



Sacred Anatomy Energy Medicine Procedure

Simple Soul Path Congestion

What?

Simple Soul Path Congestions are formed in response to manifest Life Purpose. Before birth, you experience a *stating of intention* for the upcoming lifetime. Before you come into a body or even choose parents your 4 Aspects meet with a Council of Elders who might be thought of as multiple generations of guides who support and care for your 4 Aspects. They deposit special seeds that live in the currents of the soul pathway as potential that activate as the life unfolds and experiences significant events. They activate in the Soul Pathways and start forming simple congestions that grow over time. They serve to shape and form the drive and push in the personality for living your soul's purpose. Sometimes they may totally block one of the three currents and really affect the way the Blended Energies System functions.

Why?

This specifically, focused congestion affects the functioning of the larger structure. *Human beings are defined as much by what we do not have, as we are, by what we do have.* In this case, it is either the increased availability of energy of the unaffected currents by way of compensation or the stopping or lack of availability of energy because of a congested current. How this excess or lack affects the functioning of the specific chakra involved is also the dynamic anatomical cause for the formation of a specific personality trait.

Like a thread in a tapestry each Soul Path Congestion makes up the fabric of the persona. Unique to each lifetime this composite of have and have not qualities acts as a cloak for the client. Until the fabric is deconstructed and the useless personality traits fall away each of us struggle with the free expression of the authentic self.



Ultimately it is a combination of the different Soul Path Congestions we experience that creates the dynamic human personality. The congestion becomes a blockage expanded with experiences and the passage of time. It can eventually become toxic when the congestion becomes too pronounced. This is when we say the Soul Path Congestion is “ripe and ready” to be released. Simple means that only **one Soul Pathway will be involved; as well as only one current**. Simple Soul Path Congestions *only* occur in the soul pathways in specific currents of the entering stream and not in the chakra proper or in the exiting chakra stream at the rear.

All Soul Path Congestions are in place from birth and they contribute to how we react to life from the beginning. As a result of our conscious and subconscious reactions, the many decisions we make throughout life cause us to attract to ourselves people, places and things that challenge us, teach us, direct and frustrate us. Ultimately, they help to mold us as we develop complicated personalities with traits that limit as well as benefit us.

When the limitations of a specific trait are greater than the benefit; we notice it as a problem. Only at this point, can the limitation be released. The release will cause the personality to be *deconstructed* so as not to constrict growth and development. This is the conscious action of the release of Soul Path Congestion.

Soul Path Congestions are able to release naturally over the course of a life, but conscious interaction with the congestion will speed the process and through awareness relieve the pain of limitation and increase the capacity for living an intentional life.

How?

Diagnosis of the Soul Path Congestion is based in the anatomy because determining where it is located teaches us what we need to know to understand it and let it go.

- § Where the Soul Pathway congestion is located tells us about which area of the personality is being challenged, stressed or limited.
- § The specific current that the congestion is lodged in reveals the exact nature of the challenge, stress or limit.
- § These locations combine to indicate the thread of the complex weave of the personality that is ready to no longer be included in the fabric.

As we age and reach greater awareness and wisdom, we are defined less and less by the grosser level personality traits we exhibited as small children.

We surrender the concerns of the infant for what we have learned is more important, more vital, to the development of the authentic nature. This truth of who we are is not limited to or defined by the traumas of childhood, but instead, exists outside of the constraints of the smaller self.

“Does my mother love me;” becomes, “Do I love myself?” “No one can tell me what to do” changes to: “Experts save me time, and effort.” The continually developing personality expands to accommodate learned response and better solutions at the same time it seeks to return to its wiser simpler nature.

To understand how Simple Soul Path Congestion is analyzed requires knowing how the chakras and the three incoming currents work and also how they combine to capture a particular personality dynamic, which is now ready to be released and so is no longer useful for the client.

1. It is important to stress that Simple Soul Path Congestions are not removed like debris or wounds but are instead released, allowing the congested energies to flow freely again throughout the system.
2. It is this free movement that creates the change for the client. The incoming energy is no longer limited and the chakra is free to perform at peak.



3. Need for the procedure is determined by dowsing, pulse diagnosis and interview.
4. Knowing the functions of the chakras and currents is critical as this will help awaken what is releasing and explain why.
5. Clients will often report feeling out of sorts, like nothing is working. Sometimes physical issues may also be related. The old habits and ways of relating are stale and no longer effective. A client with Simple Soul Path Congestion once said to me: "I feel like a square peg in a round hole. I'm getting discouraged because my heart wants something different than I know how to make happen in my life."

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Release of a Simple Soul Path Congestion

1. With permission at the edge, determine need for the procedure by dowsing yes / no, taking the pulse and conducting a brief (5-10 minutes) interview.
2. Locate the SPC in the structure by dowsing and sensing. Determine which Chakra is affected and which current of the Soul Pathway is congested.
3. Gently palpate the SSPC to learn size, texture, exact location and density. For fun and information, diagram the congestion and note this information for your records.
4. Understand the congestion by understanding the location of the SSPC. Explain this to the client. A SSPC is about awareness of the blockage and knowing how that blockage has impacted the client's experience. Defining it is all that is required.



5. When you have all this information down to see if the congestion is ready for release? Yes: proceed to step 6. No: go back to step 4. You will have either missed something or new information will now be available that is necessary for release. You can check the % of awareness to see how close you are.
6. Release is all that is required for an SSPC. Depending on the size it may need to be condensed to facilitate release. To condense it use focused intention to simply press it into a smaller size. The congestion will feel like it is getting denser and the client may experience some pressure or slight discomfort when this is done. Do what you can to make them comfortable, get them a blanket or glass of water but do not become distracted by their experience of the congestion, stay at your Edge and proceed.
7. Bring in a strong current of *ULL* and direct it into the point of congestion. Continue doing this until the blockage releases and the currents are all flowing freely again. Do not use a stronger energy as harsher energies can negatively affect the health of the chakra.
8. Bring in *Harmonizing the BES*
9. Bring in *I,B,W,S,I,B*