

A Queen of Heart and Hope

BY CAROLINE PETRA



When we go through significant changes in life, we can experience fear and doubt and sometimes a transition, whether personal or professional, can make us feel unbalanced. Sam Pope, a north London based transpersonal psychologist and self-alignment life coach, helps people to understand what's happening to them on a conscious and unconscious level and to make smart decisions in what she calls the journey back to wholeness and recovery.



"There comes a point, typically in midlife, when you'll be questioning whether your life is going the way you'd hoped. This might lead to a rethink about work or relationships. Any significant life change can feel scary, so I've developed a framework to help support decision-making. I call it the 3A's - Awareness of the issue at hand, Acceptance of it and the right Action to bring about meaningful change. Unlike in talking therapies, I don't delve into a person's past but I use the 3A framework to help them make gentle steps towards a more self-confident, self-aligned life."

Sam, who has a master's degree in psychosynthesis psychology and is also a qualified meditation teacher and advanced tarot practitioner, offers soul psychology tarot readings to the women and men seeking her guidance as a coach or in one-off consultations. "I've seen how the tarot can be a wonderful tool for self-discovery. In essence what happens in a reading is a three-way conversation between myself, a client and the cards." Sam is not a psychic, but rather she reads the tarot cards psychologically to uncover insights into a person's challenges and to open up a conversation about what action (or inaction) could be taken next.

In her early thirties Sam Pope co-founded what is now one of the UK's leading removals and storage companies. Within a short time she became very successful but was feeling emotionally and physically burnt-out. That's when Sam started to re-build the connection to her "inner voice of knowing" and "to put energy behind things that made (my) heart sing." Sam believes her courage to take control of her life is one of her greatest achievements.

When Sam gave me a tarot reading by Zoom, I was feeling vulnerable and began by asking her not to tell me of any obstacles she felt I was facing and instead to focus on how I could manage through my sadness. Sam was spot on to suggest that I was working very hard and needed to have more fun. We talked about how I could prioritise self-care and she highlighted my potential. Sam's mindful way of speaking and empathetic manner allowed her insights to really reach me despite the screens between us. ■

To contact Sam for a free discovery call, a zoom consultation or an in-person meeting at Vitruvian Wellness in Steele's Village, call **07962 388394**. Or message Sam from her website: sampope.co.uk

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