



“About Me”

Hi, I'm Kelli, from Energetically Inspired, I'm a Mother of 2 beautiful young spirited boys living on the Gold Coast, Australia.

I've been an Energy Therapist for over 6 years, it's an extension of who I am, my passion and soul purpose.

It was through my personal healing journey 3 years ago, that I discovered a strong calling to help guide and teach people to heal, live a happier and more fulfilling life.

To help people find the essence of who they truly are, evolve and dissolve the patterns keeping them stuck and dissatisfied with themselves and their lives.

It was at this time I discovered techniques in releasing mind chatter, emotional blocks, triggered reactions, and reoccurring patterns of wounded behaviours.

And through learning and using these tools and techniques that I was able to recover, heal and understand myself in a new and empowered way.

My personal healing journey began as I went through my divorce, the separation came out of the blue, my youngest was 4 months, my eldest was 4 years old.

At first all I felt was extreme pain and anger as I felt we should have tried to work things out. But that unfortunately was not how things unfolded.

I was left feeling very scared, betrayed and fearful of so many things, I was conflicted.

I thought, if I was ok, they would be ok. But I wasn't ok at the time.

My fight and flight responses were being triggered every time I spoke to my ex. I had headaches regularly because of it.

My reactions were extreme, I was in protection mode, fight mode, my emotions were uncontrollable most of the time, and I was emotionally triggered easily.

This also had many effects on my physical being, my auto immune systems, nervous systems, neuro-chemical imbalance which left me feeling sick a lot of the time.

I had adrenal fatigue which affected my sleep and physical energy. I barely had enough energy to breastfeed my baby, that alone play with my four year old boy.

My emotional state was poor, being constantly stressed, from the separation of my boys father, I was experiencing deep emotional pain and hurt.

It felt like salt was being rubbed in my wounds over and over and it stung. I didn't want to be scarred for life or have these wounds remain open.

I needed to find a way to recover and heal myself.

I realised it wasn't just my emotional state, it was my mental state as well.

All I could do was think about the situation over and over, fear based thoughts occupied my thinking most of the time.

Trying to do anything else was taking so much longer, I couldn't focus even on the tasks that should have been easy for me. I just could not focus on what I was supposed to be doing. I couldn't think straight.

I had excessive mind chatter, stories repeating over and over in my head, it was draining on all levels.

What hurt me the most, was the realisation that I wasn't being the mother I wanted and needed to be.

I was hurting the ones I loved the most, my two boys.

I wanted to be the brilliant mother I knew I once was, to guide them in a positive way, and lead by example.

I was also aware that my energetic vibration was affecting those around me, and I realised that my vibration wasn't good.

Whether I liked it or not, I knew I would have to deal with the boys dad for a long time, because we still had to share and raise two beautiful sons.

I had to stop my fight and flight responses, my triggers, and learn not to be so reactive to him every time he attempted to push my buttons.

I needed to dive into the depths of myself and my being and begin the journey of healing.

I wanted to move on and find a better more loving, caring relationship.

Where we are all happy, loved, safe and secure.

I didn't want the baggage from my past to affect me moving forward and having a better future.

So my healing journey began.

I started to dive deep, on several levels, physically, emotionally, spiritually and mentally.

I wanted to be free of the suffering and wounds I was feeling and experiencing.
I knew that not dealing with these emotional wounds would be worse and have an ongoing negative effects, not just on me but my boys too.

It was time to let my BAGGAGE go and take my fears on, step into the unknown, face my shadows and more.

I wanted us to live a happy life, we deserved it!

I felt very alone through my healing journey.

Friends I thought who would have supported me weren't there, and this created more hurt and emotional wounding.

But as I was experiencing this, I found my greatest strength within.

I discovered that I didn't need to rely on others to get me through.

It gave me time to deeply reflect, to feel, and be present with myself, to discover how to allow things to flow fully when I released an emotional block.

One by one I started to release and reclaim the parts of me that needed the most healing.

Throughout my healing journey, I continued to work with the techniques I had learnt and been refining over the years.

I discovered many new techniques too.

Any and everything that resonated with me, reiki, crystals, music, meditation, spiritual church, sound healing/therapy, cleansing, meridians flushing, grounding, colour therapy, natural medicines, vibrational medicine, visualisation, affirmations, chakra balancing, energy healing, healing diets and more.

Even clearing Rituals. I read so many books.

I healed myself fairly quickly and am stronger than ever. I found within myself, a whole new love for life and I no longer feel weighed down by emotional baggage and blocks from my previous experiences.

But not just on this journey with my ex, I realised I had layers of emotions and feelings that needed healing.

Some coming out of my childhood, belief systems learnt from those earlier developmental experiences.

I'm learnt to deal with things in a completely new way, I have learnt to catch and recognise the signs (flags) of the emotional wounds and blocks before they arise and become a new pattern of reactive behaviours wounded thinking.

I now love peeling the layers back, as each layer removed is like a weight lifted, allowing me to become free and fly higher in life.

I have deep gratitude for the events that took place throughout my divorce, which has allowed and empowered a new, better me, a more confident, secure me.

It made me who I am today.

I am free to be happy and so are my boys.

I see and feel things differently, in such a more positive way.

Things happen for a reason and I had a choice to learn and move on or stay stuck.

We all have a choice! It's truly up to us to want to be free.

I realised what my passion in life is, and how I could help others using energetic healing and life coaching.

I offer many services from 1 on 1 Body Attunement, Distance Healing, Reiki, Energy Massage, Chakra rebalancing, to group healings or events and run workshops "Be Free" Plus "Spirited Children".

In my Energy Therapy treatments I combine many healing modalities, Body Attunement, Reiki, colour therapy, crystal therapy, meridian points (energy medicine), balancing all energy systems, muscle testing, intuitive guidance, music, grounding and polarised touch techniques and more!

As we are all individual beings, everyone's needs and treatments vary depending on that individual. This allows a more personalised healing experience.

Treatments 'may' improve various things like:

Physical energy, raising your vibration, better balanced chakras, higher energy flow through body, improved health, reduced pain, diminished insecurities, improved sleep, reduced anxiety, promotion of the bodies natural healing, increases in the immune system function, faster recovery from surgery, sustained confidence, stable and balanced emotions, prolonged mental clarity, happiness and overall improved feelings of wellbeing. Plus Spiritual alignment of mind, body, and soul. Activating new abilities and more. It varies person to person.

I have diplomas in Vibrational Medicine, Life Coaching, Diet and Nutrition, Cert 5 in Vet Nursing, Certificate 2 in Reiki and Body Attunement and numerology.

In my "Be Free" workshops I assist and teach people to release emotional blocks, energy blocks, and releasing everything that does not serve them.

I show how to rebalance, aligning the mind, body, and soul, and how to reduce, or in some cases eliminate the mind chatter.

The resolving and dissolving of old reoccurring belief systems.

I help people find themselves, find self love, and self trust to stand strong in their values and to have a deep understanding of themselves.

Which I call finding your true essence.

My Be Free workshops cover many topics like:

Self love, self talk, creating new core beliefs and values.

Clearing the mind, energetic and psychic protection techniques and emotional cord cutting..

How to create and maintain focus, meditation practices, chakra balancing and cleansing, universal laws, healing karma and more!

I give you the techniques to recognise the flags when the emotional blocks or triggers arise with ongoing personal support and development.

As well as learning how to raise your vibration and attract what your heart and soul desires.

My Workshop "Spirited Children" started from my own experiences of having a spirited child, I now see him as one of my master teachers in life.

From birth he has been energy sensitive, carrying many amazing gifts but with these many challenges or sensitivities too.

This workshop is designed to guide parents with gifted or spirited children, helping the children utilise their amazing gifts and create bonds with other similar kids.

The workshops are broken down into multiple classes, covering topics just for the parents but also for the kids and the parents combined. It's all about helping these beautiful kids shine in their uniqueness, and still be able to blend in society and school as best they can.

It's about having a community for us all to help each other, feel supported to give the parents and kids strength to thrive.

For more information, check out my Facebook page for events and services. If you have questions, please reach out as I'm always open to helping guide and assist as many people as possible.

I have since created a private group, for those who have done my Be Free Workshop, so you can feel supported through there healing journey

I have several testimonials on my Facebook page

<https://m.facebook.com/Energetically-Inspired-Guidance-for-a-Healthy-Mind-an-Body-1559168024359215/>

Love and Light  

Kelli

Energetically Inspired

