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# Sylmarah

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A student of Mysticism and Metaphysics. She has dedicated over 45 years of her life in understanding the metaphysics of religion and the healing sciences. Sylmarah studied in Jamaica, Canada and the USA. She began spiritual training on the beautiful Caribbean island of Jamaica at the age of four through the lineage of her grandmother, Amanda. She received her certification as a Metaphysical Christian Minister under the tutelage of a theologian of Rev. Trudy Jarno (USA) -

Metaphysician, Founder and Director of the Church of Inner Light, Santa Monica, California.



Sylmarah is a Certified Clinical Hypnotherapist and a Compassionate Intuitive, also known as Empaths. As a hypnotist and an empath, she has created a healing method that is gentle and effortless of bypassing resistance to healing, known as Hypnogenesis – *'Healing of Sankofa Origin'*. Hypnogenesis, allows Sylmarah to bring about transformational shifts in consciousness within one session. This method was specifically developed to heal intergenerational disturbances and emotional traumas.

“Empaths have the ability to scan another’s psyche for thoughts and feelings or for past, present, and future life occurrences. Many empaths are unaware of how this actually works, and have long accepted that they were sensitive to others.”

She is the founder of **House of Alkebulan Holistic Alliance** and **Watoto of Alkebulan**. In addition, she has formed a non-profit: **House of Alkebulan Foundation**. She has had many direct and distance teachers in the healing arts, too numerous to name. She believes everyone she comes in contact with is a teacher in her life. She has certifications, in reiki, yoga, lay-midwife and childbirth educator. She is a writer and creator of beautiful things.

In addition to House of Alkebulan, she is also the owner of a line of natural personal care products for the family and green cleaning products for the home. The name of the company is **Indigo Moon Creations**. She is a spiritual entrepreneurial visionary and the mother of three daughters. Sylmarah believes learning is an ongoing commitment one makes, which leads to a full satisfied life. . .