

new  
INSPIRING  
WOMEN

# 'I healed a friend and started a spiritual journey'

**Antonia Harman, 39, from north London, had a glamorous TV career, but helping her best friend set her on a path that's seen her rescue others after trauma**

**'M**y best friend Lucie was totally unflappable. As a straight-talking flight attendant from Carlisle, she'd handled plenty of tricky situations at 30,000ft with charm and a smile.

But as we walked down a west London street to our favourite café one afternoon, Lucie confided something that was driving her insane. It was 2007 and for close to 12 months she had been having terrible ear infections which began after she burst her eardrum. She didn't know how the original injury had happened, but her job, which involved repeatedly ascending and descending on flights, made it worse and she was often in agony.

Lucie was as tough as steel. We'd had great nights out together – she in her glamorous job for Virgin Atlantic and me working in TV presenting Sky entertainment shows. She'd recover from terrible hangovers without a whimper, so for her to complain about being in pain was shocking.

## BEGGING FOR HELP

"One time I was in a hotel in New York in the middle of winter and the pain got so bad I went downstairs in my pyjamas and a coat and ran through the snow to a pharmacy and begged for help. It felt like childbirth through my ear," she told me.

Every time the attacks struck, Lucie couldn't work, so she often got stranded in cities thousands of miles away because she couldn't fly home.

The NHS didn't know what to do with her. She'd been told by her consultant that surgery to repair her eardrum was an option, but her injury was such an unknown entity the operation would have to be private at a cost of £4,500. He said the NHS wouldn't want to invest the money because the op had a low success rate and the funds could be better spent on something with a proven outcome.

Lucie understood, but the pain had been going on for nearly a year and she was desperate – she'd decided to spend the

money on private surgery, but knew there was a chance it might not work.

My friend was telling me this as we walked down Westbourne Grove when suddenly she started screaming. "Oh God. It's happening again, Antonia," she cried. "My ear. Fix my ear, please. You're a healer."

Everyone in the street was staring as Lucie crumpled on the pavement. I felt helpless. I'd only done a five-day workshop in generic energy healing and allergies and we hadn't covered anything like this.

"You have surgery booked. What the heck are you talking about?" I shouted. But she was begging me. "Please just try!" she yelled.

I helped her into a restaurant and they pointed to the loos. Lucie was still screaming in pain and I didn't know what to do. She stood in front of me and I put my hands on her ears and started channelling energy. It was very much instinctive.

"There's no blooming way I can help you," my inner voice was saying. "You need surgery. This healing malarkey is a preposterous idea."



People feel better after speaking to Antonia

But she was begging, so I just sent her my thoughts to take away the pain. I didn't really know what to do, I just knew I wanted to help.

I kept channelling energy and to my complete surprise, the head of a snake popped out of her left ear. It was shimmering like the waves of heat you see rising off a distant road in a heatwave. Of course, I knew it wasn't a physical snake – I didn't know then but I now know it's called an energetic parasite. I reached down and pulled it out, then flung it onto the floor and threw energy at it. It exploded and disappeared. Something smaller wriggled out of her other ear and I pulled that out too.

Suddenly, Lucie stopped screaming. We were both breathing hard, in total disbelief at what had just happened. Lucie hadn't seen the snakes – she just felt instant relief. After a while she straightened her clothes, put her lipstick back on and said, "Let's go for lunch."

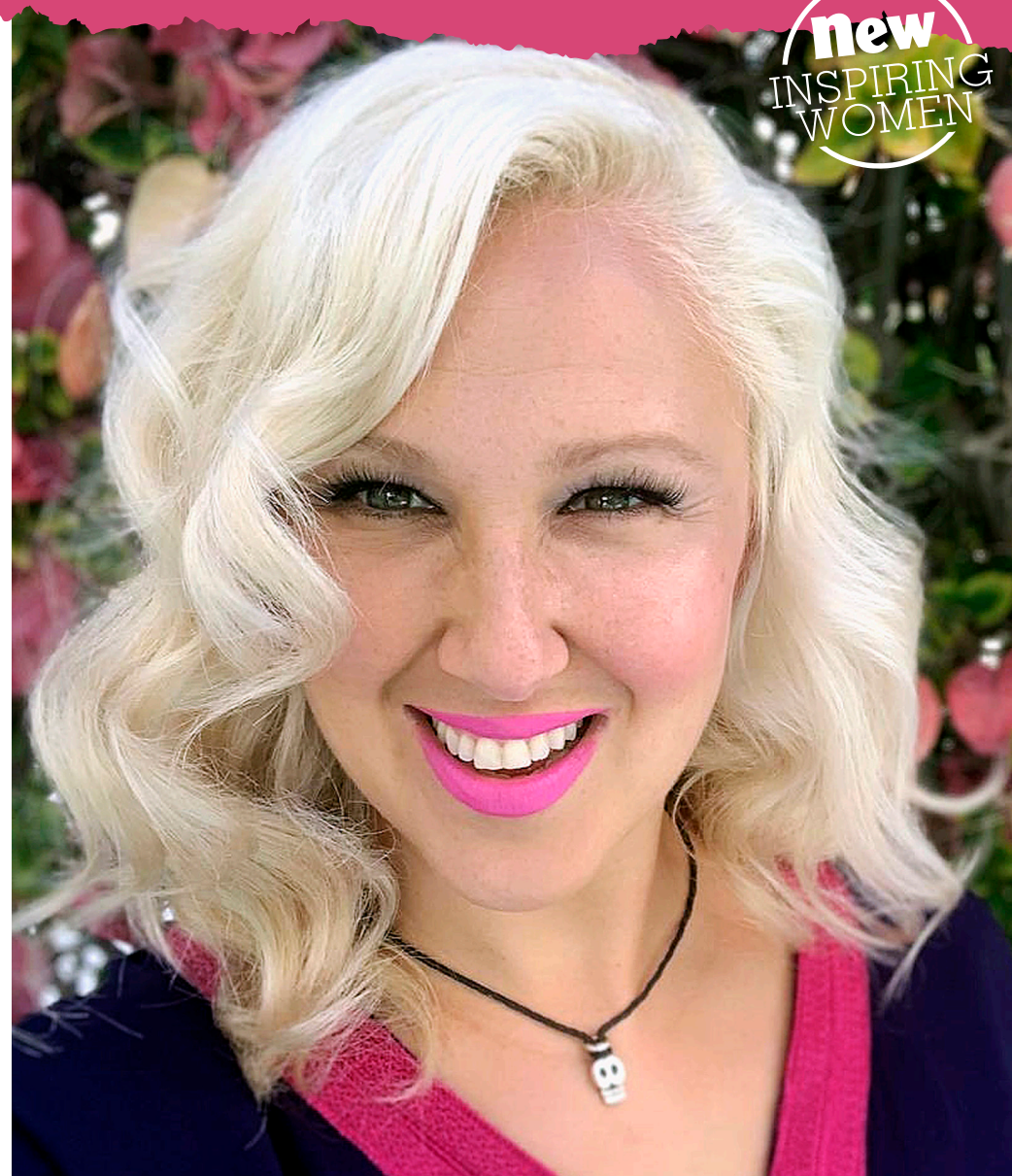
## POWER OF BELIEF

Later, after Lucie told me she no longer needed surgery, I knew I had to find out more about healing.

"Wow! Medicine is missing a trick," I thought. "This is wonderful and I should be doing something more with my life."

I started to research healing techniques and the belief systems of many world faiths, and slowly developed my own form of healing which I call Divine Empowerment. I have spent 13 years awakening my

**'I pulled a wriggling snake out of my friend's ear'**



Divine Gifts – gifts we all have locked away. I spent a lot of that time in a trance and tired to the point I couldn't leave the house for weeks on end. I lived like a monk in quiet and solitude – sleeping and meditating solidly for years. During that time I was unable to really engage with the world. Now I'm a full-time healer with a practice in north London.

My philosophy is that all disease has an emotional root. There may be other factors such as poor diet, exercise and poorly functioning organs, but at the base is unresolved trauma. It's so deep that it can result in physical symptoms such as aches and pains or even disease. I dissolve the stagnation that may eliminate the problem.

I do this through a mix of talking, trance and transfer of energy. In a typical session I will ask someone to describe their problem, feel the emotions bubbling up and then erase them.

We all have these things inside us. It's the power of belief, almost like when your mum kisses your knee better. If you believe, then she has the power to make the pain go away.

My parents and my brother are pleased I've found this path but are sceptical – they are very much into conventional medicine only. But my fiancé, Darren Wardle, 44, who works in business development, is

very open and I use my techniques on him and also on myself to resolve emotional and physical pain.

I believe in conventional medicine for emergency care, but I think emotional trauma can be a trigger for physical and mental illness. Stress takes away your joy and freedom. You should believe you have always been destined for happiness – don't let events from the past hold you back any more. Become who you were always meant to be.

Now I heal clients and also teach students the path of awakening, helping them to become more connected and at peace. I particularly work in trauma relief, confidence and relationship problems. I have built up a relationship with many celebrities too, including *TOWIE* star Gabby Allen and *Ex On The Beach's* Georgia Harrison.

What brings me so much joy is when people tell me they feel better after speaking to me. It's very beautiful that it changes their lives. It's such a rewarding thing to do. That day with Lucie was my Eureka! moment and I'm so glad I could help her because she helped me discover my powers.

GILLIAN CRAWLEY

For more information on Antonia Harman go to [divineempowerment.co.uk](http://divineempowerment.co.uk)

## WHAT THE CELEBS SAY ABOUT ANTONIA

### GABBY ALLEN

*Love Island's* Gabby was harbouring hurt from previous relationships, but Antonia helped her release that build-up of emotion.

"She just dissolves trauma," says Gabby. "I am a sceptic but she's a wizard."



### GEORGIA HARRISON

The reality star needed a confidence boost ahead of her first MMA fight in Thailand

last year. "Georgia was fighting fit in her body, but she worried her mind wasn't in the right place," says Antonia.

Georgia says, "Antonia asked me to go back to a feeling that caused trauma and I chose to focus on times when ex-boyfriends made me feel I wasn't good enough and never would be, no matter how hard I tried. I felt really sad and it was painful, but within seconds the blockage was cleared. I'm still in shock about how much it helped. If it can do that for me, I can't imagine what it might do for people who are massively traumatised from unthinkable things in their lives."



### LIZZIE CUNDY

Antonia helped TV and radio presenter Lizzie come to terms with her worries about staying away from her mum who was self-isolating because of coronavirus.

"My mother was scared and I was thinking, 'When am I going to see her again with my two boys?' I had anxiety and felt betrayal," says Lizzie. "Antonia helped at a low point and after just two talks with her I was like, 'You know what? I feel OK.'"



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