

Empowerment Coach and Author Sanar Alixandyr of The White Peacock Center for Healing Recently Featured on Close Up Radio

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EINPresswire.com/ -- A little girl learned to leave her body before she could ride a bike. Seventy-three years later, that same spirit, now known simply as "Sanar", has opened the doors of the White Peacock Center for Healing, a project built from the very experiences that once threatened to break her.

For over 30 years, Sanar supported herself as a professional musician, director, composer, teacher and actress, playing piano and singing wherever the work led her (often in religious and spiritual settings). That career now sits next to a body of work built from something far more personal: a documented history of surviving repeated childhood trauma. By age 16, Sanar had experienced three separate near death events. Rather than carry the trauma in silence, she made the decision to confront what she had buried by age 30.



That reckoning became the musical drama "Beautiful," which follows a young girl through post-traumatic stress disorder and severe childhood abuse. Later, her memoir "Becoming Sanar: My Journey Into Transformation," was published. Her guides and angels, she explains, told her the name means "to heal." Sanar is now working on her follow-up book, "Being Sanar," due next month. This memoir will explore what she describes as the practical work of living inside 3D, 4D and 5D states of awareness after a person has chosen who they intend to become.

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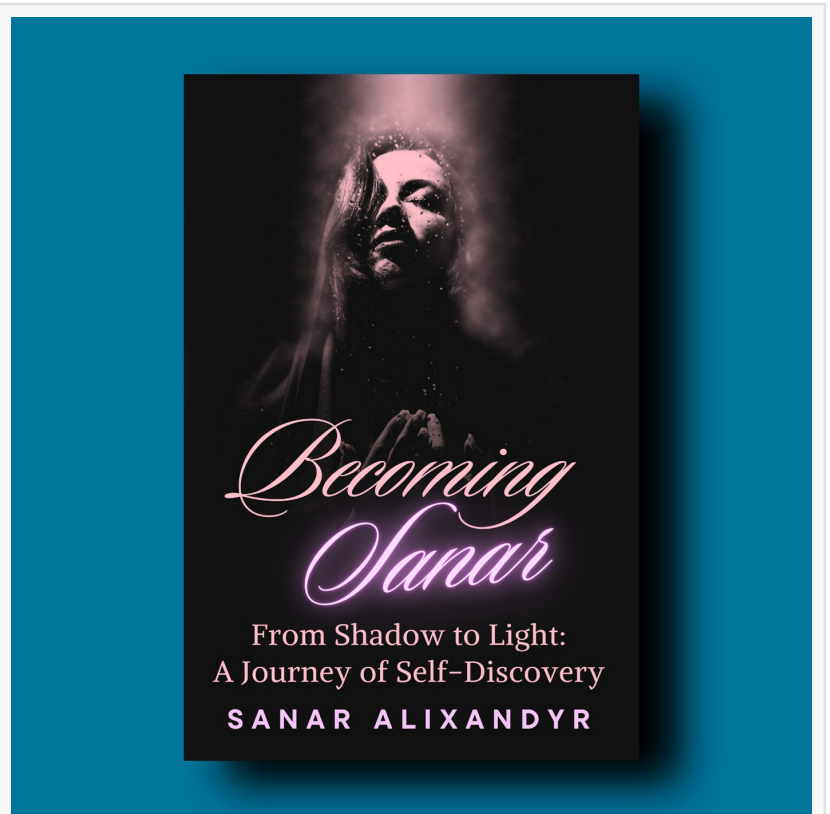
Sanar is candid about where her material originates. She recounts being thrown against a wall at age two, abducted and assaulted by age nine. A third incident, a gang rape at 16, followed the

same pattern of survival: an out of body experience and, later, total memory loss. She has said publicly that sharing the story no longer carries the weight it once did. "It's not me anymore," she explains. "It's something that happened long ago. And so I share it with purpose and with intention that it is helpful for others."

That purpose now has a physical home. The White Peacock Center for Healing takes its name from a symbol Sanar encountered years ago and could not shake; an image tied, in multiple traditions, to ascension and purity. The idea for White Peacock Center for Healing surfaced almost by accident during an online course. The instructor asked what participants would build if money were no object. Sanar's answer surprised her as much as anyone listening. What followed was years of writing and research, then waiting for what she calls the right cosmic timing before the center could take shape.

At the center, Sanar offers what she describes as spiritual communication sessions built on a single condition: clarity over comfort. "The truth," she asserts, describing what clients should expect. "If you don't want to know the truth, don't ask me." She frames each session as a cleared, neutral space where communication is not filtered through her own experience or anyone else's, and where clients are met with authenticity rather than reassurance.

She is equally direct about how healing actually works, distinguishing what she calls a 3D approach to mental health, focused on the external, from what she considers deeper, 4D work



that begins on the inside. She does not dismiss conventional psychotherapy and medicine outright, describing them instead as stepping stones that can coexist with energetic work. Her advice to everyone curious about energetic work is simple: start with meditation as a practice of allowing something else to exist rather than a technique used to force a result.

Sanar continues her music therapy at adult family homes and memory care facilities, work she says keeps her close to elders who, as the world changes around them, are drawn back to their childhoods. She calls the White Peacock Center for Healing the next chapter of that same work, a place for people to become their true selves.

About Sanar

Sanar is a survivor, musician, composer, director, teacher and author based in the Pacific Northwest, where she has built a working career in music for more than three decades. She wrote and performed the musical drama "Beautiful" and is the author of the memoir "Becoming Sanar: My Journey Into Transformation." Her second book, "Being Sanar," is due next month. She also provides music therapy at adult family homes and memory care facilities throughout the region. Sanar is the founder of the White Peacock Center for Healing.

Close Up Radio recently featured Sanar Alixandyr, empowerment coach and author, in an interview with Jim Masters on Tuesday September 22nd at 12pm Eastern

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For more information about Sanar Alixandyr, please visit <https://www.whitepeacockhealing.com/>

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