

About Spirited Living

SARAH WILLIAMSON

Sarah lives in the Adelaide Hills
and founded Spirited Living as a
way of supporting all people
seeking compassion
and peace in their lives.

Sarah is qualified in

*Reiki (Master)

*Crystal Reiki (Master)

*Family Therapy

*Nonviolent Communication

* Goulding SleepTalk
for Children

all of which work to support
bringing out the best
for all people.

Reiki compliments this work
beautifully, working on an
energetic level to bring
harmony and healing on a
unique, holistic level.

If you have any queries, visit
www.spiritedliving.com.au or
call Sarah on 0417848263



Spirited Living

Level 1
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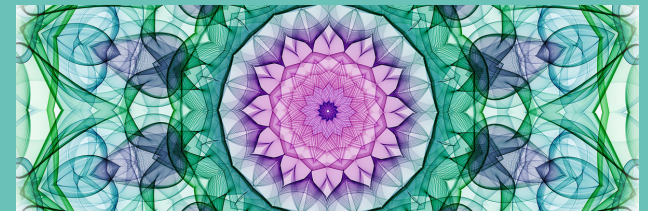
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Reiki

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RELAXATION

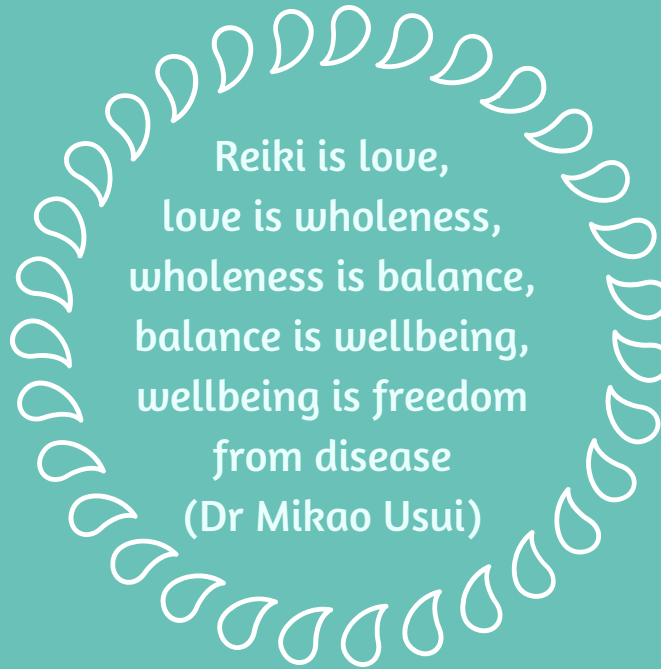


Reiki is an ancient Japanese healing technique, translating to "Universal Life force", or "Supreme Being" (Rei) and "energy" (Ki).

Reiki is thousands of years old, and was rediscovered in the early 1900s by Dr Mikao Usui, who dedicated the rest of his life to the practice and teaching of Reiki.

Reiki practitioners provide a conduit for energy to flow through the hands and be drawn into the recipient as needed.

HEALING



Reiki can be used for relaxation and stress relief, but also balances our vibrations and dislodges negative behaviour patterns.

BALANCE

Reiki aids energy flow to all parts of the body and can release blockages to help balance one's overall health and wellbeing.



Crystals can be used to support reiki energy healing. Having formed in the earth in powerful geometric designs, crystals can both absorb and emit energy and are a powerful conduit.

