



# Template Expansion

## What?

The Template reacts instinctively to stimulus outside itself by expanding and contracting. It also reacts to stimulus inside the structure, to emotions, thoughts, and physical actions generated from within. The expansion and contraction of the Template are the tangible somatically available results, in living light, of your own reactive nature. Therefore, the limitations of the Template are the limitations of the understanding you have of your own Greater Mind.

## Why?

Purposeful expansion of the Template is a valuable tool for shifting out of habitual patterns based in contraction and fear. Using this technique to stay in an expanded structure is a powerful use of the natural strength of the sacred anatomy to support the growth of the ego and personality. It is also very important whenever working with the Template to use the expansion to get the most out of this system.

## How?

With intentional communication with the star point of the template system, and command, one can expand their structure and learn a new way to stand in your authentic power.

The image you can hold to imagine your Template is: a million spider webs made of gossamer lavender and pale green light stacked up on each other in a three-dimensional egg shape that extends out from the star point at the center of the Template System. The Template extends from the core sheath to where it hooks into the inner edge of the soul layer.

Corridors form and allow movement through the structure. They begin to open up making more space within the Template as the expansion starts to happen making you feel open, relaxed and expanded. Conversely, these corridors tighten up and shrink as contraction occurs making you feel tense, guarded and withdrawn. Using this natural feature of the Template to help yourself feel relaxed under pressure or to walk into difficult situations open and extended instead of wary or anxious. The expansion occurs simultaneously in a starburst pattern in all directions with the star point at the center.



## Sacred Anatomy Energy Medicine Technique

# Template Expansion

- 1) Attain the edge and ask permission if doing this with a healing partner.
- 2) Discover your star point the center of your subtle nervous system. It extends out in an energetic bulb-like shape from the physical body. Located below the solar plexus and above the gut find the star point by placing your hand palm down parallel to your chest. Move your hand down until you feel the bump approximately above the belly button.
- 3) Holding your hand palm down above the star point, stimulate (the star point) by bouncing your hand up and down on it two or three times. Say out loud: "Expand."
- 4) Monitor the release by feeling the expansion out from your star point. Your hand may want to move reactively away from your bio layer.
- 5) In the same way, repeat the command: "Expand." Monitor the 2<sup>nd</sup> expansion.
- 6) Repeat the command again: "Expand" again. Monitor the 3<sup>rd</sup> expansion.
- 7) Bring in *Universal Love and Light* wafting through the Template comforting it and healing any frayed or torn places.
- 8) Bring in *Integration & Blending*.

Always repeat the expansion a total of 3 times. This will keep the Template extended. It naturally collapses in a response to the limits of your ability to stay consciously extended while experiencing the difficulties and stresses of living.