



The Moment of Shift: Understanding Extragenesis

"The souls of people, on their way to Earth-life, pass through a room full of lights; each takes a taper - often only a spark - to guide it in the dim country of this world. But some souls, by rare fortune, are detained longer - have time to grasp a handful of tapers, which they weave into a torch. These are the torchbearers of humanity - its poets, seers and saints, who lead and lift the race out of darkness, toward the light. They are the law-givers and saviors, the light-bringers, way-showers and truth-tellers, and without them, humanity would lose its way in the dark." - Plato

Even the simplest understanding of growth and change requires accepting the idea of transformative shift. To track an energetic interaction with an intended focus of movement demands availability to the moment of shift. This availability manifests as knowing what will happen before it happens, and grasping what force guides it, creates it, and delivers it. Not just the result that has already happened as a by-product but the possibility of what *might* occur.

We all experience this every day; shifts of consciousness from a sleeping state to a waking state, shifts of perceptual awareness from sad to happy, frustrated to relieved, shifts of attention from in focus to blurry. Less frequently experienced are the more profound shifts of earthshaking realization; the epiphany, the conversion, the experience of a dawning insight that changes a life path in a split second, the big ideas and discoveries like: "Oh my God, I'm pregnant!"

Each shift, no matter at what level, packs its own wallop of emotional content, psychological trigger, physical intensity and spiritual depth with no fundamental difference in the subtle technology of how it happens. It is the rising instant of the shift from one state to another that is the actual event. It is the conception; the moving from a state of *not pregnant* to a state of *being that is pregnant*. Extragenesis occurs in the same way for any shift, large or small.



Extragenesis means: before or above the beginning. It is a term retrieved from meditation by Sacred Anatomy Energy Medicine founder, Desda Zuckerman in 2001, to describe the characteristics and qualities of the moment of the shift from one condition to another. It is shifting states of consciousness that are influenced to be such by something - a force, an in-breath, a Source driven thought - which defines, in fact, gives birth to the thing that is becoming. Extragenesis is the moment of the shift when the energy becomes something else and change occurs.

It is a word to name the moment of shift that follows as the spark of life transforms from one thing to another, not just energetically, but in material reality. The action of Extragenesis is change that arises in the instant of emptiness. The spacious opening that then rises to awareness. It speaks to the potential and the power of life by summing up in a single word. Extragenesis explains transformative movement as it is underway, as it is happening, instead of after the fact.

A derivative, descriptive word: Extragenic, can be used to define the action in movement affected by Extragenesis. For example, this would be extragenic energy. This is not a new type of energy, but a way to describe what is happening to the energy that is up and out of Extragenesis. The word, extragenic, describes that which has the potential to be worked with, through focused intention, and it is energy available for shift. Once Extragenesis is experienced, this energy displays intelligence and becomes malleable. This availability is what makes it extragenic. Raw energy is now ready and can be worked with for the purposes of transformation.



A Partnership with the Stuff of Life

Primal Extragenesis is the inspiration that arose as intention or self-aware thought in the Source the moment before the spark of creation burst into flame. Extragenesis is the result of the primal friction of emptiness and beingness that lead to the idea of *I AM*, or the primary identity of the cosmos. The glorious inspiration of life stimulates the explosion of self-awareness of the Divine Creative Source, the Totality, the One, the I AM.

The first three stanzas of Genesis are:

“In the beginning God created the heaven and earth.
And the earth was without form, and void; and darkness was upon the face of the deep.
And the spirit of God moved upon the face of the waters.
And God said let there be light; and there was light ...”

Captured in this ancient statement arises the suggestion that there was something, an impulse, a conception that came out of the void before the beginning of life. Pure inspiration preceded Creation. This moment of conception, identified as thought, leads to a vital event. It is in this instant of the arising inspired idea preceding an act, which is Extragenesis.

Extragenesis is the action of focused thought held within the Source as it becomes the reactive, expressive action of Creation. It produces a result, and ultimately brings forth out of emptiness, manifest reality.

As the Source realized itself, a reaction of aliveness burst forth in a convulsion that science has named the Big Bang. It was the original *ah ha* moment: the first enlightenment.

The thinking that this has only happened once, that there are no further big bangs, is challenged by the idea of Extragenesis as energetic shift, moving



through the territory of astronomy and physics into the world of contemporary thought and everyday action.

The premise is that Extragenesis not only happened at the moment of primal creation, but that it happens every single moment as ideas transmute into manifest physical reality. Little bangs happen all the time. SAEM Practitioners see this is the poetry of a session and the potential each client displays for change. When the Source conceives any new idea it is Extragenesis that gives us the resultant action beginning the journey through biology and physiology into manifest physical reality.

The idea of a lily exists in the mind of creation as an extragenic pattern of thought; much like physical DNA exists as the possibility of the plant in the bulb before it manifests as a particular genus of lily which under the right conditions bursts into flower in the garden. Primal lily Extragenesis happened at the moment the earliest ancestor of the lily bulb came into being; preceding the development of the first grandmother lily. Extragenesis happens each time the inspiration for a new lily arises from the soup of creation. This is after all: life.

Extragenesis is the same thing that happens when you or I think, or are filled with an internal vision of a desire, a dream, or an inspiration to creative impulse. This shift does not immediately create a physical manifestation. But every invention, every human creation, exists because of the action of Extragenesis. The inspiration arises before idea and idea arises out of inspiration. There is a shift of awareness from nothing to something, the conception out of which inspired possibility is born. Idea arises, and then becomes concept, concept becomes design, design becomes a plan, a plan is implemented, corrections are made and the result is realized.



At any point in the process, the thing can fall totally apart and return to the Source. But if that is the case, no time has been wasted because all attempts to make a result happen are stored, as part of the experience, within the thing being created. We see this over and over again in nature.

For example, about 15 years ago, biological anthropologists decided to find what had happened to the ancient people, the Phoenicians. There were legends and myths about where the civilization had gone, but no scientific evidence to demonstrate what peoples of the Earth now carried these genetic memories. Researchers following known historic trade routes in the Mediterranean determined the Phoenicians could have ended up in what today is Lebanon. Using the technology of DNA testing and analysis, they tested Lebanese men and found a match in some with DNA found in the bones of these long dead mariners. Just anecdotally it is clear these random men who did not know each other have a family resemblance with similar facial features and physical characteristics. Most interestingly, many of them are fishermen following in the footsteps of their ancient grandfathers the sailors who settled and developed the Mediterranean coasts. The memory of an ancient people is still being used to influence the appearance and other genetic traits of the modern inhabitants of Lebanon thousands of years later, a stored memory of past inspiration and successful creation.

Study Sacred Anatomy Energy Medicine:

Study Extragenesis[©]

For centuries, human beings have endeavored to heal one another of illness and distress through the use of faith, prayer, and forms of universal internal power like chi and prana. Healing using the transference of a kind of spiritual stamina or purity has inspired us for generations, given us hope for a miracle when we fall



seriously ill or experience desperate circumstances. As a result, this kind of healing was shrouded in mystery and considered the province of the religious or pious few, especially blessed people who could magically intercede with the spirits, sacred ancestors, ancient spirit teachers, humors, or the ethers.

Twentieth Century psychics, influenced by the discoveries of different sources of power and the development of the Science of Physics, began to call this stuff energy. This has increasingly become a term of common usage. Now people say they *work with energy*. They call themselves *energetic healers*, which conjures up images of aerobic leaping about while performing medicinal procedures. In the exploding horizon of modern integrative Medicine there is even a nascent field called *energy medicine* that includes everything from acupuncture to sound and light therapies.

It seems we are redefining what is meant by *energy* and it may be shortsighted and even disrespectful to refer to an exchange between two people and the vast universe as simply unqualified: *energy*.

Quantum physics says there are four kinds of energies: Strong Force, Weak Force, Electromagnetic, and Gravity. Each one of these different energies is specific and behaves in specific ways. All of the energies we use in our everyday lives are made up of one of these kinds of energy. The English language uses descriptive terms like solar, nuclear, and electrical to define styles of energy. Webster defines common usage of the word energy as: "*The work that a physical system is capable of doing in changing from its actual state to a specified reference state.*"

The term Extragenesis offers, amongst other things, a description of the quality of energy with which we are engaged. It is charged, intelligent, transforming



energy. It is extragenic energy; energy that has been inspired, charged with intention and focus and shifted from one state to another. Much like water changes from solid to gas by passing through a liquid state. Electromagnetic energy is charged passing through extragenesis and into manifest idea. Extragenesis is the state that *subtle energy*, which I suggest is a fifth quantum energy acts and reacts in. subtle energy is the energy of consciousness, the energy which fills the vast reaches of space, that is intelligent and that we interact with as human beings constantly. Our sacred anatomy is made of subtle energy and it is charged and changes by the action of Extragenesis.

The primary meaning of Extragenesis is: before or above the beginning. Human beings can access energy through Extragenesis and inspire transformative interaction by applying focused intention. In observation, extragenic energy clearly reacts to physical stimulation in the form of directed light, sound or frequency, pressure, scent, and the witnessing presence.

Sacred Anatomy Energy Medicine is a healing system which uses intentional focus to work through Extragenesis© with directed interactive light. All procedures are based in the Sacred Anatomy and apply clearing, healing or restorative principles. SAEM is the practice of consciously working with Extragenesis and the resulting extragenic energy.

What resonates as ancient esoteric knowledge hinted at in many traditions, when approached from a fresh and contemporary point of view, brings us surprisingly down to Earth. Simply put: extragenic energy is the spark of life.

The work of Sacred Anatomy Energy Medicine forges a partnership with extragenic energy. Through the inspired understanding gained living at the Edge



and working with the Sacred Anatomy Energy Medicine Operating Principles it is possible to begin, as members of a still evolving species, to claim a more conscious place in the natural unfolding of creation.

Coming Forth

Everything in SAEM begins with Extragenesis®. How it becomes the anatomy of the human structure is the story of emerging human anatomy. To discuss the anatomy of the One Body and its functions we must first understand how it was created. To do this we have to return to the beginning, the Extragenesis. And Extragenesis begins in the Source.

Source -Totality, The One, The All, Everything, Universal Consciousness.

Source is an evolving context that is pure intelligence both out of, and within, time and space. Everything happens in this context and is of this context. It is the Alpha and the Omega, the great *I Am*. It is nothing. It is everything.

Extragenesis and the Big Bang

The potent spark of Extragenesis occurs in the Source, setting off a Big Bang, fire, storm of self-realization. In this dramatic convulsion of primordial awareness of self, Source splinters into billions of divine fragments. But, this bursting forth does not destroy the Source or the oneness of it; instead, it moves out of itself to become a continuing well of fundamental energies constantly expressing, and is also the Source of these energies. The self-aware Source does not have an agenda for the use of these energies, or a relationship to them, other than being the beginning point.



It now stands as a powerful result of the first experience of *self-realization*. But, there is more to come. Because when *self* is recognized, it is imperative to also recognize *not self*. The Big Bang of Extragenesis is, in fact, not just the birth of *self-awareness* of the *One*, but also the birth of *not awareness* or *Two* which can be called: duality. So, creation in its expressing fullness could be thought of as twins: I AM and I AM NOT.

At the same moment this profound Source awakening is happening, each resultant Big Bang fragment, carrying the whole of the Source, because Source cannot be other than whole, spins out into the void. It contains within it the total awareness, power and purpose of the Source.

These *divine fragments* are destined to become the centers of all manifestations of creation. Each living being has at its center one of these vibrant fragments as a Core, whether it is a planet or a person. This is the great paradox of being both of and separate from the Source simultaneously. From this revelation comes everything that is and is not. Form is nothingness, nothingness is form is held together within us by Extragenesis. Always becoming we are awakening as light, frequency and pure intelligence.