

## Introducing LISA KELLY, Reiki Master Teacher



Lisa is a Reiki Master, a qualified teacher & trainer, a masseur and reflexologist. Lisa enjoys empowering others to live more naturally and sustainably. Her interest in natural therapies started to develop in 1996 when she returned from her 1st year teaching in New Orleans, USA. A few rounds of strong anti-biotics compromised her health, which led Lisa down the path of alternative medicine.

Originally from Northern Ireland, Lisa completed her Reiki 1 and 2 courses there in 2004 and her Reiki Master level in 2009. Lisa has completed diplomas and is experienced in Reflexology, Swedish Massage, Bach Flower Remedies and Indian Head Massage. She describes her experience of Reiki as follows:

“I read a book in my early twenties called The Celestine Prophecy which introduced me to the concept of energy exchange. That curiosity then led me to Reiki. Reiki has made me more resilient during life’s ups and downs, it taught me to listen to my body and to my energy field and it’s a tool I can use on myself or share with my family and friends. The best thing it did for me above all others was to switch on the light called consciousness. Reiki has been a lasting and tangible tool that I could use in my daily life, even when I was busy having kids and being a working mum. Life flows better when I use it regularly and I find it has many uses. It is like a lifelong friend, always there when you need it. I love it and I want everyone to know about it and experience it.”

Lisa has been living in Melbourne for 17 years and moved to Sunbury in 2017 with her partner Daniel and two young kids. She teaches Reiki at the Centre of Well Being upon request.