



The Great Release: Letting Go of Elemental Attachment

My Story

This information comes from my memories of supporting people in the dying process and of dying myself in other lifetimes. I have always had access to these memories and especially this elemental attachment release. I cannot remember a time when I did not know this was a good way to choose to consciously die.

As a little girl I practiced letting go of elemental attachment when I was bored in school which was frequently. As a teenager I begin my studies with a being I called the *White Lady* because she emanated a brilliant white light in a long flowing white robe. Her face was luminescing so brightly that I had to learn how to see her.

This was about 3 years after my fall from the car so by then I had figured out how to distinguish faces and had begun to dissect the energy. I was just starting to analyze what I could see and to realize the consistency that the streams of light and sounds had around people, places and living things. Sometimes, I would dream of the *White Lady* and had frequent waking visions of her standing radiantly just outside of my field of vision; hovering in the periphery. I even would pass out at high school, fall to the ground and travel to her. I would be unconscious for an hour or more while I sat with her in a beautiful garden with brilliantly colored flowers and huge towering trees. We would sit on a bench and stare out at a big lake with birds and wildlife everywhere and she would teach me. In the distance, was a building that shone bright and white I came to know as the *Temple of Wisdom*. She never let me go to the great building but my curiosity was satisfied by the wonderful wisdom she shared with me. I would come back from these visits feeling rested and a little dazed usually in the nurses office.

Try as I might I did not remember these lessons until I was in my late 40s and had finished my own healing journey unwrapping and resolving the pain of my childhood. Gradually, my lessons with the *White Lady* returned and the *Sacred Anatomy* finally became clear. *Sacred Anatomy Energy Medicine* was born whole cloth at the same time the anatomy was clarified and understood by me. It was as if understanding what we could do with it was as important as understanding what it was. My lessons with her were imprinted on my soul and arose like the sun rising from behind mountains to illuminate my life.

The process of *The Great Release* is from one of these lessons with the *White Lady*. She incorporated what I already knew and remembered and had practiced since childhood adding information I could now grasp and an explanation of what was happening. This has always been her way and I have found I remember the lessons like a flower blossoming in that great garden I once sat in with her. As I share my story with you in these paragraphs *The Great Release* comes into focus more and more clearly and I am glad to be able to tell you about it. Revelation is



often like this. Slow and steady until the thing is able to simply stand on its own without believing or making sense-...it is only truth, only pure light, knowingness as pure consciousness and awareness like a ship as wide as the cosmos.

About this Release:

This release is about letting go of attachment and is used in the dying process for long-time meditators and spiritually oriented people. These must also be people who are interested in a more philosophical approach to the death experience and who are not deeply committed to a particular religious belief system. If they were raised in a religion and believe in and are comfortable in the tenants of that faith; then support them in following the rituals and customs of that system. *The Great Release* is for people who are not grounded in a Christian, Jewish, Hindu, or Muslim orientation. This is a more Spiritualist or Buddhist approach because it is about the release of attachment to the physical experience. *The Great Release* is for people who want a conscious death.

When someone has entered the stage of dying where they are talking about the experience and preparing to let go of their body they are ready to begin contemplating this release. This is when they are almost ready to step off the ledge and into the great adventure of the unknown. This should happen before loss of consciousness occurs, before they slip into a coma or are medicated into a palliative care sleep. Hopefully, they will be ready to begin the process of the next phase of dying.

The Great Release is a warmup to letting go of the body- it is a practice or contemplation for the last stage of life that allows the person who is dying to begin making their world smaller while also making their experience larger. Becoming aware of the great unfolding of spaciousness around them. Waking up through this process to the simplicity of beingness and the tranquility that that allows as a life review begins. *The Great Release* is a way to ease the threads of connection, the ties that bind us in a physical body through the elemental world and ultimately to allow a conscious letting go of this mortal experience. Stepping into levels of emptiness and a place deep within where it is a natural act to let go of attachment and prepare the persona to consciously die.

In life the physical experience takes center stage and is at the front of awareness. Letting go of the physical, emotional and psychological attachment allows the spirit greater participation because it does not resist the dying process. It is unafraid and ready to resume ongoing spiritual



life in the foreground putting the physical to a less directive position in the experience of beingness.

As one enacts *The Great Release* it allows the opportunity to look back at the life, to make peace, forgive, and put away the assets of this experience to reclaim the larger sense of self. Living for the last part of this lifetime as a fully awakened being. As long as you are alive you are living- you are not dying as you live but living as you die. This allows crossing over to be a more direct experience, one with less confusion. To literally step out of the body and into the currents of light that will flow inevitably to the “other side” guided by your own guardians who have stood with you through this lifetime and many others. Family members who are waiting for you, loved ones who believe in you, and who hope for a reunion with you. They are all there excited to see you, to be with you in the total way that a spirit being can be with you. When you are out of the body telepathy is the form communication will take. Knowingness expands and becomes thought which morph into concepts. Ideas elevate to truth and are simply available to everyone.

The harshness of Maya, the illusion of existence still exists on the other side. It is different, but there, none the less. We have the ability to step out of Maya or rest in it as the transition from one realm to another occurs. We are made comfortable and allowed to move at our own pace. There is no right or wrong way to do it. Everything is OK. There are no rules or regulations only guides who appear when they are needed to support you. These are manifestations of Divine Source, co-creative partners just like you and they are ready to share their knowledge, their light, love and deep insights with you. You are not alone unless you choose to be.

On the other side we become clear about the meaning of our own life, the journey of this birth, the meaning of our death and the way that these things are the same and yet, distinctive, unique to you. This happens outside of time and attachment while it still exists in this space is much less. There is a buoyancy that once you feel it, replaces all physical sensation with ease. *The Great Release* is practice for becoming spacious and light-filled. It is a way to attune to the beauty of your life, to let go of the sorrow and to breakdown into the elements the entirety of your journey in the material realm.



Sacred Anatomy Energy Medicine

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Some people will thrive using this exercise well before they begin the dying process. Others will need it as they are entering the final stages or phase of their life. This exercise is not restricted to “the dying”, in fact it is only the living who will be able to do this work and it can set you up for a powerful initiation into elderhood.

1. Using the Edge Practice determine need for this procedure through an interview- dowse to confirm.
2. The elements and the aspects:
 - a. The elements are: Earth / Water/ Fire/ Air/ Space.
 - b. Each element has a connection and a rapport with each of the four aspects and are directed by them. The elements create the form and the shape of a life.
 - c. The four aspects are: Physical/ Emotional/ Psychological/ Spiritual
 - d. Each aspect has a directive it has held in relationship to the incarnation, the manifestation of this physical life. They hold lessons and truths that it will still be there to access. They also have the big picture of your soul journey from the beginning until now. The soul’s purpose has been fulfilling through the 4 aspects and their interaction with the elements that have formed and shaped the lifetime.
 - e. Each aspect has a relationship with all the elements- some are broader than others but each one is involved in the physical material manifestation of this body and each one has a role in releasing the body.
3. *Review and Resolution:*
 - a. First you *Review and Release* then you Restore and fill with *Resolution*.
 - b. The value of this elemental review is that you will clear away trauma, pain, dissatisfaction and disappointment as you Release.
 - c. Do this by placing a vent into the Light Body held within the physical body [The Light Body is basically a bio photon mirror image of the physicality and it holds the light generated by the firing of photons throughout the material body.] It will die when the body dies but until then it is holding the *Elemental Radiance* generated by the elements within the material human reality and it stores within it events that affect the body.
 - d. *Release* the first element- (usually Earth) out of the Light Body through the vent . While doing it *Review* your relationship with the element Earth from the beginning of your life until this present moment. Format this any way that works

for you. Go chronologically from year to year or jump around it doesn't matter. Don't bother monitoring the *Release* as it will be so long you don't want to become exhausted. This can literally take hours even days for some people. One way that I have done it is to review each house or apartment I have lived in from the first until the current noting major events that took place and my physical experience of them. I especially recommend noting physical event such as illness or accident, anything that impacted your physical self on or with the Earth or the lack of it.

- e. When you are nearing the end of the *Review* dowse to see if the venting of Earth element is complete. Look for 100% complete. It will be 100% of what can be accomplished now.
- f. When you are at 100%, close the vent with *ULL*.
- g. Bring in the radiant light of *Resolution* which is a dominate energy frequency at the time of death. *It is lavender and blue, pale green and white*. It may run for a long while. You can set a generator because the energy may need to run awhile.
- h. Dowse for when this energy will be complete and return to your *Thought Form* to go to the next element. [With a client you can schedule a weekly session for each of the 5 elements. This can also be done in a relatively short period of time like a week or a few days in an emergency or in a more leisurely way such as weekly if the client is not dying but aging and wishing to shift into the next phase of life.
- i. Bring in *Harmonizing the HEMF* and *Harmonizing the Harmonizing Network*.
- j. *IBWSIB*
- k. Following the same pattern work through the element of Water:
 - i. Place a vent into the element of Water within the Light Body
 - ii. While venting Water out *Review* the life long relationship to water. Think about drinking, swimming, bathing, soaking, the ocean, sweating and so on. Remember any significant traumas or events that occurred in or because of Water or the lack of it.
 - iii. Dowse to see if you are at 100% of the Water *Release* that is possible now.
 - iv. Close the vent with *ULL*.
 - v. Bring into the structure *Resolution*.
 - vi. Dowse for when this energy will be complete- set up a generator if needed (dowse to see). This may not take as long as Earth.



- vii. Bring in *Harmonizing the HEMF* and *Harmonizing the Harmonizing Network*.
- viii. *IBWSIB*
- I. Following the same pattern work through the element of Fire:
 - i. Place a vent into the element of Fire within the Light Body
 - ii. While venting Fire out *Review* the life long relationship to it. Think about the heat of the Sun, roasting marshmallows in a campfire, wild fire, candles and lights, lamps and lanterns, the heart of a sauna or the desert and so on. Remember any significant traumas or events that occurred in or because of Fire or the lack of it.
 - iii. Dowse to see if you are at 100% of the Fire *Release* that is possible now.
 - iv. Close the vent with *ULL*.
 - v. Bring into the structure *Resolution*.
 - vi. Dowse for when this energy will be complete- set up a generator if needed (dowse to see). It may not be as long as Earth or Water.
 - vii. Bring in *Harmonizing the HEMF* and *Harmonizing the Harmonizing Network*.
 - viii. *IBWSIB*
- m. Following the same pattern work through the element of Air:
 - i. Place a vent into the element of Air within the Light Body
 - ii. While venting Air out *Review* the life long relationship to it. Think about the wind in your hair, the breezes on a hot day, freezing driving ice storms, flying in a plane, a helicopter, parasailing, sailing a boat on the sea, running fast as the wind as a little kid and so on. Remember any significant traumas or events that occurred in or because of Air, wind or breezes or the lack of it.
 - iii. Dowse to see if you are at 100% of the Air *Release* that is possible now.
 - iv. Close the vent with *ULL*.
 - v. Bring into the structure *Resolution*.
 - vi. Dowse for when this energy will be complete- set up a generator if needed (dowse to see). It may go faster than Earth, Water or Fire did.
 - vii. Bring in *Harmonizing the HEMF* and *Harmonizing the Harmonizing Network*.
 - viii. *IBWSIB*
- n. Following the same pattern work through the element of Space:
 - i. Place a vent into the element of Space within the Light Body



- ii. While venting Space out *Review* the life long relationship to it. Think about the vastness of space and looking in a telescope, seeing the Hubble images for the first time, realizing what it means to have space, to be spacious, to take up space and so on. Remember any significant traumas or events that occurred in or because of Space or lack of it. Don't forget the Challenger disaster.
- iii. Dowse to see if you are at 100% of the Space *Release* that is possible now.
- iv. Close the vent with *ULL*.
- v. Bring into the structure *Resolution*.
- vi. Dowse for when this energy will be complete- set up a generator if needed (dowse to see). Space may be the fastest to complete.
- vii. Bring in *Harmonizing the HEMF* and *Harmonizing the Harmonizing Network*.
- viii. *IBWSIB*