

Sonia Estago-Cers



*Training & Modalities – Reiki Therapy - Usui Shiki Ryoho
Crystal Healing, Numerology, Tarot Reading, Clairsentience,
Dip. Community Services - Mental Health (non-clinical),
Meditation, Mindfulness, Chakradance Eden Energy Medicine*

Background

My career path has been predominantly in the Healthcare Sector, gaining my Mental Health Diploma in 2004 and various other studies in the area of Health and Healing since. I spent 6 years working as a Support Worker in Residential Psychosocial Rehabilitation with young people challenged by substance abuse & mental health issues. I facilitated regular activities focussed on shifting and balancing energy to naturally enhance the wellbeing of body, mind & spirit through Group Discussion, Yoga, Meditation, Music Therapy and Journaling. I have been employed as a Parent Support Worker in the Disability Sector, supporting families facing day to day physical, mental and emotional burdens. At different times I also worked in an administrative & general assistance capacity in Aged Care, Dental Prosthetics & Osteopathy.

Spiritually, I first studied Numerology in 1991 and have been using it for self-assessment and assistance to others ever since. I find it a fascinating ancient tool for guidance and understanding. While living in WA in 1996, I facilitated Meditation and Numerology classes and assisted individuals in Space-Clearing their homes of dense energy prominently using sound resonance.

All of these experiences have empowered me with a deeper understanding of the challenges we face as energetic human beings navigating our lives. I have also discovered how resilient and sensitive the rhythm of life is, and how our physical, mental, emotional and spiritual bodies can easily be affected by our internal and external worlds.

Journey

I was first attuned to Reiki Level 1 in 2006 and used this healing vibration, my curious nature and my deepening intuition to develop myself further. This opened doors for me to meet and learn from many colourful people and wise mentors. I worked at various Mind, Body, Spirit festivals in the Psychic Reading room offering complimentary Reiki healing for those experiencing emotional upset after connecting with loved ones during their readings.

I was inspired by Donna Eden to seek more knowledge and experience in the Energy Healing Field and completed a short course in Eden Energy Medicine which enhanced my vision and desire to take my learning and work further. I have also studied Crystal Healing, Numerology, Metaphysics, Body Balance, Chakradance and Chakra Balancing. I formally gained my Reiki 2 Certification in the Usui System of Natural Healing in 2016. After travelling to Qld to expand my horizons, I operated a small Energy Healing Room from home in Hervey Bay. My husband and I have now relocated to Yarrowonga Victoria within walking distance to the peaceful energy of Lake Mulwala. I have set up a home-based Healing Practice again and look forward to settling here and offering Reiki Energy Healing to my local Community and visitors to the area.

Vision

I am dedicated to the Principals of Mikao Usui and ever grateful for the gift of Reiki and Healing in my life. I endeavour to practice every day to keep the Source energy flowing strong and bright, so that I may serve as a Reiki channel to help enhance the wellbeing of myself and others. My vision is to be instrumental in the practice of Reiki Energy Healing and to continue to help raise the vibration of this precious World we live in. I am inspired to be and encourage others to be, grateful for our precious Life, to adopt a genuine presence, a positive mind-set and to practice self-care each and every day.

The more we love and nurture ourselves, the more we radiate joy & keep the flow of Healing Light vibrant and available to every living being.

Blessings to you in Crystalight, Sonia.

Business Details

Business Name

Crystalight Energy Healing

Business Website

www.crystalightenergyhealing.com.au

Business District

Yarrowonga Vic 3630

Business Opening Hours

By Appointment

Phone:

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