



The Universal Calibration Lattice®  
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# The EMF Balancing Technique®

## Reframing your reality

by Pauline Baker

The EMF Balancing Technique® is a unique energy balancing system for these new times!

I discovered the EMF balancing Technique® in 2001 while reading the Kryon book *Letters From Home* by Lee Carroll. The impact of the words on the page was profound. I resonated so strongly with them, I knew I had found something special. Indeed I had, for that moment was to dramatically change the course of my life. Today I delight in my work as a teacher and practitioner of this beautiful modality, which deeply respects and honours the sacred nature of each individual.

The technique was originated and developed by Peggy Phoenix Dubro, who from her earliest years had a deep desire to remember God. As a young woman, this strong desire was to lead to an experience of expanded consciousness, resulting in the spontaneous opening of all her chakras. The opening produced an awareness of unconditional love, and the awareness of the connectedness of all things in the universe.

A desire to live life in that consciousness, led to the study and practice of many disciplines, resulting in another opening some 15 years later. Peggy describes her experience as having “no beginning and no end.” She became aware of columns of light and energy completely surrounding her. Within the columns were beautiful diamond-shaped patterns or octahedrons. Peggy had become the pattern of her Lattice or energy field. In this deep and seemingly timeless experience, the energy of love exquisitely embraced Peggy. In the time following the experience, she began to map and chart the energy field or Universal Calibration Lattice as she was to call it. Peggy’s life’s work had begun!

As your eyes light on the picture of the Lattice you may feel or sense a tingling or buzzing, or even recognition. A 9-year-old remarked casually to his mum when shown a picture of the

Lattice: “I see it all the time... it’s round everyone.” Indeed it does surround everyone regardless of culture. It is a system that has recently evolved within the human energy anatomy. The Lattice is a system of seemingly infinite fibres of light and energy, and it is each individual’s personal connection to universal energy. The Lattice functions much like an electrical transformer stepping down universal energy into a comfortable voltage for us to hold. We often refer to this process as ‘rewiring for the new energy’.

As Peggy’s understanding of the Lattice deepened, the EMF Balancing Technique® began to birth in her consciousness, and over the ensuing years the phases or energy sessions evolved. The EMF Balancing Technique® is specifically designed to work with the Lattice. Each phase of the technique works in a different part of the Lattice, and builds on the changes from the previous session. The practitioner’s role is that of facilitator, and each session is an invitation to balance to the next level of balance or wholeness, always determined by the inner wisdom of the receiver of the session.

Your Lattice could be described as a container filled with energetic information personal to you. The EMF sessions enable you to gracefully release energy charges preventing you from moving forward in your life. The released energy calibrates within your Lattice, and the transmuted energy ends up within the core of your being. As a result, your Lattice is strengthened, the light and energy within your core intensifies, and you have more energy available right now. You could liken your Lattice to an efficient recycling system, where energy is recycled so it can support you, as you reframe your reality, and begin to unlock your true potential. Lives start to change, as individuals choose to work with this empowering tool, and recognise their energy is a most precious resource.

The focus of the sessions is to know the core of your being,

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through working with the pattern of the Lattice. The encouragement is to live from that inner place of power, balance and peace as often as possible. If you look at the Lattice illustration, you will find the central column of pure light and energy of your core. This is the essence of who you are. It is within the core you will find the answers many spiritual masters assured us were within. Here you will find and access the untapped wisdom of the holographic human you are. There truly is so much more to us than meets the eye!

You could also think of the Lattice as an eloquent communication system. Through the Lattice we are continually in communication with the universe and with one another. We are speaking the language of energy through the energy we radiate into our world, whether we are conscious of it or not. And as electromagnetic beings, we are attracting or magnetising like energy or vibration back. Strengthening your Lattice enables a stronger clearer communication with your magnificent partner the universe and your fellow co-creators. The question is, are you using your energy to generate peaceful, joyful or creative solutions to the many challenges and opportunities in daily

life. Working with the Lattice assists each of us to focus and manage our energy, so that we can consciously attract the life we desire and deserve.

It is a joy to work with this technique, which was born out of a love of God. Its strength, I believe, is that it honours humanity. What is possible for our world, as each of us strives to honour and respect the members of our family of humanity? As I observe individuals resolve the issues of their history, discover self-empowerment, and blossom as they uncover more of who they truly are, I feel divinely blessed to have discovered the EMF Balancing Technique®.

The EMF Balancing Technique® is currently practiced and taught in over 70 countries around the planet. The resonance of the work is strong, and the integrity held by those who practice and teach this work worldwide. Peggy Phoenix Dubro and David Lapierre, who is a physicist, co-authored *Elegant Empowerment*, a book that documents the EMF story and the scientific support. More recently there has been testing using a measuring device called a GDV camera. This device gives a measurable validation to the EMF Balancing Technique®. The results are exciting and will be published on [www.EMFWorldwide.com](http://www.EMFWorldwide.com)



Pauline Baker is a Teacher and Practitioner of the EMF Balancing Technique®. Pauline delights in witnessing the subtle life-altering changes individuals make through receiving this very practical and effective technique. She also loves to teach the modality and teaches practitioners and teachers both in New Zealand and overseas. She offers regular free introductory evenings for those interested in experiencing EMF, finding out more or becoming a practitioner. Pauline is often invited to speak to groups about the work. For more information –  
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**To go into the draw to win one of three copies of the DVD *The Lattice – Reframing Your Reality*, see p40.**

Peggy Phoenix Dubro.

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