



Sacred Anatomy Energy Medicine Procedure

Chakra Shadow

The thirteen chakras are incredibly intelligent since they spend all their time interacting with the core. The core is like a great university and the chakras it's most brilliant students. In the process of life the shadow appears. The shadow is that which is not acknowledged, that we push down and try to forget or ignore...anger, hatred, fear, lust, jealousy, shame, judgment, self-adulation, or deceits and lies, things we are ashamed and embarrassed by in response to situations we experience.

It appears as a belt of shadow around the chakra, and may be darker on one side than the other, grey or dark blue-brownish-purplish. Typically there are a few chakra shadows but they will not come up for release in all thirteen chakras at once. This is a good self care procedure for students of SAEM and can be performed regularly.

1. With permission at the edge, check to see if this procedure is needed.
2. Dowse how many chakras need to release a shadow.
3. Dowse which chakras need the shadow released.
4. Contemplate, journal or discuss briefly how you think this shadow relates to the chakra experience. How the energy you use to live and work is affected by the shadow expression and is apparently now in one or more of your chakras.
5. Dowse the order for which chakra to treat first. Dowse which incoming current requires venting in those chakras. Make a note of them as you probably have more than one chakra to do.



6. Create a vent straight from where the current enters the chakra at the lesser gate. Take the vent along the current and out of the structure (If more than one current is involved (can occasionally be all 3 currents), vent both at once. But only work with one chakra at a time please.)
7. As you monitor the release, speak the affirmation related to the particular chakra. Repeat the affirmation during the release to increase partnership and widen the release. DO NOT worry over all the suffering used to create the chakra shadow. This just brings it right back! Sneak up on it.
8. Seal vent with *ULL*.
9. Continue with the remaining chakra(s) and repeat steps 6-8 with each one.
10. Fill the structure with *ULL*
11. *Harmonizing the BES*
12. *IBWSIB*