

Lucia Birch

Soul Support Facilitator of Soul Recognition; Teacher Leadership Mastery and Presence Course

Lucia's life is such an amazing journey and every step along the way has led her here. "Soul Recognition brought me home to myself and to the deep and endless connection of all souls in all time" Lucia says.

Having been fortunate to work with people in recovery from addiction and mental health issues and special educational needs, Lucia's work continues through the Essential life skills programme.

Lucia also works with horses, witnessing the incredible Heart and Soul Connection which they make available so easily. Equine Assisted Soul Recognition is such a beautiful and powerful experience.

Family life, walking among trees and hills, poetry, guitar, song and dance, home grown vegetables, making soup and cake, and the unconditional and enduring love of, and for, my Soul Family are some of the essential ingredients in Lucia's life.

Lucia is passionate about sharing ways to live from heart and soul.

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