



Self-Care for the Four Aspects

Living Authentically

The goal of Sacred Anatomy Energy Medicine (SAEM) is to support people to live authentically. But, what is that? This is a question that must be answered differently for each of us because authentic living calls upon us to honor the magnificent and unique individuation as expressed by the four aspects of the authentic self.

As spiritual healers, we accept the charge to recognize every person as they manifest in mind, body and spirit as a gift of the Divine. All human beings, all life, is an expression of the bright light of the Source congealed into matter. By seeing the light within another we are seeing authentically and through the eyes of our highest awareness. Simply *being with* the client looking to the light and not the debris of life we strive to *witness* their most authentic self which is not suffering the pain of disconnection, of holding, and imbalance. Not “buying into” the false advertising of the personality in the form of trauma, stress and hurt of the day-to-day world makes room for circumstances to disappear in the course of a Sacred Anatomy Energy Medicine Bag Session. Being *present* with the client at and as their core *is* healing.

Taking the First Step

Accomplishing presence is the first step toward learning the EDGE Practice which also embraces a fully anchored presence, expanded capacity and conscious awareness. As every one of you knows we must first do our own work and make sacred our own temple. This is a personal quest and a personal promise that must be authentically made. No one can do this for you.

Attaining mastery of the stance is part of the journey to being truly you. Polishing this basic skill makes the pure compassion and love contained within your structure available for your use. The commitment to living life from the most genuine and honest place in the mind and spirit can be made with an open heart at the EDGE of



the sacred anatomy because this is where you take the stand for who you truly are and what you are *capable of* as a whole being.

Physical, Emotional, Psychological and Spiritual

Authentic living is revealed slowly by stripping away the lies about life you have come to believe. Lies like: *life sucks, people are out to get me, men only want one thing, and there is no such thing as: fairies, angels, spirits, heaven, hell, peace, love, beauty, and magic, true happiness or good sex.* Letting go of the garbage we carry around to explain why things are difficult or sad means making room for the big version of *you* to awaken. This is you standing in partnership with the Divine, in posture of non-judgment of others and not demanding perfection. This is you making the case for waiting and watching with patience and kindness while the sacred anatomies of your clients bloom like flowers and resolve long held conflicts within. To move into the authentic and live in mastery is to understand why we struggle with the desire to make it all different, better, bigger and nicer. Pushing for the world to be like we *want* and in our willful personality self *imagine it to be* or, more realistically, how we judge it *should* be is a state of being that does not further the healer.

We commit to the journey toward wholeness, toward authentic nature and then we wrestle daily with the way things are. Being a healer is making a statement to live in the energy of the rising Sun, which is the time and place of greatest hope and possibility. The dawn does not mean everything will now be grand. It does mean there is a clear way to work and the ground is open for you to have sympathy and gentleness with your self while you truly see the majesty of your client's authentic nature and walk the path of healing with them, in partnership.