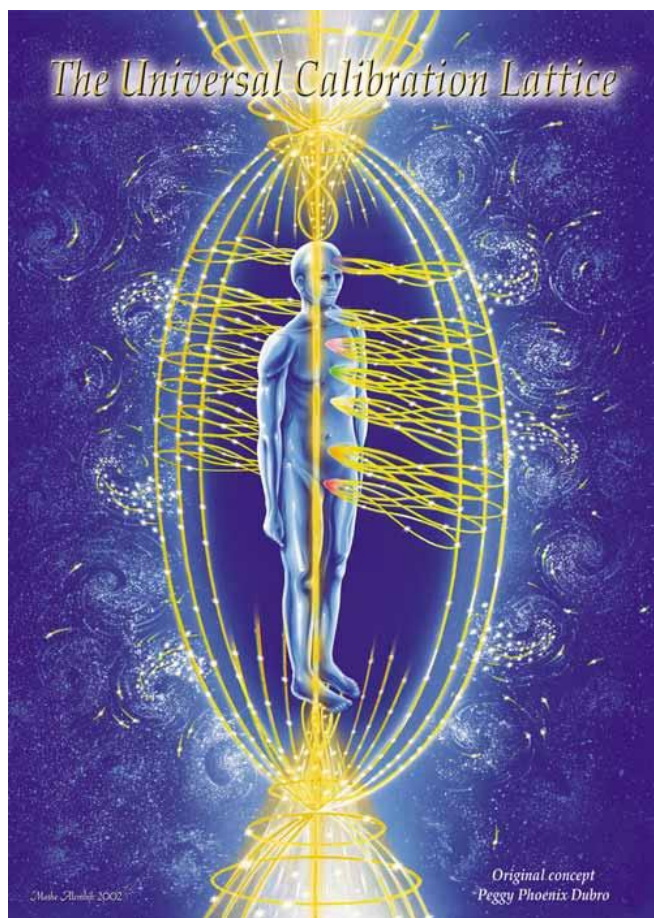


The SESSIONS – an Overview – plus information about Phases I-IV



The *Universal Calibration Lattice*®
The (UCL®) is an electromagnetic system within the human energy anatomy composed of fibers of light and energy that surround us.

It is through this Divine circuitry that energetic information and wisdom is received.

When the lattice is calibrated, strengthened and balanced, the connection to higher, refined energies deepens and your innate ability to co-create improves.

The EMF Balancing Technique® is an energy balancing system that works specifically with the UCL®. It is designed to accelerate the integration of Spirit and biology to increase health and personal empowerment.

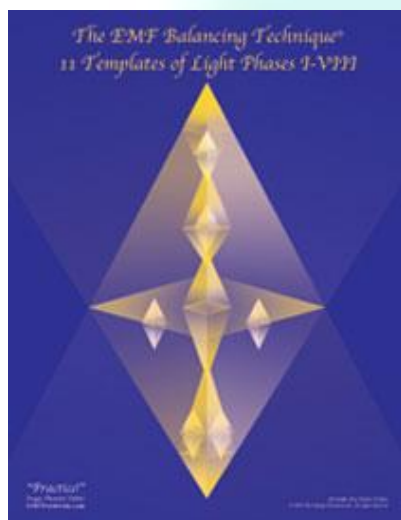
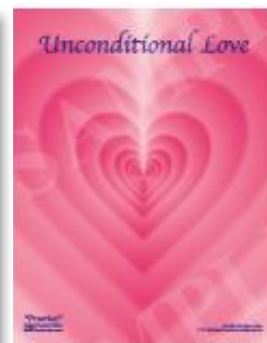
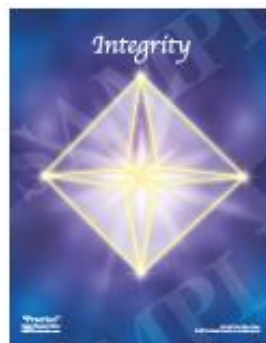
EMF balancing releases excess electromagnetic energy to relieve stress and anxiety *and enable* smooth transitions through life's growth processes.

While the basic pattern of the UCL® is universal, everyone's calibration is determined by the individual frequency of their own vibration, making each EMF Balancing Technique® experience unique in sensation and impact.

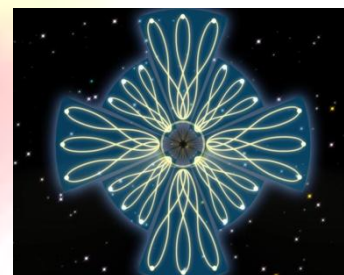
EMF Balancing Technique® Energy Sessions with Sarah Lawrence

Phases I-IV are experienced by the client as they lay covered and comfortable on a massage table, or they can be received remotely if you are not located near a local practitioner.

Phases V-VIII also include a seated guided meditation, work with a deck of 48 different Mastery of Attributes cards as well as a session on the massage table. Two examples of the Mastery of Attributes Deck are shown on the right here. Phases IX-XII and Phase XIII are seated sessions with more direct involvement in the session from the client.



During Phases I through XII, several sacred templates are also activated, which can be thought of as aspects of our energetic structure which are common to all, yet the experience is different for everybody, since how we express our energy within those templates can be as individual as our fingerprints. The picture on the left here illustrates the



templates activated during Phases I-VIII.

To the right (above) is an image of the Universal Calibration Lattice (UCL) from the top of the head looking down.

Quantum physicians refer to this concept as a **fractal**. In the context of the UCL®, this is a pattern which repeats itself universally throughout this aspect of our energy anatomy.

Notice the figure-8 loops which carry energy charges between the long outer fibers and into our energy centers, or chakras, at the core.

Every time we think differently, shift our perspective or express emotions we affect our own calibration or balance in some way and activate these fibers and this aspect of the energy anatomy.

If this technique resonates with you, then you may be asking yourself, so, where do I start? Here is an overview of how the first 4 Phases work – beginning with Phase I.

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.
- ✿ We **calibrate** the UCL to strengthen and prepare our energy anatomy to hold an increasingly greater energetic charge.
- ✿ And we **balance** 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 I – 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 II – 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 III – 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 IV – 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.

Sarah Lawrence Hinson, Certified EMF Balancing Technique® Practitioner

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[Book or ask questions at the Client Portal](#)

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Sessions offered by Sarah Lawrence