



Emotional Peel

Human beings slough debris from the bio and the emotional layers the same way they slough old dead skin. Emotional experiences and physical exertions travel out through the layers of the body and release into the Universal where they dissipate and return to the Source.

The emotional layer can, by its very nature, be slow to release debris that builds up over the natural course of a normal life. Because of the tempo of our contemporary society and the amount of stuff most people now juggle while going about their daily lives, people often don't have time either awake or asleep to process and release their emotional experiences adequately or quickly enough to stay clear. Over a period of time as more debris builds up in the emotional layer, release becomes more difficult and the layer can experience stagnation.

The *Emotional Peel* is designed to release this kind of stagnation and to speed the process of sloughing as an aid for a cluttered and overwhelmed person. Almost everyone can benefit from an occasional *Emotional Peel* and it does no harm to do it even if you are not terribly cluttered to reach a refreshed state.

Sacred Anatomy Energy Medicine

Emotional Peel

- 1) Go to the EDGE and receive permission to work with a healing partner.
- 2) If working in person, ask your partner to either lie down comfortably or stand up. Using a Thought Form, build it laying down.
- 3) Dowse to determine the location and thickness of the emotional layer by moving your hand out from your physical body until your dowsing rod indicates the end of the emotional layer.



4) Make two vents for the debris to exit the structure. One at the shoulder out at an angle and one at the opposite foot and out at an angle. Make the vent with your hand cutting at an angle like a karate chop. Mark the vents with post it notes.

5) With cupped hands rake the emotional layer of debris carefully moving all of it to the vented areas. With *intentional focus* instruct it to release out the vent. When it is finished releasing- test to be sure you have 100% release on this side. Do this by dowsing 10% = each turn of the dowsing rod.

6) In person have them flip over or if seated, move around their entire body. If working on a Thought Form flip it over. Continue raking the energy out of the vent until the release is complete. Use your dowsing rod to determine if this other side is at 100% released.

5) Seal the vent with *Universal Love and Light*. Bringing in *ULL* from the outside to the inside 1-2-3 times.

6) Move *Universal Love and Light* through the emotional layer building up the intensity of the energy actually packing it in densely.

7) Bring in *Integration and Blending*.