

LAURI INGRAM

Spiritual Coach



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Lauri Ingram is a seeker of truth, motivated by her curiosity and desire to lead others on their own journeys of self-discovery. She understands that we all long to lead a fulfilled life, and that it is in the journey that we find fulfillment as we discover our personal truths. As a trained mindfulness advocate in the workplace, Lauri discovered the vast benefits mindfulness has on easing anxiety by changing our relationship to emotions and thoughts.

This discovery led her to become trained in other avenues of alternative and complementary healing, so that she could move beyond her corporate IT experience, to offer more sophisticated healing to others looking to explore who they are in a more spiritual sense.

In addition to being a Certified Interspiritual Counselor and Advanced Crystal Dreaming Practitioner, she is certified as an Etheric Crystal Light Practitioner, Color Therapist, Usui Reiki Levels I and II, and a Cosmic Smashbooking Guide Lauri is also a teacher of Crystal Dreaming, an advanced shamanic modality that provides a profound opportunity to heal wounds and traumas, explore lives and lessons, ultimately connects clients to their highest selves and to those beings that guide us. She was ordained as an Interfaith/Interspiritual Minister in June 2019 from One Spirit Seminary, and also completed certification as an Interspiritual Counselor in June 2021.

Speaking Topics

- ✓ Why Mindfulness Matters
- ✓ Chakra energy as a path to well-being
- ✓ Crystal Energy for everyday living
- ✓ Discovering What you seek in life
- ✓ Ikigai: Your Reason for Being
- ✓ What is Consciousness

Get In Contact with me TODAY!

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