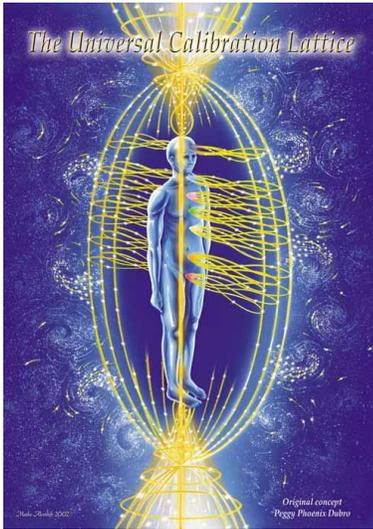


# New World Energetics – the EMF Balancing Technique®

## The SESSIONS – Phases I-IV



### Evolutionary Foundations

*Whether you want relaxation, clarity and profound peace or to feel balanced and grounded, you will come to understand your connection with the unlimited energy around you, and to begin to experience **more of your own energy—the essence of who You really are.***

Phases I-IV consist of a brief explanation of the work to be done with your practitioner, followed by a session where you will lay comfortably on a massage table, on your front or back as required by the practitioner.

*Circling movements will be made around your body and certain energy centers will be touched on the body also (the solar plexus and low back, for example).*

The session is a combination of these movements in an exact sequence, plus 'say alouds' (specific phrases) spoken by the practitioner.

Each session has its' very own movements and phrases which are specific to that session only. Practitioners all around the world have learnt to give these sessions in this very structured manner.

**Sessions I-IV usually last between 45 minutes to 1 hour approximately.** Sessions I-II and III-IV respectively have been designed to run as a combination session which takes about an hour and a half.

Clients experience deep relaxation and peace during these sessions, may feel very present, 'go away' completely, sometimes sense pressure, movement and 'tingles' of energy around them, some just enjoy relaxing on the table in the honoring energy of this work.

Everyone's energy anatomy is as unique and different as they are, so will their experience be during a session.

Five octahedron-shaped energetic templates are activated during these sessions. These energetic templates are the same shape and location for everyone; however the nature of the energy expressed within them is as unique as our fingerprints.

These four sessions provide a strong foundation for the sessions to come.

### The First Four Phases...

Focus is on **release, calibration & balance.**

*The resonance of these preparatory sessions gives clarity and empowers us to take personal responsibility and consciously co-create the most enlightened life we can.*

\* We **release** blockages and restrictions while clearing the fibers and loops to facilitate graceful processing of energetic information and emotions.

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- \* We **calibrate** the UCL to strengthen and prepare our energy anatomy to hold an increasingly greater energetic charge.
- \* And we **balance** in order to develop an energetic posture that enables us to walk graciously on our path while in direct connection with our higher, refined energies and the infinite source of wisdom and love.

## Phase One – Wisdom & Compassion

- \* This session releases stress and gracefully opens the emotional center. Your emotions are given permission for expression and allowed to be. You can begin to feel the balance between your head and heart; to think with your heart and feel with your mind.

## Phase Two – Self-direction & Self-support

- \* The excess energy that manifests as emotional issues is released. By transmuting the charge of energy invested in past events and activating it as personal empowerment, your history becomes a source of wisdom and support instead of an anchor that holds you back.

## Phase Three – Radiate Core Energy

- \* Radiating core energy brings profound peace. It allows spiritual intelligence to manifest in daily life and enables you to live in the Now moment. Conditions that no longer serve you will simply fall away. The unification of your chakra system begins here as you evolve into an energetic whole.

## Phase Four – Energetic Accomplishment

- \* A connection that enhances clear communication with your future Self is established, allowing your potential energy to be used as you manifest of your reality. It charges your hopes and dreams with your own energy, empowering you to consciously co-create the most enlightened life possible.

*You need to be over 18 to have an EMF Balancing Technique® [Online Session](#).*

**I honor you, and the unlimited potential within you.**

**Sarah Lawrence Hinson, EMF Balancing Technique® Accredited Practitioner**



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**Sessions offered by Sarah at New World Energetics**