

# REFLECTIONS

Living Energetically Aware!



*After Session  
Handout*

A personal note from Peggy Phoenix Dubro

Now that you have experienced the energy of your wholeness during your Reflections session, I would like to offer some suggestions that will help you to manifest your intention and build upon the strength of your wholeness.

***Take time to manage your most precious resource, your personal energy!***

Review your SOFI every day whenever you have the time. First thing in the morning works well for many people. Most importantly, continue to review on a consistent and regular basis for the next 33 days, or until you gain the confidence that you are more clearly focused, and that you are taking effective and appropriate actions to manifest your intention.

***Amplify the Energetic Posture of Heart Centered Presence / Wild Wisdom / Universal Pioneer***

To increase your ability to energetically support yourself, we would like to joyfully share with you an exercise from the EMF Balancing Technique. Say these words silently or aloud, and as often as you want. Fill in the blank space with your SOFI.

*I focus my attention within my center below and on my feet. I choose to be fully present in my body in my daily life as I " \_\_\_\_\_ "*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

*I focus my attention within my center above and on the crown of my head. I choose to express more of my greater wisdom in my daily life as I " \_\_\_\_\_ "*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

*I focus my attention within my heart center. I choose to radiate more of my wholeness/holiness from the core of my being in my daily life as I " \_\_\_\_\_ "*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

**Note:** You may stop here, or you may continue to the Energetic Posture of Wild Wisdom.

*I focus my attention in my solar plexus. I am as I " \_\_\_\_\_ " (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

*I focus my attention in my third eye. Wild wisdom as I " \_\_\_\_\_ " (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

**Note:** You may stop here, or you may continue to the Energetic Posture of the Universal Pioneer.

*I focus my attention in my throat. Speaking as I " \_\_\_\_\_ " (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

*I focus my attention in my right hand and arm. I give as I " \_\_\_\_\_ " (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

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*I focus my attention in my left hand and arm . I receive as “\_\_\_\_\_” (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

*I focus my attention in my feet . I walk in the planet as I “\_\_\_\_\_” (intention here is optional)*

**Breathe deeply, observe and be aware of what you are feeling or sensing.**

As you practice your mastery in daily life, may you grow in your ability to manage your energy with an ever evolving clarity and focus. As we all continue to practice our mastery, let us give the collective intent to evolve our ability to merge our intellect with our intuition, our minds with our emotions, and in so doing to create a new expression of wisdom.

Infinite Love!

Peggy Phoenix Dubro

If you decide to have another Reflection session for this or any other intention I remain respectfully at your service.

*Reflector  
contact information  
here:*