



Sacred Anatomy Energy Medicine Technique

Simple Stabilization

Follow witnessing with stabilization. Maintain the stance of witnessing and continue with stabilizing in two passes using both hands pulling the energy from the top of the HES and all around the front and back of their HES (to the North and South), then back from the top down either side to right and left (to the East and West).

1. Bring in the green stabilization energy and comb it through the structure with light fingers as if using it to balance a teeter-totter, all the way from top to the bottom edge of their HES.
2. Bring in more *Integration* and *Blending*

Sacred Anatomy Energy Medicine Healing Technique

Ancestral Stabilization

Maintain the stance of witnessing and continue with stabilizing in two passes using both hands guiding the stabilizers from the top and all around the front and back of their HES (North and South), then back from the top down either side (East and West).

1. Call in the: “Grandmothers and Grandfathers of the North and the South (who love *client name*), the power animals, the sacred beings, the nature spirits, and all the unseen guides and guardians who support and love you.”
2. Anchor them outside the edge of the client’s structure all the way to the bottom.
3. Call in the: “Grandmothers and Grandfathers of the East and the West, (who love *client name*) the power of the rising and setting sun, the planets, the stars and constellations in all the heavens, the elementals, the angels, the fairy folk, and all the unseen teachers and healers that have guided you throughout your life.”
4. Anchor outside the edge all around and finally at the bottom of the client’s structure.
5. Bring in more *Integration* and *Blending*.