



Sacred Anatomy Energy Medicine Technique

Witnessing Yourself

1. With Permission and using the EDGE
2. Clear your mind of any need to accomplish anything or of any agenda and relax your structure.
3. Gently place your hands in a receptive posture at your edge.
4. Simply observe. Sit in compassion with focused intention and wait for a shift to occur.
5. Remain interested in the movement you are observing. Do not project any theories about what is happening or any speculations about what the outcome will be. Have NO AGENDA for an outcome. No attachment to any result.
6. Relax your breathing and simply observe
7. As the gentle absorption of transformation occurs within their structure synchronize your breathing to them and witness through any expansion and shift until it settles.
8. Stay in a receptive state with NO AGENDA
9. Acceptance occurs in their structure when it experiences a slight contraction and then a sort of sigh as it drops down into what feels like a more expectant stance. It is as if the structure says: *"That felt good. Oh boy! What's next?"*



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Witnessing Others (3-way witnessing)

1. With Permission and using the EDGE
2. Clear your mind of any need to accomplish anything or of any agenda and relax your structure.
3. Gently place your hands in a receptive posture at your edge.
4. Placing your hands to the left and the right of the structure of the client, say:

"Take a deep breath and accept for yourself just the possibility that what we have just done (in this session) has been helpful."
5. Placing your hands vertically above and below in their structure and say:

"Take a deep breath and accept the possibility you can stand tall and strong in the world. Visualize yourself powerfully striding down the street bringing benefit to all you meet."
6. Placing your hands in front and behind the heart center in the structure of the client and say:

"Take a deep breath and accept just the possibility that you are loved by all creation, by your family and by your friends."
7. As the gentle absorption of transformation occurs
 - a. Attune your breathing to the client and witness through any expansion and shift until it settles
 - b. Stay in a receptive state with NO AGENDA
8. Acceptance occurs when the structure experiences a slight contraction and then a sigh as it drops down into what feels like a more expectant stance.
9. It is as if the structure says: "That felt good. Oh boy! What's next?"