



Sacred Anatomy Energy Medicine Procedure

Straddling the Dimensions: Bringing Back the Four Aspects

HEMF and BES

What?

Frustration and confusion is evident in the life- there is a disconnect between the internal dialogue and the way the life is unfolding. Things are more difficult than necessary- it's like slugging through deep mud, slipping and sliding through the day. The pulse will be sluggish and thick and the percentage will be between 30 and 40%. Something has got to change!

Straddling the Dimensions will engage your Four Aspects in a refreshing new way to raise your vibrational frequency. This enables you to consciously meet the Four Aspects so they can become more embodied while they are continuing to move into a more influential place in your life. This is a completely different approach to the living increase your capacity and move into a bigger and more conscious relationship with your Four Aspects. By opening a new doorway to bring you into a new world of understanding with your Four Aspects.

Why?

Most human beings think in a more or less linear way, but by Straddling the Dimensions with your Four Aspects, you can expand the possibilities for solutions to problems and issues and gain support of the Aspects who are taking care of different projects. It turns your linear learning into a spiral lifting your mind and spirit up to a higher frequency while body and heart keep you grounded and embodied.

How?

The issue in the structure is that in the shape of the HEMF the ego, the personality will have inserted itself into the front position as the Four Aspects have moved back or aside and are not engaging with the issue. To enable the Four Aspects to take their rightful place the ego must be moved aside. Doing this requires the cooperation of the HEMF and the personality. They must both become actively engaged in stepping back and consciously allowing the Four Aspects to move forward into position.

Then from a new vantage point your Four Aspects can be engaged at a whole new level when you give them specific direction, making requests about the different things you want to accomplish in your life. Straddling the Dimensions is about clear communication with your powerful Four Aspects. The relationship



with them will only continue to expand and grow because in this new dimensional orientation you are able to shift more easily and more completely.

1. With permission and applying the Edge Practice determine the need for Straddling the Dimensions. (The client (or you) will need to be ready for this kind of spiritual engagement. Check the HES and Bio Layer- *Level of Vitality*- it should read at 10 for both)
2. Make a short list of different important tasks related to any responsibilities and projects you are working with and especially ones you want to see raise up to a higher level of consciousness. Choose 2 or 3 special things to focus on.
3. Dowse which task should be handled by which aspect. Go down the list of tasks, asking: "Is this task dedicated to: physical, spiritual, emotional, or psychological aspect?" It needs to be only one aspect. If you get 2 or more, ask for the primary aspect to work with for the task.
4. Inevitably, the personality in the form of the HEMF will be involved in the slow down or even in the issues stopping the tasks the client would like to raise up to another dimension. The HEMF is moving in a linear fashion while-the realm of the 4 Aspects moves in a spiral.
5. To shift the HEMF and move the personality blockage out of the way- pull in the HEMF at the handles.
6. Surround the HEMF with the Attitude of the Strength of Archangel Michael. Move the energy around the HEMF rapidly in a circle for a few minutes to build momentum then pull it upward in a spiral. This causes the persona to move out of the way of the Aspect/s and to reconnect with the HEMF moving back into that System and down to the correct location.
7. Immediately call on the Aspect at the front of the line and request that they take charge of the task/issue at hand.
8. In this moment notice how the top of your head may open as the capacity to manage things gets clearer.
9. Bring in more *Attitude of the Strength of Archangel Michael*
10. Bring in *ULL*



11. Bring in *Harmonizing the HEMF* and *the Blended Energies System*
12. *IBWSIB*