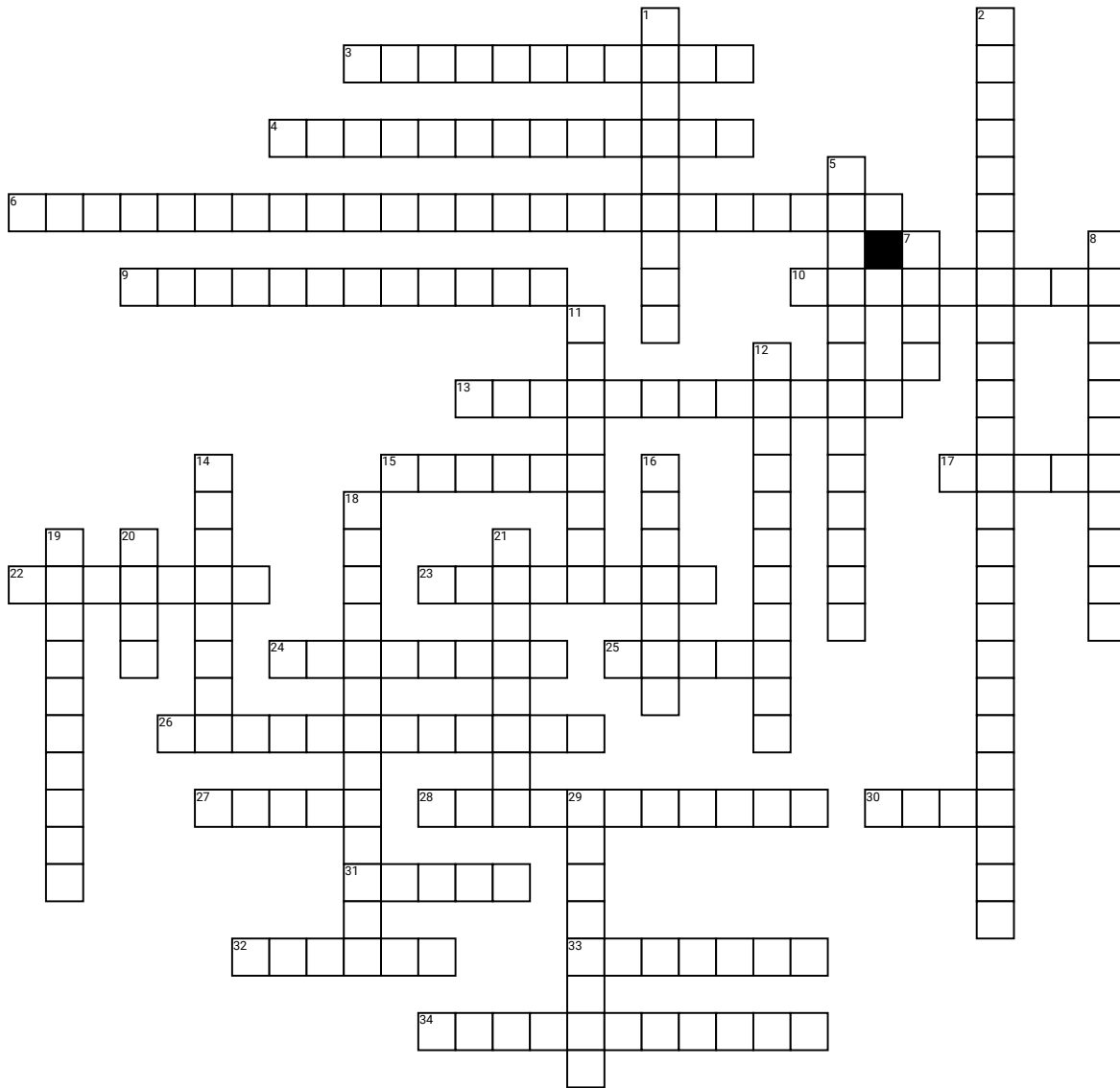


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Calming Crossword



## **Across**

- 3. The art of being present in the moment.
- 4. Aromatherapy uses these.
- 6. What do the initials SAD stand for?
- 9. Something you would hang by your bed to guarantee happy dreams.
- 10. Ladies of a certain age may be going through the ?.
- 13. Therapy that requires you to listen to my voice.
- 15. Scared of something rational or irrational.
- 17. Men are from Mars, Women are from ?.
- 22. The opposite of busy.
- 23. Learn something new at a one day ?.
- 24. Purple crystal.
- 25. Founded by Dr Mikao Usui

- 26. Therapy using smell.

- 27. What goes around comes around.
- 28. If you imagine yourself walking along a beach you would be doing what?
- 30. Indian tribe, founders of ear candling.
- 31. The opposite of sad.
- 32. A small round red fruit.
- 33. Swirling energy centers in the body.
- 34. Therapy done to your feet.

## **Down**

- 1. Network of energy lines that run around the body.
- 2. Tapping therapy
- 5. Author of Reiki for Life.
- 7. Your higher self is also known as your ?.
- 8. Begins with the word Indian ? ?.

- 11. The name of the pattern of colouring sheets attached to this newsletter.

- 12. Neuro linguistic ?.
- 14. The queen of essential oils.
- 16. ? Yourself Workshop.
- 18. The highest level of Reiki.
- 19. You can do this sat in the lotus position.
- 20. The opposite to anxious.
- 21. Stones that come from the earth and have great power.
- 29. If you cant stop doing something you are said to be ?.