heart to heart



unblocked and flowing better after my first session - and I win. Twice. It's just some pocket money, but still. And out of the blue I hear from not one but three long-vanished ex-boyfriends.

Yet it's the way I feel that's the most profound. My analytical self-doubt has gone quiet, and for the first time in my life I feel utterly open, serene and full of possibilities - yes, even for love. Miss Will Never Settle Down even declares to her shocked friends she might just get married and have babies after all.

At the same time, I admit to myself that I feel terribly lonely. How could I have thought I wasn't?

When I check in with Andrew, he's thrilled that I've realised my true longing for love. He tells me that it's common for strong women to completely deny loneliness, which keeps us stuck in it. My admission is a big step forward.

Caught up in my new expansiveness, I agree to meet my most recent ex - and jump headlong into being with him again. Next note to self: if you start opening your energy, be careful who you share it with. The romance lasts a week before crashing into hurtful pieces.

Thankfully it's time for another session. This one is focused around a very long guided visualisation. Andrew tells me to imagine tramping across a field, over a river and up a hill - then asks me to envisage nailing myself to a cross.

And something in me balks. An inner voice points out to me how I'm always choosing

pain and difficulties in life, as if I think I only deserve struggle. But I find I can easily imagine nicer things than he's suggesting, and I realise that I have the ability to choose nicer things in real life, too.

After this session I experience days of incredible sadness. Apparently this is normal when you commit to deep healing work and release old energies. The salt in the wound is when my best pal dumps me. Our relationship has always involved tiptoeing around conflict, and when I bravely

suggest we should have a heart-to-heart to improve things, she ends it on the spot.

In one month I've re-dumped a boyfriend and been dumped by a friend. Where is this love I'm supposed to be opening to? I call Andrew and he tells me that the one thing I have to realise about real love is how much hard work it is. The key reason so few people have a solid relationship is that we want to avoid the reality that love is difficult and painful. Once we accept this, loving becomes easier and genuine.

I can see that my friend and my ex reflect the fact that in a lot

of relationships I've sought an easy fantasy. Perhaps my spirit is helping me to make room for more honest connections.

In my third and final session, Andrew asks me to pick a card from a divination deck. It's the 'Dark Goddess', a woman with a wicked look in her eyes, which he claims represents my very pronounced dark side. I feel like I'm back to being a little girl, with my religious mother telling me I'm destined for hell. I'm discouraged by what Andrew says, but I don't say anything.

This time, breath work unearths a huge link between love and money. I suddenly



Selecting a card from the divination deck



The Dark Goddess represents a shadowy side



Andrea ponders the card's meaning



Tapping into Andrea's energy centres



Andrea felt drawn to this wooden heart from Andrew's altar

Love isn't actually a feeling. It's an energy, much closer to the essence of your being than just an emotion

remember how my first boyfriend would make me give him my hard-earned wages from my three part-time jobs, while he did nothing but party with his friends. I bawl as I admit to believing that if I have money men will take it, and use me instead of loving me.

After releasing such an enormous block, I half expect a gorgeous man to waltz into my life like magic, but it doesn't happen. I even force myself to glance through an internet dating site, but feel totally uninterested and gloomy. Why do I feel so down?

I realise it's because Andrew feels I have a big dark side and I'm hung up on the fact he can't see my goodness. Then that powerful inner voice I heard earlier is back - I'm depending on someone else to tell me who I am. When am I going to be the one deciding that I'm worthy and good?

That week, whenever I start to be self-critical I find myself

stopping and instead focusing on my good points. For the first time in my life, I'm cheering myself on.

This time, when I send Andrew an email to check in and let him know my progress, I do something that's rare for me - I speak up for myself, telling him how I feel about the comment that I am 'dark'.

It turns out to be a complete misunderstanding. He calls me and very patiently explains he simply meant that I had more awareness than most people of my shadow side, the part of us that's made up of all the things we want to deny - like shame, anger and mistrust. This is actually a good thing, which allows me to progress quickly.

And I suddenly want to laugh out loud, as the greatest of realisations hits. Whatever was said and then interpreted was all perfectly as it should be, and part of the renowned Wizard alchemy. I really feel that Andrew energetically removed old beliefs in myself that I'm not worthy and deserving, allowing me to see myself clearly at last. You see, it worked!

I have found love. For the first time in my life I'm sticking up for and loving the person that's the most worthy of it - me. And in my heart of hearts, I know that the more I grow this amazing new connection with myself, the more I will naturally attract a partner - and income - that will defy what I could ever have imagined possible before I encountered the Modern Day Wizard. **SPIRIT-DESTINY**

• For more about Andrew's work, call 0845-625 0650 or visit www.themoderndaywizard.com

Nine ways to let love in

Pave the way for a romantic future with these magical tips from the Modern Day Wizard

GET OUT OF DENIAL

If we tell ourselves we want a relationship but it isn't happening, on one level we're denying something. People don't admit to not wanting a relationship, Andrew points out. 'The moment they get honest that a part of them doesn't want a partner - out of a fear of intimacy or a worry that they'll get hurt or upset - they free the energy for a relationship.'

GIVE UP THE GUARANTEE

What we want in order to trust and love is a guarantee. Andrew is firm that 'if you're going to trust someone, the only real guarantee is that they'll sometimes let you down or hurt you.' It's better to focus on how often they are worthy of your trust than aren't.

ACCEPT THAT LOVE IS HARD

To open up to love, Andrew advises taking the time to acknowledge and clear out the number of shattered dreams and heartbreaks we carry. 'Close your eyes, focus into your heart and tell yourself you'd like to acknowledge how many heartbreaks you're carrying. Include the heartbreaks from your childhood, too. Let yourself feel the emotions around them.'

LOVE YOURSELF

Using a simple diagram of a triangle,

Andrew illustrates how important it is to love ourselves if we truly want the love of others. At the top is 'loving the divine or God'; on the bottom left is 'loving myself'; and on the bottom right is 'loving the other'. If you look at the triangle's points, 'none is bigger or more important than the other corners, and you can't remove one of the corners and still have a triangle,' he says.

LOOK AT YOURSELF

Projection is the art of blaming others for things that you're avoiding in yourself. Whatever your partner has done to upset you, this is reflecting what it is in you that needs looking at. Essentially a relationship is about healing yourself.

TAKE SOME RESPONSIBILITY

Again, this is about projection. If you're not happy with the way someone is treating you in a relationship, and are always asking, 'Why

are they doing that to me?' try changing the question to, 'Why am I doing that to myself?' If you're hung up on an ex, instead of blaming them for abandoning you, look at the situation and ask, 'How or where in my life did I abandon myself?'

GIVE RATHER THAN GET

If we always look to get something from our partner, we end up in an endless cycle of wanting more. 'The moment it's given, the mind creates another "what I am not getting from them". Andrew suggests focusing instead on what you can give, as it's in the giving that we truly receive.

SEE LOVE AS MOMENTS

One of the biggest myths we learn about love is that we should feel it all the time. Love is about moments. The idea of the journey is to be more in that energy than out of it.'

DON'T WAIT FOR A FEELING

'Love is much broader and wider than a feeling,' Andrew says. 'If we only think of love as being a feeling, then we end up playing it safe. "When you "feel loving", it's easy to act in what seems a loving way. The greater act of love is when you don't feel loving at all - but still extend yourself for the other's wellbeing.'



PHOTOS LAURA AGHMAN, THINKSTOCK