



WHERE CONSCIOUSNESS EXPANDS
AND THE SOUL ALIGNS

*Integrate
Embody
Evolve*

Insulawanta

UNIVERSAL ENERGY HEALING

*Embody What Has Unfolded.
Open to What Comes Next.*

A DEEPER HEALING JOURNEY
FOR YOUR WHOLE BEING

HEAL

ALIGN

INTEGRATE

EMBODY

EVOLVE

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A Healing That Evolves With You

Where
you are now
is perfect.

Insulawanta is a unique **2 to 2½-hour channelled energy healing**, channelled through Sandy from her Higher Self, Source and the Galactic Council.

It was created to support your whole being throughout the different stages of your spiritual and energetic journey.

You may only be beginning — becoming more aware, seeing yourself or life differently, or sensing something within you starting to open.

You may be moving through healing, patterns, conditioning or deeper change.

Or you may already have experienced significant healing, expanding awareness and energetic shifts and feel ready to integrate and embody what has unfolded, while preparing your whole being for the higher frequencies and expanding awareness to come.

AS YOUR JOURNEY EVOLVES

Healing unfolds in layers

You may work through a layer of a pattern, conditioning or experience according to **what your soul is ready for** at that point in your journey. Another layer may return later when you are ready to meet it more deeply.

And even within a layer you have already worked through, an **energetic imprint or residue** connected with that layer may remain.

Insulawanta can support the clearing of what remains energetically, while also helping your whole being integrate and embody the healing, awareness, higher frequencies and energetic shifts already unfolding within you.

At the same time, it supports your whole energetic system in **preparing for the higher frequencies and expanding awareness** your soul is ready to open to next.

SUPPORTING YOUR WHOLE BEING



HEAL & RELEASE

Supporting what is ready to clear energetically, including energetic imprints or residue connected with layers you have already worked through.



INTEGRATE & EMBODY

Helping the healing, awareness, energetic shifts and higher frequencies already unfolding within you settle more deeply throughout your whole being.



PREPARE & EVOLVE

Preparing your whole being for the higher frequencies and expanding awareness to come, in alignment with what your soul is ready to open to next.

WHERE CONSCIOUSNESS EXPANDS AND THE SOUL ALIGNS

A Journey of Healing, Alignment and Embodiment

*More
balance. A
brighter
you.*

Three stages. One unified journey.

Insulawanta works progressively through three interconnected stages, each supporting a different layer of your energy system. The healing, sound and frequencies flow together as one unified journey, bringing balance, alignment and deeper harmony to your whole being.



Sarandua

auric field healing

The healing begins with your energetic foundation. Sarandua supports the gentle clearing, rebalancing, integration and embodiment of your auric field — creating a lighter, clearer foundation for the healing to move deeper.

CLEAR REBALANCE INTEGRATE



Irindua

chakra & heart healing

The healing moves inward, supporting the flow, balance and alignment of your chakras and heart centre. Irindua helps to release blockages, restore your natural energy flow, and deepen your connection to your heart, inner wisdom, Higher Self and Source.

BALANCE ALIGN RECONNECT



Ratu amoa

cellular healing

The healing moves deeper, working at a cellular level to support the release of old imprints and stored energies. Ratu amoa helps to repair, integrate and activate your Original Blueprint and Crystalline Nature — preparing your whole being for what's next on your soul's journey.

REPAIR INTEGRATE EMBODY



SUPPORTED BY SOUND

CRYSTAL BOWLS & TUNING FORKS

Throughout the healing, carefully chosen sound and frequency are woven into each stage, supporting and amplifying the energetic work, and helping the healing to flow more deeply through your energy system, your body and your whole being.

Sound elevates the energy.

A SACRED JOURNEY FROM ENERGETIC CLEARING TO DEEP EMBODIMENT.

WHERE CONSCIOUSNESS EXPANDS AND THE SOUL ALIGNS

Sarandua

AURIC FIELD HEALING

*Clearer
energy.
A lighter you.*

The healing begins with your energetic foundation.



Sarandua works with your auric field — the energetic field surrounding your body.

As you move through life, healing and greater awareness, your energy is also changing.

Sometimes you may have already worked through a layer of a pattern, conditioning or experience, yet an energetic imprint or residue connected with that layer may still remain within your auric field. Sarandua supports the gentle clearing and rebalancing of what is ready to shift energetically.

But it isn't only about clearing. It also supports your auric field in integrating and embodying the healing, awareness, energetic shifts and higher frequencies already unfolding within you — creating a clearer energetic foundation for the healing to move deeper.

CLEAR • REBALANCE • INTEGRATE

Creating the energetic foundation for what comes next.

Irindua

CHAKRA & HEART HEALING

*Balance
Align
Reconnect.*

The healing moves inward.



Irindua works with your chakras and heart centre, supporting the flow, balance and alignment of your energy centres.

Your chakras play an important role in how you feel — physically, emotionally, mentally and spiritually.

When your energy is flowing more freely, you may experience greater inner balance, clarity, emotional release and a deeper connection to your heart, your inner wisdom, Higher Self and Source.

Irindua supports the release of blockages, the restoration of your natural energy flow, and the realignment of your energy centres.

This stage helps you reconnect with your heart and open more fully to who you are — bringing more harmony, vitality and alignment into your whole being.

BALANCE • ALIGN • RECONNECT

Opening you to more of who you are.

WHERE CONSCIOUSNESS EXPANDS AND THE SOUL ALIGNS

Ratu Amoa

CELLULAR HEALING

*Repair.
Integrate.
Embody.*

The healing moves deeper.

Ratu Amoa works at a deep cellular level, supporting your body on an energetic and vibrational level.

At this stage, old imprints, patterns and stored energies that no longer serve you can be released, helping your body to realign and integrate on a deeper level.

This stage supports cellular healing and integration, and activates your Original Blueprint and Crystalline Nature.

As your cells receive these higher frequencies, it can support greater vitality, harmony and alignment throughout your whole being — physically, emotionally, mentally and spiritually.

Ratu Amoa helps you embody the healing, awareness and higher frequencies, preparing you for the next steps on your soul's journey.

REPAIR • INTEGRATE • EMBODY

Preparing your whole being for what's next.

WHERE CONSCIOUSNESS EXPANDS AND THE SOUL ALIGNS

SOUND & FREQUENCY

THE SUPPORT
THROUGHOUT

*Vibration
brings
transformation*

Sound amplifies the healing.

Throughout Insulawanta, carefully chosen sound and frequency are woven into each stage.

Crystal bowls and tuning forks support and amplify the energetic work, helping the healing to flow more deeply through your energy system, your body and your whole being.

Sound works with vibration — reaching places where words cannot. It helps to clear, align and integrate, supporting you in receiving the higher frequencies and energies being channelled.

The frequencies create a harmonious environment for the healing to unfold, guiding you into a deeper state of relaxation, receptivity and energetic alignment.

This support flows throughout all three stages, enhancing the healing and helping you to embody the changes on a deeper level.

AMPLIFY • ALIGN • DEEPEN

Supporting your whole being through healing, sound and higher frequencies.

WHERE CONSCIOUSNESS EXPANDS AND THE SOUL ALIGNS

Questions You May Have

*Everything you may wish to know
before experiencing Insulawanta.*

*Curiosity
is always
welcome.*



Do I need experience with energy healing or spirituality?

Not at all. Insulawanta can support you whether you are only beginning to become more aware or have been moving through healing and deeper inner work for many years.



Do I need to know what I want to work on?

No. You don't need to arrive with an intention or know what needs to shift. The healing unfolds in alignment with your sovereignty, highest good and soul readiness.



Will Insulawanta do the inner work for me?

No. Your inner work remains your own. Insulawanta works alongside your journey, supporting what may remain energetically and helping your whole being integrate and embody the healing and awareness already unfolding.



What if something I have already worked through comes up again?

Healing often unfolds in layers. Something familiar may return because you are ready to meet another layer of it. This doesn't mean the work you have already done has been lost.



Do I need to feel something for the healing to work?

No. Your experience may be noticeable or very subtle. There is no particular way you need to experience Insulawanta.



Why is the healing 2 to 2½ hours?

The time allows the healing to move progressively through the auric field, chakras and heart centre, and deeper cellular level, with space for a short breathing exercise to prepare your body, mind and soul, a comfort break, and a grounding exercise to close.



Can I experience Insulawanta more than once?

Yes. As your journey evolves, you may feel drawn to return at another stage. There is no set number of sessions you need to have — allow your own inner knowing to guide you.



How do I prepare, and what happens afterwards?

You will receive our separate Before Your Healing guide to help you prepare yourself and your space, and our After Your Healing guide with gentle support for grounding, integration and embodiment.

Is Insulawanta a replacement for medical or therapeutic care?

No. Insulawanta and energy healing are not a replacement for professional medical advice, diagnosis or treatment. If you have any health concerns, please continue to seek the guidance of your GP or a qualified healthcare professional.

Still have a question?

Please reach out to us before your healing. We are happy to help.

Your questions are always welcome.

Thank You

FOR BEING PART OF THIS JOURNEY



Heal.
Align.
Embody.

Thank you for taking the time to read this guide and for being open to receive Insulawanta.

Your willingness to invest in yourself and in your wellbeing is a beautiful step on your journey.

Insulawanta is here to support you where you are now — and to walk alongside you as you integrate, embody and prepare for what comes next.

Trust the process.
Everything is unfolding in the right way and divine timing for you.

May this healing support you in a way that serves your highest good, and may you continue to move forward with greater ease, alignment and trust.

With
gratitude,
Derek &
Sandy



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INTEGRATE - EMBODY - EVOLVE

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