



Cleansing
Harmonizing
and Balancing
Your Energetic System
Through Chakra
Awareness

I AM

ENERGY CLEARING

Workbook



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CHAPTER OUTLINE

Each chakra will have its own chapter (7 main energy centers)

- a. The beginning of each chapter will include location, color, element, gems, essential oil, musical note, and plant associated with each individual chakra.
- b. The body will cover what to expect if a chakra is shut down or working properly.
- c. The "I Am" affirmations highlighted with impactful images and color.
- d. Post Clearing Observation Journal Pages

“I AM”

ENERGY CLEARING

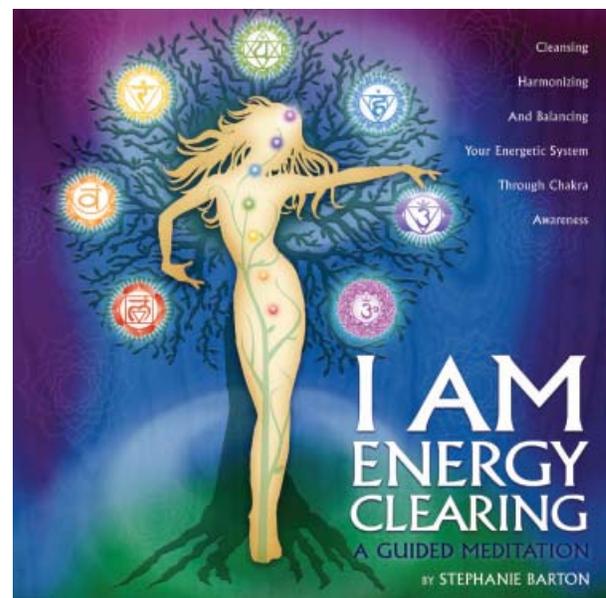
Introduction to Chakra Awareness

The intention of this book is to help clear the way for you to experience and claim the many possibilities and gifts the universe has to offer. Consider this an introduction into understanding what a chakra is and how it can serve or hinder your life. You will find yourself feeling open and connected with a higher awareness of how your energy plays a part in creating your reality.

We exercise our minds and bodies for optimal health. Now science is proving that by paying attention to our energy and connection to intelligence, we are able to become more conscious creators of our reality. Chakras have been recognized by eastern and ancient shamanic cultures for thousands of years. Many “westerners” have been intrigued, but the concept has seemed overwhelming. Here is your shortcut. It’s time for the entire human race to expand, open, and thrive.

When I first began energetic clearing years ago, I felt like the experience took place only in my imagination, but I continued to practice and began to see amazing shifts in my life. I decided to integrate “I Am” affirmations with my personal clearing to give me a deeper connection to my internal experience. I received such profound insights and results that I began teaching the clearing to clients and students. I was interested in seeing whether my personalized concept would have the same positive effect for others as it had for me. People began releasing fear simply by recognizing how they felt in specific parts of their body. They also began to realize how negative self talk had been impacting their reality. The overwhelming response to create a recorded version had to be answered, thus the CD was born!

The guided visualization CD is included in this package as a tool to help you stay on track and focus during your energy clearing. The journal pages included at the end of each chapter are a great way to track your experience and take





you even deeper into self awareness. As you continue to practice, you will notice your days becoming more inspired and effortless once you tap into the unseen power of your own energy. When things aren't working in a certain area of your life, you will learn how to connect the issue to one or more chakras, do a clearing and make the correction energetically. Use it as a tool to heal anxiety and fear in your body and mind, and you will find it shifting your physical reality as well.

As you continue to practice, spend time writing in the observation journal sections of this book. Meditate on the specific chakra or emotion that needs to be tended to once it is brought to light from the clearing. Use the cards to help you visualize the specific chakra and imagine the color of light that corresponds with it as you go deeper into your own meditation. You WILL notice subtle, positive shifts and be amazed as you claim new and empowered parts of yourself through this process. You will learn the importance of staying grounded and connected to the wisdom of the earth, while connecting and listening to your own higher guidance and direct line to the universe. As your energetic field expands, so will your life, your relationships, and your creativity. As we heal ourselves and enhance our awareness, the planet and mankind receive the gift as well.

There are many wonderful books and teachers to support further study and to delve deeper into understanding your chakras. I am glad you are starting here. I feel it is time for this simplified version and information to whet your appetite and curiosity of your role in the energetic pool of life.

The I AM clearing is designed to remind you of the truth of who you really are. It is my wish for you to find inspiration, joy, and connection through this journey. Enjoy the ride and stay open to the magic. You are a powerful creator.

Stephanie Barton



INTRODUCTION

For practical purposes, I want to give you a definition and image of what chakras are, so your mind can relax and visualize them while listening and practicing the guided visualization.

The word “chakra” comes from the Sanskrit word meaning wheel. Think of these wheels as spinning discs of light. We each have seven primary chakras starting at the base of the spine and ending at the top of our head. Picture a funnel lying on its side with the wide open mouth extending beyond your body and the end of the cone connecting in the center of your body (near your spine). The reverse happens in the back. There is a web within the funnel that filters different energies into our systems, creating harmony or discord depending on our awareness. Think of these energy centers as your antennas to the universe. When a chakra is functioning optimally, it is clear and available to receive love based energy, which is what we all strive for every day. By being aware of what you are attracting or choosing to hold onto in your energy centers, you can access tremendous personal appreciation and power. The key is taking personal responsibility for your inner state and reality.

As I guide you through the meditation with the CD, pick a specific method that works best for you to clean and clear each chakra. Some people imagine a white feather or cloth wiping away the stuck energy. Some imagine a broom sweeping it out. I personally like to imagine any clogged energy spinning out and dissolving. Choose something that resonates with you. Not everyone will see images. You may just have an energetic sense that something good is happening or feel the energy rearranging itself. It’s OK. Trust any images or thoughts that come to you and stay with it. I use the word “universe” throughout the clearing to keep the concept open for interpretation. You can replace the word with God, Creator or whatever is in alignment with your own belief system. Make it real for you.

I use “I Am” affirmations in this chakra clearing because of the power of the phrase. Always be careful what you are referring to when using “I Am.” Never use phrases like, “I am an idiot” or “I am so stupid.” The universe doesn’t really have a sense of humor and your word is translated as truth. It’s imperative that you are selective about what you are programming into your biocomputer. Be sure to consciously choose positive, loving, repetitive thoughts to feed your system. “I Am” is not intended to discount “we” or “us”. In fact, it’s the ultimate goal to get you to realize that your own positive, clear perception of self actually contributes to the wellbeing of global consciousness. We need to understand our own beauty and power before we can truly recognize it in others. Let’s take the “I Am” to “We Are!”

St. Germain's "I Am" Discourses:

"When the individual says 'I AM,' he is using the Creative Attribute of the Godhead and announcing Creation at his particular point in the Universe.

The vibratory action of the Word 'I AM,' either in thought or spoken word, is the Release of the Power of Creation; and whatever quality follows that Decree is instantly imposed upon the electronic substance in the ethers. This being the only substance and energy in existence whose nature is to be qualified in some manner, it must outpicture the pattern within the Decree.

If the Decree be always for Perfection, then the experiences in the individual's world express the Fullness of the Plan of Life; but if the individual does not send forth that Decree, it is impossible for that Perfection to outpicture in his experiences until the Decree is released into the ethers in which he lives.

Every individual can think Perfection at every instant, if he only will, and it takes no more substance and energy to build Beautiful, Perfect Forms and Experiences than it does the imperfect; but if the individual wants this Perfection expressed in his own world, he must use his own energy to utter the Decree which will release that Perfection unto him. Such is the Law of his Being."



The Root Chakra

CHAPTER ONE

LOCATION: Base of the spine (coccyx)

COLOR: Red

ELEMENT: Earth

GEMS & MINERALS: Ruby, garnet, obsidian, red jasper, smoky quartz, hematite, and bloodstone

ESSENTIAL OILS: Cinnamon, sandalwood, and garlic

MUSICAL NOTE: C

PLANT: Sage

The root chakra is associated with the physical plane and your connection to it. There are several ways to tell if you are out of balance with this chakra.

An unbalanced root chakra can contribute to all kinds of upsets in your everyday life. Stress about finances, your physical body, your home, safety, and basic security are all due to your root chakra being out of sorts. By learning how to notice these imbalances, you can energetically make the connection, clear your chakra and make the adjustments in your physical world.

The root chakra is the connecting force to Mother Earth and is what keeps you grounded. Being grounded is essential to living a conscious life and making choices for your highest good. When you are grounded, you are able to be present and aware of the people in your life as well as your surroundings.

Once you claim your connection to the planet as well as the whole of the human race, you will know that all worries are a waste of time. If you are truly the master of your reality, what is there to worry about? Take responsibility for your own actions and thoughts by staying grounded, claiming your power, and embracing your gift of life.



When your root chakra is balanced, you will feel a sense of protection and unwavering certainty that all is well. You will soon see the gifts the universe has to offer you. Eating a healthy diet, getting physical exercise on a regular basis, and taking impeccable care of your body are all fabulous ways to keep your root chakra cranking.

ROOT CHAKRA

I am perseverance. I am grounded.

I am the master of my physical world.

I am the master of my physical body. I am safe.

I am secure. I am stable. I am still. I am patient.

I am healthy. I am success.

I am courage. I am integrity. I am nurturing.

I am selfless service.

ROOT CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the root chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

I am perseverance: _____	I am grounded: _____
I am the master of my physical world: _____	
I am the master of my physical body: _____	
I am safe: _____	I am secure: _____
I am stable: _____	I am still: _____
I am patient: _____	I am healthy: _____
I am success: _____	I am courage: _____
I am integrity: _____	I am nurturing: _____
I am selfless serving: _____	

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Navel Chakra (Sacral Plexus)

CHAPTER TWO

LOCATION: Two inches below the naval

COLOR: Orange

ELEMENT: Water

GEMS & MINERALS: Carnelian, coral, gold calcite, amber, citrine, peach aventurine, and gold topaz

ESSENTIAL OILS: Orange blossom, jasmine, and neroli

MUSICAL NOTE: D

PLANT: Jasmine

The sacral plexus or navel chakra is where your passions and pleasures are stored. Your joy and enthusiasm for life are governed by this chakra, as well as the flow and exchange of money.

When your sacral chakra is out of balance you may find yourself feeling irritable or jealous. This could lead to the unhealthy desire to possess someone or something. You may have a tendency to over indulge in food or sex or you may have trouble being intimate if this chakra isn't clear. Money may be a worry or you may have an unhealthy focus on monetary gain.

By clearing the sacral chakra, it will be easier to embrace change and movement in your life. Rather than fearing and resisting any change, it will be more natural to welcome and embrace something new and different in your world. After all, the one thing that is constant in life is change. No matter what you do, you cannot avoid it. You can, however, make choices that will make the transitions in your life much easier.

New ideas are easy to assimilate when your sacral chakra is clear. You are moving up your power centers and this chakra is where the wheels can really get turning.



You may find you have higher tolerance for people and situations when this chakra is clear. Family ties and relationships are connected to this chakra. Keep it clear and see how your personal exchanges begin to shift. Notice how the flow of money to and from you improves. As far as I'm concerned, this chakra is about enjoying our passionate, physical experience on this planet.

NAVEL CHAKRA

I am passion. I am change and movement.

I am giving and receiving. I am tolerant.

I am pleasure. I am goodness, joy, and beauty.

I am regeneration.

Money flows easily and effortlessly to and from me. I am flow.

I am prosperity and abundance. I am surrender.

I am new ideas. I am health.

I am respect.

NAVEL CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the navel chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

- | | |
|---|---------------------------|
| I am passion: _____ | I am surrender: _____ |
| I am change and movement: _____ | I am new ideas: _____ |
| I am giving and receiving: _____ | I am health: _____ |
| I am tolerance: _____ | I am a team player: _____ |
| I am pleasure: _____ | I am respect: _____ |
| I am goodness, joy, and beauty: _____ | |
| Money flows easily and effortlessly to and from me: _____ | |
| I am flow: _____ | |
| I am prosperity and abundance: _____ | |

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Solar Plexus Chakra

CHAPTER THREE

LOCATION: Over the stomach, just below the sternum

COLOR: Yellow

ELEMENT: Fire

GEMS & MINERALS: Citrine, gold topaz, gold calcite, gold, tiger eye, and amber

ESSENTIAL OILS: Juniper, lemon, and grapefruit

MUSICAL NOTE: E

PLANT: Carnation

It is my opinion that the third chakra, the solar plexus, is where the majority of us have the most trouble. This is the energy center that houses worthiness. The most common issues in people's lives usually come down to lack of self worth.

By clearing this chakra, you will be better able to claim your power and confidence in the world. There is nothing more inspiring than someone who is humble and powerful at the same time.

Humor and laughter are a big component of this chakra. You can gain so much by claiming this part of yourself. We have a tendency to take ourselves way too seriously. Our spirituality starts to show up in this chakra. When we learn to laugh and find joy, we touch the real truth of who we are.

When this chakra is out of balance, there is usually too much focus and emphasis on power or authority. When you are able to really breathe into this chakra, you embrace your power and come from a centered, strong place within. People will notice and you will get the respect and acknowledgement you deserve. If not, you will be so comfortable in your own skin, you won't be as worried about what other people think of you.



SOLAR PLEXIS CHAKRA

- I am energy. I am confidence.
- I am radiant, warm, and awakened.
- I am humor and laughter.
- I am personal power.
- I am humility.
- I am transformation.
- I am centered.
- I am a beacon of light.
- I am worthy.
- I am integrity.
- I am freedom.

SOLAR PLEXUS CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the solar plexus chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

- I am energy: _____ I am worthy: _____
I am confidence: _____ I am integrity: _____
I am radiant, warm, and awakened: _____ I am freedom: _____
I am humor and laughter: _____
I am personal power: _____
I am humility: _____
I am transformation: _____
I am centered: _____
I am a beacon of light: _____

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Heart Chakra

CHAPTER FOUR

LOCATION: Center of chest

COLOR: Green (secondary color is pink)

ELEMENT: Air

GEMS & MINERALS: Rose quartz, green jade, emerald, malachite,
green and pink tourmaline, ruby, and diamond

ESSENTIAL OILS: Rose, lily of the valley, and carnation

MUSICAL NOTE: F

PLANT: Rose, lily, carnation, and foxglove

When you open your heart, good things come to you much easier and faster. When you shut down your heart in protection or resistance, tests and challenges seem to show up in relationships and life seems to become harder than it needs to be.

I am convinced the heart is where we all connect energetically. Could you imagine what the world would be like if everyone opened their hearts in love and compassion? Forgiveness is also an important part of creation and it's important that we forgive ourselves as well as others. This all starts in the heart.

Our hearts are where our innocence resides; memories of childhood pleasures and pains. Past loves and future hopes of love are incubating in our heart.

When we can be compassionate with ourselves and others, things feel much less ominous. By forgiving ourselves for any conceived wrongs to others (or worse...ourselves) we free up major energy to direct in a much more positive direction.



Since the power of creation, in my opinion, is based upon love, compassion, forgiveness, and gratitude, the heart is the energy center where these qualities can really be brought to the forefront and recognized for their softening qualities. We can ease up into the last three chakras and move into a more creative, spiritual space, removing ourselves to a certain degree from bogged down, physical assumptions.

HEART CHAKRA

I am divine, unconditional love.

I am compassion. I am understanding.

I am expansion.

I am acceptance.

I am open. I am harmony. I am content.

I am forgiveness. I am innocence.

I am peace. I am joy.

HEART CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the heart chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

- | | |
|--|-----------------------|
| I am divine, unconditional love: _____ | I am innocence: _____ |
| I am compassion: _____ | I am peace: _____ |
| I am understanding: _____ | I am joy: _____ |
| I am expansion: _____ | |
| I am acceptance: _____ | |
| I am openness: _____ | |
| I am harmony: _____ | |
| I am content: _____ | |
| I am forgiveness: _____ | |

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Throat Chakra

CHAPTER FIVE

LOCATION: Throat

COLOR: Sky blue

ELEMENT: Ether

GEMS & MINERALS: Aquamarine, kyanite, turquoise, blue topaz, lapis lazuli, azurite, and blue agate

ESSENTIAL OILS: Gardenia, blue chamomile, and ylang ylang

MUSICAL NOTE: G

PLANT: Gardenia

Your throat chakra is the place where your own, original expression resides. It is our duty to express ourselves authentically. Your power is your unique creative expression. How do you want people to see or hear you? Through written word, art, communication, singing? We all have a special, unique way of communicating. Our own voice and message does matter and make a difference.

By being your authentic self and fearlessly expressing your truth, you can create a life of joy. When you sell out or swallow your voice, it only creates chaos, victimization, and resentment. By exercising your creative expression, you free your soul and serve the world. We all want to see others express themselves from a positive, unique, inspired place so we can be moved by their fearless claiming of their individuality. This is because it's what each of us truly want for ourselves. Permission to be all we came here to be.

Without your voice and expression, the universe would not be complete. It is up to you to claim your power of expression and serve mankind by not hiding or shrinking. Show up and be your authentic voice. In turn, the universe will give you unprecedented gifts because you have risen to stepping toward your potential and claiming your power.



THROAT CHAKRA

- I am true communication.
- I am creative expression of the divine.
- I am peace.
- I am knowledge.
- I am wisdom.
- I am loyalty.
- I am reliability. I am gentleness.
- I am kindness.
- I am integration.
- I am integrity. I am trust.
- My voice matters. I am heard.

THROAT CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the throat chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

I am true communication: _____

I am creative expression of the divine: _____

I am peace: _____

I am knowledge: _____

I am wisdom: _____

I am integration: _____

I am loyalty: _____

I am integrity: _____

I am reliability: _____

I am trust: _____

I am gentleness: _____

I am kindness: _____

My voice matters. I am heard: _____

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Brow Chakra (Third Eye) CHAPTER SIX

LOCATION: Center of forehead, between the eyebrows

COLOR: Indigo

ELEMENT: Cosmos

GEMS & MINERALS: Lapis lazuli, azurite, quartz crystal, sapphire, tanzanite, and sodalite

ESSENTIAL OILS: Sweet pea, camphor, and heliotrope

MUSICAL NOTE: A

PLANT: Almond blossom

The brow chakra is the place you can find peace of mind and inner guidance. When we learn to access our insight and intuition, we have clearer thoughts and direct focus on our next actions.

By clearing your brow chakra, you can gain better concentration and hear the subtle messages from your higher self. We are able to calm our mind and find inspiration for our next step toward our dreams. Wisdom and guidance can be accessed through this chakra.

Trust and surrender are accessed through this chakra. If we are confused or have a hard time concentrating, the brow chakra is the energy center to focus on. When it is out of alignment, you may find yourself with headaches, scattered thoughts, doubt, or frustration.

Visualization and imagination are an extremely important part of the manifestation process and these functions take place in this chakra. Take time to exercise these energetic "muscles." You cannot begin to fathom the gifts that await you if you do.

There may be times that this energy center literally has pain through headaches, causes pressure in the sinuses, or simply feels foggy or blocked. By spending time clearing and focusing on this



chakra, you will feel a deeper sense of your own highest guidance and release any unpleasant feelings in this area of your body.

Inspiration, the knowing that we are all connected as one, will come more readily when your brow chakra is clear. Once you are in the flow with inspiration, miracles begin to transpire; you will recognize a force which isn't focused on "brain power", but effortless guidance from within.

BROW CHAKRA

I am clear thinking. I am insight. I am intuition.

I am soul realization. I am devotion.

I am concentration. I am peace of mind.

I am imagination. I am wisdom.

I am perception beyond duality.

BROW CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the brow chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

I am clear thinking: _____

I am insight: _____

I am intuition: _____

I am soul realization: _____

I am devotion: _____

I am concentration: _____

I am peace of mind: _____

I am imagination: _____

I am wisdom: _____

I am perception beyond duality: _____

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



The Crown Chakra

CHAPTER SEVEN

LOCATION: Top of the head

COLOR: Violet

ELEMENT: Thought/will

GEMS & MINERALS: Amethyst, diamond, purple fluorite, quartz crystal, sugilite, and selenite

ESSENTIAL OILS: Lavender, violet, and lotus

MUSICAL NOTE: B

PLANT: Lotus flower

The crown chakra is our connection to intelligence, our highest source. When we access and clear this chakra, we are able to awaken to possibilities and receive guidance. It is so powerful to realize that we are not alone and can ask for help through connection whenever we need it.

When the crown chakra is out of balance, you may notice a feeling of being lost or alone. When in reality, the best thing you can do is check into this energy center to access the overwhelming connection to all there is. We are never alone. All we need to do is ask for what we need from a place of gratitude. Clearing and balancing your crown chakra and asking for help from your highest divine guidance can bring forth the awareness and answers we could not imagine in our wildest dreams.

The crown chakra is a powerful place to set an intention for yourself. Manifestation and inspiration are born from this energy center and the realm of all unlimited possibilities are at your command. Be bold and shoot for the stars! A wave of peace will encompass your mind when you surrender to the energy that can be accessed through this chakra.

The effortless guidance that comes from the crown chakra comes from above. It is downloaded



from our highest energetic connection and spirit. This is the place to allow the magic to truly take you places your true heart, soul, and mind desire. You must give it permission and you must also ask for what you want and need. From an innocent child's perspective, let go and watch the miracle of creation take place when you clear this chakra.

CROWN CHAKRA

- I am one with the infinite.
- I am inspiration.
- I am divine wisdom and understanding.
- I am perception beyond space and time.
- I am continuity of consciousness,
- I am selfless service. I am spiritual will.
- I am grace. I am unity. I am serenity.
- I am connection.

CROWN CHAKRA OBSERVATION JOURNAL

What "I Am" affirmations for the crown chakra were difficult for you to recognize in yourself? What is the underlying issue in your life that might be causing resistance to the truth?



Based on your energy clearing experience rate yourself from 1-10 on the following (1 being shut down and 10 being expanded and flowing):

I am one with the infinite: _____

I am inspiration: _____

I am divine wisdom and understanding: _____

I am perception beyond space and time: _____

I am continuity of consciousness: _____

I am selfless service: _____

I am serenity: _____

I am spiritual will: _____

I am connection: _____

I am grace: _____

I am unity: _____

What self talk do I need to correct throughout my day?

Create a new, personalized affirmation and mantra based on the above:



Flowing with the Positive Current

CHAPTER EIGHT

Once you have cleared all your chakras, it is imperative that you ask that they be closed appropriately for protection and set on “receive” mode to make certain you are available to receive all the gifts the universe has to offer you.

Are you noticing you feel more centered, clear, and inspired? Do you feel grounded and connected? Keep practicing and I know you will.

Stalk your thoughts and inner dialogue. Be careful how you speak to yourself. When you start with any negative, connect it to the chakra it correlates with and remember the affirmations for the clearing. Those words are the truth. Use the self depreciating and defeating dialogue as a mechanism to get your attention and switch to a positive current of thought. You will feel so much lighter and joyous.

This book has been written for you as a call to action. So many people think that if you are working with chakras you are in meditation or yoga all the time. My goal is to get you to a beautiful place of awareness where you can move through your life with ease and grace. Take your awareness and grand centered self out into the world and notice how everyone in it responds to you.

Ground yourself.

Fire up your aliveness factor.

Stay centered and know you are worthy.

Open your heart and love completely.

Speak your truth and claim creative expression.

Listen to your intuition and use your imagination.

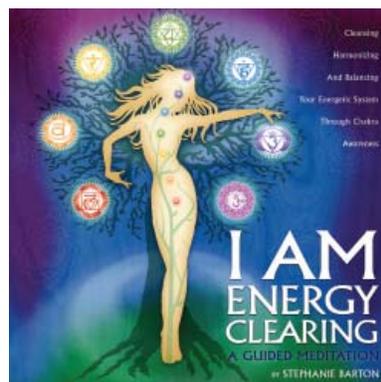
Connect to you highest source in gratitude.

Once you begin to “walk” this clearing in your everyday affairs, you will be creating an amazing frequency in your life and for others. Notice what you notice without judgment.

As we all begin to listen to the truth of who we are, the positive changes that can come from this small movement will be monumental.

Thank you for joining me on this wonderful journey. Always listen to your dreams and follow them. Claim your potential because you deserve everything you want. There is no one better than you, nor is there anyone lesser than you. We are all connected. We are one.

I AM in gratitude.



About Stephanie Barton

For more than 20 years, Stephanie has been immersed in the field of human development, helping people realize their full potential by honoring their dreams and visions. She is the founder of Life Dream Coaching, an international practice based in Park City, UT. She teaches self expansion courses through Continuing Education as well as her own workshops.

She uses her experience and intuitive abilities in helping you gracefully navigate your life through challenging transitions. Whether you are experiencing a mid-life crisis, a divorce or break-up, a career change, or you simply need to re-examine your spirituality and life purpose, she helps guide you to the authentic answers within and provide proven tools to make corrections in your course. By activating your ability to create your reality, you find a new fresh outlook and perception that will permeate every aspect of your life.

Executives and entrepreneurs seek her guidance when they are ready to redefine the direction of their careers and businesses. Her ability to listen and identify core values and truth shines new perspectives to help move the client to a more fulfilling, successful, and balanced work life.

In blending professional life coaching techniques with energy work, she helps clients unlock the mysteries preventing them from living their life



at full capacity. As the creator of the “I AM Energy Clearing” guided meditation and CD, she is dedicated to helping people around the globe



claim personal power and connection through energetic awareness. Some of the techniques used to assist clients achieve positive growth and results are NLP, Gestalt Therapy, EFT, mind mapping, heart coherence, value setting, and chakra clearing.

Her passion for fulfillment is derived from her own zest for life. Always a searcher, she has found meaning and light in what she does, from travel and exploring other cultures to the deep examination of spirituality. She shares her excitement for life with her clients to gently guide them to find their personal version of success, healing and joy.

Clients contact her when they tire of the self-made obstacles standing in their own paths, when they want their hearts to sing with passion, when they want to finally be accountable for their own dreams and goals, and when it’s time for core healing. She offers a safe, comfortable space for clients to move toward breakthroughs.

She has an expansive background in the healing arts as a Certified Life Coach, Transformation Guide, Energy Healer, Dream Analyst, Reiki Master, and Ordained Priestess.

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