



## The Light Body

The Light Body lives within the physical body and is shaped like a simplified echo of it. In its simplicity it appears to be a 3-dimensional paper doll covered with tiny, shimmering, twinkling lights. It is generated as a reflection of the electromagnetic energy that is projected out of every living cell, the firing brain, and the beating heart . Part of this abundance of electromagnetically charged energy is captured within the body, to be stored and used as an extra power resource. Ultimately a portion of the generated energy remains within the bio layer in service of crossing over from material to subtle and back again.

Basically, the Light Body is an organic and energetic chi container kept fast within the body. It performs inside the physical body and relates to the HEMF as the HEMF does to the HES. Both the HEMF and the Light Body reflectively hold excess chi produced electromagnetically in the material body for the sake of backing up the most vulnerable parts of the entire human structure. Because the material body has a shorter lifespan and is more vulnerable to damage that can lead to destruction and death. The Light Body is a powerful reserve used primarily by the organs and tissues of the bio layer. The HEMF is primarily dedicated to the needs of the HES and HEMF together in their unity as a vehicle for life expression. Both the Light Body and the HEMF store reserves for extra support, physical stamina, and strength that are needed to drive the discreet message of the four aspects, the soul's purpose as it comes to manifestation in this incarnation. .

The Light Body does all kinds of interesting things. One of the most amazing is the ability to leave the physical body and to "astral project" or spirit walk out of the HES and bio layer to another location. As an energetic representation of human material form the Light Body is constantly renewing and rejuvenating as it interacts with the photonic firing



of the physicality. As long as it remains connected with a silver cord from HES to the Bio Layer and HEMF it can separate from the structure for travel, safety and spiritual and psychological health.

Humans can learn to travel away from the physical body but I do not recommend it as way of using other dimensional consciousness or energetic gifts. This is because everyone I have ever personally known who did what is called “Remote Viewing” or “Astral Travel” has eventually suffered some form of mental breakdown. I’m not saying this must always happen, but it is my personal experience that “astral travelers” do it for a few years and ultimately stop doing it because they become overwhelmed by mental torment and imbalance. The Remote Viewing cohort recruited and developed jointly by Army Intelligence and the Central Intelligence Agency in the late 1960’s and early 70’s experienced a very high number of suicides among their members. According to Remote Viewing member of the team, David Morehouse, the program was eventually discontinued after great difficulty in training enough people who could sustain sanity and continue Remote Viewing.

The Light Body can be refreshed and restored to a more vibrant state. When it is depleted it loses color and can become almost transparent. When it is restored it returns to a vibrant electric blue color. When people die the Light Body becomes lavender in color as it separates from the bio layer and the HEMF. Restoring the Light Body is needed after especially taxing periods of life and may need to be repeated frequently during a difficult period. Use it during a crisis, a conflict or a loss when you feel like you cannot go on and the very fiber of the subtle self is frayed becoming less resilient and vibrant than it should be.

Sacred Anatomy Energy Medicine



## Restoring the Light Body

1. With Permission and applying the Edge Practice determine if the Light Body needs restoring by dowsing yes or no.
2. Check to see at what percentage the Light Body is functioning. It should read 100%- anything less calls for Restoring the Light Body.
3. Clear the debris in the Light Body with the cleansing energy: *General Scrub (apricot with a white haze)*. Bring it in and monitor until the *General Scrub* has cleansed the Light Body of all debris. No vent is required as the *General Scrub* dissipates this rarified debris completely.
4. Bring in *Sea Salt (white)* into the Light Body only- this energy continues the cleansing and further dissipation of old and useless debris. Monitor.
5. Lay a foundational control only into the Light Body with *ULL*. Monitor.
6. Charge the Light Body up with an energy dedicated exclusively to this task: *Light Body Illumination ( Electric blue)*. Monitor.
7. Check to be sure you have brought the Light Body to 100%
8. *Harmonizing the HEMF, Harmonizing the Layers*
9. *IBWSIB*