Email Contact for Grace :-

wordz@fastmail.com

RECENT TESTIMONIALS

I am most grateful to Grace who facilitated a session with me using the Frequency Modality process.

This was truly an amazing and insightful experience, which supported me to understand that things that I have not dealt with in the past, show up in my current life. I also came to realise that it is me who has not

chosen to deal with things. From this awareness - brought about in the session and process - I was able to release so much angst and consequential trauma. I have a feeling of peace, and compassion that has set me free.

I still have some layers to clear, but this was a significant step in dealing with the elephant in my Life-room.

I have done many other processes and work over the years, but none of them resonated with me like this one, and had not been able to touch, reach or penetrate these deeper wounds, nor release them.

In the quiet of my own home, I was able to work with Grace virtually. I would not hesitate to recommend this approach and working with Grace for whoever has stuff with which to deal.

Love and light prevail

⭐⭐⭐⭐⭐'s

17.11.2025

SJ

UK

>i< >i< >i<

I was hoping to get a release, let go of some disruptive feelings – to forgive. Grace was encouraging and supportive, holding space for me. I got a big release – a surprisingly almost immediate release of emotion – emerging a lot ‘lighter’, and almost joyful. It set me on a path of knowing what to do next in that situation in my life.

I would encourage anyone to try this if they wanted a similar feeling of release, but to be aware of this, and be prepared to handle the emotion. I would encourage them to have a follow up if they felt they needed more support…as it goes pretty deep, if you let it!

I would give 5 ⭐⭐⭐⭐⭐'s for this experience.

Julie H.

28/01/2026

UK

>i< >i< >i<

1. I was hoping to resolve :-

2. fear of judgment, not feeling - enough/good enough/worthy.

3. My experience of working with Grace made me feel relaxed, at ease, lighter. It was interesting to notice what came up, to connect with my younger self and to feel healed by the words we repeated.

4. Afterwards, I felt brighter, clearer, more radiant, stronger, more supported.

5. I would highly recommend Grace and her Frequency Session. She made me feel comfortable and at ease and the Frequency of words were so supportive and empowering. I would say for people to relax into the session and let whatever wants to come through to come through as Grace will support you. I would also suggest that people allow time and space afterwards for integration.

6. I would give Grace 5 ⭐⭐⭐⭐⭐'s

7. Date: 29th January 2026

8. UK

9. Melanie, thank you, Grace!

>i< >i< >i<

1. My session with Grace was to address issues of Self-worth and Procrastination.

2. During the session with Grace I experienced increasing degrees of relief, lightness, joy and a lot of yawning sensations.

3. Before the session my feelings of unworthiness were about mid-range whilst my procrastination was at an all time high. After the session I felt a wonderful sense of comfort and ease and a complete dissipation of either issue.

4. I wouldn’t hesitate to recommend Grace’s services and I would tell them to prepare to come back home to the wonderful being they truly are.

5. Ten… but if it has to be 5 then 5/5 ⭐⭐⭐⭐⭐'s

6. January 26th 2026

7. United Kingdom

Kate Aston

>i< >i< >i<

1. Before my session with Grace I identified 2 elephants in the room, one to do with a possible codependent pattern, and the other to do with money. The session ended up addressing both tangentially by addressing something deeper.

2. I felt quite euphoric, elated after my session with Grace. And I felt many, many things during the session. I was genuinely surprised by how deep we went, and quickly. I felt an instant trust and safety with Grace that allowed me to quickly access a very old, core wound. And to work through it rapidly to a place of clarity, release, even freedom.

3. I felt this session reverberating for quite some time. The sense of release and clarity stuck around. But also the issue we addressed during the Session continued to clarify - there were moments of sudden insight about how moments and issues in my current life directly related to the memory that surfaced for healing in the session with Grace.

4. I would highly encourage anyone who's considering working with Grace to do it! She has a depth of wisdom and compassion, a healer's presence that allows truly deep and transformative change.

5. 5 ⭐⭐⭐⭐⭐ s!

6. Testimonial date: Feb 18, 2026. (Session date: Feb 2, 2026)

7. Spain

8. Donna B.

>i< >i< >i<

I have tried a plethora of different healing modalities over the years and although I've been working on this for a while, and feel I have made some progress, I still wasn't satisfied with my level of emotional reactivity when I encounter people who are acting in a difficult manner, not willing to communicate respectfully, or work things out fairly. Working with Grace using the Frequency Modality process was interesting, as I felt some of the things she was asking me to say didn't feel accurate, and I felt some resistance to it. I just put it down to an ego reaction though, and carried on regardless. I wanted to take some time before writing this review to see if I felt any difference when I encountered the situation again. I am happy to report that while I noticed there was still some emotion there, I was able to maintain a high level of cognitive functioning and self awareness during it and was able to stay calmer than usual. I enjoyed working with Grace who has a calm, wise air about her and would definitely recommend working with her to anyone who has issues they'd like to work on or finds themselves stuck.

Shipston on Stour

18th February 2026

⭐⭐⭐⭐⭐'s

NG

>i< >i< >i<

I am delighted to give a testimonial regarding my session with Grace.

1 We were attempting to discover the root cause of my MS, to see if there was anything in my past which might have led to me developing this condition.

2 I was curious before the session and quite relaxed during it. I was open to the process and ready to go as deep as possible.

3 I was surprised at what came up. I was expecting the cause to be related to my husband's ongoing illness but it transpired that it was linked to my own traumatic birth and my fear of not being with my family. At one point Grace said that I didn't feel able to stand on my own 2 feet since I lost my parents. That struck very deeply and I realised that was probably right.

4 If someone was thinking of working with Grace I would highly recommend that they do. Just take an open mind and heart, trust the process and be open to discover the unexpected.

5 I have no hesitation in giving Grace 5 ⭐⭐⭐⭐⭐'s to her. It was very revealing and

nurturing.

6 My session was on 11th February 2026.

7 I live in the UK.

8 Sheila Wilcox

>i< >i< >i<

Hello Grace.

Am feeling fully-integrated 🙏 That unpleasant stuck energy has completely dissolved!

Here's my testimonial.

Mine was a deeply rooted issue of worthiness, especially around receiving. I was also experiencing it somatically as an unpleasant feeling of stuck energy between my solar plexus & sacral chakras. Working with Grace was a gentle yet deeply empowering experience. I came away from her session feeling lighter, free and at peace. Within 2 days the unpleasant feeling between my solar plexus & sacral chakras was completely gone! Grace is truly a gifted, beautiful soul. Her process really works! Her dedication to her work in service to others is remarkable & admirable.

⭐⭐⭐⭐⭐'s

12 February 2026

South Africa

Gwynneth

>i< >i< >i<

I came to Grace because I wanted to resolve a fear of being seen and of showing up in front of people. It had been holding me back for some time and I felt ready to work through it.

Working with Grace felt very nurturing and safe. She has such a loving presence and made me feel completely comfortable. The session lasted around two hours, and although it was longer than expected, she never rushed. She took the time to make sure we fully worked through the issue, which I really valued. She took the time to work through each layer systematically, checking as we went on to make sure everything had truly shifted.

A few days after the session, once everything had settled, I noticed I felt lighter and more at ease within myself. It genuinely feels like I've released a significant weight off my shoulders and I now approach situations that once felt uncomfortable with much more confidence- thank you Grace!

If someone was thinking of booking with Grace, I would say she has an absolutely beautiful demeanour. She is kind, caring and truly wants to help people, going above and beyond to make sure you have a meaningful experience. I loved the session and truly recommend her to anyone.

5 out of 5 ⭐⭐⭐⭐⭐ 's

Date: 19 February 2026

Justyna Jewitt

UK

>i< >i< >i<

My dear Grace,

I was actually integrating a lot during these days after the call and today I felt like writing the testimony. I came to your session hoping for resolving my fear of being powerless and lack of confidence through that session and all I could say I was mind blown by the effect of those lines you asked me to repeat during the session. My body was instantly responding and felt very safe to release whatever it was holding onto all these times. After the session also I was seeing many miracles and synchronocities happening in my life. Lots of heavy energies from the deep hidden layers are still coming out for release and I am feeling lighter day by day.

I would give a 5 ⭐⭐⭐⭐⭐ 's for my experience and I really recommend Grace to

anyone who likes to work on any kind of their issues whether it's trauma, fears or

manifestation.

24/2/2026

Kerala,India

Anonymous

>i< >i< >i<

Prior to the session, I wasn't sure what I would resolve, but I felt at ease with Grace immediately and became aware that each area of my thoughts and hopes before the session were now being explored. I was deeply focused with my own inner feelings of being heard and witnessed by Grace. Post session I was aware of a subtle continuing process of the power of being fully listened to by Grace. I wouldn't hesitate to recommend her and I am deeply grateful for the wonderful opportunity she afforded me with a session.

TM. 26/2/2026. London. 5 ⭐⭐⭐⭐⭐ 's

>i< >i< >i<

1. I was hoping to resolve holding back and last bits of holding on to worries and doubts.

2. I felt like Grace was there until the job was done.

3. I felt 'core confidence' whereas before I had been afraid that I had hidden evils.

4. I would share that Grace is reliable and genuinely sticks with you until you are satisfied with the outcome.

5. I would give 5 ⭐⭐⭐⭐⭐ 's

6. 10th March 2026

7. England

8. Claire from Chesham.

Thank you Grace 💖

>i< >i< >i<

1. My session with Grace was to focus on having a more open heart

2. During the session with Grace I felt a huge sense of relief as well as releasing and

letting go which morphed into lightness and joyfulness

3. I felt safe and supported during the session

4. Before the session I was aware that due to experiencing a number of difficulties in my life I had closed off my heart to protect myself and this was at 5 out of 10. After the session this was down to 1 or 2 out of 10 with me feeling more relaxed and open to others

5. Having a session with Grace focuses on what has been holding you back and releases this in a safe and appropriate way so that you can move forward. It's like putting down a heavy weight that you have been carrying for so long that when you do put it down the lightness is a feeling beyond relief

6. ⭐⭐⭐⭐⭐'s

7. 12th March 2026

8. UK

9. JB

Thank you so much Grace x

>i< >i< >i<

My session with Grace was such a powerful experience. I came to her wanting help to establish a connection with my higher self so I could make more aligned decisions for myself. I knew this was something I was missing in my life but I had no idea of how powerful this healing session would be. Grace was kind, accepting and explained the general process before we started. She asked some clarifying questions and I felt very seen and heard. By the end of our session, I felt so connected and integrated with my higher self, it was absolutely beautiful. Over the following week or so, I realized I was and am in

constant contact with my higher self and it's way more than I ever could've imagined. She's always here - I sense her love whenever I pause and tap into my heart. I have participated in many different healing modalities and Grace's work blew me away at how simple yet effective it was to clear this block that I've had as long as I could remember. If you're even the slightest bit curious if this could benefit you, I enthusiastically encourage you to book a session and experience anything that's not serving you completely dissolve. I am forever grateful our path's crossed and that I said yes to the most healed version of me, yet!

If I could give her more than 5 stars, I totally would! ⭐⭐⭐⭐⭐+

3/12/2026

Lexington, SC, USA

MaryAddison Y.

>i< >i< >i<

1. I came into the session wanting to understand and heal patterns from my early childhood. I could feel that some of my reactions and fears were coming from my inner child, not my adult self. I wanted to gently connect with that part of me and start releasing what no longer serves me.

2. Grace created a safe and compassionate space where I could connect with my inner child. Her gentle guidance helped me access deeper emotions without feeling much overwhelmed.

3. This kind of work needs trust, and I felt safe enough to go into places I usually avoid. Grace held the space with care and patience, which helped me stay present with what came up.

4. After the session, I felt very emotional, like a release that had been building for years. It felt like my inner child was finally letting go of long held emotions. The intensity softened, and I felt more compassion for myself instead of judgment.

5. Grace helps you connect with emotions that are ready to be seen and released in a safe and respectful way. Nothing is forced, it's about allowing what's already there to be seen and gently released.

6. ⭐⭐⭐⭐⭐'s

7. 22/03/2026

8. Ireland

9. SJ

>i< >i< >i<

I was hoping to untangle the anxiety and depression I have had for most of my life, along with the osteoarthritis in my knees. We were able to uncover that my combined issues were largely about anger. We also uncovered some deep levels of emotional pain. Working with Grace and her process showed me a new way of reaching into and processing raw, deep feelings, both emotional and physical, that I had not breeched before.

After my session with Grace, I felt a new clarity and awareness of the layers of thoughts, feelings, and experiences I had lived with, for decades. I felt that some heavy burdens had melted from my body and mind.

Grace's unique modality reached deeply inside of my mind, emotional psyche, and body to bring up hidden layers of thought, feeling, and memory I had not accessed before, and helped me to process them.

Whether you are an explorer or you need help with deep issues Grace offers a unique way to see, experience, and process our deepest layers. ⭐⭐⭐⭐⭐'s

L.P.

4/14/2026

USA

Email Contact Grace :- wordz@fastmail.com

⭐⭐⭐⭐⭐'s out of 5 Testimonials