



EMF Balancing Technique®

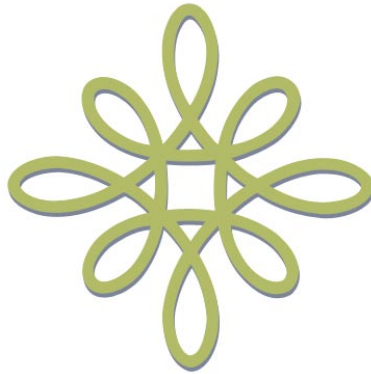
Creating The Most Enlightened Life You Can!

EMF Balancing Technique®

Evolution of Consciousness

Introductory Information
Articles - Sessions - Trainings

(issue 1.0)



The Energy Extension, Inc.
www.EMFWorldwide.com





EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

EMF Balancing Technique® Evolution of Consciousness

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Additional copies of this booklet may be obtained by calling 1-928-284-3703

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THE NATURE OF THE WORK

Peggy Phoenix Dubro



Peggy Phoenix Dubro is a distinguished International speaker, teacher, and primary spokesperson for the **Universal Calibration Lattice®**. Peggy is also co-founder of **The Energy Extension, Inc.** of Sedona, AZ USA, and originator of the **EMF Balancing Technique®**. She has over 24 years of experience working on the human energy anatomy and has emerged as a leader in the field of energy balancing. This profound yet simple energy balancing system is currently taught and practiced in more than 60 countries around the world and described in her book, **Elegant Empowerment**.

We all have something unique to give

Every life has a story to tell, and I believe one of the challenges we all face is how to express our uniquely divine story, while at the same time recognizing that we are all connected - we are all a part of the universal whole. Some of us are singers, some are writers, some are nurses, some are Doctors - we all have a different venue for the expression of our divinity. In the new energy dynamics many of us feel this. So many of you have stood in front of me and in deep sincerity told me you know you have something unique and special to give. In deep sincerity and honor I always respond with a "Yes!!", for indeed we all have something unique to give.

Each phase is like a symphony

I'd like to talk about my story which is my life's work, the EMF Balancing Technique®, and how it relates to our common challenge of expressing our divine story within the context of the universal whole. I am going to use a metaphor to explain my vision of the nature of this work, composed over a period of 15 years. Each phase of the EMF Balancing Technique® is like a symphony. Each phase/symphony is dedicated to the truth that every human has something unique and special to give, and each phase is completely devoted to awakening



utilizing a single instrument, the human body. EMF Teachers and Practitioners are performing these symphonies every day, in almost every part of the world.



When an orchestra plays

When an orchestra plays Beethoven's Ninth symphony, each musician plays the same notes, and all of the passages and movements in the same order in which they were written. In the EMF symphonies/sessions, the sequence of the energetic patterns honors the wholeness of the human being, and speaks to the noblest aspects of what it means to be human. The greater the skill, passion and virtuosity of the practitioner, the more powerful and moving is the effect of the session. Just as the listener responds to the musical performance, the client responds to the energetic patterns of the session. Notes/movements are not changed to make the symphony/session better or to make it more powerful. Rather the skill and virtuosity of the musician/practitioner in performing the score are the factors that lead to a successful communication of the essence of the work.

To end on a perfectly clear note - I will continue to give my very best effort to make the music as moving and as powerful as possible.

"Practice your Mastery and Co-create Your Most Enlightened Life!"

In the energy of love,
Peggy Phoenix Dubro



ELEGANT EMPOWERMENT: EVOLUTION OF CONSCIOUSNESS

By Peggy Phoenix Dubro

Excerpted from Chapter Three:

Introducing The Universal Calibration Lattice® -

An Inter-Dimensional Web

Your Personal Connection to the Cosmic Lattice

Human consciousness is evolving and that evolution is reflected within our energy anatomy. The Universal Calibration Lattice (UCL), a system within the energy anatomy, is radiating from the very core of our being. Elegant Empowerment is the first book written about the UCL and its relationship to the EMF Balancing Technique®, a human to human form of energy work practiced in over 60 countries. It is a reference book filled with scientific information and theories to support the existence of the UCL and the benefits of the EMF Balancing Technique®. This cutting edge book is sure to increase your understanding of your electromagnetic nature.

The Universal Calibration Lattice® is each individuals personal connection to the unlimited universal energy source (Cosmic Lattice). Its existence is much like an electrical transformer, increasing our ability to make use of the unlimited energy, by transferring energy from one circuit to another. This is why we often refer to this process as the "rewiring for the new energy." It allows us to receive and use the energy we are learning to release from the Cosmic Lattice and from within ourselves. An important note - the Cosmic Lattice does not exist only in some far away or exotic place. It permeates our very existence, right down to the cellular level, and beyond, into our subatomic energy field.

I had the honor of contributing a chapter about the Universal Calibration Lattice® ("UCL") to *Kryon Book VII, Letters From Home*. People from around the world have responded to this chapter with reports of powerful experiences of recognition. As you read the information



here, and study the illustration, be aware that you may feel or sense an electrical “charge,” or buzzing. This is a vibrational energy moving through you as you resonate with the information. Perhaps you may simply have a strong intuitive feeling that you somehow “recognize” the UCL, and know that it makes perfect sense to you on a cellular level. Even if there is no “buzz” and you feel nothing, the pure intellectual concept may stimulate new understanding, and that too is energy movement. Consider that understanding this material will assist you to hold a more powerful energetic posture, one that contributes to a reality of elegant empowerment.

There are many wonderful abilities to develop as you strengthen your connection to the unlimited source of energy. The Celestine Prophecy proposed that that we no longer need to acquire energy from anyone else – we can have all we need by recognizing and strengthening our own connection to the unlimited source. What a relief! Think of all the games we no longer need to play and think of all the energy that can become available to you simply because you choose to no longer play these games. What would you do with all that energy? Be assured that a deep sense of personal freedom can be developed in this new paradigm.

The energy pattern of the UCL is universal; its form and structure are basically the same for each individual human. Its primary purpose is to hold the greater electrical charge available to us as evolving humans. The UCL enhances the evolution of the individual. The beautiful paradox here is that this structure also enhances the connection to the Oneness of all being. The new reality we are creating celebrates the strength of the individual and the beauty of the connection of all, regardless of culture. This will not be an easy concept for some to accept. It is up to those of us who understand this oneness/uniqueness to practice living its consciousness.

When you gain a basic understanding of how the UCL works, you realize you are communicating with the universe and with one another all the time. If you want to excel at communicating on a universal level, become familiar with this part of yourself. We have all heard bits of wisdom such as, “thoughts are things,” or “you are what you think,” or “say what you mean and mean what you say.” These adages are



all the more important when you realize just how far these messages are traveling, and what an integral part they play in the creation of everyday reality. Learning how to say what you mean and mean what you say is not a mystery. You can develop this skill through practicing clear communication with yourself and others every day, even if you never say a word! You are a part of the universe simply by virtue of your existence. You can always strengthen your connection to it through prayer, meditation, energy work or intent. Now, by working with awareness of the UCL, you have an additional means to strengthen this connection. The connection becomes stronger the more you use it, in much the same way you strengthen the muscles of your physical body with repeated exercise.

It is important first to understand the concept of the human energy anatomy itself. Its existence can be predicted or implied by the electromagnetic laws of physics. Just as the physical anatomy is composed of many systems - muscular, skeletal, and endocrine, among others - we can also predict that the energy anatomy is also composed of many systems. One of these may be the chakra system, well known in ancient spiritual and metaphysical texts. The mental, etheric and emotional bodies are also systems in the human energy anatomy, well documented by many modern day spiritual thinkers. In this book, I present to you some of the knowledge I have gained through over 15 years years of intense work and documentation working directly with the Universal Calibration Lattice. This knowledge I am sharing is a combination of research, personal and intuitive exploration and direct hands-on experimentation with this system and its intimate connection within our energetic bodies.

The outer strands of the UCL are like an extension of the sympathetic nervous system. When you learn how to express feeling and intent through these strands, you clarify and amplify your communication with the universal energy source.

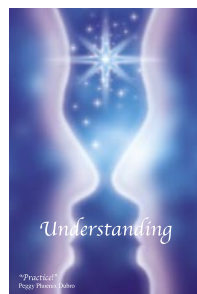
The UCL creates a personal resonance with the Cosmic Lattice to fully empower your co-creative process. The resulting vibration within the Cosmic Lattice can now respond profoundly and intimately to you. Don't limit your relationship with the universe; make it as deep and loving as you want. Don't stop until every cell of your being holds



its full charge. We are invited to participate in the cosmic scheme of things in a way that only the Masters before us have accomplished. We honor these Masters when we roll up our sleeves and say, “me too.” Each one of us is a master in the making; we are learning in our lives here on Earth how to develop and refine our mastery. Each one of us is also soul, and we are learning how to embody that aspect of Self as well. In our oneness with the all, we are co-creating our mastery.

Until now, the path of the spiritual seeker has been vertical; we have reached upward to our Higher Self, the God Self. And recently, a resurgence in the indigenous teachings directs us to reconnect with the very ground beneath our feet, to honor the life-giving force of Mother Earth. These vertical energy movements were appropriate in the energy dynamics of the time. However, now is a time for us to mature into a more powerful spiritual enablement. This evolution involves a horizontal spiritual movement - honoring and recognizing the sacred nature of the here and now which exists in every direction around us - not just above us or below us! We are able to use and practice that maturity within the horizontal existence of duality. I believe the existence of duality can even be fun. As you look at the illustration of the UCL (*see page 22*) you will observe the horizontal fibers forming figure eight patterns that connect the chakras to the long informational fibers of the Universal Calibration Lattice®. As you exercise and strengthen these horizontal fibers, you will increase your co-creative ability. This is our spiritual path in the new energy. Now, we come to realize that home is right where we are. We can create heaven on earth, enabled with the opportunity to build the framework with joy.

There is much more to this structure,
but for now let us master the basic understanding ...





EMF BALANCING TECHNIQUE®

The EMF Balancing Technique® is the energy system designed to work with the Universal Calibration Lattice®, a system in the human energy anatomy. The technique is a simple, systematic procedure anyone can learn, and utilizes the human to human effect upon the electromagnetic field. There are now **8 Phases**, each designed to strengthen the Universal Calibration Lattice®.

Origin of the Technique

From her earliest years, Peggy Phoenix Dubro had a deep desire to “remember God”. As a young woman she had a profound series of experiences resulting in the spontaneous opening of all her chakras. This opening produced an awareness of unconditional love, and the realization of the connectedness of all things in the universe.

Her desire to know even more, and to live daily life in the consciousness of this state, led to a fifteen-year journey that resulted in another profound opening, this time an inimitable experience giving rise to the discovery of the Universal Calibration Lattice® (UCL). At first, Peggy’s focus was on her own personal spiritual evolution. In working directly with the electromagnetic nature of the UCL, she realized the possibility existed to develop a way of assisting others in their evolutionary process. In her home town, word soon spread about the results of Peggy’s sessions.

After working regularly with clients for several years, and stimulated by their requests to know more about what she was doing, Peggy developed a training program to teach others the theory and method of how to do the sessions, and thus the EMF Balancing Technique® was born. When these newly trained practitioners began to perform the sessions, their results were also remarkable. Several years later, based on the continuing positive nature of the results, Peggy developed another program, this time a teachers program. Peggy was now passing on the ability to others to teach the work!



These training programs have led to the current status of the work - Peggy Phoenix Dubro is now known worldwide as the originator of the EMF Balancing Technique®, and the foremost authority on the Universal Calibration Lattice. The technique is now practiced and taught in 60 countries around the world, where people in diverse cultures and religions resonate with the original intent of the EMF work - to know and live ones life as fully as possible in an awareness of the energy of love, the connectedness of all things, and the unique and sacred nature of each human.

Method

Each phase of the EMF Balancing Technique® has a distinct form, comprised of a series of graceful tai chi-like movements carried out by the practitioner while the client lies fully clothed on a massage table. All of the movements are completed within the Universal Calibration Lattice, a system in the human energy anatomy extending from the central core of the body to an area approximately two feet from the physical body. There is some light contact with the body, but the majority of the session is performed without touching the client.

Many of the movements are accompanied by very specific intents of encouragement spoken by the practitioner to the client. Essentially however, the EMF Practitioner is communicating in an unspoken language of energy, delivered via the human to human connection of the session. The energy patterns speak directly to octahedron shaped Templates of Light within each person that engender their own unique and sacred nature. The patterns of the session set a resonance and deliver a message of strength and wholeness to the recipient of the session. The receiver of the session always responds to this resonance according to his or her own unique wisdom. Every session addresses the very core of the individual, and is an invitation to grow to the next level of wholeness (or wholiness!)

There are presently eight phases (eight different sessions) of this work, all assisting in the experience of one's self as an energetic being with untapped potential.



Benefits

The primary benefit of an EMF Balancing Technique® (EMF) session is the strengthening of the Universal Calibration Lattice - a complex system in the human energy anatomy with a simple purpose - to carry the greater electrical charge that is now available to all human beings.

The UCL is the circuitry for the electrical charge that serves as the foundation for the next level of our personal evolution. This system in our energy anatomy is an extension of our sympathetic and parasympathetic nervous system, which assist us in the development of our abilities to fully express ourselves. Anyone on the path of conscious personal growth will benefit from having greater knowledge of his or her Universal Calibration Lattice®, as it affects everything we do.

Documented benefits of the EMF sessions include profound peace, greater mastery in ones life, improved wellbeing, and sometimes even remarkable physical healings - the benefits are unlimited as we learn to hold and express our greater charge. We are learning how to explore, translate, and shape our world as multi-dimensional beings. The work strengthens anyone who wants to continue to grow, from the novice on the path to the seasoned sage who knows the journey is eternal and growth is unlimited.





EEI's MISSION, VISION & VALUES



Mission

EEI (The Energy Extension, Inc) is an international training and consulting organization specializing in energy work as it relates to the human energy anatomy. Through its premiere program, the EMF Balancing Technique®, EEI has achieved worldwide recognition, providing courses designed to certify individual students through specialized instruction and practice to become competent practitioners and teachers of the EMF Balancing Technique®.

We intend to:

- Adhere to high standards of excellence in our teaching, practice, and business by honoring each individual and the self-empowering connection between them.
- Work so that each client may experience a greater sense of stability and balance resulting from an EMF Balancing Technique® session.
- Create opportunities for others to be self-empowered and self-responsible.
- Support and encourage practitioners and teachers in the development of their EMF business opportunities.
- Devote ourselves to ongoing improvement; pioneering new standards in energy work, and providing the most up-to-date information available.

Vision

Our vision is to foster a reality in which each individual human recognizes their own unique connection to the creative source of all things – the energy of love.

Values

Our values represent a code of ethics, which we practice in our daily lives as well as in our business. We value:

- Honesty and integrity in our work and in our daily interactions with each other.
- Every person having the right to know and express his or her innate wisdom.
- Every person having the right to feel empowered in their own situation exactly as it is.
- Respectfully using humor to communicate openly and honestly.
- Mutual feedback for developmental and positive purposes within a trusting environment.



THE SESSIONS I-VIII

"From the Creator within me, to the Creator within you, and the company we keep, let us begin"...

~ Peggy Phoenix Dubro ~

What is an EMF session?

An EMF Balancing Technique® session is an experience of one's own electromagnetic energy field (EMF stands for electromagnetic field) and the patterns within it. Each session lasts about an hour. The recipient is on a massage table while the practitioner carries out a series of graceful Tai Chi-like movements. Most of the movements involve the passing of the practitioner's hands through the portions of the Universal Calibration Lattice of the client that completely surround the body to a distance of two feet all around. During some parts of the session the practitioner will gently place their hands on the body to facilitate the flow of energy. Each session results in a strengthening of the UCL, allowing it to permanently carry a greater electrical charge. While the procedure for each session is the same every time, the calibration (or strengthening) is unique to each person receiving the session. The calibration is determined by their inner wisdom, an expression of their personal electromagnetic configuration.

The balancing of the energy field begins as you lie comfortably on a massage table.

First, the field is "prepared" as universal energy flows from the practitioner's hands and through your energy anatomy. This may create a warm, tingling, relaxed sensation. (*note: this is universal energy, not the practitioner's personal energy.*)

Then the "clearing" process begins as the fibers of energy are stretched. A feeling of strings of energy being gently pulled is not uncommon. This is part of the calibration process within the energy system of the Universal Calibration Lattice.

Next, during the "balancing" process, the practitioner places their



hands on several energy centers (chakras). This touch often creates perceptible temperature changes within the body and leads into the final adjustments or “closing” of the energy session. A unique feature of this non-invasive procedure is a cool or cold energy flow that often accompanies the more traditional warm or hot “healing” energy.

Why have an EMF session?

There are many reasons people come for an EMF Balancing Technique® session - from a desire to relax, a desire to “heal”, a desire to understand Self...

Each session provides a powerful realignment within the energy anatomy which strengthens the Universal Calibration Lattice. This is an important factor to being in partnership with the unified energy field or the Cosmic Lattice.

Phases I-IV Sessions

After you have been through the first four phases in sequence, you may then repeat any of the first four phases, or continue on to Phases V-VIII, which also must be done in sequence.

Phase I - Wisdom and Emotions

This session releases stress and establishes a new pattern of freedom and well-being. Experience the energetic balance between head and heart.

Phase II - Self Direction and Support

This session gracefully releases the energy restraints of what we call the past, and promotes awareness of Self support and Self direction.

Phase III - Radiate Core Energy

The radiating of core energy encourages the increased flow of spiritual intelligence into your daily life. Experience new understandings and insights into your soul's unique expression.

Phase IV - Energetic Accomplishment

In this balancing, a connection and communication with future Self is



established through the *Prism of Personal Potential*, channeling future potential energy into the co-creation of present reality.

Phases V-VIII Sessions

"From the Infinite within me, to the Infinite within you, let us begin"...

~ Peggy Phoenix Dubro ~

The first four phases of the EMF Balancing Technique® create an energetic foundation to support your ability to "co-create the most enlightened life you can". The focus of Phases V-VIII is the Practice of Mastery in everyday life. These phases strengthen the energetic patterns of mastery and lead to a fuller expression of the attributes of mastery you already carry within you.

Phase V - Template of Infinite Love

The Phase V template encompasses an area that includes the Heart Center, High Heart Center, the throat, all the small energy vortices around the mouth, and the center on the tip of the nose.

Phase VI - Templates of Infinite Compassion

There are two separate templates in Phase VI, one for each hand. The area that each template encompasses includes the energy center in the middle of the hand and all the small energy vortices throughout the fingers.

Phase VII - Templates of Infinite Presence

There are two separate templates in Phase VII, one for each foot. The area that each template encompasses includes the major energy center on the top and bottom of the foot, and all the small energy vortices on the soles of the feet and around the toes.

Phase VIII - Template of Infinite Wisdom

The Phase VIII Template encompasses all the points of light contained within the brain, and all of the energy vortices associated with the Crown Center. The energy and color of all the templates in Phases V-VIII is platinum, signifying a catalytic element that contributes to the accelerated resonance of the Crown Center.



Overview of a Practice Mastery Session

Each time a session is offered, it is as unique as a fingerprint...

Before the start of each Phase V-VIII session, the EMF practitioner takes a few minutes for a pictorial review, presenting to the client illustrations of the Universal Calibration Lattice®, the energetic templates of Phases I-IV, and then introducing the energetic templates of Phases V-VIII.

Each Phase V-VIII session begins with the client sitting in a chair. The EMF practitioner asks the client to close their eyes, relax and take a deep breath, and then gently issues an invitation to begin the session. After an opening statement, the EMF practitioner poses three simple questions for a few moments of silent contemplation and reflection. Next, the client views a series of beautifully illustrated “Practice Mastery” cards, depicting 11 of the 44 attributes of mastery contained in the “Practice Mastery” card deck, plus an additional card that can represent any attribute of mastery.

The client then chooses the attributes of mastery they would like to practice and strengthen (for example - *Patience, Joyfulness, Harmony, Unconditional Love...*) within themselves at the current time in their life. After the selection of the attributes, the client lays on the table to receive the rest of the session.

The movements performed by the practitioner during this part of the session are determined by the attributes chosen by the client, and the order in which they are placed by the practitioner, making each session completely unique.

At the completion of the session, the client receives a journal page and a record of the session to take with them. The journal also contains questions for the client to think about as they begin to strengthen their practice of mastery in everyday life.



EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

Find a Practitioner

EMF Balancing Technique® Practitioners Worldwide

If you would like to receive an EMF Balancing Technique® Session, please visit the Practitioner Directory on our Worldwide website, to find an EMF Practitioner in your area.

Each Practitioner has been trained by an EMF Teacher, and is Licensed by The Energy Extension, Inc.

To find a Practitioner, in the country of your choice please visit our website:

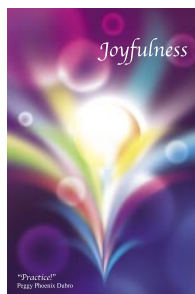
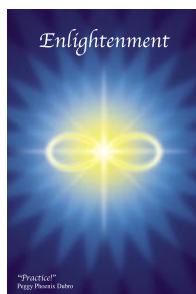
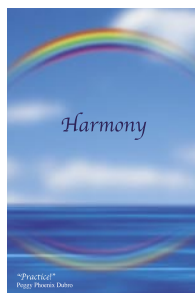
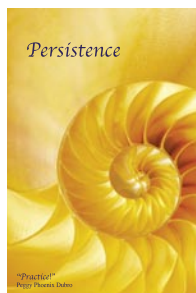
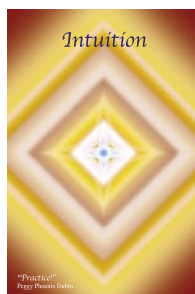
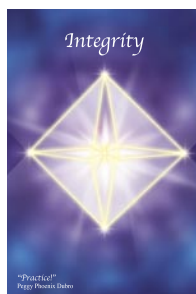
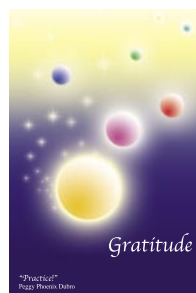
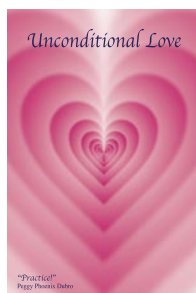
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EMF Balancing Technique®

Creating The Most Enlightened Life You Can!





EMF BALANCING TECHNIQUE® TRAINING PROGRAMS

Since the creation of The Energy Extension, Inc. (EEI) in 1995, the EMF Balancing Technique® has grown from a small regional presence in New England, CT USA to its worldwide position today, with EMF Balancing Technique® Teachers and Practitioners in 60 countries around the world, and standardized workbooks in 11 languages.



As part of our continuing growth, we have created two new practitioner programs. The first program is the **Personal Growth Program - UCL & Phases I-IV Training**, and is for those who are (and very importantly) interested in their own personal growth. The second program is the **Professional Path Program - Accredited Practitioner Internship Training**. This program is designed for those who are interested in seeking a higher level of professionalism.

The **"Master in Practice" - Practitioner Training Phases V-VIII** - is also available.

Personal Growth Program

Personal Growth Training - Evolution of Consciousness

Duration: 6 days

Prerequisite: None - open to all

The Personal Growth Training is open to all students who wish to



strengthen their connection to the Universal Energy Source, and to know more about their unique electromagnetic nature. This evolution of consciousness is accomplished by having a hands on experience of the first four phases of the EMF Balancing Technique®. All students will receive each of the four phases during the training and will also perform each of the four phases during the training. All students receive training materials that enable them to perform the sessions on friends and family. The Personal Growth Training is not a certification training. Graduates are not EMF Practitioners, nor are they licensed to perform the sessions professionally. This course is a prerequisite to becoming an Accredited EMF Practitioner. The Personal Growth Program is taught exclusively by EMF Balancing Technique® Supervisory Teachers.

The Personal Growth Training consists of:

Day 1: Universal Calibration Lattice Workshop

Days 2-6: Phases I-IV Training

The Universal Calibration Lattice® (UCL) Workshop (Day 1)

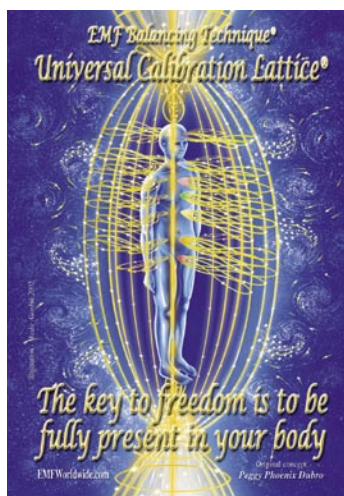
Duration: 6 days

Prerequisite: None - open to all

Human consciousness is evolving and that evolution is reflected within our energy anatomy.

The Universal Calibration Lattice® (UCL), a system within the energy anatomy, is radiating from the very core of our being.

This workshop is an experiential introduction to the understanding of





how the UCL impacts our consciousness and our ability to co-create our most enlightened life!

Morning

A fast paced and informative overview of the Universal Calibration Lattice®, what it looks like and how it works. Understand the calibration process and the new dynamics of energy. You can apply this information in a practical way to enhance your individual growth and accelerate your evolution. Become aware of and recalibrate common dynamics of energy!



Course materials for UCL Workshop

Afternoon

An afternoon of activity and energetic alignments honoring your unique pattern of wholeness.

- ◆ Learn the Alternating Sweep, an exercise of clear co-creation.
- ◆ Practice transmitting energy across the room or around the world.
- ◆ Learn to give and receive an empowering loving and nurturing EMF Balancing Technique® mini energy session.

This 1-day workshop stands alone as a valuable experience. It is also the first step in the Personal Growth Training and the first step to becoming an EMF Balancing Technique® Accredited Practitioner.

UCL Workshop Course Objectives

Intent

The course objectives provide an overview of the key areas in your EMF Balancing Technique® training. Each workshop is taught with love, respect and compassion.



UCL Workshop (1 day)

Key Learning Points

- ◆ The Theory of the Universal Calibration Lattice
- ◆ Theory of the Spiral Sweep
- ◆ Theory of Sacred Templates
- ◆ The Alternating Sweep
- ◆ The Send Symbol
- ◆ The One Minute One Step Rush
- ◆ The Mini Session
- ◆ Moving Energy with Your Eyes

What You Will Be Able to Do

- ◆ The Spiral Sweep
- ◆ The Alternating Sweep
- ◆ Send Energy with the Send Symbol
- ◆ Directing Energy with the One Minute One Step Rush
- ◆ Give Mini Session
- ◆ Moving Energy With Your Eyes Exercise

Phases I-IV Training (Days 2-6)

Duration: 5 days

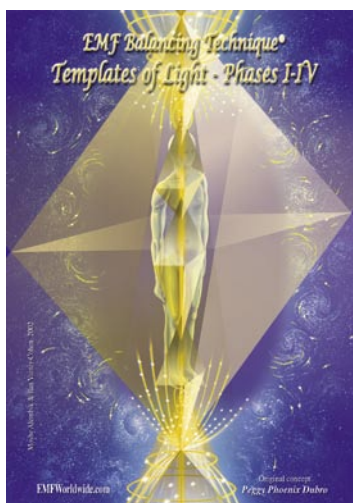
Prerequisite: Completion of UCL Workshop

Phase I - Wisdom and Emotions

Balances the head and the heart, resulting in stress reduction and providing an energy pattern of freedom and well being. Feel the energetic balance, and nurture the connection between the head and the heart. *Involves verbal permission from the recipient to participate in and allow for the balancing process.*

Phase II - Self Direction and Self Support

This session gracefully releases the energy blockage of old emotional issues and promotes awareness of your *Personal Empowerment Prism*.





This session encourages you to see your history as being supportive in your growth, no longer an anchor that holds you back.

Gracefully releases emotional issues. The resulting new perspective promotes awareness of direction and support from within the Self, making more energy available to you now.

Phase III - Radiate Core Energy

Radiating of the core energy allows your inner wisdom to manifest more frequently in your daily life. Being aware of your core energy encourages you to stand in your truth.

Allows the knowing from within to become more frequent. Aligns energy centers, allowing greater expression through the heart center. Hold your core of power in daily life.

Phase IV - Energetic Accomplishment

In this "final" balancing, a connection and communication with your future self is established through the *Prism of Personal Potential*, allowing future potential energy into the manifestation of present reality. Balance through the Future Potential Prism, a dynamic, creative connection and communication with future self.



Course Materials for Phases I-IV Training

Phases I-IV Course Objectives

Intent

The course objectives provide an overview of the key areas in your EMF Balancing Technique® Phases I-IV Training. Each workshop of the training is taught with love, respect and compassion.



Phase I Workshop (1 day)

Key Learning Points

- ◆ The Theory of the Arc Alignment
- ◆ The Arc Meditation/Exercise
- ◆ Client Welcome
- ◆ Pictorial Review of Phases I-IV
- ◆ Observe a video demonstration of Peggy Phoenix Dubro, originator of the EMF Balancing Technique®, give a full Phase I session.
- ◆ Observe your teacher outline a Phase I session on a white board or flip chart
- ◆ How to give a Phase I session
- ◆ Energy Session Review at the end of the day

Key Experience

- ◆ The Arc Meditation/Exercise
- ◆ The Arc Alignment
- ◆ Receive a Phase I session
- ◆ Observe a Phase I session
- ◆ Give a Phase I session

What You Will Be Able to Do

- ◆ The Arc Meditation/Exercise
- ◆ Give a Phase I session

Phase II Workshop (1 day)

Key Learning Points

- ◆ The Theory of Phase II
- ◆ Observe a video demonstration of Peggy Phoenix Dubro, originator of the EMF Balancing Technique®, give a full Phase II session.
- ◆ Observe your teacher outline a Phase II session on a white

board or flip chart

- ◆ How to give a Phase II session
- ◆ Energy Session Review at the end of the day

Key Experience

- ◆ Receive a Phase II session
- ◆ Observe a Phase II session
- ◆ Give a Phase II session

What You Will Be Able to Do

- ◆ Give a Phase II session

Phase III Workshop (1 day)

Key Learning Points

- ◆ The Theory of Phase III
- ◆ The Theory of the Infinity Express
- ◆ The Infinity Express - I Remember I AM Meditation
- ◆ The Theory of the Orbital Sweep Energy Exercise
- ◆ The Orbital Sweep Energy Exercise
- ◆ Observe a video demonstration of Peggy Phoenix Dubro, originator of the EMF Balancing Technique®, give a full Phase III session.
- ◆ Observe your teacher outline a Phase III session on a white board or flip chart
- ◆ How to give a Phase III session
- ◆ Energy Session Review at the end of the day

Key Experience

- ◆ The Infinity Express Meditation - I Remember I AM
- ◆ Receive a Phase III session
- ◆ Observe a Phase III session



- ◆ Give a Phase III session

What You Will Be Able to Do

- ◆ Practice Your Mastery from Core Energy
- ◆ The Orbital Sweep Energy Exercise
- ◆ Give a Phase III session

Phase IV Workshop (2 day)

Phase IV - Day 1

Key Learning Points

- ◆ The Theory of Phase IV
- ◆ Meditation Potential You
- ◆ The Co-Creative Cycle
- ◆ EMF Guiding Principles
- ◆ Communication
- ◆ Internship Overview
- ◆ Combination Sessions
- ◆ Distance Sessions

Key Experience

- ◆ Meditation Potential You
- ◆ Experience a Phase I Distance Session
- ◆ Give a Phase I Distance Session

What You Will Be Able to Do

- ◆ Give a Distance Session

Phase IV - Day 2

Key Learning Points

- ◆ The UCL and Light Template
- ◆ Review - Phases I-IV
- ◆ Observe a video demonstration of Peggy Dubro, originator of the EMF Balancing Technique®, give

a full Phase IV session.

- ◆ Observe your teacher outline a Phase IV session on a white board or flip chart
- ◆ How to give a Phase IV session
- ◆ Energy Session Review at the end of the day

Key Experience

- ◆ Receive a Phase IV session
- ◆ Observe a Phase IV session
- ◆ Give a Phase IV session

What You Will Be Able to Do

- ◆ Give a Phase IV session

**** When you complete the 6-day Personal Growth Training (UCL Workshop followed by Phases I-IV Training) you will be able to perform nine different energy sessions:**

1. Mini Session
2. Phase I session
3. Phase II session
4. Phase III session
5. Phase IV session
6. Phases I & II combination session
7. Phases III & IV combination session
8. Phases I & IV combination session
9. Distance Sessions for Phases I-IV



How this benefits you!

The EMF Balancing Technique® training increases your “energetic sensitivity” and accelerates the personal growth process. Learning and interpreting this energetic language provides a profound and new service as it opens the door to the untapped wisdom of the human energy body in a gentle, powerful, nurturing way.

During the training, you receive a direct alignment with the energy pattern associated with each phase of the work. This powerful alignment allows the training to be completed in a short amount of time.

You learn how to guide and allow the subtle flow of electromagnetic energy as it helps to balance the energy patterns of the recipient as well as your own energy patterns.

The information presented and the sessions learned in this training complement and amplify any other modalities you may already be practicing.



Find a Teacher

EMF Balancing Technique® Teachers Worldwide

If you would like to become an EMF Balancing Technique® Practitioner, please visit the Teacher Directory on our website, to find an EMF Teacher in your area, or to the Schedule page for the Worldwide EMF Balancing Technique® Courses Schedule.

Each Teacher has been trained by Peggy Phoenix Dubro, and is Licensed by The Energy Extension, Inc.

To find a Teacher in the country of your choice please visit our website: **www.EMFWorldwide.com**



Professional Path Program

EMF Balancing Technique® Accredited Practitioner Internship

Duration: 3 months to 1 year - learn at your own pace

Prerequisite: Completion of Personal Growth Training

For those seeking a higher level of professionalism in energy work, we have created the EMF Balancing Technique® Accredited Practitioner Internship. During the Internship, sessions are performed under the guidance of an EMF Supervisory Teacher, proficiency in the movements is demonstrated, and the intern is personally coached in a series of consultations with the Supervisory Teacher. Many or all of the requirements for the Internship can be fulfilled in your own home area. Upon satisfactory completion of the Internship, the Accredited Practitioner is licensed to perform the sessions professionally.



To read full details of the Accredited Practitioner Internship Training, and to find a Supervisory Teacher I-IV in your area, please visit our website: **www.EMFWorldwide.com**



Practitioner Training Phases V-VIII 'Masters in Practice'

Duration: 6 days

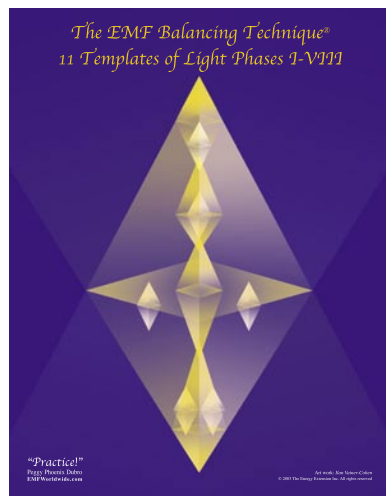
Prerequisite: Completion of Phases I-IV

Personal Note From Peggy

Practice and become - honoring you in the energy of love, Stephen my husband, partner and co-founder of EEI and I look forward to meeting new EMF Practitioners, and to re-uniting with old friends and familiar faces - we have much to share!

The first Phases V-VIII Masters in Practice Class took place in Sedona, Arizona, Sept 6-11 2003. The second class was completed on Sept 21st 2003. Both of these classes were completely full. Since then there have been 21 classes in 13 countries. There are now more than 1000 certified EMF "Masters in Practice" from 33 nations around the world bringing Practice Mastery sessions to their clients, their friends, and their countries. It is my belief that as you experience these sessions and practice the attributes of mastery, the original resonance of who you are will increase, and so will your ability to co-create the most enlightened life you can, filled with the noblest powers of Mastery!

Peggy Phoenix Dubro





Phases V-VIII Course Objectives

Intent

The course objectives provide an overview of the key areas which you will learn in your EMF Balancing Technique® Phases V-VIII practitioner training.

Each workshop of your training is taught with love, respect and compassion.



Course materials for Phases V-VIII

Key Learning Points

- ◆ The theory for Phases V-VIII.
- ◆ Beginning the session with your client - The Client Invitation.
- ◆ The selection and sequencing of the Attributes of Mastery with your client.
- ◆ The Phases V-VIII sessions
- ◆ Template of Infinite Love Activation - Phase V.
- ◆ Template of Compassion Activation - Phase VI.
- ◆ Template of Infinite Presence Activation - Phase VII.
- ◆ The Womb of Infinite Self - Phase VII.
- ◆ Template of Infinite Wisdom Activation - Phase VIII.
- ◆ The 12 Master Points of contact for each phase, their associated Patterns and Alignments.
- ◆ Fiber Activation and Integration for each phase.
- ◆ After session questions and clients journaling.

What You Will Be Able to Do

- ◆ By the end of this training, you will be able to offer your client the Phases V-VIII sessions.



To find an EMF V-VIII Teacher, in the country of your choice please visit our website: **www.EMFWorldwide.com**



Supervisory Teacher Training Phases I-IV

Duration: 6 days

Prerequisite: Open to Accredited Practitioners only.

This is an 6-day certification course that licenses the graduate to teach the EMF Balancing Technique® Personal Growth Training, and to supervise the Accredited Practitioner Internship.

The course provides the student with practical tools and materials to facilitate their teaching experience. There is detailed discussion of each of the four phases and their energetic relationship to the human anatomy and chakra system. Each student has a “hands on” teaching experience during the course.

The material reviewed includes the Universal Calibration Lattice® (UCL) and its relationship to electromagnetic field theory, providing a deeper understanding of the constructs and scientific support underlying the EMF Balancing Technique®.

The course includes sections on teaching content, teaching skills and strategies, group work, presentation skills, business skills, communication skills and professionalism.

The course is a combined format providing both lecture and practice, and is taught throughout the year by Stephen and Peggy Phoenix Dubro.

Teaching Method

Each class is designed as a multi-sensory learning environment; there is lecture, group exercise, group discussion, video demonstration, and practice of instructional method.



EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

Materials Used for this Course



Materials include highly detailed and illustrated student workbooks, Flip Charts, PowerPoint presentation, video, and relevant handouts.



To register for an EMF Supervisory Teacher Training I-IV please contact:

Phone: 928-284-3703 **Fax:** 928-284-3704

Email: Shana@EMFWorldwide.com

View classes schedule on-line: www.EMFWorldwide.com



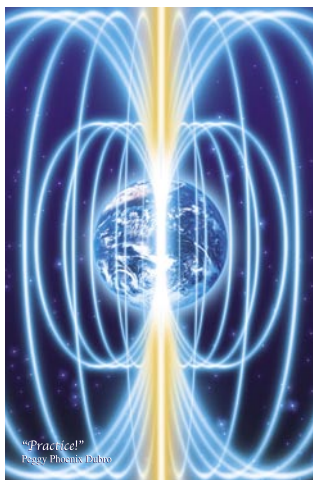
Teacher Training Phases V-VIII “Masters in Practice”

Duration: 6 days

Prerequisites: Practitioner Phases V-VIII “Master in Practice”,
Supervisory Teacher Phases I-IV.

This is a 6-day certification course that licenses the graduate to teach the EMF Balancing Technique® Phases V-VIII Practitioners Training.

The course is a combined format providing both lecture and practice, and is taught throughout the year by Peggy Phoenix Dubro.



**To register for an EMF Teacher Training V-VIII
please contact:**

Phone: 928-284-3703 **Fax:** 928-284-3704

Email: Shana@EMFWorldwide.com

View classes schedule on-line: www.EMFWorldwide.com



EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

For more information on becoming an
EMF Balancing Technique® Practitioner or Teacher,
and for a worldwide schedule of classes
please visit the official EMF website:

www.EMFWorldwide.com

You can also contact:



The Energy Extension, Inc.

P.O. Box 4357, Sedona AZ, USA 86340

Phone: +1-928-284-3703 **Fax:** +1-928-284-3704

Email: Shana@EMFWorldwide.com



Enlightenment



“Practice!”

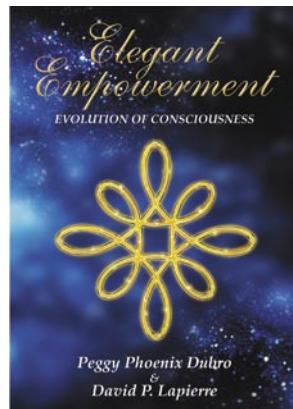
Peggy Phoenix Dubro



Elegant Empowerment

An Evolution of Consciousness

Peggy Phoenix Dubro
and David P. Lapierre



***A breakthrough book merging Science and Spirituality.
Important information for understanding the human energy anatomy.***

Peggy Phoenix Dubro is a distinguished international speaker, teacher, and originator of the *EMF Balancing Technique*®. Since 1988, she has diligently and extensively mapped the *Universal Calibration Lattice*® (UCL), and is the foremost authority in the world concerning its form and function. Peggy's deep insight, sensitivity and joy for life have endeared her to thousands of people worldwide by helping them to develop their innate ability to effectively activate the potentials within themselves. She has over 24 years of experience working with the human energy anatomy and has emerged as a leader in the field of energy balancing.

Whether your interest is motivational, psychological, spiritual or scientific, *Elegant Empowerment* takes you on a journey of accelerated personal transformation. This is the first book to document the structure and scientific basis of the Universal Calibration Lattice®. A unique geometric & harmonic configuration of light & sound, the UCL is a vital system within the human energy anatomy.

"Now is the perfect time to discover for yourself the power of the UCL and learn more about the EMF Balancing Technique® to achieve greater balance and freedom in your life... Refer to this book often, it is a foundational guide for further discovery on our collective evolutionary path."

Lee Carroll best selling author of KRYON Book series,
and co-author Indigo Children books

ISBN 0-9711074-0-8 • \$22.00+S&H

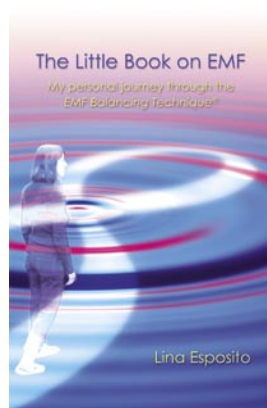
To read excerpts from the book, please visit
www.ElegantEmpowerment.com



The Little Book on EMF

My personal journey through the *EMF Balancing Technique*®

Lina Esposito



In 1999 Lina Esposito experienced a profound spiritual awakening during which she became aware of the world of energy. This prompted her to begin a search for personal transformation and self-fulfillment. A series of remarkable synchronicities led her to the *EMF Balancing Technique*®, a new system of energy work developed by Peggy Phoenix Dubro. Since then Lina has devoted herself to this technique, becoming first a practitioner and then a teacher.

This book takes you on a journey with Lina as she begins to unlock her true potentials and discover self-empowerment. Using the *EMF Balancing Technique*® Lina gracefully resolves both personal and family issues. Read how she integrates the energy into every aspect of her daily life, and follow Lina as she builds a successful energy work practice using the principles and tools of the technique.

The *EMF Balancing Technique*® is a system of energy work for these new times we live in. Whether you are already an *EMF Balancing Technique*® practitioner or teacher, or new to energy work, this book will provide you with usable practical wisdom for living and working in this new energy.

"Lina shares her heart in this little book in a big way. I hope you will take the time to feel the heart and the support behind the story."

Peggy Phoenix Dubro

ISBN 1-933465-01-8 • \$12.95+S&H



EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

The Universal Calibration Lattice Tape set or CD set

The tape set and CD set include a booklet complete with illustrations for each part of the Mini Session. You can learn to do this session!

Tape #1 or CD #1: Introduction (60 min)

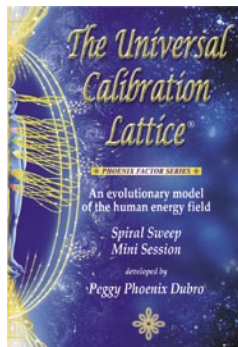
Learn about the Universal Calibration Lattice, a system in the human energy anatomy composed of fibers of light and energy. Understand the pattern these fibers create and the energetic framework they provide.

Tape #2 or CD #2: Spiral Sweep - Mini Energy Session (60 min)

Side (a) - Explore the connection between the endocrine system and the chakras. Strengthen your inner balance with a unique energy exercise called the Spiral Sweep.

Side (b) - Hear step-by-step instructions on tape while following illustrations in the booklet as you learn to perform the graceful movements of the EMF Balancing Technique® Mini Session.

ISBN 0-9711074-1-6 • \$18.00+S&H

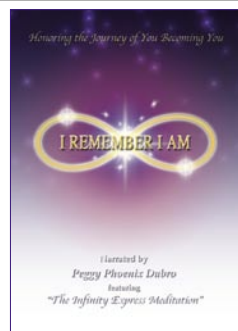


Also available in: Spanish

I Remember I AM CD set (80 min)

Peggy Phoenix Dubro skillfully combines unique meditations, energetic exercises, and selected readings from her book **Elegant Empowerment**. Designed to increase understanding of our sacredness as unique individuals and our connection with one another, this loving offering of practical advice and profound meditations create an exceptional CD experience. **Dedicated to the Creator within YOU!**

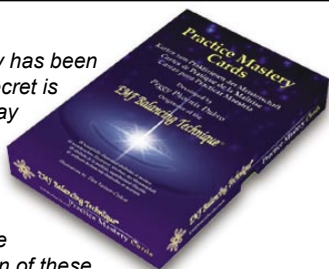
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Attributes of Mastery Cards

*From the beginning of civilization, spiritual mastery has been surrounded in mystery and ceremony. Now the secret is out ... you can PRACTICE mastery in your everyday life! In this box you will find our first offering of **44 Attributes of Mastery**, their definitions, and a booklet with simple instructions to assist as you PRACTICE mastery. I know you already possess these attributes of mastery, and many more. These cards are an invitation to encourage the expression of these attributes, and to increase your ability to co-create an enlightened life in accordance with your innermost, innate, and most wonderful wisdom. Think of what living in mastery means to you and PRACTICE.*

In the Energy of Love,
Peggy Phoenix Dubro



ISBN 0-9711074-5-9 • \$22.00+S&H

Also available *International Card Decks* in: German, French, Spanish, Hebrew, Arabic, Turkish and Greek!

For a complete list of products please visit our on-line store at:

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or call us at Tel: **+1-928-284-3703** Fax: **+1-928-284-3704**

Energy Extension, Inc. P.O. Box 4357, Sedona AZ, USA 86340



EMF Balancing Technique®

Creating The Most Enlightened Life You Can!

Teacher and Practitioner Contact Information: