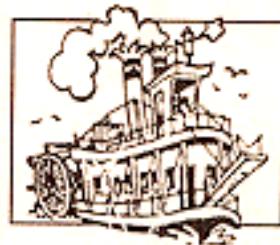


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## Spiral Visions offers connections to higher levels of awareness

Phylameana Désy has always been interested in higher levels of awareness. That interest has evolved into Spiral Visions Healing Services, enabling her to focus on her life's work as a healer, teacher and energy worker.

At Spiral Visions, Désy's hands-on healing work includes Reiki Classes, Reiki Treatments, and Chakra Cleansings. Astrological Charts, Intuitive Counseling, and Flower Essences also make up part of her healing treatments.

### Spiral Visions Healing Services

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Phylameana Désy focuses on her life's work as a healer, teacher and energy worker at Spiral Visions Healing.

As an Usui Reiki Master, Phyl offers both Reiki treatments and classes. A simple definition of Reiki: hands-on healing that relaxes the client, by the use of energies flowing through the facilitator's palms directly to

Continued on Page 34

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## Spiral Visions Continued from Page 22

any imbalanced areas of the client's physical, spiritual, mental, and emotional body.

Phyl states "There are no limitations as to what Reiki has to offer." Clients seek out the gentle energy of Reiki for reasons such as depression and sickness. Its effects are beneficial for many things, like relieving stress and pain, relaxing muscle spasms, accelerating natural healing, and releasing emotional blockages.

Spiral Visions also offers a different type of hands-on healing. Chakra Cleanings clear the energy field of blocks, helping the client to address issues holding

him/her back from moving forward in their lives.

Désy describes Chakra Cleanings as very different from the relaxing love energy of Reiki. "They can be very startling."

That's why the healing services available at Spiral Visions are very individualized and also include flower essence consulting, intuitive counseling and body sweeps.

Intuitive counseling and body sweeps give Phyl an opportunity to share visions and intuitive messages with her clients. The body sweep is an interactive session delving deep into the central communication centers of the body, pulling out blockages and muck. Paired with intuitive counseling, the process enables the client to connect to higher levels of awareness.

This is part of Phyl's life purpose: serving to heal and helping others link to their own higher levels of awareness.

Désy really has known since early on that she would eventually begin Spiral Visions. "When I first became aware of my visual strengths, the first vision I saw was that of a spiral," she explained. And hence, the groundwork for Spiral Visions was formed.

In high school, she began to delve into tarot cards and astrology. In her early twenties, Phyl would give tarot readings in the evenings after her nine-to-five job.

"This is when I began to realize I was a visual sensitive," Désy said. Everyone is intuitive in some form, she

*Continued on Page 37*

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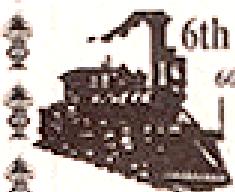
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## Spiral Visions Continued from Page 34

explains. In addition to being visually intuitive, people can be sensitive in audible, feeling or knowledgeable forms.

"Although I use all four, I've been strongest visually from the beginning," Phyl explained.

In the last five to six years, Phyl's focus has intensified on the healing arts. No longer working full-time, she could devote her energies to what she really wanted to do.

"The internet played a big role in this," she explained. "It was a way to get me out there, present myself in a private way...I tend to have hermit qualities."

Her first web site centered on astrological services; although astrology only represents about 10% of her

business now.

Phyl spent a year studying astrology and does her own interpretations for clients. She recommends that her clients have a natal chart done, if they've never had one. "It's a good way for someone to get in touch with who they are," she said.

A few years ago, she began to delve into hands-on healing, taking classes in Iowa City to learn techniques. She also trained with a Reiki Master over a year and a half period, herself becoming a Reiki Master.

"When I first began doing readings," Désy said, "I didn't realize I was already doing healing work."

Hand-in-hand with these types of healing therapies is flower essence consulting. Désy says that all flowers are spiritual healers; each type has properties to deal with specific concerns. In comparison to herbal remedies, which can come from any part of the plant and

heal physical ailments, flower essences involve only the petal of each plant.

As a flower essence practitioner, Phyl provides local, as well as many internet customers, with appropriate flowers for individual concerns or needs.

Désy's success on the internet and her concentration on healing has led her into another venture. For the last year and a half, she has been employed by the Mining Company, an internet search engine, as their healing guide. Phyl spends time each week writing feature articles on alternative healing, as well as searching out the best web sites for that category. Recently, they asked her to create a web site for the city of Burlington, which she also does.

What does the future hold for Phylameana Désy? "I'm pretty content with where I am and what I'm doing," she says teaching, healing and providing connections for her Spiral Visions clients.

Call Phyl at (319) 752-9548 for more information or to schedule an appointment; or she can be located at [www.spiralvisions.com](http://www.spiralvisions.com).

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