



Earlier in the training you practiced a brief energy balancing with just the movement of your eyes. This type of energy work at a distance or "hands off" is an accepted phenomenon. Some people are very drawn to this form of energy work, and others are not. We offer the distance session as part of the course. Distance sessions require an uninterrupted focus. If you choose to use the distance session in your practice, there are certain guidelines to follow. These guidelines are intended to insure the integrity of the session as a service of the EMF Balancing Technique®. (The one on one, in person, table work for Phases I through IV is still the preferred way to do an EMF Balancing Technique session.) Please keep records of your distance sessions, just as you record your in-person sessions. This will help us all to grow in our understanding of this work.

You may visualize, draw, read or act out the session, or use a combination of these methods, to perform the distance sessions.

There are four types of EMF Balancing Technique® distance sessions.

#1 Phone Session

With the person listening on the phone, you may

- Talk them through a session - (use the phone session dialogue beginning on the next page – you will notice that the movements are described only one time, and the say alouds and intents are often spoken after focusing on the energetic movement.)
- Simultaneously sketch and talk them through a session. You may use the symbols given in class or sketch the session as you did when you learned each phase.
- Simultaneously act out and talk them through the session (helpful to have a phone head set if you do this).

A live phone session should take no more than one hour. Be sure to allow time for feedback if the person wants to speak.

#2 Long Distance (around the world) Session

Your client may agree to receive a session without being on the phone. Schedule an agreed upon time when you can both work together as client and practitioner. While talking with your client prior to the session, ask for permission to radiate core energy. The client should sit or lay quietly at the same time you give the session - the giving and receiving are done simultaneously. Do not perform the session using another person as a proxy. To complete the service, please be sure to schedule follow-up time to speak with one another and record the client's feedback.

#3 Short Distance (across the room) Session

This method may be used when you are in the same room with a client who is bedridden or cannot move on the table, or for any client requiring a hands off session. You can combine any of the methods (visualize, draw, read or act out) with table work in the same session.

#4 Session On Yourself – Individual Phases or a Combined Session

Instructions to practitioner :

- ▶ The “movements” are only spoken one time during a distance session (not three times).
- ▶ The “ ... pauses ... ” are approximately five seconds – use your intuition.
- ▶ As you go through the phone session, remember to modulate your voice accordingly.
- ▶ Soft background music may help to establish the ambience of your environment.
- ▶ Just before you begin, tell the client the purpose of the intents, which is to help focus and amplify the energy. Tell them that the intents begin with the phrase – “Let us give intent ...” and they may repeat the intents aloud after you say them if they wish.
- ▶ Paragraphs beginning with → are notes to assist you as you navigate through the session.

Preview

→ Note : This preview may be omitted; however, it is given to you here as **an additional energetic preparation** for your session. First, we review the focus of Phase I. This can often cause the energy field or UCL to begin responding, even before the actual session. Then ask your client whether they would prefer to sit or lie down for the session. The client will feel respected, which will help the client be open to greater calibration, increasing your effectiveness as a facilitator of their empowerment! Very nice!

Before we begin, I'd like to briefly review the focus of Phase I.


→ You may read from Peggy’s explanation of Phase I given below, from pages 181 of *Elegant Empowerment*, or describe it in your own words with the support of the Pictorial Review.

“The intent of a Phase I session is to balance the head and the heart. A person who thinks too much without the ability to feel is out of balance. And conversely, someone who reacts mainly through emotion, without reasoning or wisdom, is also out of balance. Traditional thinking has often held mental capacities in higher esteem than the emotional aspects of our personality. We are now beginning to understand that emotion is an important part of a broader, more well-rounded definition of intelligence. The Phase I session helps to create a balance between the intelligence of the mind and that of the heart. Through this balance we will express greater levels of spiritual intelligence. It is desirable to make our life decisions from the perspective of this more integrated Self, and I enjoy encouraging students to explore the idea of ‘thinking with your heart and feeling with your mind’.¹”




→ **Inform your client...**

I will be asking you at a certain place if you choose to increase the radiating of your core energy. Please remember to give me a verbal response before we continue. As we progress through this session let us both give the intent to deeply breathe in these energies and breathe out release, compassion, and peace.

PHASE I PHONE SESSION DIALOGUE (begin here)

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| <p>We begin this time together, conscious of meeting in a place where the limits of time and space are suspended. Please sit or lay in a comfortable position. Relax and focus on the words I say. Together let us focus our attention upon the system of the energy anatomy we call the Universal Calibration Lattice (UCL). Let us first give the opening greeting. Please repeat after me:</p> <p><i>From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.</i></p> | |
| <p>STEP 1 - ENERGETIC BODY PREPARATION</p> <p><i>Let us amplify energetic awareness</i></p> <p><i>Place your attention on the soles of your feet. Focus your awareness on the golden energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest... breathe ... your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice.... and acknowledge the energy of wholeness.</i></p> |  |

¹ Peggy Phoenix Dubro & David P. Lapierre, *Elegant Empowerment*, Platinum Publishing House, 2002, p.181

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| <p>→Right Leg - Amplify Energetic Awareness Place your attention on your right leg and give the intent to amplify your energy down through your right leg and to connect with your Center Below, approximately 24" (60 cm) beneath your feet... <i>(pause)</i>... Let us give the intent to enhance a strong connection to your Center Below.</p> <p>→Left Leg - Amplify Energetic Awareness Focus your attention within your left leg and give the intent to amplify your energy down through your left leg and to connect with your Center Below ... <i>(pause)</i> ... Let us give the intent to enhance a strong connection to your Center Below.</p> <p>→Right Arm – Amplify Energetic Awareness Focus your attention within your right arm and give the intent to amplify your energy down through your right arm, through your hands and out your fingertips ... <i>(pause)</i> ... let us give the intent to increase the radiating of your heart energy, creating greater freedom.</p> <p>→Left Arm – Amplify Energetic Awareness Focus your attention within your left arm and amplify your energy down through your left arm, through your hands and out your fingertips ... <i>(pause)</i> ... let us give the intent to increase the radiating of your heart energy, creating greater freedom.</p> <p>→Focusing Awareness Within The Heart Center Focus your attention within your heart center, breathe deeply and then focus your attention in your Center Above. Give the intent to amplify energy through the heart and to calibrate the golden energy up through the top of your head and to connect with your Center Above (24" – 60 cm above your head). Take a nice deep breath and sense the energy flowing throughout your entire being. ...<i>(pause)</i>... let us give the intent for a strong, clear connection to your Center Above.</p> |  |
| <p>STEP 2 - RADIATING CORE ENERGY Presently I am going to ask if you choose to increase the radiating of your Core Energy. The core energy is a central column of light and energy throughout the length of the body. So now I ask: <i>(Say your client's name)</i> In this moment do you choose to increase the radiating of your Core Energy?</p> <p>→ Wait for an answer ... pause ...</p> <p>Please place your attention on the crown center, at the top of your head. Please slowly bring your attention straight down through the center of your being, to the base of your spine. Breathe deeply. Be at peace in this energetic posture as you give intent to live from this place we call the core.</p> <p>→ You may ask the client "How do you feel?" Allow for an answer, people like to be heard. ☺</p> |  |
| <p>STEP 3 — CLEARING</p> <p>→ Clearing the Solar Plexus This part of the energy session is called clearing. A basic purpose in Phase I is to strengthen and balance the expression of wisdom and the emotions. I will ask you to place your attention in the area of your solar plexus, located above the navel and beneath the ribs ... <i>(pause)</i> ... As we focus on the solar plexus, let us give the intent to accelerate the evolution of clarity within your sense of self.</p> <p>→ Clearing the Vital Energy Centers Place your attention within the energy center at the base of the spine and the creative center just above it. These centers located below the waist are foundation centers and when they are strong and in balance we can reach more gracefully for the higher expression of Self or Soul ... <i>(pause)</i> ... As we focus on the base center and the creative center, let us give the intent to accelerate the evolution of clarity within your vital energies.</p> <p>→ Clearing the Heart Center As we finish the clearing part of this process, I would ask you to place your attention in the heart center. This includes the area of the high heart, or thymus. You may also feel or sense some energetic adjustments in the throat area ... <i>(pause)</i> ... As we focus on the heart center, let us give the intent to accelerate the evolution of clarity within your heart as you express the energy of love. Remember this is a celebration of the strengthening of the heart energy. Enjoy the warmth of the energy of love and remember to nurture yourself first and then share this energy with others. Take a very deep breath and feel a gentle joy, this is you!</p> |  |

STEP 4 - BALANCING

BALANCING THE UPPER BODY

→ Balancing the Solar Plexus

The next part of the session is called balancing. Please place your attention once again within your solar plexus and this time give the intent for balancing ... *(peace filled pause)* ... You may feel a temperature change (warm or hot or cold) accompanied by a feeling of being full and nurtured as the balancing process continues ... *(peace filled pause)* ... At this part of the session, I speak directly to your energy body and say:

This is Universal energy, defined in this moment to be a nurturing and supporting energy. You may receive as much as you choose ... (peace filled pause)... Let us give the intent to balance your sense of self as you express your wholeness.

→ Balancing the Vital Energy Centers

Please place your attention within the base of your spine and your creative center. Give intent for balance within these centers. Calibration, enlightenment, is for every cell in the body, including those cells beneath the waist. Create a strong healthy foundation upon which to build and the blessing of peace-filled balance is the reward. ... *(pause)* ... *Let us give the intent to balance your vital energies as you express your wholeness.*

→ Balancing the Heart Center

Hold your attention within the area of your heart. Give the intent for a deep and lasting balance of your energy in this profound center ... *(pause)* ... *Let us give the intent to balance your ability to demonstrate the energy of love in your everyday life as you express your wholeness.*

BALANCING THE LOWER BODY: HIPS, KNEES, ANKLES

→ Hips

Place your attention within your hip area. *Let us focus on the energy of wholeness ... (pause)... and give the intent to strengthen the energy of wholeness within your hips, your thighs, your knees, your calves, your feet and your Center Below.* Your Center Below is approximately twenty-four inches (60cms) beneath your feet. We effectively connect with the energy of the earth through this center ... *(peace filled pause)*

→ Knees

Place your attention within your knees. Give your intent for balance and strength as you choose the appropriate path for your evolution. *Your energy continues to calibrate to a new resonance as you focus on the energy of wholeness within your legs, your feet, and your Center Below. This calibration assists you in creating strong foundations for the path you choose to manifest in life.*

→ Ankles

Now place your attention within your ankles and give the intent to be comfortably grounded. At this point in the session, I say directly to the energy body:

The key to freedom is to be fully present in your body!

→ Sometimes it is helpful to lightheartedly deliver the message: "Not to worry, you won't get stuck here!" A little humor can calm old apprehensions very quickly.

BALANCING AROUND THE HEAD

In all the phases of the EMF work, we finish by focusing on the energy patterns around the head. So now I will ask you to place your attention within your head. Let us first address the pattern of rings around your head ... *(peace filled pause)* ... *Feel, sense, imagine or think about rings of energy that circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern, according to your inner wisdom.*

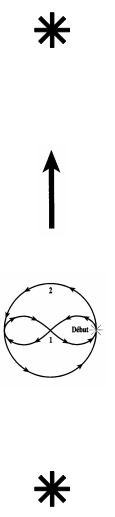

PHASE I OCTAHEDRON

→ Honoring the Wholeness of Wisdom and Love

Specific energy patterns, called light templates, facilitate the unique alignments of this work. *Together let us focus on the first Sacred Template of light and energy. The first template is the octahedron that supports the balanced expression of wisdom and love. May you joyfully embrace the challenge of expressing your wisdom and love in a balanced and vital way in your everyday life.*

I encourage you to feel, sense, imagine or think about the template for Phase I, a brilliant, multifaceted, octahedron shape that starts at your crown, extends to each shoulder and converges at your heart center. *Please visualize an octahedron shaped template of light and energy starting at your crown ... extending out to each shoulder... and converging at your heart center.* Breathe deeply and give the intent to express love and wisdom in sacred balance. Welcome life and the practice of this expression.



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| <p>→ Activating The Template</p> <p>Now let us focus on your high heart center, the area of the thymus.</p> <p><i>Together let us amplify concentrated golden energy through your high heart center and give intent for its complete activation and evolution ... (peace filled pause) ... focus on your forehead. Together let us amplify concentrated golden energy through your entire brain and give the intent for your evolution to accelerate. Nurture the connection between your head and your heart, use your wisdom and love to balance the increased self empowerment.</i></p> <p>→ Amplifying the Core Energy</p> <p><i>One more visualization please. Imagine there is a central column of core energy extending from your Center Below to your Center Above. Feel, sense, imagine or think about this central core radiating with golden energy. Breathe deeply and give intent to increase the radiating of your energy.</i></p> <p>→ Setting the Symbol</p> <p>→ Silently draw the infinity symbol, finishing it with a counter clockwise circle and imagine it above your client's head.</p> <p>→ Final Adjustments</p> <p>Place your attention within your face and focus on both sides of your jaw, just beneath your ears. Together, let us give this loving intent</p> <p><i>If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom.</i></p> |  |
| <p>STEP 5 - CLOSING</p> <p>→ Amplify Energetic Awareness and Grounding</p> <p>We are ready to begin the closing process, which will set the new energy patterns and facilitate an awareness of wellbeing within you.</p> <p>Refocus your attention, you may notice a difference this second time we work with this energy pattern.</p> <p>Place your attention on the soles of your feet. <i>Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head ... (peace filled pause) ... Feel, sense, imagine or think about your entire Universal Calibration Lattice.... and acknowledge the energy of wholeness.</i></p> <p>Take a nice deep breath and sense the energy flowing throughout your entire being. Take another nice deep breath ... (peace filled pause) ...</p> <p>Now focus your attention around your ankles and together let us give the intent for grounding. <i>Remember it is here and now in everyday life you evolve your ability to manifest all that you are.</i></p> <p>→ Back Discharge</p> <p>Place your attention within the lower left side of your back. <i>Let us give the intent to discharge the energy of frustration and to further encourage the energetic posture of support... (pause) ...</i> Hold this intent as you place your attention within the lower right side of your back. Hold your focus again for a few moments.</p> <p>→ High Heart Alignment and Closing Statement</p> <p>Together let us concentrate on the energy within the high heart center, front and back. Give the intent for the energy to build from deep inside this area. Together let us affirm <i>This is a pure place of centeredness and peace and it is always here.</i> You may feel, sense, imagine or think about a strong centering of your being.</p> <p>Breathe deeply. Very good!</p> <p>Please keep your attention on the high heart center in the back and focus on the back of your neck ... (peace filled pause) ... Here are the closing words we like to say:</p> <p><i>(Say your client's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.</i></p> <p><i>I honor you and the Infinite Potential within you. And so it is!</i></p> |  |



Instructions to practitioner

- ▶ Paragraphs beginning with → are notes to assist you as you navigate through the session.
- ▶ Say-alouds instructing the client to turn over or regarding hand placement have been modified or omitted as not needed for a phone session.
- ▶ **Remember:** The power of a phone session can be enhanced by how fully you allow the energies to resonate in your voice. Be at peace, speak from your heart, and simply allow yourself to be.

Preview

→ Note : This preview may be omitted; however, it is given to you here as **an additional energetic preparation** for your session. First, we review the focus of Phase II. This can often cause the energy field or UCL to begin responding, even before the actual session. Then we ask a series of questions that will help the client feel more comfortable and which will help you know what to say during the session. As you gently ask the client his/her preferences, the client will feel respected, which will help the client be open to greater calibration, increasing your effectiveness as a facilitator of their empowerment! Very nice!

Before we begin, I'd like to briefly review the focus of Phase II.

→ You may read from Peggy's explanation of Phase II given below, from pages 182-183 of Elegant Empowerment given below, or describe it in your own words with the support of the Pictorial Review.

"The intent of a Phase II session is to promote Self-direction and Self-support. Phase II builds on Phase I by allowing us to reclaim the excess energy we have invested in our past. This is accomplished primarily by working with the Personal Empowerment Prism. The three long, vertical informational fibers of light and energy at the back of the UCL, along with the figure-eight or infinity loops that emanate from the back chakras, and the template from Phase II, come together to create a prism-like structure. The long informational fibers carry our personal history – hereditary or ancestral patterns, past-life information, and all events that have happened in our current lifetime. As we work within this Prism, we calibrate the energy that has been holding us back and that energy transmutes into support.

"The goal in Phase II is to retain the wisdom of the experiences and events from our past, moving into a state of gratitude for all we have learned. This transforms the energy of our history into a golden column of wisdom and Self-support. To encourage the calibration process, we express several intents. First, we give intent to release any excess electromagnetic energy surrounding old events that no longer serve us. Second, we give the intent to activate those tendencies in us that will encourage our forward movement and create the posture of Self-direction and Self-support. Our third intent is associated with the spine, where our vital and kundalini energies are located. The intent is to encourage a strong personal resolve and spiritual backbone. We were born with and hold energetic restrictions within the spine. These restrictions were designed to help us learn by providing us with appropriate lessons. So our intent here is to release the need to recreate these karmic events, and simply retain the wisdom of the lesson. In addition to working with the long fibers, self-balancing loops and spine, we also clear and balance several of the major energy centers".¹

→ **Ask your client...**

When working by phone, some clients find that they like to lie down for the session and to actually turn over when we work with the back fibers, as in a live session. Others prefer to either sit in a chair or remain lying in one position for the entire session. If you will let me know your preference, I will know whether to prompt you when it is time to turn over. Which seems most appropriate to you, so that you may best receive the energetic adjustments and alignments of this session?

→ **Wait for response. . . Respond appropriately to whatever they say**

As we work, I will be stating several intents for you. These begin with the words, "Let us give the intent . . ." Some clients find that repeating the intents aloud strengthens the energetic response within them, while others find that silently focusing on the words works best. Which method do you perceive will be the most effective for you during this session?

→ **Wait for response. . . Respond appropriately to whatever they say**

¹Peggy Phoenix Dubro & David P. Lapierre, *Elegant Empowerment*, Platinum Publishing House, 2002, p.182-183

Also, as in Phase I, I will be asking you at a certain place if you choose to increase the radiating of your core energy. Please remember to give me a verbal response before we continue. As we progress through this session let us both give the intent to deeply breathe in these energies and breathe out release, compassion, and peace.

PHASE II PHONE SESSION DIALOGUE (begin here)

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| <p>We begin this time together, conscious of meeting in a place where the limits of time and space are suspended. Please sit or lay in a comfortable position. Relax and focus on the words I say. Together let us focus our attention upon the system of the energy anatomy we call the Universal Calibration Lattice (UCL). Let us first give the opening greeting. Please repeat after me:</p> <p><i>From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.</i></p> | |
| <p>STEP 1 - ENERGETIC BODY PREPARATION</p> <p><i>Let us amplify energetic awareness</i></p> <p><i>Place your attention on the soles of your feet. Focus your awareness on the golden energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest... breathe ... your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice.... and acknowledge the energy of wholeness.</i></p> <p>→ Right Leg - Amplify Energetic Awareness</p> <p>Place your attention on your right leg and give the intent to amplify your energy down through your right leg and to connect with your Center Below, approximately 24" (60 cm) beneath your feet. ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Left Leg - Amplify Energetic Awareness</p> <p>Focus your attention within your left leg and give the intent to amplify your energy down through your left leg and to connect with your Center Below ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Right Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your right arm and give the intent to amplify your energy down through your right arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Left Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your left arm and amplify your energy down through your left arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Focusing Awareness Within The Heart Center</p> <p>Focus your attention within your heart center, breathe deeply and then focus your attention in your Center Above. Give the intent to amplify energy through the heart and to calibrate the golden energy up through the top of your head and to connect with your Center Above (24" – 60 cm above your head). Take a nice deep breath and sense the energy flowing throughout your entire being. ... (pause) ... <i>Let us give the intent for a strong, clear connection to your Center Above.</i></p> | <p style="text-align: center;">↑</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">↑</p> |
| <p>STEP 2 – RADIATING CORE ENERGY</p> <p>I will be asking if you choose to increase the radiating of your core energy. The core energy is a central column of light and energy throughout the length of the body. So now I ask:</p> <p><i>(Say your client's name). In this moment do you choose to increase the radiating of your core energy? (Wait for answer... pause...)</i></p> <p>Please place your attention in your Center Above, then slowly bring your attention straight down through the center of your being, all the way down and through to your Center Below. Breathe deeply. Be at peace in this energetic posture as you give intent to live in increased self-empowerment from this place we call the core.</p> <p>→ (IF client has indicated a desire to do so, please ask:) Would you please roll over onto your front? Let me know when you are ready to continue.</p> | <p style="text-align: center;">↓</p> |

STEP 3 - CLEARING

This part of the session is called clearing. We will first focus on the evolving clarity of the long informational fibers and the energy charges appropriate for the expression of self direction and self support

→ Intent For Release – Long Informational Fibers

We are now going to work with the portion of the UCL that represents your connections with past self. Let us begin the clearing process by focusing on the three fibers of energy located behind you. Feel, sense, imagine, or think about golden energy, and amplify this energy from your Center Below, arcing out to a distance of approximately 24" or 60cm behind your body, along the fibers, all the way up behind you and then arcing into your Center Above as we give intent for release. . . (pause) . . . *Let us give the intent to release excess energy surrounding old events and tendencies that no longer serve you. The released energy calibrates in your Center Below and becomes available to you in now time within the core of your being. As you consistently transform any perceptions you may have of your history holding you back, the energetic calibration transforms your history into a gleaming column of wisdom and support ...* (pause)...

→ Intent For Activation – Long Informational Fibers

Continue to focus on amplifying the golden energy up through your long informational fibers at the back as we give intent for activation. ... (pause) ... *Let us give the intent to activate those tendencies that encourage the evolution of wholeness... and strengthen the posture of self- direction and self-support. You may also develop new talents or abilities that encourage your evolution and expression of wholeness in your everyday life.* ... (pause)...

→ Clearing the Infinity Loops

We will now focus on clearing the infinity loops along your back. Feel, sense, imagine, or think about golden energy rising from your Center Below, to your feet, then gently traveling the length of the back of your body, passing through each of the infinity loop groupings connected to each energy center, then moving to the top of your head to pass through the loop or loops connecting your head to your Center Above. As the energy passes through, be aware of the increased activity within these loops. ... (pause) ... *The infinity loops maintain the self regulating dynamics of the Universal Calibration Lattice. Let us give the intent for the evolving clarity of the infinity loops to maintain the energetic flow in patterns of clear support.* ... (pause) . . .

→ Clearing the Spine

Now, focus on the energy at the base of the spine, and feel, sense, imagine, or think about this energy flowing up the spine, through the back of the neck, up over the brain, and off the forehead . . . (pause) ... *As you focus your attention on the energy of the spine, let us give the intent to accelerate the evolution of clarity and release the restrictions that no longer serve you at this time.* ... (pause)...

→ Clearing the Solar Plexus

Please place your attention within your back in the area of your solar plexus, located above the navel and beneath the sternum. . . (pause) . . . *As we focus on the solar plexus, let us give the intent to accelerate the evolution of clarity within your sense of self...* (pause) . . .

→ Clearing the Vital Energy Centers

Now, place your attention within your back in the energy center at the base of your spine and the creative center just above it. The energy at the base of the spine is an integral source of our vitality... *As we focus on the base center and the creative center, let us give the intent to accelerate the evolution of clarity within your vital energies. These centers support the expression of vitality.*

→ Clearing the Heart Center

Focus your attention within your back in the area of your heart. *As we focus on the heart center, let us give the intent to accelerate the evolution of clarity within your heart as you express the energy of love.* ... (pause)...



STEP 4 – BALANCING

BALANCING THE UPPER BODY

→ Balancing the Solar Plexus

The next part of the session is called balancing. Please place your attention once again within your solar plexus at the back and this time give the intent for balancing. . . (peace filled pause) . . . You may feel a temperature change (warm or hot or cold) accompanied by a feeling of being full and nurtured as the balancing process continues. . . (peace filled pause) . . . I speak directly to your energy body as I say: *This is Universal Energy, defined in this moment as an honoring and nurturing energy... You may receive as much as you choose... (peace filled pause) . . . Let us give the intent to balance your sense of self as you express your wholeness.* ... (pause)...



→ **Balancing the Vital Energy Centers**

Please place your attention within your back in your vital center at the base of your spine and your creative center. Give intent for balance within these centers. Calibration, enlightenment, is for every cell in the body, including those beneath the waist. Create a strong healthy foundation upon which to build, and the blessing of peace-filled balance is the reward. ...*(pause)*... *Let us give the intent to balance your vital energies as you express your wholeness.* ...*(pause)*...



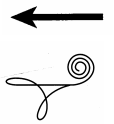
→ **Balancing the Heart Center**

Hold your attention within the area of your heart in back. Give the intent for a deep and lasting balance of your energy in this profound center. . . *(pause)* . . . *Let us give the intent to balance your ability to demonstrate the energy of love in your everyday life as you express your wholeness.*



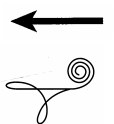
→ **Balancing the Spine**

Let us now focus on amplifying balancing energy up through the spine, starting at the base of the spine and flowing up through the back and neck, over the brain, and off the forehead. Feel, sense, imagine or think about this area filling with a deep, peaceful balance as we give intent for balance: *Feel, sense, imagine, or think about the energy within your spine. Let us give the intent to balance and increase the strength of the energetic posture of your self-direction and self-support.* . . . *(pause)* . . .



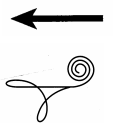
→ **Balancing the Infinity Loops**

We will now focus on increasing the balance of your back infinity loops. Once again, feel, sense, imagine, or think about golden energy rising from your Center Below, through the loops beneath your feet, and gently traveling the length of the back of your body, passing through the loops connected to each energy center, then moving in to the top of your head to pass through the loop or loops connecting your head to your Center Above. . . *(pause)* . . . *Remember, the infinity loops maintain the self regulating dynamics of the Universal Calibration Lattice. Let us give the intent to balance the energetic flow to support the infinite communications ever present within your being.* . . . *(pause)* . . .



→ **Balancing the Long Informational Fibers**

Focus on your long informational fibers in back of you. Feel, sense, imagine, or think about golden energy once again filling these fibers, beginning at your Center Below and following an oval-shaped arc into your Center Above. *You may give the intent to amplify as much golden energy as possible through your back fibers to strengthen all the energetic calibrations which have occurred in this session.*



→ *(IF client has indicated a desire to do so, please ask:)* *Would you please roll over onto your back? Let me know when you are ready.*

→ **Balancing Around the Head**

Let us now focus on the energy patterns around the head. Please place your attention within your head, as we address the pattern of rings around your head . . . *Feel, sense, imagine, or think about rings of energy that circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern, according to your inner wisdom.* . . . *(pause)* . . .



PHASE II OCTAHEDRON

→ **Honoring the Wholeness of Self Direction and Self Support**

Specific energy patterns, called light templates, facilitate the unique alignments of this work. *Please visualize the octahedron shaped template of light we worked with in Phase I. This template begins at your crown... extends out to each shoulder...and converges at your heart center.*



Now please visualize the second octahedron shaped template for Phase II. This template starts at your heart, expands at your hips and meets at your knees. This octahedron supports the integration of your history in the evolution of your wholeness. . . . *(pause)* . . .



As we activate your double diamond template, understand that this is a contemporary initiation or alignment complementing the work we have done earlier in this session, further enhancing the transmutation of your history into a source of wisdom, self-direction and self-support. . . Focus on your high heart center, the area of the thymus. *Together, let us amplify concentrated golden energy through your high heart center and give the intent for its complete activation and evolution.* . . . *(pause)* . . .











Focus on your solar plexus, specifically in the area just to the left of your navel. *You may give intent to integrate and translate the energy of the second octahedron within your sense of self.* . . . *(pause)* . . .



Focus on your forehead. . . *These three points of contact empower the energy of the Phase I and the Phase II octahedrons. May you continue to strengthen the balanced expression of your wisdom and love in daily life.* ...*(pause)*...



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| <p>→ Final Adjustments Place your attention within your face and focus on both sides of your jaw, just beneath your ears. Together, let us give this loving intent: <i>If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom...(pause)...</i></p> |  |
| <p>STEP 5 – CLOSING → Energy Integration We are now ready to begin the closing process, which will set the new energy patterns and facilitate an awareness of well-being within you. <i>Place your attention within your hips. Let us focus on the energy of wholeness...(pause)... and give the intent to strengthen the energy of wholeness within your hips, your thighs, your knees, your calves, your feet, and your Center Below. (pause). . .</i> Place your attention within your knees. Give your intent for balance and strength as you choose the appropriate path for your evolution. <i>Your energy continues to calibrate to a new resonance as you focus on the energy of wholeness within your legs, your feet and your Center Below. This calibration assists you in creating strong foundations for the path you choose to manifest in life. (pause). . .</i> Now place your attention within your ankles and give the intent to be comfortably grounded. I speak directly to your energy body as I say, <i>The key to freedom is to be fully present in your body. . . (pause). . .</i> <i>Let us once again focus on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice... and acknowledge the energy of wholeness...(pause). . . Take a nice, deep breath and sense the energy flowing throughout your entire being. Take another nice deep breath. . . (pause). . .</i> Focus your attention once again around your ankles. Together let us give the intent for grounding. This is an invitation to be here now. . . . (pause). . . <i>Remember it is here and now in ever day life you evolve your ability to manifest all that you are.... (pause)...</i> → High Heart Alignment and Closing Statement Together, let us concentrate on the energy within the high heart center, front and back. Give the intent for your energy to build from deep inside this area. <i>Relax and breathe deeply. . . This is a pure place of centeredness and peace, and it is always here... . . . Notice the intense centering of your being. Breathe deeply. Very good!</i> Please keep your attention on the high heart center in the back and focus on the back of your neck. . . (peace-filled pause). . . (Say your client's name) <i>Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.</i> <i>I honor you and the Infinite Potential within you. And so it is.</i></p> |        |



Instructions to practitioner

- ▶ Paragraphs beginning with → are notes to assist you as you navigate through the session.
- ▶ Say-alouds instructing the client to turn over or regarding hand placement have been modified or omitted as not needed for a phone session.
- ▶ **Remember:** The power of a phone session can be enhanced by how fully you allow the energies to resonate in your voice. Be at peace, speak from your heart, and simply allow yourself to be.

Preview

→ Note : This preview may be omitted; however, it is given to you here as **an additional energetic preparation** for your session. First, we review the focus of Phase III. This can often cause the energy field or UCL to begin responding, even before the actual session. Then we ask a series of questions that will help the client feel more comfortable and which will help you know what to say during the session. As you gently ask the client his/her preferences, the client will feel respected, which will help the client be open to greater calibration, increasing your effectiveness as a facilitator of their empowerment! Very nice!

Before we begin, I'd like to briefly review the focus of Phase III.

→ You may read from Peggy's explanation of Phase III given below, from pages 183-184 of Elegant Empowerment or describe it in your own words with the support of the Pictorial Review. [Please note that, for clarity, the template location descriptions are taken from your UCL Workshop workbook.]

"The Phase III session intensifies our core energy, the vertical column of light and energy fibers throughout the center of our entire being. This session strengthens our ability to radiate the light we hold and encourages the unification of the chakra system. In Phase III, we first focus our intent on clearing the smaller energy centers throughout the body. These lesser known centers have a profound effect on the major chakras and are a vital component of one's overall energy flow There are two templates activated simultaneously in Phase III. The first octahedron shaped template begins at the knees, expands at the feet and ends at the Center Below (about 24 inches (60 cm) below the feet). The second octahedron shaped template begins at the crown and extends up into the Center Above (24 inches (60 cm) above the head). These templates increase awareness of the Center Above, the Center Below, so that the Core becomes the spiritual strength of the being. Using these templates, we give our intent to radiate our core energy throughout our entire physical being. This process connects and radiates the energy of our individual UCL with universal energy, or the cosmic lattice.... In Phase III, the highly refined frequency of platinum energy is introduced. The platinum energy feels different from the gold, slightly cool with a quality of strengthening. It represents the merging of the female and male aspects of universal energy according to our present understanding. In this phase, the platinum energy joins with the gold for increased balance; this union within our energy anatomy creates an alignment of the chakra system with our core energy, producing another vibrational shift. This alignment encourages us to express more of our spiritual intelligence as we take a greater role in the universal scheme of things.¹"

→ **Ask your client...**

When working by phone, some clients find that they like to lie down for the session and to actually turn over when we work with the back energy centers, as in a live session. Others prefer to either sit in a chair or remain lying in one position for the entire session. If you will let me know your preference, I will know whether to prompt you when it is time to turn over. Which seems most appropriate to you, so that you may best receive the energetic adjustments and alignments of this session?

→ **Wait for response. . . Respond appropriately to whatever they say**



As we work, I will be stating several intents for you. These begin with the words, "Let us give the intent . . ." Some clients find that repeating the intents aloud strengthens the energetic response within them, while others find that silently focusing on the words works best. Which method do you perceive will be the most effective for you during this session?

→ **Wait for response. . . Respond appropriately to whatever they say**

Also, as in previous phases, I will be asking you at a certain place if you choose to increase the radiating of your Core Energy. Please remember to give me a verbal response before we continue. As we progress through this session let us both give the intent to deeply breathe in these energies and breathe out release, compassion, and peace.

¹Peggy Phoenix Dubro & David P. Lapierre, *Elegant Empowerment*, Platinum Publishing House, 2002, p.183-184

PHASE III PHONE SESSION DIALOGUE (begin here)

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| <p>We begin this time together, conscious of meeting in a place where the limits of time and space are suspended. Please sit or lay in a comfortable position. Relax and focus on the words I say. Together let us focus our attention upon the system of the energy anatomy we call the Universal Calibration Lattice (UCL). Let us first give the opening greeting. Please repeat after me:</p> <p><i>From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.</i></p> <p>STEP 1 - ENERGETIC BODY PREPARATION</p> <p><i>Let us amplify energetic awareness</i></p> <p><i>Place your attention on the soles of your feet. Focus your awareness on the golden energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest... breathe ... your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice.... and acknowledge the energy of wholeness.</i></p> <p>→ Right Leg - Amplify Energetic Awareness</p> <p>Place your attention on your right leg and give the intent to amplify your energy down through your right leg and to connect with your Center Below, approximately 24" (60 cm) beneath your feet. ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Left Leg - Amplify Energetic Awareness</p> <p>Focus your attention within your left leg and give the intent to amplify your energy down through your left leg and to connect with your Center Below ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Right Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your right arm and give the intent to amplify your energy down through your right arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Left Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your left arm and amplify your energy down through your left arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Focusing Awareness Within The Heart Center</p> <p>Focus your attention within your heart center, breathe deeply and then focus your attention in your Center Above. Give the intent to amplify energy through the heart and to calibrate the golden energy up through the top of your head and to connect with your Center Above (24" – 60 cm above your head). Take a nice deep breath and sense the energy flowing throughout your entire being. ... (pause) ... <i>Let us give the intent for a strong, clear connection to your Center Above.</i></p> |  |
| <p>STEP 2 – RADIATING CORE ENERGY</p> <p>I will be asking if you choose to increase the radiating of your core energy. The core energy is a central column of light and energy throughout the length of the body. So now I ask,</p> <p><i>(Say your client's name). In this moment do you choose to increase the radiating of your core energy? (Wait for answer . . . pause . . .)</i></p> <p>Please place your attention in your Center Above, then slowly bring your attention straight down through the center of your being, all the way down and through to your Center Below. Breathe deeply. Be at peace in this energetic posture as you give intent to live in increased self-empowerment from this place we call the core.</p> |  |
| <p>STEP 3 - CLEARING</p> <p>This part of the session is called clearing. We will now be clearing many small energy vortices throughout the body. Understand that all the small ones feed into the larger vortices.</p> <p>Our attention to detail in the clearing of each of these smaller centers contributes to the unification of the chakra system, allowing your core energy to intensify. As we clear the energy of each of these areas, you may find that you desire to silently express gratitude to and/or for each of these minor chakras for their vital roles in the whole of You. Golden energy is used for this process.</p> | |

➔ **Areas to be cleared – right side**

We will now focus on the evolving clarity of the smaller energy centers. – Gently allow your attention to focus on the areas to be cleared on your right side – shoulder, inside elbow, wrist, hip, knee, and ankle

First, focus your attention on your **right shoulder** and give intent for clearing the energy of the right shoulder. Observe what you may feel, sense, imagine, or think about as delicate strands of energy within the area of your right shoulder respond to the intent for release . . . (pause) . . .

Now, focus your attention on your **right inner elbow** and give intent to clear the energy here. Observe what you may feel, sense, imagine, or think about as the energy of the right inner elbow responds to the intent for release... (pause) ...

Focus on your **right palm and wrist** to clear the energy of this very active center. Gently allow strands of energy to respond within your right palm and wrist to the intent for release . . . (pause) . .

Let us now clear the energy of your **right hip**. Feel, sense, imagine, or think about the energy responding within your right hip to the intent for release . . . (pause) . . .

Focus now on your **right knee**, allowing the energy to respond to the intent for release ... (pause)...

Next, place your attention within your **right ankle**. Again, allow the energy to respond to the intent for release. . . (pause) . . .

➔ **Areas to be cleared – left side**

Now, let us repeat that process for the left side of your body. *We will focus on the evolving clarity of the smaller energy centers on your left side. Gently allow your attention to focus on the areas to be cleared on your left side – shoulder, inner elbow, wrist, hip, knee, and ankle.*

First, focus your attention on your **left shoulder** and give intent for clearing the energy of the left shoulder. Observe what you may feel, sense, imagine, or think about as delicate strands of energy within the area of your left shoulder respond to the intent for release . . . (pause) . . .

Now, focus your attention on your **left inner elbow** and give intent to clear the energy here. Observe what you may feel, sense, imagine, or think about as the energy of the left inner elbow responds to the intent for release . . . (pause) . .

Focus on your **left palm and wrist** to clear the energy of this very active center. Gently allow strands of energy to respond within your left palm and wrist to the intent for release . . (pause) . .

Let us now clear the energy of your **left hip**. Feel, sense, imagine, or think about the energy responding within your left hip to the intent for release . . . (pause) . . .

Focus now on your **left knee**, allowing the energy to respond to the intent for release . . (pause) . .

Next, place your attention within your **left ankle**. Again, allow the energy to respond to the intent for release. . . (pause) . . .

➔ **Clearing the jaw (right and left side) and third eye**

Let us now focus on clearing the right and left side of your jaw, followed by the area of your third eye.







Place your attention in the **right** side of your jaw. Give the intent to clear the energy here . . . (pause) . . .

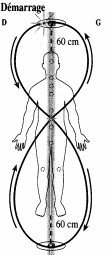






Now focus your attention in the **left** side of your jaw, giving the intent to clear the energy here. . . (pause) . . .

Let us now focus in the area of your **third eye**, from the center of the forehead to the center of the brain, and give intent to clear the energies of this area of the brain . . . (pause) . . .

➔ **(IF client has indicated a desire to do so, please ask:) Would you please roll over onto your front? Please tell me when you are ready to continue**



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| <p>→ Areas to be cleared – left side</p> <p><i>Gently allow your attention to focus on the areas to be cleared on your left side – shoulder for clearing the area under the arm, [outside of] elbow, and back of knee.</i></p> <p>First, focus your attention on your left underarm and give intent for clearing the energy of this important energy center. Feel, sense, imagine, or think about delicate strands of energy being gently pulled from the side of your heart and ribs out through your left underarm, out to your long informational fibers, for release . . . <i>(pause)</i> . . .</p> <p>Now, focus your attention on your left outer elbow and give intent to clear the energy here. Feel, sense, imagine, or think about the energy of the outer elbow being gently pulled out to your long fibers and released . . . <i>(pause)</i> . . .</p> <p>Focus now on clearing the back of your left knee, allowing the energy to be pulled outward to your back informational fibers, and released . . . <i>(pause)</i> . . .</p> <p>→ Areas to be cleared – right side</p> <p><i>Now, gently allow your attention to focus on the areas to be cleared on your right side – shoulder for clearing the area under the arm, [outside of] elbow, and back of knee..</i></p> <p>First, focus your attention on your right underarm and give intent for clearing the energy on this side. Feel, sense, imagine, or think about delicate strands of energy being gently pulled from the side of your heart and ribs out through your right underarm, out to your long informational fibers, for release . . . <i>(pause)</i> . . .</p> <p>Now, focus your attention on your right outer elbow and give intent to clear the energy here. Feel, sense, imagine, or think about the energy of the outer elbow being gently pulled out to your long fibers and released . . . <i>(pause)</i> . . .</p> <p>Focus now on clearing the back of your right knee, allowing the energy to be pulled outward to your back informational fibers, and released . . . <i>(pause)</i> . . .</p> <p>→ Clearing the back of the neck</p> <p>The last area to be cleared in this session is the back of the neck. This area is an important opening to the energy of the spine and brain. Here we are able to receive the refined energies that are available to us now.</p> <p><i>So now, relax and give intent to clear the energy at the back of the neck . . . (pause) . . .</i></p> <p>→ (IF client has indicated a desire to do so, please ask:) Would you please roll over onto your back? Please tell me when you are ready.</p> |    |
| <p>STEP 4 - BALANCING</p> <p>All of the clearing we have just done prepares your energy field for a movement we call “balancing the flow”. Let us now focus on balancing the flow of energy within the core of your being.</p> <p>→ Balancing the Downward Flow</p> <p>First, we balance the downward flow of energy, which represents your individual divinity manifesting within your physical body and creating a sacred union with earth. Please place your attention on your navel. <i>Focus your awareness on the energy of wholeness within your Center Below. Feel, sense, imagine, or think about your energy flowing from your Center Above all the way down and through to your Center Below . . . Breathe deeply and feel the peace . . .</i></p> <p>→ Balancing the Upward Flow</p> <p>Now, with your attention focused on your navel, let us enhance the upward energy flow to create a profound balance of the energy within your sacred circuitry. <i>Focus your awareness on the energy of wholeness within your Center Above. Feel, sense, imagine, or think about your energy flowing from your Center Below all the way up and through to your Center Above . . . Breathe deeply and feel the peace . . . (pause) . . .</i> Imagine, with every step you take, the earth is deeply blessed with your energy.</p> <p>→ Intensifying the Core Energy</p> <p><i>Place your attention within the center of your being. Remember your connection to your Center Below and your Center Above. Feel, sense, imagine or think about a pure platinum column of energy radiating from your entire being. Allow this pure light of self to radiate outward through your UCL and into your entire Universe, as you know it . . . (pause) . . . Let us gently speak the words of pure intent, from the core of your energy, of the being of who you are, and affirm, “I remember. I am.” Affirm, “I remember. I am . . . I remember. I am.” . . . (pause) . . .</i></p> |    |

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| <p>→ Tracing the Core Energy pattern Feel, sense, imagine, or think about platinum energy flowing through your body in an infinity pattern or figure 8. This flow starts at your Center Above. Amplify the energy from your Center Above, down and to the right of your head, down the right side of your body, crossing your body at your navel, down the left side of your body to your Center Below, then up your right side along the outside of your legs, crossing at your navel following the curve of the figure eight up the left side of your body to your Center Above . . . Feel, sense, imagine, or think about the energy continuing to flow through this infinity pattern as we allow the energy to continue to calibrate . . . (pause) . . . Focus your awareness on the energy of wholeness within the core of your being. You may give the intent to live your everyday life as an expression of peace-filled empowerment . . . (pause) . . .</p> <p>→ Balancing Around the Head Let us now focus on the energy patterns around the head. Please place your attention within your head, as we address the pattern of rings around your head . . . Feel, sense, imagine, or think about rings of energy that circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern according to your inner wisdom . . . (pause) . . .</p> <p>Place your attention within your face and focus on both sides of your jaw, just beneath your ears. Together, let us give this loving intent: If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom . . . (pause) . . .</p> |    |
| <p>STEP 5 - CLOSING → Amplify Energetic Awareness and Grounding We will now amplify platinum energy in the same way that we amplified golden energy at the beginning of this session. Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel sense, imagine or think about your entire Universal Calibration Lattice . . . and acknowledge the energy of wholeness. . . . (pause) . . . Take a nice, deep breath and sense the energy flowing throughout your entire being. Take another nice deep breath. . . (pause) . . .</p> <p>Focus your awareness once again around your ankles and together let us give the intent for grounding. This is an invitation to “be here now.” Remember it is here and now in everyday life you evolve your ability to manifest all that you are. . . (pause) . . .</p> <p>→ High Heart Alignment and Closing Statement Together, let us concentrate on the energy within the high heart center, front and back. Give the intent for your energy to build from deep inside this area. Relax and breathe deeply. . . This is a pure place of centeredness and peace, and it is always here. . . . Notice the intense centering of your being. Breathe deeply. Very good! Please keep your attention on the high heart center in the back and focus on the back of your neck. . . (peace-filled pause) . . .</p> <p><i>(Say your client’s name)</i> Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body’s wisdom will amplify and direct this energy exactly where you need it for your highest good.</p> <p>I honor you and the Infinite Potential within you. And so it is.</p> |     |



Instructions to practitioner

- ▶ Paragraphs beginning with → are notes to assist you as you navigate through the session.
- ▶ Say-alouds instructing the client to turn over or regarding hand placement have been modified or omitted
- ▶ **Remember:** The power of a phone session can be enhanced by how fully you allow the energies to resonate in your voice. Be at peace, speak from your heart, and simply allow yourself to be.

Preview

→ Note : This preview may be omitted; however, it is given to you here as **an additional energetic preparation** for your session. First, we review the focus of Phase IV. This can often cause the energy field or UCL to begin responding, even before the actual session. Then we ask a series of questions that will help the client feel more comfortable and which will help you know what to say during the session. As you gently ask the client his/her preferences, the client will feel respected, which will help the client be open to greater calibration, increasing your effectiveness as a facilitator of their empowerment! Very nice! (If you have given previous phases as phone sessions, you may wish to shorten these questions to just reaffirming that they wish to use the same preferences that they indicated in previous sessions, but keep in mind that some clients may wish to experiment to find what works best for them.)

Before we begin, I'd like to briefly review the focus of Phase IV.

→ You may read from Peggy's explanation of Phase IV given below, from page 184 of Elegant Empowerment or describe it in your own words with the support of the Pictorial Review.

"In Phase IV, we focus our intent on energetic accomplishment. Here, the practitioner calibrates the long informational fibers in front of the UCL so that we may joyfully co-create our potential. In my many years of private practice, I observed that the figure-eight loops connecting to the long fibers in front of most people are not complete; rather they are still in a state of formation. I also observed that after a Phase IV session, these loops became not only much stronger, they were also more completely formed..."

"The diamond shaped Phase IV template extends throughout the entire energy anatomy, encompassing the templates from the three preceding phases. The Phase IV template activates the entire EMF template system at this stage in its development, and includes all of the energy of the Personal Empowerment Prism, the Core Energy and the Personal Potential Prism. Combining intent and action with the Personal Potential Prism is a powerful way to tap into the energy of the future, allowing it to play a significant role in the creation of our now. Phase IV shifts our energy to a present moment awareness which is balanced by the wisdom of the past and the potential of the future.¹"

→ Ask your client

When working by phone, some clients find that they like to lie down for the session and to actually turn over when we work with the back energy centers, as in a live session. Others prefer to either sit in a chair or remain lying in one position for the entire session. If you will let me know your preference, I will know whether to prompt you when it is time to turn over. Which seems most appropriate to you, so that you may best receive the energetic adjustments and alignments of this session?

→ Wait for response. . . Respond appropriately to whatever they say

As we work, I will be stating several intents for you. These begin with the words, "Let us give the intent . . ." Some clients find that repeating the intents aloud strengthens the energetic response within them, while others find that silently focusing on the words works best. Which method do you perceive will be the most effective for you during this session?

→ Wait for response. . . Respond appropriately to whatever they say

In Phase IV, I will not actually be asking if you choose to increase the radiating of your Core Energy, but instead will let you know to simply be aware that you are opening to your field of potential.


During the session, you will be given an opportunity to think about what you would like to accomplish and to visualize these intents as seeds of light you will be planting in the long informational fibers in front of you. Please take a few moments now to think of these intents so that you will more readily bring them to mind at the appropriate time in the session. Let me know when you are ready to continue. . .



→ Wait for response. . .









¹ Peggy Phoenix Dubro & David P. Lapierre, *Elegant Empowerment*, Platinum Publishing House, 2002, p.184, 185

As we progress through this session let us both give the intent to deeply breathe in these energies and breathe out release, compassion, and peace.

PHASE IV PHONE SESSION DIALOGUE (begin here)

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| <p><i>We begin this time together, conscious of meeting in a place where the limits of time and space are suspended. Please sit or lay in a comfortable position. Relax and focus on the words I say. Together let us focus our attention upon the system of the energy anatomy we call the Universal Calibration Lattice (UCL). Let us first give the opening greeting. Please repeat after me:</i></p> <p><i>From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.</i></p> <p>STEP 1 - ENERGETIC BODY PREPARATION (remember to use platinum energy)</p> <p><i>Let us amplify energetic awareness</i></p> <p><i>Place your attention on the soles of your feet. Focus your awareness on the platinum energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest... breathe ... your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice.... and acknowledge the energy of wholeness.</i></p> <p>→ Right Leg - Amplify Energetic Awareness</p> <p>Place your attention on your right leg and give the intent to amplify your energy down through your right leg and to connect with your Center Below, approximately 24" (60 cm) beneath your feet. ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Left Leg - Amplify Energetic Awareness</p> <p>Focus your attention within your left leg and give the intent to amplify your energy down through your left leg and to connect with your Center Below ... (pause) ... <i>Let us give the intent to enhance a strong connection to your Center Below.</i></p> <p>→ Right Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your right arm and give the intent to amplify your energy down through your right arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Left Arm – Amplify Energetic Awareness</p> <p>Focus your attention within your left arm and amplify your energy down through your left arm, through your hands and out your fingertips ... (pause) ... <i>let us give the intent to increase the radiating of your heart energy, creating greater freedom.</i></p> <p>→ Focusing Awareness Within The Heart Center</p> <p>Focus your attention within your heart center, breathe deeply and then focus your attention in your Center Above. Give the intent to amplify energy through the heart and to calibrate the platinum energy up through the top of your head and to connect with your Center Above (24" – 60 cm above your head). Take a nice deep breath and sense the energy flowing throughout your entire being. ... (pause) ... <i>Let us give the intent for a strong, clear connection to your Center Above.</i></p> |  |
| <p>STEP 2 – HONORING THE HISTORY</p> <p>→ (IF client has indicated a desire to do so, please ask:) Would you please roll over onto your front? Please tell me when you are ready.</p> <p><i>This part of the session honors your history. Using platinum energy, we are now going to work with your UCL to facilitate the posture of balance as you evolve your ability to co-create your most enlightened life.</i></p> <p>In this step we are honoring your history. We acknowledge that all the experiences you have had, to this point, are valid and that these experiences have created the <u>you</u>, present in this moment in time.</p> | |

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| <p>→ Balancing The Long Informational Fibers With Platinum Energy - Intent for Transformation <i>Focus your attention on the three fibers of energy located behind you.</i> Feel, sense, imagine, or think about platinum energy as very fine filaments of light, and amplify this energy from the Center Below, arcing out to a distance of approximately 24" or 60cm behind the body, along the fibers, all the way up behind you and then arcing into your Center Above as we give intent for transformation . . . <i>Let us give the intent for your history to be calibrated into a gleaming column of wisdom, self-direction and self-support. The transformation process of being at peace with your history is preceded by gratitude for all the experiences you have had in your life. . . (pause) . . .</i></p> <p>→ Intent for Activation Again, we will amplify the platinum energy, starting at the Center Below, out and along the long informational fibers, up to the Center Above as we give intent for activation . . . <i>Let us give the intent to activate those tendencies that encourage the evolution of wholeness and strengthen the posture of self-direction and self-support. You may also develop new talents or abilities that encourage your evolution and expression of wholeness in your everyday life. . . (pause) . . .</i></p> <p>→ Balancing the Infinity Loops with Platinum Energy We will now focus on balancing the infinity loops along your back. Feel, sense, imagine, or think about platinum energy rising from your Center Below, through your infinity loops below your feet, then gently traveling the full length of your body along your back, passing through each of the infinity loop groupings connected to each energy center, then passing through the loop or loops connecting your head to your Center Above. As the energy passes through, be aware of the increased activity within these loops. . . (pause) . . . <i>Remember, the infinity loops maintain the self regulating dynamics of your Universal Calibration Lattice. Let us give the intent to balance the energetic flow to support the infinite communications ever present within your being. . . (pause) . . .</i></p> <p>→ Amplifying Platinum Energy up through the Spine Now, focus on the platinum energy at the base of the spine, and feel, sense, imagine, or think about this energy flowing up the spine, through the back of the neck, up over the brain, and off the forehead . . . (pause) . . . <i>Feel, sense, imagine, or think about platinum energy within your spine. The rising energy within your spine encourages strong spiritual support and an evolving sense of wholeness.</i></p> <p>→ (IF the client has indicated a desire to do so, please say:) Take a deep breath. Carefully, very carefully, please roll over onto your back.</p> |  |
| <p>STEP 3 – CENTERING IN THE NOW Let us now focus on centering in the Now, as we place our attention on your central column of energy.</p> <p>→ Balancing the Downward Flow Please place your attention on your navel. <i>Focus your awareness on the energy of wholeness within your Center Below. Feel, sense, imagine, or think about platinum energy flowing from your Center Above all the way down and through to your Center Below . . . Breathe deeply and feel the peace . . . (pause) . . .</i></p> <p>→ Balancing the Upward Flow With your attention still focused on your navel, <i>focus your awareness on the energy of wholeness within your Center Above. Feel, sense, imagine, or think about platinum energy flowing from your Center Below all the way up and through to your Center Above . . . Breathe deeply and feel the peace . . . (pause) . . .</i></p> <p>→ Tracing the Core Energy pattern Feel, sense, imagine, or think about platinum energy flowing through your body in an infinity pattern or figure 8. This flow starts at your Center Above. Amplify the energy from your Center Above, down and to the right of your head, down the right side of your body, crossing your body at your navel, down the left side of your body to your Center Below, then up your right side along the outside of your legs, crossing at your navel following the curve of the figure eight up the left side of your body to your Center Above . . . Feel, sense, imagine, or think about the energy continuing to flow through this infinity pattern as we allow the energy to continue to calibrate . . . <i>Let us affirm your ability to be here now as you continue to evolve all that you are. . . (pause) . . .</i></p> |  |

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| <p>STEP 4 – CLEARING – Activating Awareness</p> <p>This part of the session is called clearing. We will now be clearing the long informational fibers with golden energy. We will focus on the evolving clarity of the long informational fibers, and the energy charges appropriate for the expression of the ability to manifest your potentials... (pause)</p> <p>➔ Clearing The Long Informational Fibers - Intent for Release</p> <p><i>Focus your attention on the three fibers of energy located in front of you. . . (pause) ... Feel, sense, imagine, or think about golden energy and amplify this energy from your Center Below, arcing out to a distance of approximately 24” or 60cm in front of your body, along the fibers, all the way to your Center Above. Let us give the intent to release excess energy surrounding known and unknown fear-filled and worry-filled events. As the energy is released, it becomes available to you in the Now.</i></p> <p>➔ Intent for Activation</p> <p>Again, we will amplify the golden energy, starting at your Center Below, out and along the long informational fibers, up to your Center Above. This is where you will place your intents for your potential accomplishment. . Please think about what you would like to accomplish. Visualize these intents as seeds of light you are planting in the long informational fibers in front of you. Be willing to take responsible and appropriate action for your co-creations...(pause) . . .</p> <p>➔ Clearing the Infinity Loops</p> <p>Focus your attention on the infinity loops along your front. Feel, sense, imagine, or think about golden energy rising from your Center Below, through your infinity loops below your feet, then gently traveling along the entire length of the front of your body, passing through each of the infinity loop groupings connected to each energy center, then passing through the loop or loops connecting your head to your Center Above. As the energy passes through, be aware of the increased activity within these loops. . . (pause) . . . Let us give the intent for your infinity loops to be completely formed, strong, and fully functioning. The complete formation of these loops is an evolutionary leap on an energetic level. . . (pause) . . .</p> |    |
| <p>STEP 5 – Amplifying The Field Of Potential</p> <p>The next part of the session is to amplify your connection to your field of potential. Focus on the three fibers of energy in front of you. We will now work with your co-creative pattern of self within the core of your being, and your field of potential.</p> <p>➔ Amplifying the connection to solar plexus center</p> <p>Please place your attention within your solar plexus. . . <i>We are now going to amplify the connection from within the core of your being to your field of potential through your solar plexus. Let us give the intent to increase the connection from within the very core of your being to your field of potential through your solar plexus... (pause)...</i></p> <p>➔ Amplifying the connection to vital energy centers</p> <p>Please place your attention within the base of your spine and your creative center. We are now going to amplify the connection from within the core of your being to your field of potential through your creative center. Let us give the intent to increase the connection from within the very core of your being to your field of potential through your creative center. . . (pause) . . .</p> <p>➔ Amplifying the connection to the heart center</p> <p>Please place your attention within your heart area. We are going to amplify the connection from within the core of your being to your field of potential through your heart center. . . Let us give the intent to increase the connection from within the very core of your being to your field of potential through your heart center. . (pause)...</p> <p>➔ Accent on wisdom - connect to source of wisdom</p> <p>Let us now amplify energy from the Center Above, down along the center of your body, to the Center Below . . . As you are co-creating your reality, I would encourage you to use your evolving wisdom. As we continue to amplify the energy of wisdom down from your Center Above,</p> <p>Let us give the intent to infuse every cell of your being with this evolving wisdom. Envision your Center Above as the doorway to your higher knowing. Encourage this energetic information to flow all the way through to your Center Below. Be attentive to any new ideas, intuitions and sensations you may have. . . (pause) . . .</p> <p>➔ Accent on the energy of love</p> <p>Hold your attention within your heart center, feeling the energy of love through this center. As you are co-creating your reality, I would also encourage you to use your evolving understanding of the energy of love. Give the intent to create for yourself a field of potential accented with love. Develop the understanding of what it means to love what you do and do what you love. Take a moment to reflect upon the power of the energy of love, bring this into focus and amplify it throughout your entire being. Be at peace. . . (pause) . . .</p> |      |

STEP 6 – BALANCING AND SACRED INTENTS

BALANCING THE UPPER BODY

→ Solar Plexus

The next part of the session is called balancing. Now, hold your attention within your solar plexus, as you receive platinum energy in this area. . . (pause) . . . *In confidence and peace, you may tell the Universe “I am here.” If you choose, you may say these words along with me, silently or aloud: “I remember, I am.” . . . (pause) . . .*

→ Creative Center

Hold your attention within your creative center, as you receive platinum energy in this area. . . (pause) . . . *You may tell the Universe that you have something to offer, that you are willing to take part. If you choose, you may say these words along with me, silently or aloud: “I am willing to give.” . . . (pause) . . .*

→ Heart Center

Hold your attention within your heart center, as you receive platinum energy in this area. . . (pause) . . . *Finally, you may tell the Universe that you are willing to be in a balanced partnership, one where you give and receive. If you choose you may say these words along with me, silently or aloud: “I am willing to receive.” . . . (pause) . . .*

→ Balancing The Infinity Loops With Platinum Energy

Focus your attention on the infinity loops along your front. Amplify platinum energy through these loops, starting at your Center Below, up through these foundational loops to your feet, then gently traveling up the front of your body, passing through and energizing the infinity loops along your front, then moving through the infinity loop or loops connecting the top of your head to your Center Above. . . *Let us give the intent for your infinity loops to be complete and fully functioning in a healthy pattern. . . (pause) . . .*

→ Balancing The Long Informational Fibers With Platinum Energy

Please place your attention on the long informational fibers along your front. Feel, sense, imagine, or think about platinum energy, and amplify this energy from your Center Below, arcing out, along the fibers, all the way to your Center Above. . . *As we amplify as much platinum energy as possible through these fibers, let us pause in respectful silence, allowing the strengthening of all the energetic realignments which have occurred in this session... (pause)...*

BALANCING AROUND THE HEAD

Let us now focus on the energy patterns around the head. Please place your attention within your head, as we address the pattern of rings around your head. . . *Feel, sense, imagine, or think about rings of energy that circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern according to your inner wisdom. . . (pause) . . .*

→ Final Adjustments

Place your attention within your face and focus on both sides of your jaw, just beneath your ears. Together, let us give this loving intent: *If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom. . . . (pause) . . .*

STEP 7 - CLOSING

→ Amplify Energetic Awareness And Grounding

We will amplify platinum energy the same way as at the beginning of this session. *Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine, or think about your entire Universal Calibration Lattice... and acknowledge the energy of wholeness....(pause)...* Take a nice, deep breath and sense the energy flowing throughout your entire being. Take another nice deep breath. . . (pause) . . .

Focus your attention once again around your ankles and together let us give the intent for grounding. *Remember it is here and now in everyday life you evolve your ability to manifest all that you are. . . (pause) . . .*

→ High Heart Alignment and Closing Statement

Together, let us concentrate on the energy within the high heart center, front and back. Give the intent for your energy to build from deep inside this area. *Relax and breathe deeply. This is a pure place of centeredness and peace, and it is always here.* Notice the intense centering of your being. Breathe deeply. Very good!

Please keep your attention on the high heart center in the back and focus on the back of your neck. . . (peace-filled pause) . . .

(Say your client’s name) *Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body’s wisdom will amplify and direct this energy exactly where you need it for your highest good.*

I honor you and the Infinite Potential within you. And so it is.

