



Bonus Energies 9/17/22

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 bonus type 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- 9/17/22

Replenishers- 3

1. **Credibility** - (*orange and magenta*)

Building back from a difficult period in life calls for the **Replenisher, Credibility**. This energy strengthens natural stamina and returns belief in one's self. It brings back trust in the wisdom of the body, mind, and spirit while restoring confidence in whatever process you are engaged in pursuing to increase health and wellness.

2. **Leading the Way** - (*turmeric colored*)

Sometimes, even the greatest natural leader needs to remember who they are and what they need to do. Calling on the **Replenisher, Leading the Way** can bring back the confidence and egoic strength leadership requires. A generator set up at the beginning of a challenging period brings the spirit back into focus and inspires the leader to return to themselves.

3. **Roaring Lions** – (*sand and tan*)

This energy, *Roaring Lions* is terrific for bringing back the spunk and enthusiasm for life that is often lost during a long illness or a difficult life experience. It is a **Replenisher** and should be used at tier 3-4 always!

Transformers- 2

4. **Restraint** - (*black with silver starlight sparkling*)

Slowing down and waiting for the right moment to act is the definition of *Restraint*. Applying it consciously makes it a **Transformer** and can support even the most challenging of experiences. Helping you realize your own wisdom in the spaciousness of slowing the pace forward and not rushing past the beauty and joy of life.

5. **Return to Health** – (*purple blue*)

As a healing session comes to an end there is always a desire to *Return to Health* and to experience all the work as a transformational event. This **Transformer** does just that and is the perfect caper for a great release. Restoring the balance of energies with such a powerful frequency that addresses this very specific need helps to move the client on to a new stasis with joy.



Environmentals- 1

6. *From the Ground Up* – (green and brown swirls)

Enriching the dirt in your garden means starting *From the Ground Up* and changing everything about the health of your land. Using this **Environmental** to help with a shift or as a restorer of faith and hope is good because it renews the basics immediately and gives you have the biggest helper you can get, the very ground beneath your feet. As an **Environmental**, *From the Ground Up* is oriented to Earthwork but will be happy to support a specific target and help “ground” them into a better life.