



FREE SOUL

— LUCY —

HOLISTIC ENERGY HEALING THERAPY

Guiding You Towards Inner Peace, Balance,
and Personal Growth

WELCOME TO FREE SOUL LUCY

At free soul Lucy, I believe in the transformative power of holistic energy healing. Using a blend of neuro-scientific research, kinesiology, positive psychology, eastern practices, sound frequencies and the lunar cycle, I will guide you on a journey of self discovery, emotional balance and personal growth working with your own energy system.

Whether you're struggling with negative thoughts, self-sabotage, or feelings of being stuck, I offer personalized energy healing sessions that release blockages and help you tap into your true potential. You are the creator of your own destiny, and we are here to help you unlock it.

Mission

My mission is to empower individuals to transform their lives through holistic energy healing.

Using Eastern practices, kinesiology, neuroscience, sound frequencies, and the energy of the moon, I help release negative thoughts and self-sabotaging traits, enabling you to create the life of your dreams as a free soul.

Vision

My vision at Free Soul Lucy is to inspire individuals to embrace their true potential and live in harmony with their mind, body, and SOUL.

I aim to lead in holistic healing, guiding our clients towards inner peace, emotional balance, and a fulfilled, joyful life.

GET TO KNOW LUCY ✨

My journey into the world of holistic energy healing began with a deep curiosity and a desire to explore various techniques such as EAM, Feng Shui, The Lunar cycle and sound therapy. Each practice opened new doors, allowing me to tap into my intuitive abilities and harness energy for healing. Attending workshops and connecting with like-minded individuals enriched my understanding and fueled my passion.

Through these experiences, I faced personal challenges that tested my resolve. These transformative moments pushed me to delve deeper into self-awareness and emotional healing.

I learned to listen to embrace my power within my own energy system and trust the healing process.

Today, I proudly embrace my role as an energy healer, dedicated to sharing the wisdom and tools I've acquired. My mission is to guide others on their healing journeys, helping them unlock their potential and discover their own inner peace.

Join me at Free Soul Lucy, and let's embark on this transformative journey together.



I WORK WITH WOMAN TO HELP
THEM TO RECLAIM THEIR
IDENTITY AND TO HELP THEM
TO LIVE ON PURPOSE:

DEPRESSION



RELATIONSHIP
ISSUES



PERSONAL
GROWTH



MOTHERHOOD



ANXIETY



STRESS
MANAGEMENT



SELF-ESTEEM



EMOTIONAL
BALANCE



OUR HEALING APPROACH

At Free Soul Lucy, I integrate multiple healing modalities to offer a holistic experience. I don't just focus on the physical aspects of healing; I address your mental, emotional, and spiritual well-being.

My unique approach is designed to help you reconnect with your inner self and create lasting, positive change in your life.

How We Help You:

- ✓ Release self-sabotaging traits that hold you back.
- ✓ Cultivate a positive mindset and manifest the life you desire.
- ✓ Reconnect with your authentic self.
- ✓ Achieve peace, balance, and abundance.
- ✓ Enhance your emotional resilience and well-being.
- ✓ Develop tools for stress management and relaxation.
- ✓ Foster a deeper connection with your intuition.
- ✓ Empower you to take control of your own healing journey.
- ✓ Support personal and spiritual growth.
- ✓ Guide you in releasing negative thoughts, feelings, and beliefs.
- ✓ Assist in balancing your energy system for overall well-being.

WAYS WE CAN CONNECT

JOIN MY COMMUNITY

SOUND JOURNEY
EXPERIENCE

1-2-1 ENERGY RELEASE SESSION
60 MINS

VIP ENERGY RELEASE SESSION
180 MINS

Client Reviews

My journal says we started this journey 3 years ago, having a coffee, sat on a wall, in a park in Clifton, remember? To the month! Our first session was where you helped me release past childhood trauma using my energy lesson number 1!! I kept thinking and feeling "there has to be more to life than this!" I felt unfulfilled and didn't know my purpose.

You have helped me change my mindset, by showing me what I could be grateful for, which in turn led me make a positive thought from something negative, because I was being grateful-Over the last 3 years, as you have grown and learnt, **you have shared with me so many tools, tips and approaches but Energy is my favourite - 360 flow.**

Deciding to turn up every day as the best version of me has really helped me personally. I am happier with me, life, where I am at, after all it's my choice where I sit, and who I let in! My contentment comes from within me, not others. **I started to give off a different energy and I liked it. I found my purpose,** I need to be a role model and an example to others that even after horrific adversity you can still be successful; strong, humble and grateful. I am worthy of everything I desire and work towards. I would highly recomend lucy its 5 stars from me!

VIP & 90 MIN SESSIONS :ADELE 2021- TO DATE



Client Reviews

I was initially a little skeptical about a holistic approach to healing, growth and self discovery, and I was also a closed book! Following a difficult divorce many years ago, I was holding onto some limiting beliefs, and was showing signs of self sabotage in moving forward.

Lucy very quickly made me feel safe, comfortable, and within a very short time I opened up more to her than I have to any of my closest and dear friends and family.

Lucy was able to self direct me straight to place of trauma, hurt and lead me into a space to open up freely. **As we continued to work together, each time I spoke 'my truth' it felt lighter!**

I am still shocked and surprised that I got to that place so quickly with Lucy, **it's definitely a testament to her approach, character, but, mostly to her authenticity in making me feel completely secure. 5 stars from me!** I am excited to continue my journey with Lucy!

90 MINUTE ZOOM KERRY - AUGUST 2024



Client Reviews

Lucy is amazing! She is a warm and transformative practitioner, a good listener and I cannot recommend her enough. She has genuine skill and insight into the human condition, and you will leave her feeling lighter and more in touch with yourself. The technique she practices gets to some deep places, but it is done in a safe and light way. I Was suffering from long covid and experiencing disturbing vivid dreams. **Since our session my energy levels have increased dramatically and i am no longer experiences sleepless nights.**

A definite 5 stars!

90 MIN SESSION: MATT SEPTEMBER 2024



From the moment I stepped into her welcoming space, I felt a wave of warmth envelop me. **Lucy's inviting demeanor put me at ease instantly**, making it clear that I was in a safe place to explore my thoughts and feelings. **By the end of our session, I felt a renewed sense of clarity and connection with myself that I didn't know was possible.** If you're looking for someone who can genuinely help you realign your energy and explore your inner world, I wholeheartedly recommend Lucy. Her gift for nurturing and supporting is truly remarkable. I walked away feeling lighter, brighter, and more in touch with my authentic self than ever before. Thank you, Lucy! Kate

90 MINUTE FACE TO FACE: KATE



WHERE DO WE BEGIN

Step 1

A 30-Minute Discovery Call

This initial call is a friendly and informal chat where I get to know you better. You'll have the opportunity to share your current concerns, goals, and what you hope to achieve through holistic energy healing.

By the end of our conversation, you'll have a clear understanding of my approach and how we can work together to achieve your goals.

Step 2

A 60-Minute Self-Help Tool Session

During this one-hour session, I will guide you in learning a powerful self-help tool designed to help you tune into your energy levels and maintain a high frequency.

You'll leave the session equipped with actionable tools and techniques to enhance your well-being and sustain a high vibrational frequency.

Step 3

Join the Facebook Community

Join my exclusive Facebook community to connect with like-minded individuals, access additional resources, and receive ongoing support.

As a member, you'll gain access to a wealth of information, group discussions, live sessions, and a supportive network to help you stay motivated and inspired on your healing journey.

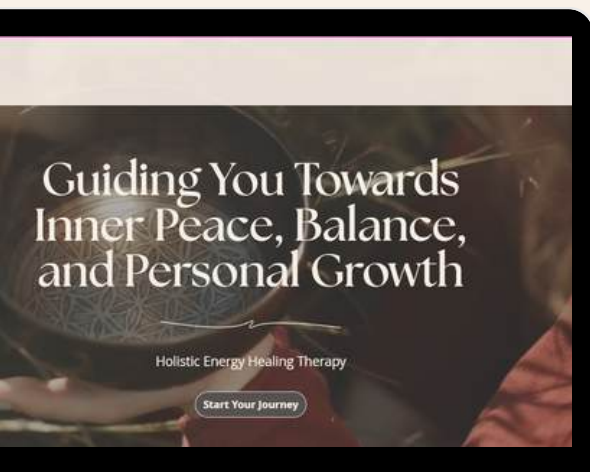
Step 4

A 180-Minute VIP Healing Session

This comprehensive session is designed to address and release past trauma and self-sabotage traits. It includes an in-depth exploration of your energy system and personalized healing techniques.

Additionally, the session includes a 3-month support check-in to ensure you continue to progress and integrate the healing work into your daily life.

BEGIN YOUR HEALING JOURNEY TODAY



Your path to a balanced, joyful, and fulfilling life starts here.

I believe that every individual has the power to transform their life and create the reality they desire. Don't wait for the perfect moment—take the first step towards becoming a free soul today.

START NOW

Together, we will explore the depths of your energy, release what no longer serves you, and uncover the boundless potential that resides within you. It's time to step into your power, embrace your true self, and live the life you've always dreamed of.

Lucy Banwell

Energy Healer



The journey of a thousand miles begins with a single step. – Lao Tzu



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