



## Key Subtle Anatomy Points

Benefit: Subtle anatomy has no value to the uninitiated. This is an initiation into the power of the structure and what it means to be CONSCIOUS.

1. A Human Energy Structure surrounds the physical body.
2. It is not separate from the physical body but encompasses it. We have only One Body.
3. Our structure is suspended out from eight to more than thirty feet in all directions and is organized consistently.
4. We have many different shapes but as we heal and become clearer we begin to approximate an egg shape. For our purposes this can be considered an authentic shape.
5. Parts of the subtle anatomy cannot be removed.
6. They can sustain injury and damage the way a physical body does.

## The Language and Integrity of the Work

People who are faced with the daunting task of explaining or speaking about the subtle, the sacred anatomy or even the work that makes up the world of the energy healer, are often discouraged before they even begin.

The unseen seems too impossible to describe; the subjective nature of this stuff just too personal for words. Sometimes the speaker is tempted to place the blame on the English language but that is not it really. It is true Sanskrit, ancient and even romance languages have more words for love, for states of being, for realized consciousness and so on... but I have come to the conclusion that it is not the language or lack of it that is the problem.



The difficulty is that the wild and free territory of the spirit, of the subtle, is unfamiliar to the western mind. We are used to the order of religion. The dogma of great minds from earlier centuries understanding how things work and creating the interpretations of sacred acts, beings and behaviors to make them simple enough for the uninitiated to grasp. The job of the intelligent supplicant was then to surrender, to give in to the religion. That day is long past. Today's quest is for ownership and self-awareness. There are growing pains.

Speaking or writing about subtle and sacred, while an ancient calling dating to our most primordial texts like the Vedas and Egyptian hieroglyphics is still a new landscape for the common person. The gossamer nature of the delicate realms we explore is fluid and airy; invisible and yet tangible to the sensitive soul. Butterfly wings and puppy bellies are soft and vulnerable- they are comprehensible and we can feel them so there is no argument, no discussion- the heart opens and sees the defenseless quality with tenderness.

The subtle anatomy that is strong as steel and flexible as Gumby doesn't have that vulnerable helplessness. It is self-reliant, unrelentingly independent, and not interested in the conquest of the human egoic expression. It is happy to wait to be invited. Happy to serve. Your Sacred Anatomy is not limited by self-interest. It exists as the gateway to universal consciousness and is unhampered by time, commitment or decomposition.

What we face as pioneers is to keep on keeping on... becoming more comfortable with using a wider and more colorful vocabulary. Becoming familiar with the world of Sacred Anatomy using it every day in our lives; incorporating it into the practices that keep us balanced and healthy as well as thoughtful about the experience of Sacred Anatomy Energy Medicine Training and Practice. Working, living, and dying we must



develop new language and redefine old words to give us a way to construct meaning for ourselves out of the ruins of the decadent sociopathic confines of belief and creeds of our forefathers.

## Consistency

As representatives of the Sacred Anatomy Academy and SAEM it is important that we all use the same language to speak about the parts of the anatomy and the work we do with it.

People are sometimes activated about certain words: soul and spirit specifically. Using them can push some people into resistance. I have found that this is not important. If people are up against their stuff it's OK. There is a point of tension for everyone as they are introduced to the energy of the awakening structure. It can be surprising who has a hard time as often they are exactly the people you thought would be top of the class. Take a deep breath. Be empathic and considerate, have compassion for their struggle but do not take time away from other people who are more ready for the information. Sometimes just letting people be with their own process can help them break through whatever is keeping them from full participation or really relaxing and having fun.

## Talking About the Work

There are a few of the millions of ways to talk about this wonderful work we do:

1. Subtle Healing Modality
2. Transformational work for the subtle body
3. Achieving balance between spiritual, emotional, mental and physical self
4. Holistic approach to healing body, heart, mind and spirit-
5. Unique approach to the individual as a whole being



6. Clearing away the obstacles to a life of great authenticity
7. A set of procedures, anatomical alignments and clearings or cleansings that balance the subtle and material experience of life
8. Genuine well-being achieved peeling the onion layers of toxic debris and damage done by life
9. Separates you from your old and tired story in a way that allows for deep transformational healing
10. Gives and supports an expanded understanding of your true capacity
11. A way to heal karma and past life residue
12. A complete system for all parts of the human spirit and the individual soul.
13. A great way to support people through physical difficulties, surgical events and trauma
14. Happy and good invention with difficulty- a way to reboot the structure of the body both subtle and material
15. A way to establish and sustain good energetic hygiene
16. Boundaries that are obvious and defined not spacey and incoherent
17. Self-care for the subtle that can have a profound effect on the physical body
18. Establish and re-establish your connection to Source
19. Integrity and ethics that are based in solid Operating Principles
20. A new operating paradigm to and for an expanded life
21. Saying yes to an increased happiness and a joyous relationship with your inner self, your future your past and your awakened life.
22. Complete healing approach that can and will shift a being from point A - point B in their growth
23. A new way to heal the whole self.
24. Intentional healing modality using interactive light.
25. A miracle of modern spirituality.



26. The medicine of the spirit and soul.

27. Contemporary shamanic interactive healing-

Remember *Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure* is your best friend. It is an entire book devoted to the deep understanding of the subject, the philosophy and the exciting experience of feeling it as a part of yourself.

1. SAEM is not a religion or a dogma.
2. Sacred Anatomy is manifest cosmic consciousness. Your Sacred Anatomy is the site of the primary human soul self.
3. Becoming aware of your sacred anatomy will evoke the desire to practice a conscious relationship with the inner.
4. A complete human expression
5. One Body expanding outward in all directions including biologic and energetic layers
6. A whole structure – one integrated and elegant construction
7. The Human Energy Structure responds to laws and quantum principles
8. A deep understanding of human consciousness made real in light body form.
9. A world of glorious energies, color, beauty and possibility
10. Life-changing information/ new paradigm
11. A unique approach to the harmony of all of creation
12. An experience of the core self-expanded.
13. Everyone has a unique subtle anatomy that holds their history and potential
14. The sum total of the human experience and the essential nature of what our species is and can be all at once.
15. An expanded understanding of who and what we are in a context of a philosophy of wholeness that fully accepts the spark of life as sacred and the spirit as directive.



16. Our dynamic and inclusive body is made up of everything that makes us human; from nose to toes, muscle to soul, all the way from the mystery to the mundane.
17. The anatomical location of individuation.
18. Your higher self, made manifest in a container of light and sound.
19. Seven anatomical systems that work collaboratively with each other.
20. The sacred anatomy is the location and the way to expand into your own potential; to fulfill your heart's desire.
21. A way to really understand the power and the use of ener-chi.



23. It is material and subtle realities brought together as the HES.
24. An always revitalizing harmonious blend of frequencies and light mixed together with cosmic consciousness inspired by the driving imperative of the universe: to create. We are because we must be.
25. Every single system of the HES is unified in its focus as an expression of unique individuation.
26. The Human Energy Structure is the servant of the 4 Aspects of the Authentic Self: bringing soul's purpose to life.
27. Sacred Anatomy demonstrates constantly unfolding expressions of a sophisticated and unique soul self.
28. Your energy structure is both the conduit through which you come into being and your beingness itself.