



# Self-Support Techniques

The main reason to do these things is to repeatedly reinforce the embodiment of your new training as you approach energy as intelligence. By bringing yourself constantly to consciousness around this idea, you shift your brain while your ability to interact in an awake and aware way with energy grows. Ritual behavior speaks to the subconscious self, where deeper perceptual shifts first occur. Gradually, a change in belief and relationship becomes realized in your conscious reality. Good self-support is essential if you are to become an aware and fully extended participant in your own life both subconsciously and consciously.

## Sea Salt and Soda

### Bath

1. The sea salt and soda bath is comprised of equal parts sea salt and baking soda (not baking powder) and a full tub of pleasingly hot water. Epsom salt is not a substitute, neither is iodized salt. Use only sea salt.
2. Soak in the tub, getting all of your body wet including the top of your head.
3. It's OK to take a shower and rinse off your hair and body after bathing.

### Shower

1. The salt and soda shower is taken by putting  $\frac{1}{2}$  cup sea salt and  $\frac{1}{2}$  cup baking soda in a small bowl with  $\frac{1}{2}$  cup of hot water. Make a watery paste.
2. Step into the shower, get wet all over, turn off the shower and rub the past all over your body. (If you need to use more or less salt and soda, go right ahead. Make sure they are equal parts.)
3. Then rinse.

### Dry Rub

This is good for those with sensitive skin who do not tolerate the salt and soda bath.

1. Fill a small to medium sized zip-lock bag with equal parts sea salt and baking soda. Use at least  $\frac{1}{4}$  cup of each ingredient, whatever it takes to fill the bag about  $\frac{1}{3}$  full.
2. Place the sealed bag into another bag and seal.



3. Use the double bagged salt and soda to rub out the sacred anatomy by vigorously rubbing your hands together with the bag in between them.
4. Continue to move through the layers, rotating your hands with the bag like a wheel as the debris of discomfort releases.
5. Cleanse the bag by placing it outside in the sunlight for at least six hours.
6. Periodically dispose of the used bag.

### **Foot Soak**

1. Fill a tub or sauce pan with ½ cup each of sea salt and baking soda in water as hot as you can stand.
2. Soak your feet together if possible and rub them vigorously when you take them out one at a time. The goal is to “pink” them up.
3. This is a great detoxification and a terrific way to reclaim your vitality releasing held debris.

## **Diet and Exercise**

1. Eat high protein meals and little or no refined sugar or caffeine.
2. Eating regular meals is essential for stamina and well-being.
3. As is at least 30 minutes of vigorous movement a day. Swing your arms and move your legs to get the greatest benefit.
4. To maintain optimum health, a sensitive person cannot afford to sacrifice the well-being of the physical body by being sedentary.
5. Instead, honor the body as a powerful and delicate healing instrument. Allow a sense of balance in diet and exercise. Remember Sacred Anatomy Energy Medicine is an embodied work. You cannot get to the spirit through only the mind; you need to access it through the body-mind-spirit connection.

## **Water**

1. Pure filtered water is extremely important for the health of the physical body and it is critical for sensitive people to drink enough water every day. Especially when doing healing, clearing or release work.



2. This is because we have only one body- it includes BOTH subtle and material components and they both flush and slough debris in expelled water through sweat, urine, lymph and other waste.
3. When activating the sacred anatomy of the Human Energy Structure, which is what you are doing in this class, you need extra water.
4. This means you will be able to let go of all the stuck unconscious waste you collect while being unaware of just how big and amazing you really are.

## Drugs, Pot and Alcohol

1. No more than a moderate intake of alcohol and drugs of any kind is recommended for the sensitive, as excess or abuse and even allergic response can follow very easily and must be guarded against.
2. It is possible that many alcoholics and drug addicts are sensitives and are unable to cope with over stimulation and toxicity. They fall into a spiral of repressing the rich diet of information the world offers the open and sober being, by forcing their sensate awareness to dull down through intoxication and numbing.
3. Always take necessary helping medications such as insulin or thyroid, if you and your medical provider determine it to be necessary for your health. The Covid-19 vaccination is recommended. With SAEM attunement injection symptoms can be lessened.
4. If you are on anti-depressants, anti-psychotics, mood altering drugs or medically prescribed neurotransmitters these may affect your sensitivity levels. Your dosage may need to be adjusted as a result of increased awareness of your Human Energy Structure, such as may occur in this class. Again, SAEM attunement can support your use of helping medications.
5. Watch yourself, work closely with a supportive medical provider to make sure you have the right dosage for any medication for your greatest health and well-being.
6. Marijuana has value medicinally and is used recreationally. Moderate pot use is the same as moderate alcohol intake. Used sensibly and safely it is less negative.



But when it is used too often or too much pot can be damaging to the subtle structure and cause a Swiss cheese-like effect in the subtle body with hole and leaks at the edge of the structure. Usage like this is an individual call. But if you are sensitive you might want to limit pot ingestion. You can repair the subtle structure with *Universal Love and Light*.

## Cigarettes

1. Tobacco is a sacred plant that is better not used as a constant stimulant.
2. If you must smoke, please choose organic tobacco products as the chemical additives added to commercial cigarettes are cancer producing.
3. If you are using tobacco in sacred ceremony, always use chemical free natural brands that are available.
4. If you do smoke, make regular offerings to the spirit of the tobacco plant. If you are honestly trying to quit smoking or if you were a smoker in the past you may need to apologize to the powerful Spirit of the tobacco plant for abusing its healing and sacred gifts.
5. Make an offering of pure tobacco by burning it in a container and spread the ashes on the Earth with prayers for forgiveness.

## Hand Washing

1. Wash your hands frequently when doing any kind of healing or energy work.
2. Train yourself to release stuck energy while washing.
3. Rinse off the energy and send it down the drain, consciously.

## Sleep

1. Rest when you are tired and sleep when you are weary.
2. Make a vow to never write a check your body can't cash.



3. Running off of too little rest makes for a shorter and less enjoyable life and compromises every physical system.
4. After healing and after working with energy you may be fired up. Do deep breathing and relaxation exercises before bed: try taking a hot bath and release excess tension with soft music and contemplative reading.

## Delicate in Mind

1. As a general rule, there are some people who need mental space after doing in-depth spiritual work. I call these solitude seekers: *Delicate in Mind*. Not weak or vulnerable, delicate.
2. These hothouse flowers of the energy working community need solitary walks in the woods, long hot baths *alone* and a room or sacred space of their own.
3. If they don't get the needed solitary time and silence, they do things like watch excessive amounts of TV, sleep too long, become cranky, cry easily and often, and get befuddled easily.

## Meditation, Prayer and Contemplation

1. For deeper work you need a spiritual practice to nourish you.
2. Even three minutes of contemplation first thing in the morning before getting out of bed will recharge your batteries.
3. Use this solitude time to open up for guidance from the Source.
4. Ask for access to your higher wisdom. Reap the rewards of a more awakened life.
5. Building a dedicated altering altar will help you focus your conscious awareness on your transformational journey. Use elements that are sacred to you and incorporate found objects from your natural surroundings to augment the power of your altar. I use mine as an anchor point and put them everywhere!