

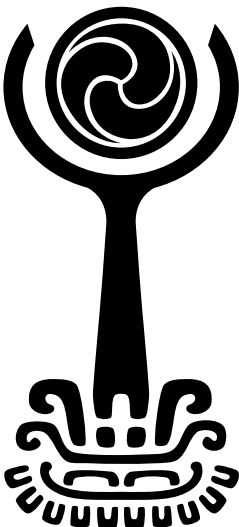
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Do you remember how it feels to **CREATE WHAT YOU WANT IN YOUR LIFE**?  
Would you like to **REGAIN YOUR PEAK HEALTH and PERFORMANCE**?  
Do you want **BALANCE and INNER PEACE** in your life?

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*“My intention is to empower you to deeply initiate your own inner healer and healing journey in whatever way is just right for you. I am an ally standing with you on your path towards greater freedom of body, mind and spirit. I invite you to step forward and embrace the possibilities.”*

– SARAH LIDSEY



# LifeForce Healing

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The RESTORATION of LIFE FORCE and  
NATURAL BALANCE through HANDS-ON HEALING

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{ Sarah Lidsey }

“Sarah carries with her a palette of sacred land energies into which she can tap so as to provide just the right energy for her client’s unique needs. Her connection to the Source of Life enables her work with clients to powerfully re-invigorate and realign them to their unique connection to life, profoundly healing mind, body and spirit. Her sense of integrity and respectfulness cannot be overstated. I would highly recommend anyone to experience her healing work.”

– PATRICIA F., CA  
International Workshop Leader and  
Energy Practitioner

“Sarah has an extraordinary depth of presence which has had a profound effect in my healing experiences with her. They have had a deeply grounding effect on my body and being. Her healing mastery connected into the deep structures of my body, radiating and strengthening the very foundation of my being and supporting my connection to the truth of who I am.”

– KRISTINA KINCAID, NY

## What are the benefits of working with LifeForce healing?

- **Alignment** with your deepest wishes—the ability to move forward in life
- The **Evolution** and **Transformation** of Consciousness
- **Resolution, Clarity,** and **enhancement** of all aspects of relationship
- **Enjoyment** emerging as the staple element of your life
- **Elimination** of old patterns of behavior
- **Speeded** and **Enhanced** recovery from injury or illness
- Feeling **Grounded, Centered,** and more **Balanced** in Life
- **Fewer** jagged emotions and more **Constant** sense of wellbeing

It might well be that you already feel fantastic and you would like help taking the next steps forward in your journey. Great! This too is incredible sacred work that is ideally suited to LifeForce’s non-dual energies.

## What is LifeForce Healing?

LifeForce consists of energies, rhythms, and tones. They emanate from Source and the earth’s unified field and easily connect you to the universal structures and primal frequencies that assist you to make life enhancing changes. With LifeForce obstacles that hold you back in your life are cleared; elements that have become depleted regenerate; aspects that no longer serve you are transformed; and your natural vitality is restored. This happens naturally in a way and at a speed that suits you. *LifeForce comes from Source to You.*

“I found the long distance healing with Sarah unique in how connected we were. Though on the phone, I had active physical responses during the session and felt the energies working deeply in my body. Her transmission of LifeForce to me was amazing. I felt blissed out afterwards.”

– GLORY W., OR

## Why is LifeForce Healing so transformational?

- In LifeForce energies your essential divine perfection is reflected to you, so you remember who you truly are.
- LifeForce charges, repairs, and balances your entire physical and metaphysical being, and facilitates healing on all dimensions.
- You change without experiencing emotional drama or pain. They are irrelevant here.
- You are able to evolve the core of your being naturally, seamlessly, painlessly, so that you can live from a place of increased health and happiness.

## LifeForce healing can help you guide yourself fearlessly forward.

Included in the following intentions are some concerns that you too may want to address in your sessions:

“I am experiencing a lot of change in my life and I would like to feel supported.”

“I feel that I have lost my way. I want to find my true path.”

“I cannot seem to attract what I want into my life—job, relationship, abundance.”

“I am exhausted, very emotional, and stressed. I need help in regaining my natural vitality.”

“I am ill and I want to do all I can to speed up and assist my recovery.”

“I am so grateful for the healing you gave me. Besides feeling wonderful afterwards, I felt a palpable shift the following day around the fear issue that we were addressing in the session.”

– A. CASALE, NY

*“I am adept at traversing the energetic planes, holding you safely and aligning with your sacred desires and intentions to change. I encourage you to open to your true nature. In doing so those parts that prevented you from embracing your full potential transform. Then you can permanently live from a place of better health and happiness.”*

– SARAH LIDSEY



## About Sarah Lidsey

Sarah graduated as a certified energy field therapist/healer from the internationally recognized Barbara Brennan School of Healing. She is also certified as a practitioner of VortexHealing® Divine Energy Healing. Sarah's passion for travel and her recognition of the importance of pilgrimage in life has taken her to sacred sites around the world. In her own healing journey she continues to deepen into and explore the true nature of being with sages and healers from around the world.

Sarah helps you to clarify what you want to create in your life and then she helps you get it! The positive choice you make when you show up for a session provides the space for healing energy, love and understanding to flow. Each concern that you bring forward is brought into consciousness, addressed and transformed so you live in a new way.

## Scheduling an appointment

While many of my clients work with me in person, I also practice distance healings by telephone in this country and abroad. Healing energy can be transmitted over any distance with equal sensitivity, strength, and effect.

To make an appointment, or for more information, contact Sarah by phone at **1.917.981.0442**, or through her website **[www.livinglifeforce.com](http://www.livinglifeforce.com)**.

*“Words fail to capture the marvelous, nourishing support I received at every level of my being, and that was just for starters! I cannot imagine a better partner for co-creating such a joyous and inspirational journey into my Being.”*

– MARY B. O'MALLEY, MD, PHD., CT