

Helena B. Scott

WRITER - HISTORIAN - MEDIUM & SPIRITUAL COACH



PRIVATE CONSULTATIONS

“From falsehood lead me to truth, From darkness lead me to the light, From death lead me to immortality.” – Upanishads (1500-c.500 BCE)

All initial consultations exclusively available online

As a **historian, author, psychical researcher, mental and light trance medium** as well as a **wellness/spirituality coach**, my consultation services are founded upon active listening, strategic analysis, and creative and thoughtful planning. Each and every facet of my offering is informed and supported by skills, techniques and approaches I have honed throughout a lifetime of study and practical application. From traditional divination techniques based upon centuries of tradition to the use of my clairs and mediumship skills, I meticulously and openheartedly work with energies as well as both psychical and traditional research to uncover, explore, and seek out answers and results. Combining these with guidance from the spirit world, and a wealth of knowledge obtained in the last 30 years in my specialised fields and experience garnered in countries across the globe, I am able to provide a truly holistic array of services and solutions.

- **Property profile consultation** – Delve into and discover the history of your home. Uncover its past and learn about ancient energies and other factors that may be affecting your home and your own unique energy system, including spirits, elementals, and sacred geography. If you are an agent or home owner and are struggling to sell an attractive home, there are many reasons why people may sense there is something amiss with a property, including disturbed energies in new and old homes, buildings, outdoor space and work areas; let me discover them, and provide a bespoke set of divined solutions. Walls really do speak... but so does the land, and new home-owners love owning a home that has a charming and unique story to tell. Let me tell you yours!



- **“Chakras & Aura” healing consultation / Therapy** - Our Chakras and Aura (subtle bodies) reflect our wellbeing and identity, as well as our sense of place in the world around us. The Ancients knew that the key to optimal health was through a holistic and interconnected harmony of body, mind and spirit, with ‘spirit’ referring to psychic and spiritual energy, as well as our personal energy system - our Chakras and Aura. This carefully-balanced energetic system is susceptible to outside influences and emotional factors, and requires regular mindful care and attention. Balance, repair

and heal your unique energy system, and take the first step to unlock your potential with a consultation today! ([See workshops](#)).

- **Negative energies consultation / Therapy** – Aimed at identifying and removing unwanted spirit attachments, negative energies or entities from a person or place. I also work to release negative thought forms, cutting negative cord connections and halting psychic attacks, as well as engaging in energy clearing or property issues associated with these ordeals: releasing earthbound spirits who may be trapped here, handling mischievous elementals or house keepers, divining underground water, and achieving harmony of ancient energies from sacred geography sites (principally ley lines) which can affect our energy, health and the energy and “feel” of our homes. Often both old and new homes often simply need to be cleared of stagnant or residual energies which cause a series of issues, but the most noticeable are feeling drained of energy, disturbed or poor sleep and changes in behaviour as well as anxiety or stress.
- **Grief/bereavement consultation and support** – A service for individual clients as well as pets. Every living being is made up of fragments of energy and everything has an aura - an emanation of our energy. We can read this energy as memories through various techniques; I work extensively with psychometry, as well as with photographs which allow us to revisit moments of beauty, loving memories, and the cherished encounters which provide much solace and comfort. This special private consultation is tailored to your specific wishes and needs, and allows the revisiting of forgotten or suppressed memories - not merely your own, but also those of the loved one who has passed. It’s an opportunity to connect, receive messages, and to find peace in the link between worlds I am able to establish. If you are struggling to say goodbye to a loved one, whether human or a pet, this creates the perfect moment to do so. I will show you how to embrace your grief, and I provide after-care support after the sitting. The Spirit World is a gentle place where love and compassion rule, and signs or messages received from it are usually uplifting and bring great comfort, joy and peace of mind to all who are open to embracing them.
- **Spiritual coaching/training** – Open to beginners or experts alike. With over 30 years of experience and training in psychospiritual counselling, I can offer personalised coaching/training in specific areas or topics of my fields of expertise for individuals who wish to truly learn about the spirit world and connect with their soul-self, as well as for those working in the paranormal / paranormal teams. From grounding, energy concepts and protection as well as an exploration into how the Otherworld works, to working with archangels, ascended masters, working with our clairs, mental mediumship and altered states of awareness through meditation and breathwork.
- **Historic investigations (properties, people)** – Working with both traditional and psychical research methods to uncover mysteries from the past, debunk legends, myths and stories including ghost stories and curses, or assist in current modern-day investigations and cases.
- **General consultation and guidance, including on wellness** - How to improve your life through spiritual growth, connecting with your subconscious, how to achieve wholeness and awaken, enhanced awareness, working with energies and nature, mindful eating and healthy habits, soul food (food that spiritually nurtures the soul). Guidance and healing also in cases of mental, spiritual

or emotional stress and distress. A first consultation will be both a calming and revitalising experience, providing immediate benefits and relief but also guidance on the path to take to become your best version.

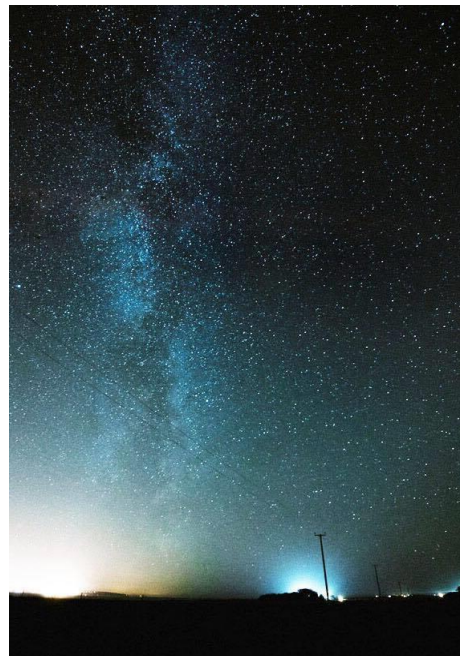
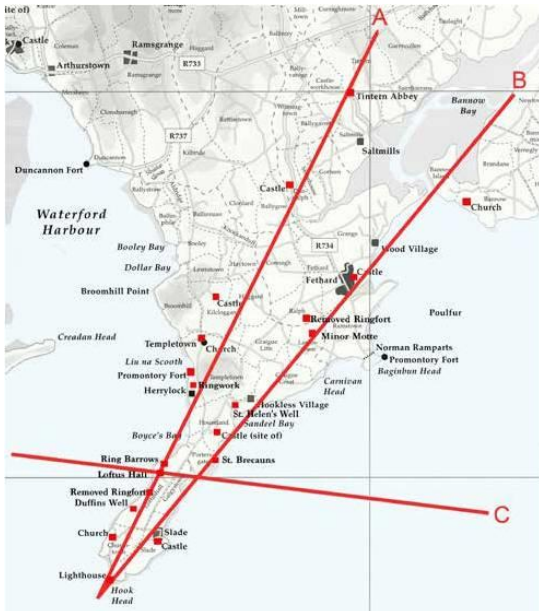
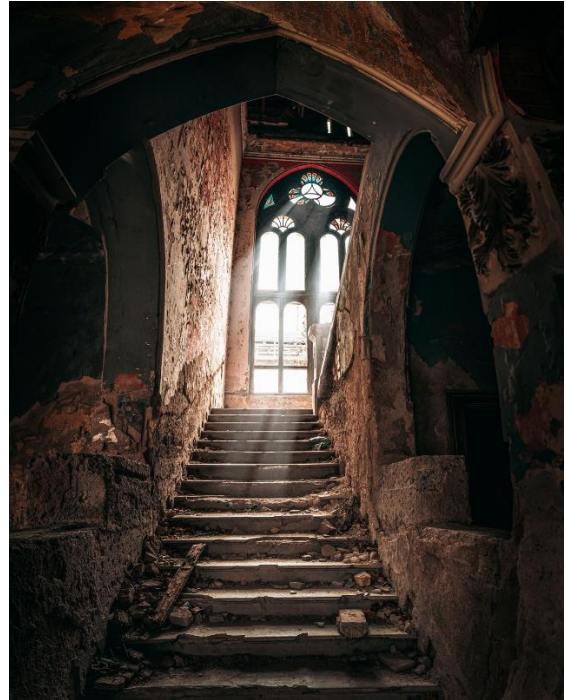
- **“Soul Archaeology”, Archetypal consultation / Therapy** – Based on Jungian Archetypes. Understanding and integrating elements of one's personality embedded in the unconscious is essential along our life journey of self-improvement and discovery. Swiss psychologist Carl Jung called these elements "archetypes; signs, symbols, patterns for understanding and acting. Such patterns are inherited (collective unconscious) and can exert their power even if a person is totally unaware of their existence. Holding a **Diploma in Jungian Psychology** by the **Jung Centre (Dublin)** and having also trained in **Archetypal Psychology** with **Laurence Hillman** (son of James Hillman – father of Archetypal Psychology) I can help you uncover which myths live in you. Discover yours and learn to tap into the power of archetypes.
- **History/Sacred Geography/Paranormal/Occultism Consultation and Research** – As an intuitive historian, writer and psychical researcher – Whether you need specific research for a project, writing a book, planning a museum exhibition, running a spiritual business or a themed event including corporate, an anniversary or a wedding I will be more than happy to help. I will provide accurate, both traditional and psychical research, as well as share my cauldron of creative inspiration with you and uncover information that may be helpful for your project, whatever it may be as well as for refining spiritual and lifestyle practices.



- **Personalised one-to-one workshops and group workshops** – Including spiritual/wellbeing but also history, company days/events and healthy lifestyle corporate spiritual practices which may include grounded and a guided, visualisation meditation prior to/after a meeting for better performance, or to unwind after a stressful event/day, chakras balancing/healing, archetypal talks and more. **Also, customised weekly corporate events for enhanced employee performance and health. Also, schools/academic institutions, museums, exhibits.**

“Death is the middle of the story; the voyage that allows us to move from room to room as we continue to exist in other forms. Now I know this to be true. Yet sometimes, as in our

case and for many reasons, we do not reach our intended destination but remain in a place that is neither here nor there.” – Helena B. Scott (Loftus – The Hall of Dreams)



BIOGRAPHY

Helena B. Scott is a **writer, historian, psychic investigator, mental and light trance medium, as well as wellness/ spirituality coach** specialising in: **secret history and the occult, archaeology, anthropology, esoteric architecture, sacred geography and ancient energies (Tantric background), Gothic literature and art history, wellness, spirituality and the paranormal.**

Through psychometry, the clairs, automatic writing, dowsing, tarot cards and light trance, Helena attempts to solve mysteries and investigations, uncovering events purposely omitted, buried by the veil of time and history. *Past collaborations over two decades include police and crime-related investigations as well as psychical research in haunted historic properties* with parapsychology academics / paranormal investigators. Her last published work (a factual revisionist account and interactive occult book on Ireland's most haunted house), **Loftus - The Hall of Dreams** features striking photography by Steve Meyler (New Scotland Yard's Crime Academy former head of forensic photography). Much like a crime-scene investigation but written as a Gothic story, this unique work is supported by both historical and psychical research. Helena also provides podcasts and workshops on spirituality and the paranormal, while offering consultations in many aspects of the paranormal and the occult including property profiles/energy clearings and spirit communication.

Helena holds a **Diploma in Psychic Development** and **received training from leading UK spiritual wellness coaches and mediums including trance medium and psychic detective Tony Stockwell** as well as the **Arthur Findlay College for the Advancement of Psychic Sciences** and the **London College of Psychic Studies (est. 1884)**, where she has been a member for many years. Helena has also trained in **Psychospiritual Counselling** and holds a **Diploma in Jungian Psychology**, having also trained in **Archetypal Psychology** with **Laurence Hillman**. She is also a **member of the legendary Ghost Club (est. 1862)**, the world's oldest research association on paranormal phenomena and the **Egypt Exploration Society (est. 1882)**. After living in many parts of the world, Helena has chosen to make Ireland her permanent home.

PRESS / MEDIA

Helena B. Scott and her work have been featured in: **the Irish Independent, the Sunday Times, the Irish Writers Union, leading alternative history portal Ancient Origins, the Munster Express, the New Ross Standard, South East Radio, WLR (Saturday Café), Beat FM (Orla Rapple – Sunday Grill)**

<https://www.irishtimes.com/culture/books/haunted-houses-and-mysterious-gate-lodges-ireland-s-hidden-history-1.3734409>

<https://www.munster-express.ie/entertainment/art/real-life-female-indiana-jones-priestess-and-rebel-conquers-irelands-ancient-east/>

<https://pod.space/morningmix/helena-b-scott-author-historian-psychic-investigator-talks-about-her-new-projects-and-workshops>

[WLR \(Saturday Café, 11-12 am 16 July 2022\)](#)

[BEAT FM \(24 July 2022\)](#)

See more on: <https://www.thehallofdreams.com/press>

<https://www.goodreads.com/book/show/41582938-loftus>

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Reviews on workshops /talks & private consultations:

<https://www.facebook.com/HelenaBScott/reviews>

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<https://prodigious-mover-8520.ck.page/7e22f5b541>

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