

## The Advent of the Cell Phone

I remember when everyone started to use cell phones in about 1999. (Microwave ovens were pretty well shielded by then but even today I still don't have one in my house. It's really about what they do to food and its taste, but that's another story.) Anyway, by the late 1990's the sensitives were losing their minds experiencing the aggression of the primitive cell phone signals as painful zinging attacks to the structure. Some were collapsing in painful nervous states as they attempted to figure out the new landscape technology was giving them. Everyone was desperate to find a solution.

I worked on it for several years trying all kinds of gadgets and approaches; even placing different stones on computers and phones to block the aggressive EMF disturbances. But honestly, none of them really worked as well as we needed them to work. Some products people created were even more upsetting than the original signals and somehow or another the electromagnetic disturbances always broke through.

In fact, most devices people invented turned out to be weirdly disruptive to the HEMF of the person they protected or everyone else that came in contact with them. Because of this in many cases, in those early years there was a blowback effect and the structure was disrupted or in some cases really damaged by primitive *solutions*. Because their creators designed these gadgets to address the electromagnetic ONLY I feel although very well intended, they missed the boat on the much larger picture. And yes, I tried that thing around your neck, too, in my quest to find some relief!

Eventually, I found that what happens as we walk or drive through a focused microwave stream is that the unaware HEMF has holes bored into it by the pointed electromagnetic disturbances encountered. From high-tension wires, to electric power plants, to your TV, power tools and cell phone -- every one of these man-made products produce measurable electromagnetic fields affecting the life around them. It's still a scientific debate about whether or not these fields harm us but since we can feel

their presence I wanted to see if there was some way we could guard against how they affect us.

Knowing they were harmful was not terribly helpful until I figured out what the energy was telling me; how it was separate from us. The Human Electromagnetic Field was intelligent in a different way than the rest of one body but intelligent or not, here it was crying out for healing from the damage caused by our changing environment to its shape affecting the ability of the entire HEMF system to function.

Mankind, striving ever forward in our need to tame nature and create technology, was repeating the World War II cry: *"Damn the torpedoes- full speed ahead!"* To hell with your subtle energy! Leaking vitality from holes drilled in the Human Electromagnetic Field by cell transmissions while becoming more and more injured over time sure didn't look much like progress from my perspective.

Everybody's electromagnetic fields were doing the best they could to restore themselves but they were not repairing fast enough before another blast knocked another chunk out. People looked like brightly color Swiss cheese with dark holes where vibrant light once was. It was frightening. The situation was pretty desperate for me too, until I figured out the way to restore the HEMF with a specific energy. That worked for a while. But constant repairs were still required so I needed to figure out how to speak to the electromagnetic disturbances effectively so that they would not aggress against an awakened and repaired Human Electromagnetic Field.

As has so often occurred, one night it came in a dream. I saw how to do it. I could feel the buzzing electromagnetic disturbances hitting the EDGE, and I was guided to just say: *"Stop!"* I pushed back. I put a golden shield up and told it to simply remind any incoming electromagnetic energies to go around me. BAM! WOW! If they didn't do it! The next chance I could, I shared the idea with my students and when it worked for all of them, I felt like I had discovered the Holy Grail of how to live in the electronic communications age!

## What's my relationship with my tech?

## Speaking Politely with the Golden Rain

I share this technique with you here. Use the golden rain meditation with my love and blessings; I know it will give many of you tremendous relief! All energy is intelligent, even the electromagnetic disturbances created by your life style. This is an exercise meant to put a **Do Not Disturb** sign at the EDGE of your one body. -- not the edge of your Human Electromagnetic Field -- your one body, out another 10 feet or so from where your Human Electromagnetic Field ends.

Because electromagnetic disturbances are intelligent energy just like the rest of creation, they have their own sort of capacity to understand communications. The idea is that if you speak politely to the electromagnetic disturbance using its own language, it will understand that its movement can be harmful to you and willingly agree not to pierce your structure and damage your HEMF. Unorthodox I know, but amazingly effective.

This exercise uses intentional focus to interact with intelligent energy and to care for your delicate subtle self. The function of the golden rain meditation is ONLY to redirect electromagnetic fields and disturbances and not to keep you from any other harm. It is important that you do this exercise daily to build up to the best result.

However, if an electromagnetic Field is badly damaged it will still need to be repaired to have the maximum benefit. There are some people who are locked in a magnetic storm and attract electromagnetic disturbances to themselves with no discretion. They may be imbalanced in other ways and may need additional help from healing professionals. But keep in mind they may also be made half mad with the constant buzz of the technology surrounding them.

The best tactic for healing for these vulnerable people is regular and even repair work supporting the development of a returning self confidence in their ability to cope. I also suggest in extreme situations a tech fast or a tech free hermitage for healing. There are several towns in the US that are EMF free.



The good news is that this HEMF Suite gives you what you need to help all but the most extreme cases of EMF toxicity.

Description Sacred Anatomy Energy Medicine Technique

## Golden Rain of the Human Electromagnetic Field

Living in the 21<sup>st</sup> Century we all experience electromagnetic disturbances everyday. Interacting with these offending and dangerous energies at the EDGE of your structure 10 to 20 feet away from your physical body can create a conscious relationship. Using this specific energy, *the golden rain* to act as a sign post at the EDGE of the structure can change your experience of being in the world today. Locate *the golden rain* far enough off the EDGE of the structure to allow your larger body to expand and contract comfortably. Give yourself “breathing room”. *Golden rain* will protect against electro-magnetic disturbances only.

Sacred Anatomy Energy Medicine Technique

## Golden Rain of the Human Electromagnetic Field

1. Daily visualize a golden rain from the mind and heart of the universal Source falling over you completely coating your egg shaped structure a little beyond its outermost edge.
2. Renew the golden rain each day by visualizing it completely washing away the old golden rain at the same time it forms a new and refreshed sign post to direct electromagnetic disturbances to go around instead of through your structure.
3. This will only take about 20 seconds once you've learned how to do it. Do it at the same time every day.
4. Use *Integration, Blending, Witness, Stabilization, Integration and Blending*.

*Remember: Golden showers = Golden Rain!*

## Add Power Pak

1. After applying the Golden Rain, you will need to connect the body of the HEMF and the Subtle Energy Structure. Do this by first activating the Containing Membrane by rubbing it while visualizing the Golden Rain coating the Edge of the HES. Make sure to activate the entire Containing Membrane by rubbing all around it. Use your light Fingers if needed to sense difficult to reach places.
2. Make sure your hands are on the outer edge of the Containing Membrane- with arms extended directly out from the shoulders- Telegraph your fingers to the Power Pak Nubs located right there- you will feel little dials about the size of tennis balls.
3. Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the right and left.
4. Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the up and down.
5. Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the front and back.
6. Say: **Power Pak Engage**. The dials will rotate around the center of the HEMF, the Silver Tethers will extend out and tighten up into the Inner Edge of the Soul Layer. As that occurs the Golden Rain will tighten up and a fine silver mist will cover it. This mist will emerge from out of the Golden Rain and creates the stronger protection for 5G.
7. When you renew your Golden Rain the whole structure will release both Golden Rain and the Power Pak.

8. Refresh the Golden Rain.
9. Re activate Power Pak.