

Energy Balancing Handout

The FEBE & QEBE EXERCISE

The Full Energy Balancing Exercise (FEBE)



1. Centering



2. Grounding



3. Lifting up



4. Opening out



5. Bringing in



6. Lifting up



7. Opening out



8. Grounding



9. Lifting up



10. Centering

The FEBE covers all four directions of energy flow to create alignment, balance and uplifted consciousness. It supports you to center your energy field and charge your core. Repeat the FEBE several times. For example start slowly, then do it more energetic and faster. Then slow down again and for completion do the FEBE very slow and conscious.

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| 1. Centering to bring your energies in (Breathing in and out) | 7. Opening yourself for the higher energies you evoked and expanding with it - Evocation (Breathing in) |
| 2. Grounding to bring your energies into the Here and Now (Breathing out) | 8. Sweeping down these frequencies into your energy field to embody and manifest them (Breathing out) |
| 3. Lifting up to create alignment and awaken your heart energetically (Breathing in) | 9. Lifting up to create stronger alignment and to connect to your awakened heart (Breathing in) |
| 4. Opening the energies out to expand yourself (Breathing out) | 10. Coming to completion by coming back to center, going in - now with a more clear, well defined field and vital and vibrant energy centers (Breathing out and in) |
| 5. Bringing the energies in to come back to yourself (Breathing in) | |
| 6. Lifting the energies to the crown and above to energize your higher potential - Invocation (Breathing out) | |

The Quick Energy Balancing Exercise (QEBE)



Grounding



Gathering



Lifting UP



Opening OUT



Centering