

## Gift yourself:

Access to the tools that facilitate **change** from the heart of your being!

Your life's potential is in your hands. Begin creating the conditions for change and discover what you are truly capable of achieving!

Sacred change mission is to support and empower you to take control of your

- ✓ Health
- ✓ Happiness
- ✓ Sense of purpose
- ✓ Life fulfillment

I look forward to support you on your journey!



*"Happiness depends on ourselves"*  
Aristotle

### Further Info:

W: [www.sacredchange.com.au](http://www.sacredchange.com.au)

### Bookings and Enquiries:

E: [info@sacredchange.com.au](mailto:info@sacredchange.com.au)

T: 0404 269 410

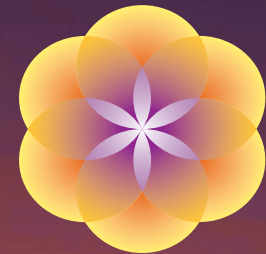
### **Esther Jansen**

Holistic Practitioner

Dip Holistic Counselling  
Cert Intuitive Awareness  
Cert Bush Flower Essences  
Cert Transformative Meditation  
Cert Reiki Jin Kei Do

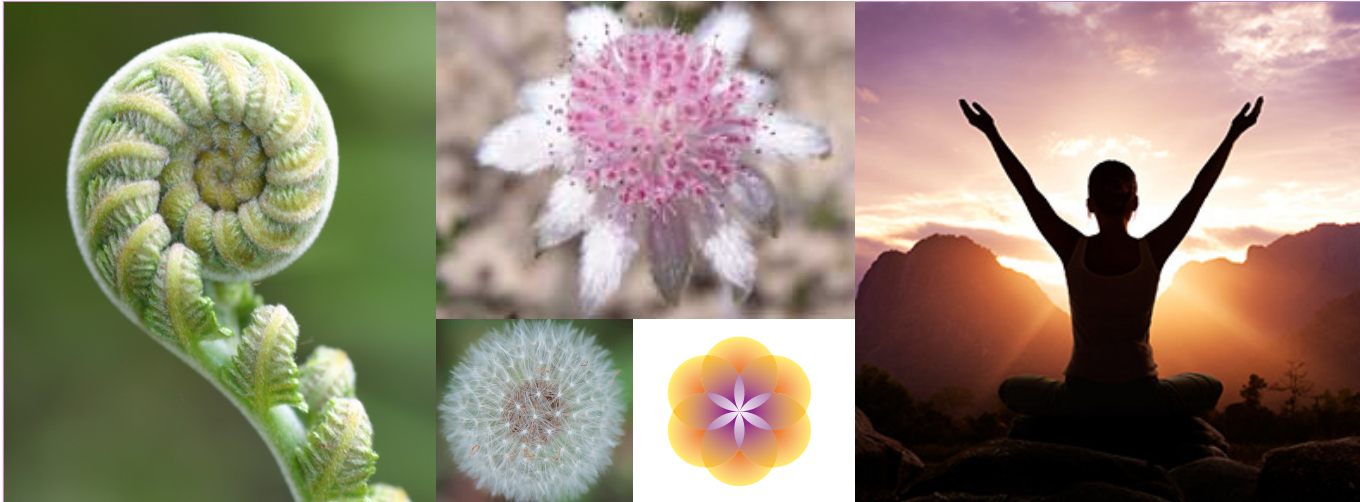
Member Australian Counselling Association, Australian Bush Flower Essences Society

# Sacred Change



*A holistic approach to health, happiness and fulfillment, from the heart of your being.*

*"We are what we eat, drink and think!"*  
*Hungry for Change Documentary*



## Receive healing support

### HOLISTIC COUNSELLING

- Feel heard and understood
- Feel safe to express your thoughts and feelings
- Gain insight and awareness, the keys to creating change
- Release old patterns of thought and behaviour
- Feel inspired to be yourself
- Achieve life goals of happiness, health and fulfillment

### BUSH FLOWER ESSENCES

- Balance thoughts and emotions
- Support you body's healing capacity
- Relieve fear, stress & anxiety
- Increase confidence & self esteem

### REIKI JIN KEI DO

- Feel relaxed, nurtured and supported
- Support you body's own capacity for healing
- Restore harmony and balance in body, mind and spirit

## Imagine ...

What it is like to experience...

- ✓ Less stress
- ✓ More confidence
- ✓ Having clarity and purpose
- ✓ A sense of freedom
- ✓ Greater sense of self
- ✓ Acceptance
- ✓ Feelings of harmony
- ✓ Improved health

Sacred Change services are aimed at enabling you to achieve what it is you would like to experience in life.

Having insight in the *Laws of Nature* and with holistic support to help you deal with any obstacles, your ability to create profound and lasting change is greatly enhanced.

Sacred change offers holistic services to anyone who senses that there is more to life and who is committed to develop their life's potential. When you realize that change is a natural part of our reality, you feel empowered to create it!

If this resonates with you in any way, I will be grateful to support you on your quest for insight, healing & transformation. *Esther*