



Sacred Anatomy Energy Medicine

Expanding BOL/BIO Orientation Connection

Inner Connection is a critical part of being a SAEM Practitioner. If you feel your ability to “hear, sense, or know” your inner guidance is not as sharp as it could be it might be your BOL and your physical skeleton need clearing and attunement to the frequency held in your substructure that establishes your soul orientation.

This will support a greater depth of connection to your original intent and set you into an alignment that will help you “hear, sense and know” deeper insights and direction from your four aspects. Do this exercise when you want to resolve a quandary or answer a deep question.

Step I: Rapid Clearing & Renewal of Subtle & Material Skeleton

1. Focus intention to completely clear BOL’s framework, channel, echelons of the channel, substructure, subtle light matrix and SLM zone caduceus, receptor sites, all HES membranes and connectors and your body’s skeleton.

2. Create vents along both sides of the physical body with karate chops and visualize it going all the way out to the edge of your structure from each of these places
 - a. Skull at top of jaw
 - b. Top of shoulders
 - c. Arms at elbow, do one at a time
 - d. Ribs from side
 - e. Top of pelvic bone
 - f. Mid thigh
 - g. Calves

Shake out hands, shake out feet

2. Say aloud, “*I release any and all debris from my Bones of Light*” and track it as it shoots rapidly out into the Universal.

3. Feel the energy starting to roll in your body then say aloud: “*I release any and all debris from my physical skeleton*”.



4. Focus and consciously release debris from your BOL, say, "*I release and let go*" take another breath, "*I release and let go*" and after a third breath, "*I release and let go*".
5. Shake your entire body and release tension with another big breath.
6. Clearing is coming from both the BOL and physical body's skeletal system.

Step II: Revitalization

7. Call upon *Universal Love and Light* and let it fill up the spaces that have been left empty the clearing out of debris. As you fill up your HES, fill each of the vents at skull, shoulders, ribs, pelvis, thigh, and calf with *ULL*. (These can be done rapidly- all at once)
8. Feel the vents being totally sealed.
9. Call upon Subtle Light Matrix to emanate from the SLM Zone and to touch into every single part of your BOL and physical body skeletal muscular system.
10. Bring in *Harmonizing the Layers* and *Harmonizing the BOL*

Step III: Expand Orientation Connection

1. Put your hands out to the right and left sides of your body and into the framework and in doing so connect with the entire BOL.
2. Wave your hands gently through framework and massage it all around you, activating and feeling the framework relax as you wave your hands.
3. Place hands on right and left sides at your hips, just above the hip sockets
4. Send your light fingers into R & L sides, and feel for small round dials on each side just above the hip sockets Take a deep breath.
5. Turn these dials at the same time. Trusting your body to know what to do and your hands to move the right way. Align the skeletal dials for



- harmony. Feel tension between them in your pelvis as the energy crosses there. Twirl them back and forth a bit. They will then drop into a kind of slot when they are aligned.
6. Take some time to still yourself for deep listening.
 7. Take a deep breath, close your eyes to focus at the same time feel the tension drain out of your pelvis and your skeleton.
 8. Place index fingers on each side of skull, under skull. Send Light fingers into top of spine at the Atlas and into core sheath.
 9. On both sides you will feel inner ears.
 10. Take 3 cleansing breaths, and when you exhale say “aaaaahhhh”
 11. Wiggle light fingers into these inner ears and hook on and pull out any debris that is clogging them. Flick and snap debris out of your HES.
 12. Breathe deeply.
 13. Say: *“I call upon my inner voice, my inner knowingness, my inner sensate reality. I ask for direction and guidance now.”*
 14. Speak any question you might have aloud.
 15. Listen, feel and sense in for the answer and write down what you get.
 16. Speak these words aloud when you have completed hearing your message.
I am finished for now.
I am always listening
I am always acting from strength.
 17. *Harmonizing the BOL*
 18. *IBWSIB*