



# Compressed Framework

## What?

Release of the Framework is exactly that. It is the witnessed release in a therapeutic setting of the part of the Bones of Light anatomy that holds the Layers up and open, the spongy feeling Framework.

You will be sensing a closing in and limiting of your life and your experience of work, love and relationships. You may complain of the level of energy that it takes to just do the simple things in your daily routine. It will feel like you are pushing up hill or slogging through mud and that no matter how hard to try, you don't seem to have quite enough room to relax, be yourself and engage with the free flow of your best life.

## Why?

- The Framework becomes compressed as a reaction to stress and trauma held in the body, mind, spirit as an issue around internal support and acceptance. Normally this ebb and flow is born by the Layers and Framework and released in the course of living. When it rises to an agitation, this inability to accept deep support or a disconnection that occurs between ego clinging to a bad habit and a positive form of internal conscious support represents an issue. You may be aware of it and may even have worked with it if there is a component that is unfinished the BOL Framework will remain compressed because the fundamental issue is still stuck in this vital part of the HES.
- When the Layers become debris laden and straining at their boundaries- pressing against the Framework a Release may be necessary to "hold" the positive results of a Basic Clearing of



Layers System, an Emotional Peel or even something as profound as Severing Entanglements.

- The release of the Framework compression and the alignment that occurs will support the acceptance of *Integration and Blending* of any procedure. This is because these energies are supportive of the internal support that is the primary function of the BOL. It is critical to keep the subtle body aligned with the needs of the ego.

## **How?**

Holding and being with the compressed Framework is all that is required. Taking a deep breath and understanding how your life has contracted in relationship to the issue is important.

## **Note:**



## Sacred Anatomy Energy Medicine Alignment

# Compressed Framework

1. With permission and at the EDGE determine need for Compressed Framework.
2. Frameworks are divided into eight segments placed between the Layers plus the EDGE. Determine how many segments are compressed.

They are:

- Bio-Emotional
- Emotional-Primal
- Primal-Mental
- Mental-Cognitive
- Cognitive-Spiritual
- Spiritual-Etheric
- Etheric-Soul
- Soul- EDGE

3. Place Light Fingers into affected segments one at a time on left and right side of the bio layer.
4. Ask your healing partner to take a deep breath while you simply hold the segment and witness the release of each one.
5. When finished with release check to be sure the Framework is 100% released.
6. Bring in *ULL* throughout the structure after all the compressed segments release.
7. Bring in: *Integration* and *Blending*.