

## ILLUMINATIONS

Our physical body is surrounded by a Luminous Energy Field, which is an invisible matrix that holds the imprint of all our karmic, personal and ancestral memories, traumas and wounds. These imprints can become activated to mirror a personal history that repeats itself by compelling us towards behaviors, relationships, accidents or illnesses that replicate the original trauma. An Illumination is the shamanic **clearing of the negative imprints in our Luminous Energy Field**; it is an ancient energy healing technique that comes from the Q'ero shamans of Peru, the descendants of the Inca.

### An Illumination is helpful when:

- You feel stuck in a behavioral pattern which continues to repeat itself
- You are struggling to heal from traits (health or emotional) that are part of your ancestry
- Emotional traumas of your past continue to haunt you and do not respond well to other healing modalities

The illumination includes crystal extraction and chakra balancing, as well as clearing negative patterns and imprints - **transforming your wounds into sources of power and compassion.**

In the Inca tradition of Illumination, the imprints to the Luminous Energy Field appear as sluggish energy around the chakras. During the healing, the heavy emotional energy of the imprint is drained through the chakra; then, the imprint itself is erased through the use of focused intention and breath. When the imprint is erased, you are **no longer informed by the wounds of your past or ancestry.**

## SOUL RETRIEVALS

Soul Retrieval is founded on ancient practices for recovering the Essential Self - those integral aspects of the Self lost due to pain or trauma. This is a journey into the subconscious to retrieve / restore what has been lost and takes the form of a guided meditation during which Stephanie tracks the energy. **Discover the source of an original wounding and rewrite outdated soul contracts to revive your essential grace and reawaken your true potential.**

## MEDICINE WHEEL CEREMONIES

As the keeper of the medicine wheel, Stephanie creates sacred space, where all build their own bridge joining heaven on earth. The Medicine Wheel with its many teachings shows us our relationship within the wheel of life.

Earth Rhythms such as full moon, new moon, solstice and equinox cycles and the occasional cosmic event are acknowledged in ceremony. "Participating in sacred ceremony helps to bring us into alignment with the natural flow and rhythm of life."

# Healing Sessions with Stephanie Phelps

**Schedule your Illumination, Soul Retrieval, Private Reading or Counseling:**

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**STEPHANIE PHELPS** is a Medicine Wheel Keeper, Ceremonialist, and Shamanic Healer. Stephanie has followed a path of heart and vision.

Having traveled extensively, she has worked and studied with people from many cultures. Her passion lies in assisting those who wish to heal and transform their lives. She is honored to be part of a lineage of shamanic healers having received the Karpays or rites of passage and initiation, which have been passed through the lineage of the Q'ero Indians. As an intuitive healer, guide and Medicine Person, Stephanie will be honored to work with you on your personal journey to healing the mind, body and spirit.

Stephanie is also available for Mediumship, Angel Therapy, Mentoring, Ceremonies, Drum Journeys and Guided Meditations, Sedona and Sacred Sites Day Tours, Workshops and Speaking Engagements.