



Sacred Anatomy Energy Medicine Clearing:

Basic Clearing of the Layers

Based with permission on the groundbreaking work of the gifted Eric Dowsett, a *Basic Clearing of the Layers of the One Body* will make way for deeper work. Essentially a form of personal housekeeping, a *Basic Clearing* sweeps the Layers System clean of excess debris and clutter. This is a normal buildup resulting from the integration of transformational change. As we release old patterns during the course of living a conscious life, the Layers can start to feel heavy and binding to the more sensitive person.

A Basic Clearing of the Layers will shake loose issues that are *up* for transformation bringing them to the surface for immediate processing and greater understanding. It will not release anything *currently on the table* or anything that is not ready to *let go* because the client has not grasped the lesson or understood the meaning of the blockage in their life. A clearing of any sort is housekeeping and NOT healing.

Sacred Anatomy Energy Medicine Clearing:

Basic Clearing of the Layers

- 1) Apply the Edge Practice. Receive permission.
- 2) Make a vent (think karate chop) in the structure off to the side out of one of the shoulders at an angle.
- 3) Using a dowsing rod, monitor as debris lifts up and out of the each layer.
- 4) Clear by using focused intention:
 - a) All negative thought forms throughout
 - b) Bio layer including physical issues or trauma
 - c) Emotional layer
 - d) Primal layer
 - e) Mental layer



- f) Cognitive layer
 - g) Spiritual layer (including relationship to the Earth)
 - h) Etheric layer / all personal soul history
 - i) Soul layer
 - j) Surrounding Universal
- 5) Close the vent with *Universal Love and Light*.
- 6) *Integration and Blending* through the entire structure.

To really make progress releasing the old and moving into the present moment without the clutter and overload of the past: Take the 30 Challenge and repeat your Basic Clearing daily for 30 days.