



Witnessed Life Expansion

With thanks to Cheryl Berry for her efforts to capture this piece.

What?

Any issue, problem or object in your life can be shifted. One way to do this is to witness things *as they are* in whatever state you find them. Accepting what is so with no judgement or agenda to affect an outcome. Simply witness with an open heart and mind the anatomically displayed energetic relaxation within the HES and over time in the life.

Why?

If your financial life, your love life, family life, community life or personal health life is in a contraction for whatever reason, it can change for the better into an expanded or more and relaxed state. Being held in a frozen attitude brings current and past difficulties surging front and center causing the frozen or contracted state to become more agitated and over time to become even more constricted.

How?

This release approach can be applied to anything. It can help improve your relationships, businesses, even a system of the Sacred Anatomy (except HN or BES), a physical body part, or a larger belief system or concepts like *abundant health, jubilant nature, free creative expression, or unrestricted happiness*.

Sacred Anatomy Energy Medicine

Witnessed Life Expansion

1. Applying the Edge Practice and ask permission to work. Dowse to see if Witnessed Life Expansion is needed.
2. The need for this may also come up during your initial interview, focus on the larger life and health. Try to get an understanding of the client's feeling about the health and vitality of their life.

3. Check the *Level of Vitality* in the bio layer and in the HES by read the *Vitality* number. On a scale between 0 and 10 rate the *Level of Vitality*. Anything less than an 8 *Vitality* needs this procedure.
4. Check to see how many areas of concern there are to address of the life (these areas will need to be expanded- they represent constriction). There can be more than one. There are 9 areas to assess:
 - a. Career/ Work in the World
 - b. Benefactors and Teachers
 - c. Children and Creative Expression
 - d. Relationships / Love
 - e. Fame and Success/ Recognition
 - f. Prosperity and Money Flow
 - g. Health and Vitality
 - h. Spiritual Life and Practice
5. Working with the client, make up a positive statement that expresses well-being and positive feelings for each of these areas you have assessed as requiring Life Expansion. Write the statement down along with a few words describing the area. (EXAMPLE: *Overall Vitality Numbers. HES- 6/ Bio- 4/ 2 - Areas of concern: 1) Career: Nurse specializing in pediatrics- currently working part time- wants a full time job Area of concern: 2) Prosperity and Money Flow: not making it on a part time wage- she is in a minus cash flow and struggling with having enough money to cover the basics*).
6. Build a thought form (even in person) , Put underneath the TF the positive statement you have crafted. Label the TF. Examples:
Healthy Body- healthy body parts- label them specifically knee, stomach, gums
Abundant Income: savings, checking, retirement account, cash on hand
Happy Community: spouse, friendship, country, government
Successful Career: full SAEM Practice
7. Place light fingers into TF's structure and witness it, holding that posture of non-agenda, acceptance and allowing. Coach the client to take a deep breath in sync with the client while just sitting patiently as the Life is Witnessed into Expansion.
8. Check the Level of Vitality in the HES and Bio Layer to track expansion. After it has expanded completely to 10-remove light fingers.

9. Bring in *ULL* into the entire HES. Check for Imbalances and bring in the needed Specific to achieve balance.
10. Bring in *Harmonizing the Surrounding Universal, and Harmonizing the Layers*.
11. *IBWSIB*