



iPhoenix – The Balancing

from the creative heart and mind of

Peggy Phoenix Dubro

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iPhoenix Energy Session

Suggested Opening Statement

Let us reflect wholeness with one another ... Hold your hands up, palms facing mine...

"During this iPhoenix energy session we will speak with one another in the language of energy patterns. We are communicating with one another core to core, wholeness to wholeness. There will be energy alignments to inspire new energy patterns within your energy field. Please know all of these alignments are according to your inner wisdom. You are saying yes to yourself!"

Then you may ask "How does that feel?"

Depending on the person you may also say ... "Let us share"

Message from the Infinite Universe to the human:

"I am with you always because I am you."

Message from the human to the Infinite Universe

"I am with you always because I am you."

Know the presence of the Infinite is in every cell of your body.

Know the presence of the Infinite is in every layer of your DNA.

Know the presence of the Infinite is in every light fiber of your being.

Take a deep breath and let us begin!



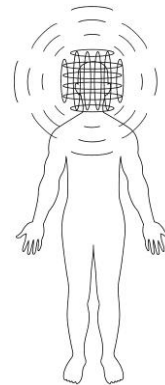
iPhoenix

Transforming the Power of Human Energy

I Sense

Focus on your entire head - that part of your body where you experience sight, sound, smell, taste, and even touch.

Feel, sense, imagine, or think about - a single golden ring of energy above your head. This golden ring represents yet another part of your being. Some may call it angelic, some may call it divine; this single golden ring has always represented a higher plane of consciousness in the history of humanity, of what it means to be a human.



I Sense

Perhaps there is more to you than you can see ... perhaps you are one of those who already know there is more ... Are you ready to know even more? In the spirit of higher understanding and the evolution of your consciousness, let us continue.

Let the new story, the new understandings unfold as we consider the possibility of the presence of more than one golden ring.

Now please feel, sense, imagine, or think about six horizontal rings of golden energy circling your head as you have seen in the illustration. One ring is above your head, one is at your neck, and four rings are evenly spaced in between.

Breathe deeply as you contemplate a balanced image of these energy rings. What is their purpose? Are they an extension of your consciousness? Are they an extension of your nervous system? Do they contribute to your abilities to feel, sense, imagine and think?

Use your imagination, do they remain golden or change color? Is it possible these rings are beneficial as you live your life with greater awareness, as you develop your abilities of mindfulness, and as you evolve your ability to sense in new ways?

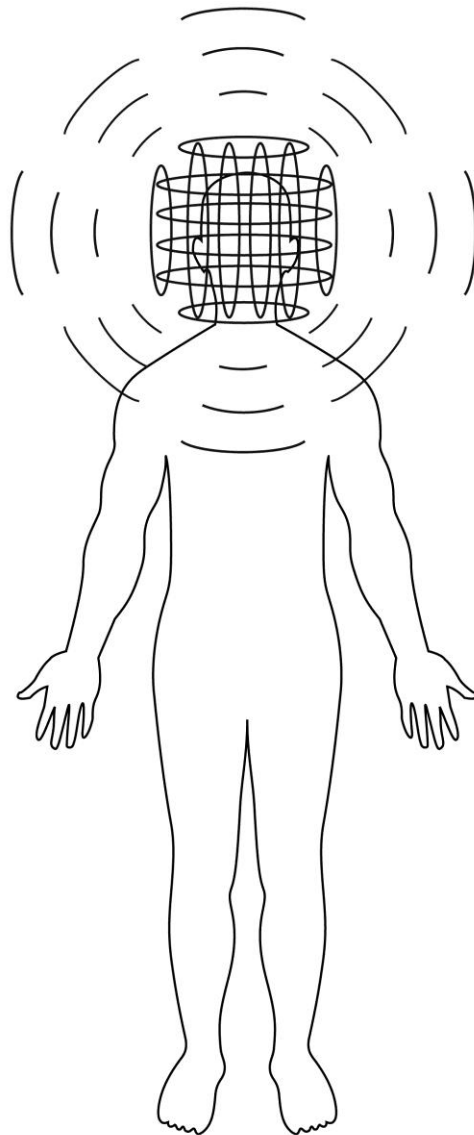
Now please feel, sense, imagine, or think about six vertical rings of golden energy circling your head as you have seen in the illustration. One ring is to the right of your head, one is to the left of your head, and four rings are evenly spaced in between.

Feel, sense, imagine, or think about these energy rings as an extension of your consciousness and as a coherent pattern of energy whose purpose is to strengthen your ability to use your senses to perceive your reality in new ways. Ask yourself "What is important to me? What would I like to know more of? Do I choose to increase my expression of Self in the energy of wholeness? What does this mean to me?"

Now relax, you can return to the practice of inquiry later. Just be with yourself for a moment.



I Sense



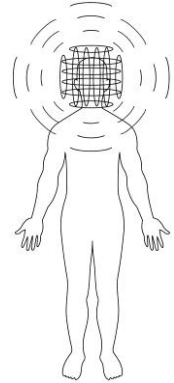


I Sense - Movement

#1 Hold your hands palms together in a prayer like position.

Remember or look at the image of the rings of energy that surround your head.

#2 Open your hands and slowly raise your arms up into a position as if you are holding these rings of energy. Move your hands slowly and observe what you sense or feel. Visualize these rings glowing and responding as you slowly move your hands around your head. What if you were able to adjust these rings into a more balanced pattern? You may feel even now an increased sense of balance, coherence, and well being.



I Sense

#3 Now place the fingertips of your right hand on your forehead, and the fingertips of your left hand on your heart.

Suggested intention to say silently or aloud

#4 Now feel or sense if there are any other adjustments you would like to make. Allow your inner wisdom, the innate wisdom within you to guide the movements of your hands. You may be inspired to speak, silently or aloud any words of encouragement to give yourself.

You know what to do, let the movements flow

#5 When you have finished the movements, once again place the fingertips of your right hand on your forehead, and the fingertips of your left hand on your heart. Perhaps a smile may appear!

#6 When you are ready or feel it is appropriate ... bring your hands back into the palms together position. You have now completed The Balancing for you at this time.

