



## Are You at the Edge?

Because people learn mostly by example, you are a living demonstration of the Sacred Anatomy Edge Practice. You will not be flawless. But staying at the Edge, even when you are “under the gun” will teach others more than a thousand books will about going to the Edge.

- Efforting means not being at the Edge. You’re probably in HEMF or one of the other layers.
- Doing too much means not being at the Edge. The Edge is easy- like a cool breeze.
- Watch out for getting stuck in the soul layer- swept along by the movement there, getting spacey & tired.
- Confident instinctive physical action or “authentic movement\*” happens during Edge Practice.

\*Authentic movement: is movement that is not studied, that is comes up spontaneously from the ancient memories in the tissues, bones and sinews. You may have your eyes closed, mouth hanging open a bit and your muscles may look pretty relaxed. Observe yourself carefully.

- Watch for engagement at a chakra. This is a sign you have to practice the Edge more diligently. It happens to people who have some energy working skills or beginning training in an energy healing modality and you are used to working a certain way already and most especially with people who are nurturers or used to being in control.
- If you are overwhelmed with sensation you are clearly not at the Edge.
- If you are too emotional.
- Most beginners slip in and out of the Edge. Watch yourself for this learning moment. Get right back on the Edge.
- There is a breeze around people at the Edge. The speed of movement increases in the soul layer from the stimulation.
- Be careful of doing your Edge Practice too quickly or cutting corners. You may be really good at mimicking and not able to do it on your own as easily. It should not be too hard or too easy.



## How to Know Merging is Happening

First of all, if you are merging it is probably because you have already had some kind of subtle energy training. They have a way they work they have figured out on their own and getting them to see another way means pointing out just how costly their merging and engaging habit has been for them.

- You are getting tired
- Loss of confidence- becoming unsure if you can “do it”
- You are unable to distinguish feelings- unable to tell what you are sensing
- A feel of deep and heavy energy around you.
- It feels ‘creepy’ to sense yourself.
- You don’t feel like you are able to get through to other people in the same way as before.
- You don’t feel like any good is coming of the any of the Edge Practice steps- you start “customizing” to be able to do it.- This may make you feel sick or distressed
- Depression has descended and feels related to your trying to use the Edge.
- Confusion mantra- “I don’t get it- this is so confusing for me”
- Statements like- “I really learn differently” “I already have a way I work- this is uncomfortable for me” “I don’t like this practice” usually mean you are not at the Edge.
- If you are too intently focused on doing the Practice- missing the idea of being with or in the Practice



## Building Edge Confidence and Safety

Trust is not something that is easy to cultivate in our society and we need to create an automatic environment of professional trust in the work or home space. Because you are asking yourself to step into your biggest self, learning and working with SAEM requires a climate of confidence in both the teacher, in other students and in your clients.

One of the things I like about teaching professional healers is that for them there is already an agreement about safety being a necessary commodity to do healing work. So because there are so many professionals in my classes there is usually less time spent discussing and establishing the need for safety for a practice client or student partner. But that doesn't mean we don't need to establish a safe field and boundary in class and of course, when you are with your practice clients.

However, sometimes you may find your focus is on following your instructions and you may have forgotten they are people who need safety established for them with you. Many healers can be withdrawn or overly cautious in the educational environment. Having learned at the feet of terrifying masters they often are shut down around the heart of healing which of course is caring. The caretaking professions are in trouble in most realms because they do not train people to take care of themselves in the context of the healing environment. The trainings they have taken are regularly abusive, corroding the spirit forcing people to become automatic in response and disconnected from personal feelings for patients. This is not true for every healer but it is true for many. So please move sensitively and with care in relationship to other students. The fact that they are "letting" you work on them for practice is a big deal.

Unfortunately, many healers are trained to see the illness and not the person who has it. The rare examples of people who survive intensive medical trainings and who are still attempting to see and connect with the human being in front of them are often unable to even think about their own most basic needs. It is not uncommon for nurses for example, to eat standing up or buy a snack from a vending machine to eat in the elevator walking somewhere on a long shift. They are typically on for extended shifts and essentially live in the hospital for 12-14 hours at a time being subjected to harsh conditions. Hospitals have huge electromagnetic disturbances and



distressed energy plus most hospitals have recirculated air which alone can be demoralizing and stressful. All of the healing professions have these types of stressors not just nurses.

So if you have these hardworking folks on their day off they are usually tired and even cranky because they just work physically punishing hours.

To this end we have:

1. Intake Form that outlines safety and a clear ethical boundary signed before your healing
2. We maintain professional touching boundaries with your clients.
3. Hug and touch physically with permission only.
4. Do not practice "full frontal contact" hugs. This can be grounds for a sexual harassment suit for some and mildly creepy for others. Keep your hips back when hugging.
5. Ask permission especially of opposite sex students- "May I give you a hug?" "Are you shaking hands yet?" This is the post Covid standard.
6. If someone is upset- do not automatically assume touching is the best reaction. Ask!
7. Remember your dress and demeanor is meant to create safety and build confidence