



# Lightening Up- A Personal Practice

## What?

Life is hard sometimes. All of us struggle with difficulties; the heavy weight and the stress of painful moments. Energetically, carrying the weight of struggle causes clutter and armoring to lodge in the *one body* [the entire subtle/material structure]. People instinctively cling to memories of harsh events and the problems that arise. We do this to remember dangerous and confusing experiences that have threatened well-being. Self-protection is the result of information gathered throughout a life, stored in the structure, and recalled as a warning or a danger sign. The effort it takes to stay alive and to accumulate what is needed to be secure is lifelong learning.

## Why?

*Lightening Up*, is literally about identifying the location in the HES and then lifting out of the structure the weight of sorrow, the burden of struggle, and the harsh load of difficulty. The goal is to be more personally responsible for one's own life while becoming more efficient, effective and resourceful. This is a personal practice that makes living a more productive life of care and service more possible. This type of debris may not be cleared completely in Basic Clearing because it has a adhesive quality that tends to stick to locations and gather more similar energetic weight to itself. It is a tangled combination of subtle energy and electromagnetic energy.

## How?

There does not have to be a lot of story around it. Nor is it necessary to add to the struggle with the self-pity of: "Why me?" or "Life isn't fair." All that is required is to locate it, gather it up, lift the heaviness of it out of the HES, and dismiss it.

You may be able to say, "It's on my head" or "It's on my shoulders" or "Oh, my back is carrying the weight of the world." It is about your stress, your pressure, your burden, your pain and where you put it. You will be able to identify those places because they will hurt. It is important to notice this is not an issue or a problem you are having with a specific person. This is your own personal weight you are carrying.

Doing this personal practice a few times a month helps to keep you free of the accumulation of debris. It helps with forgiving slights and reclaiming your own peace of mind. Storing up memories as they occur layering them one upon the



other means that they may become foundational. If that happens the memory will keep you stuck in the clutter of accumulation. *Lightening Up* will free you from a prison of painful life experiences.

Sacred Anatomy Energy Medicine

## Lightening Up Personal Practice

Self-Clearing

1. At the Edge, determine need. Work with intentional focus.
2. At your Edge and with compassion quickly review your experience of living. Note the areas in you bio layer and structure that jump out where you have stored held pain and remembered struggle.
3. Determine what part of your life is heavy. Where in your body do you feel this heaviness? What story or emotions do you identify with this location where you are experiencing physical holding?
4. Using your light fingers- telegraph them into your “heavy” area/s. Condense these areas as much as you can into smaller sizes. Surround the condensed heaviness areas with *ULL*. Tighten them up a little more.
5. Pull the places of *ULL*- surrounded-condensed-heaviness out of your structure and throw into the sun. Clap your hands three times to dismiss.
6. Bring in *ULL* filling that now empty area to repair it, packing it into the void.
7. Take a deep breath. Feeling the space and ease of movement in the HES. [If it does not feel easy yet, this means you still have more to remove. Return to Step 4 and remove what remains.]
8. *Harmonizing the Layers and Harmonizing the HEMF*
9. *Integration, Blending, Witnessing, Stabilization, Integration and Blending.*