



Hello, I am

Sahar Palmer

Intuitive Life Mentor & Holistic Therapist

resolving the root cause of your block and
helping you live your best life since 1992

About

Sahar

Sahar Palmer was born in Cairo and received her education across England, France, and the United States. Although she initially studied civil engineering, her career began in advertising and marketing. Nevertheless, her true interests have always leaned towards the artistic and spiritual realms. Her journey of self-discovery began in 1990, triggered by the trauma of war and displacement. This profound experience ignited her quest to understand life, destiny, and free will. Ten years ago, Sahar moved to Dubai from London with her husband. After surviving his passing, she chose to remain in Dubai, where she now lives with her four feline companions.

Sahar has established herself as a spiritual DIY columnist in both the UK and the UAE, a bestselling author, published poet, and podcaster. She is also a certified holistic therapist. She trained with leaders in their field such as Deepak Chopra, Caroline Myss, and Master Mantak Chia. This diverse training has shaped her unique work as a therapist: a combination of personal experiences, intuition, and diverse educational background. Recognized three times as “One of The Best 100 Intuitives in The World,” she assisted over 15,000 individuals on their personal journeys.

Her methodology, Unbox the Real You™, is centered around the Four Dimensions of Change: Body, Emotions, Mind, and Accountability, she refers to as BEMA. Sahar is dedicated to designing online courses and leading small-group workshops aimed at fostering personal growth and individuation. Her passion lies in demystifying the enigmatic and using her knowledge and experience to empower and enhance the lives of others.






Unbox life mentor

Sahar's exceptional intuition distinguishes her transformative life mentoring approach. She perceives individuals as multidimensional beings and skillfully navigates the complexities of the human experience. Her unique ability to intuitively identify and address the root causes of blocks enables her to guide individuals towards healing and alignment. Sahar's transition from the corporate world to life mentoring and healing enhances her practice, integrating insights gained from overcoming loss and displacement to embracing resilience and joy.

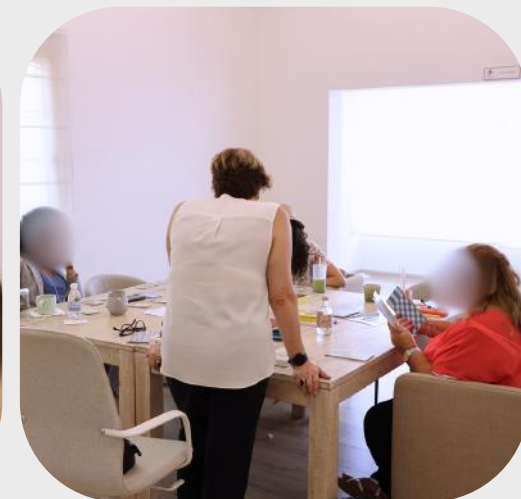
Happy clients	Free online webinars	Years of experience	Podcast episodes/downloads	Youtube Views	Followers men/women
15000	80	32	120/ 190 K	700	60/40
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UNBOX

with Sahar™

Sahar's philosophy centres on demystifying the enigmatic and presenting it in practical terms. She is committed to making personal awareness an accessible journey for everyone. Sahar seeks to inspire and empower those in search of wisdom and understanding. She enriches lives through her small-group Unbox Circles and maintains regular engagement with her followers via her WhatsApp Channel, where she shares inspirational content to support and uplift her community.



★★★★★

Review

Over the past 32 years, Sahar's ability to make complex ideas accessible and inspiring has had a positive impact on her audience. has significantly influenced the lives of her audience through her dynamic social media presence and engaging content.

With a follower base of over 45,000, Sahar's inspirational posts, insightful articles, and videos have provided guidance and support to thousands seeking greater contentment and personal growth. Her commitment to sharing practical wisdom and demystifying complex concepts has created a vibrant community of individuals empowered to embark on their own journeys of self-discovery and transformation.

By offering regular updates and maintaining active engagement through her WhatsApp Channel and Unbox Circles, Sahar ensures that her followers receive continuous support and encouragement, reinforcing her impact on their pursuit of joy and fulfilment.

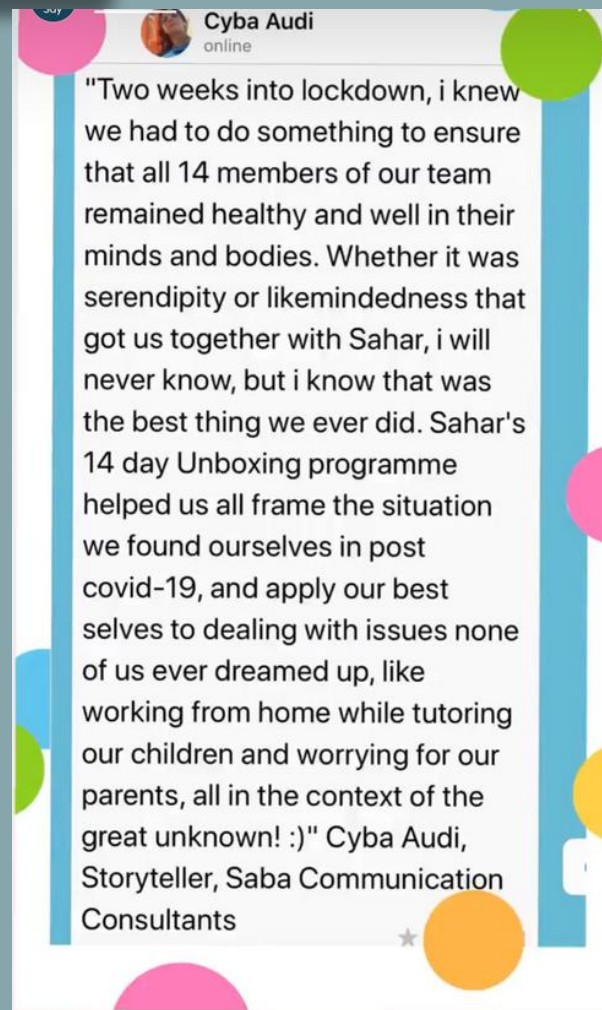
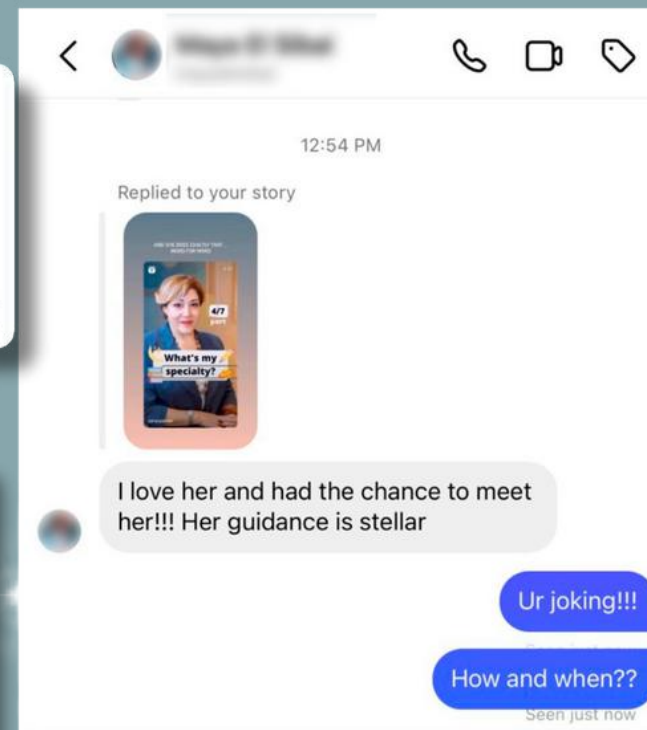
Sahar. ❤️❤️thank you. Love you and your energy.

Edited 5:09 PM



Wow! You're a magician. You break things down so well and succinctly.

4:44 PM



Just wanted to thank you as you have come into my life at the write moment and sort of helped me to open the right door of my path. You where really one of the few persons that invlucened my life in a huge way! Thank you for that. I really apreciate it.

Thank you for your wise and powerful words. I hear them and need to embrace and imprint them fully into my psyche.

6:44 PM



Wow! You're a magician. You break things down so well and succinctly.

4:44 PM

I have been meaning to reach out. From one of our first readings and every reading you have done for me, you said by age 40 you will be dealing with numbers and organizing. I opened up my business couple months ago and yes. It's an accounting firm. ❤️



4:46 PM

Sahar's Books

Sahar Palmer is a dedicated and skilled writer whose work spans various forms, including books, columns, and poetry. Her ten published books have reached audiences globally and have been well received in major bookstores such as Watkins in the UK and Exclusive Books in South Africa. Her ability to make complex ideas accessible and inspiring has had a positive impact on many readers. Thanks to readers in the UAE, they've made *Tarot For Self-transformation* the #1 bestselling book in the UAE.

Tarot for Self-transformation: Your Journey to Happiness Mapped Out, 2022 (Sirius)

Create Your Own Flower Tarot Pack: A Complete Tarot Pack to Colour, 2022 (Sirius)

The Book of Tarot: A Spiritual Key to Understanding the Cards, 2022 (Arcturus)

Psychic Powers: Unlock Your Natural Intuition, hard back, Kindle edition, & Audible 2022 (Sirius)

The Essential Book of Numerology: How to use the power of numbers, hardcover, 2024 (Sirius)

Numerology Book & Card Deck: Includes 52 cards and a 128-page illustrated book (Sirius Oracle Kits) Paperback - Illustrated, (Nov. 2024 - Sirius Entertainment)

Telepathy Tests Book & Card Deck: A complete toolkit to train your intuition (Nov. 2024 - (Sirius Oracle Kits)

The Essential Book of Chakra Healing: Balance Your Vital Energies, 2024

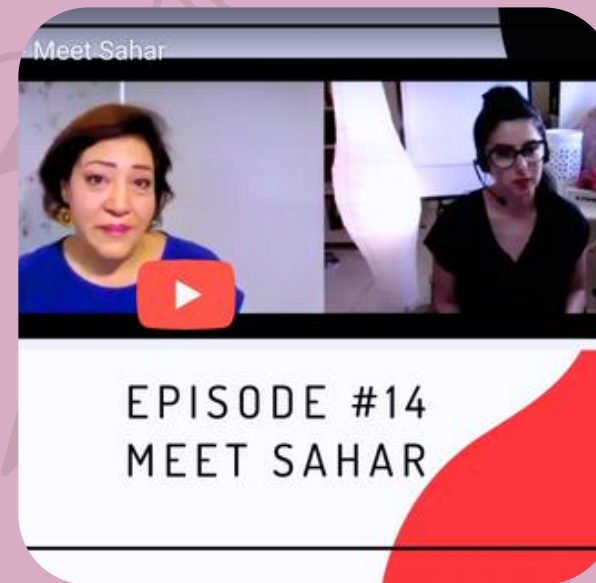
The Book of Practical Dreamcraft: Harness your nightly adventures for health and happiness (Oct. 2024, Arcturus)

Your Future in a Coffee Cup: The Art of Divining With Coffee Grounds, hardcover, 2007



In the media

Sahar has been featured on prominent media platforms including BBC 2, Asharq Bloomberg TV, London's LBC radio, CNN radio, and Dubai's EYE. Her work has also received regular coverage in international magazines such as Woman's Own, Arena Men's Magazine, and London's Evening Standard. Also, Sahar is a regular guest on YouTube channels and podcasts in both Arabic and English. She continues to share her insights and expertise. Through her social media content, she empowers her audience to take charge of their lives and become their own guides, offering education on self-awareness through a holistic approach. Her content inspires individuals to embrace personal growth and develop their own paths to fulfilment.



LEADING BRITAIN'S CONVERSATION
DAB DIGITAL RADIO | 97.3 FM





45K



Sahar Palmer

25K



Unbox with Sahar

+

4.5K



Unboxwithsahar

+

1000



Sahar Huneidi Palmer

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