

Safra Turner

Founder of iHolistica Institute for Holistic Health & Advanced Energetica

Safra is an integrative healing practitioner with nearly three decades of experience. Her work blends physical therapeutics, emotional counseling, and advanced energetic practices. She draws on extensive study of spirit, esoterica, religion, and natural medicine, shaped by mentorships and original modalities she has developed. She also holds a Master's in International Relations and Counter-Terrorism with experience in international think tanks and NGOs. She specializes in rare, integrative therapeutics supporting clients through chronic health challenges and personal transformation.

SIGNATURE TOPICS

- The Fractal Nature of Consciousness: Are we individual expressions of Source experiencing itself? A grounded exploration of unity, consciousness, and reality.
- Universal Law, Natural Law, and the Body: A Different Map for Healing Defining Universal Law and Natural Law, and exploring how these principles guide health, choice, and personal responsibility.
- Power Back: Reclaiming Agency in a World of Expert Noise How authority over health and knowledge is often outsourced—and practical ways to reclaim discernment, sovereignty, and inner guidance.
- From Base 10 to Base 12: A Consciousness Upgrade Without the Woo Understanding the Base-10 vs Base-12 matrix and practical ways to step into expanded awareness.
- Awakening Beyond the Illusion of Separation: How reconnecting with the deeper nature of Self shifts perception, healing, and purpose.

www.iholistica.com

support@iholistica.com

SUGGESTED QUESTIONS

- What is the difference between the Base-10 and Base-12 matrices, and how do they relate to the path of conscious evolution?
- What exactly is Universal Law, and how does it relate to everyday life, healing, and personal choice?
- How does Natural Law differ from Universal Law, and how do they intersect?
- How can the individual reclaim sovereignty and agency in health, education, and consciousness?
- How does reconnecting with the deeper nature of Self impact perception, purpose, and personal healing?
- What are the first grounded steps someone can take to begin their personal healing process?
- How can energetic work integrate with physical and emotional healing to create deeper transformation?
- How can the individual discern truth from conditioned beliefs and societal programming?
- How can philosophical frameworks, like Plato's Cave, illuminate the perception of reality and the process of awakening?
- What is Iholistica Institute and what need does it serve?

CLIENT FEEDBACK

I worked with Safra, it was brilliant. I found her skills, her understanding to be fantastic. She guided me and taught me things that helped me understand and she helped me improve my gifts. She was a brilliant mentor to me as well as a trusted friend. You won't regret working with her, she is calm, kind, and so knowledgeable, and makes you feel heard and understood. Especially when you don't know what you are doing haha - no regrets for me! - Joy F

Safra is amazing! So relatable and connected. All of the healing and classes I been a part of so far have been really powerful. I am so happy to have met, and share in such a wonderful consciousness. I wholeheartedly recommend working with Safra, if you are ready to become your best self. -Carley T

INSTITUTE FOR HOLISTIC HEALTH& ADVANCED ENERGETICA

Please feel free to reach out for any questions.

Get in Touch!

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