



Sacred Anatomy Energy Medicine Support Tool

Putting the Lid On

What?

Putting the Lid On is designed especially for people who have experienced head trauma.

Why?

It is a way to begin re-establishing the container of the skull so that it can once again hold the electrical and energetic impulses generated by the brain in a closed way.

How?

Using this procedure, we are able to support the optimal functioning of the container of the skull.

Notes:



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1. Seated. Visualize blue and golden healing light emanating from the mind and the heart of Divine Source. This light is expressing especially for this purpose and will begin the process of teaching your skull that it is OK again.
2. Focus your intention to see first the blue light coating your head like a very tight fitting and yet very comfortable helmet.
3. Double the thickness this time with golden light.
4. Triple the thickness now with blue light again making a sort of Oreo cookie out of blue cookies with golden filling. Feel contained.
5. Thank your brain, your skull, your bio-electric system and the Source for doing such a great job.
6. Go about your day confident that you will be stronger and more capable than the day before.
7. Bring In *Harmonizing Blend*
8. *IBWSIB*