



Bonus Energies 8/20/22

Every energy has a distinct frequency that radiates outward constantly impacting where ever it is directed. When used correctly the energies are incredibly consistent. Each of these energies can be assigned to a specific type that will help us use them effectively. Because energies of a type share similar characteristics focusing on the most optimum way to use them has been a lifelong study for me.. Some examples of each type included in the Bonus Energies for this class are listed below.

Replenishers- renew, restore, soothe, & refresh the HES generally but can be directed to specific use.

- *Sanctuary (lavender)*
- *Manna (soft gold)*
- *Clarity (blue & yellow stripped)*
- *Restoration of Hope- (cerulean blue)*
- *Rejuvenation- (rose pink, peachy, & golden)*
- *Vim & Vigor- (silver & sparkling- faerie laughter)*
- *Faerie Faith-(rainbow sprinkles w/ moss green)*

Transformers- change, remake or shift an attitude, belief or orientation. Transformers act as teachers or can become informers of primordial impetus and release in a specific area of the HES

- *Abundance (maroon w/ silver shot thru)*
- *Descent of Spirit (golden, lavender & magenta splashes)*
- *Independence (bright white w/ green sparkles) Released from boundaries.*
- *Karmic Balance (segmented black, gray & white light)*
- *Release Pandemic Fatigue (golden, silver, clear crystals)*
- *Subtle Light Matrix (Spongy golden bubbles of light & clear bubbles, gold at edges) fundamentally a Transformer before building or restoring*
- *Quantum Resonance (clear w/ golden tinge)*

Environmentals- affects and serves manmade and natural surroundings in service of universal harmony and order- can inspire and awaken the structure

- *Calm Governmental Chaos (pale blue- w/ lavender)*
- *Sacred Sites (function depends on site-Stonehenge is different from Easter Island.*
- *Balm of Gilead (various shades of green)*
- *Home and Hearth (cocker spaniel & a fire place)*
- *Checks and Balances (yellow w/ tan splashes)*
- *Balanced Bagua (black, white, grey, blue & red)*
- *Harmonized Feng Shui (gold w/ red)*



New Bonus Energies- 8/20/22

Replenishers- 3

1. ***Living Lights*** – (*sparkling silver with bright twinkles*)

The ultimate **Replenisher**, *Living Lights* restores both the subtle and the material Human Energy Structure as it brings the pure photonic light of the Light Body back up to a higher strength forging a determined powerhouse center. The *Living Lights* sparkle and twinkle while filling every cell with vitality. It is essentially an electrical charge that renews and ignites every cell bringing an improved deep stamina. Use it to strengthen and potentize existing anatomy.

2. ***Pick Up the Pace*** - (*green with yellowish edges*)

I'm feeling great, but can't this go faster? How many times have you heard or thought that? *Pick Up the Pace* comes not a moment too soon for my taste! It is a valuable **Replenisher** that eases the client into the next gear, moving them a little faster into a shifted place out of the looping stagnation of arrival. Send them home with a bit of spice in their step with *Pick Up the Pace*!

3. ***Sandy Beach*** – (*white and tan sands*)

Just like a trip to a ***Sandy Beach*** in perfect weather this frequency is determined to take you to the most relaxed state it can generate. Chock full of the grit of sand in your shoes and the beauty of the millions of seashells ground into bits that a big beach needs this **Replenisher** will fill you up and give you back the ingredients you need to build your own sandcastle dreams.

Transformers- 2

4. ***Launching Pad*** – (*blue lifting spirals*)

Becoming prepared for big change and stepping up and into the moment of the lift and shift is what this **Transformer** is all about. *Launching Pad* is filled with potential, as yet unrealized but bursting with possibility. Using it gives a boost to the person who is stuck in first gear or afraid to change. When the client is trapped in describing their desire to change and the pain of it or delving into the tired old story as a way to avoid getting started on actually experiencing a new way of being, this is a call to put them on the *Launching Pad* and see what happens.



5. ***You Got This!*** – (dark blue)

Changing requires the confidence to accept that change. This frequency is a dark blue healing **Transformer** and it is a powerful tool to support deep shift. *You Got This!* is just what is needed to bolster up the client's ego just enough to take a deep breath and allow the possibility of this exciting change.

Environmentals- 1

6. ***Ethical Alignment*** – (dark cherry red)

Ethical Alignment is a potent **Environmental** energy. Using it to expand authentic ethical action in relationship to the planet. This is helpful as another frequency to help heal the human relationship to super fund sites, battle sites or sites where violence has occurred against people.