

Sacred Anatomy Energy Medicine Technique

Cradling the Template Heart

1. At your Edge, with permission, determine need
2. Do the Template Expansion.
3. Start by tracking over the Star Point and along the Star Point Conduit towards the Template Heart.
4. Holding your light fingers on the base of the conduit at the Core Sheath anchor your awareness in your pelvis. Feel the expansion of the Template from this place as it senses your awareness of it.
5. Extend Light fingers from the Solar Plexus into the base of the Conduit where your Template Heart is located.
6. Feel the Template Heart - the pulse of the subtle nervous system is located at the back of the Star Point and the Conduit where it touches the Core Sheath. It will feel like a subtle heart beat.
7. Breath into the pulse of your subtle nervous system there where your Template Heart is strongest. This will be at the center of Template Heart.
8. Breathe deeply three times, allowing the breath of the body to attune to your Structure and to the Template Heart.
9. Put your hands beneath the Template Heart and cradle it gently.
10. Feel the Template Heart expand into the spaciousness of no boundaries radiating out from the Core Sheath; there is no end. No end to its beauty, its capacity, or its power.



11. Continue breathing deeply while cradling the Template Heart. Your Template Heart is a place of refuge and relief. A place where you are always in alignment with the central principle of love within you.
12. Remove your hands slowly and gently.
13. You can return to the Template Heart anytime.