



Title: Connection and transformation of one's inner self to become and live the best and highest expression of one's self.

Name: Lisa Ohtaras

My Business is Caring Energetic Healing. I am an Energetic Healer, Soul Healer, Intuitive Spiritual Coach, Spiritual Educator, Soulful Forgiveness Educator and Workshop Facilitator, Medium & Channel.

INTRODUCTION:

Physical body discomfort, pain, inflammation, auto immune disorders, chronic fatigue syndrome, chronic immune system dysfunction and inner body challenges, fear, anxiety, just to name a few, are related to unaddressed stress, negative emotions, imploding of emotions not releasing and forgiving issues and people.

The soul, mind, body, spirit connection is very powerful and in many areas of health care under recognised and not utilised to help a person heal from the core of the affliction.

A spiritual approach is highly beneficial helping people to obtain transformation of energy to achieve well-being, balance, inner harmony and abundant living.

AIM:

- Participants will explore the association between the soul and spirit and the impact on a person's mind and body, their health and general well-being.
- Participants will identify the soul's role on Planet Earth, why things are being created by the soul and the significance for the person.
- Participants will learn simplified skills to alleviate stress, release people and issues, go through situations with greater ease and grace, which they can incorporate in their everyday life regardless of where they are at home, work or social settings.

MATERIALS AND METHODS:

Doctor's offices are overflowing with people with stress related issues and health challenges. Many people throughout the world are unaware of the soul's role and why we are here on Planet Earth.

This physical incarnation on Planet Earth is related to the Soul's journey.

Our physical and subtle bodies (aura) are the barometer to the soul.

Chronic immune dysfunction, chronic fatigue syndrome, chronic inflammatory disorders, auto immune diseases, women's reproductive area health challenges, fear, anxiety and other illness and afflictions are created by the soul.

Every person's soul is here for spiritual growth regardless of who you are or your status in the world. The soul is wanting the inner work, spiritual and personal growth to be done.

Oneness and alignment of soul, mind, body and spirit are important for inner healing to transpire.

Energy healing including Ancestral Influences clearing, past life energy clearing of time lines from the past, present challenges, and helping with future events to transpire with greater ease and grace, clearing blocks to abundance, Thought Field Therapy (T.F.T.) Emotional Freedom Technique (E.F.T.) are just to name a few clearings and processes, which are profoundly beneficial for people to live in a more balanced state of being. Collaboratively done, inner work and energy healing facilitates deep positive transformation of energy.

Self-realisation and awareness, conscious living, acknowledgement of what is, meditation, releasing, Soulful Forgiveness, mindset change and gratitude are all important components of healing from within.

Addressing symptoms within or on the external body, utilising mind-body techniques including energy healing, and releasing emotions via Soulful Forgiveness facilitates the internal healing of one's being.

CONCLUSION:

Chronic fatigue syndrome, immune dysfunction and physical body ailments are a result of lack of awareness, unconscious living, chronic unaddressed stress, imploding of emotions, not releasing people and situations, lack of forgiveness of one's self and other people, fear, anxiety and lack of gratitude for all which is transpiring in one's life and the world.

Every experience throughout our lives relates to spiritual growth of some kind which the soul co creates with people or situations for the purpose of the soul's evolution.

KEY WORDS:

Stress, awareness, conscious living, meditation, energy healing, spiritual growth, mindset change, forgiveness, transformation, gratitude.

BIOGRAPHY:

Lisa Ohtaras is a renowned Energy Healer, Soul Healer, Reiki Master, Seichim Master, Intuitive Spiritual Coach, Spiritual Educator, Soulful Forgiveness Educator & Workshop Facilitator, Medium and Channel.

Over 2 decades ago, Lisa healed herself of Multiple Sclerosis warning signs. Her diagnosis initiated an awakening from her spiritual slumber and connected Lisa to her inner self.

Lisa transformed pain, numbness, alternating with pins and needles in her hands, arms, feet and legs, night sweats, insomnia, chronic fatigue and visual challenges, all without the use of medication.

Through her connection, meditation, personal and spiritual growth and development, Lisa restored balance, harmony and well-being to her physical body and emotional state.

Following Lisa's inner healing, she continued to work in her nursing career which spanned over 2 decades.

Then in 2003, Lisa commenced living her Soul's Purpose helping people to live in balance, harmony and health via Spiritual practices and applications.

Lisa's expertise has been featured on Stage Presentations, Online T.V., shows, an International Magazine and Podcasts including Australia You Have a Voice Stage Presentation, Livelong Digital Online T.V., Unique Vibrations Online T.V., Claim Your Mastery Online T.V., The Corporate Escapist Online T.V. and Podcast and The Corporate Escapist Magazine, June 2020 issue.