



Sacred Anatomy Energy Medicine Procedure

Core Impingement Release

What?

Core Impingement is common. Most people experience at least a few of them, if not more, most of the time. Impingement is caused by trauma, injury, upset, infirmity and Karma. The core sheath appears to be wearing a belt in affected locations. People often feel Core Impingement and are amazed when their physical symptoms in the vicinity vanish!

Why?

A Core Impingement is created when the core sheath is constricted and stopped in a holding pattern. This is caused by long standing Karmic difficulties and/or the cumulative stresses of living the present life. When it has a Karmic quality there is a feeling of heaviness in the client and in the room. Similar to a Karmic Wound, but more fundamental because it permeates every part of their experience of living the Core Impingement deeply affects the quality of a life. Sometimes you will have to wait years to get an Impingement to release

How?

The release is accomplished by witnessing the core sheath, front and back as well as side to side. You cannot help but locate the problem or problems when stroking the core during Core Sheath Grounding Out Alignment. People usually have more than one Impingement and as they release them, they get happier and lighter, their attitudes change and they are freed up to really get into their life.

Sacred Anatomy Energy Medicine Procedure

Core Impingement Release

This procedure should only be done with a client after they have developed the capacity to hold this level of shift. I suggest it is an advanced Procedure and yet, may very occasionally be ready to go with a newer more energetically sophisticated client. Listen to your intuition and be cautious. Not all Impingements will be ready to release; do up to 3 or 4 at a time. Follow up by checking relevant Chakra Connectors.

1. With permission at the edge, determine the need for Core Impingement Release.
2. Dowse how many impingements to release
3. To assess need perform a Core Sheath Grounding Out. This will enable you to *feel the locations* of the Impingements that are available for release. There may be more than one. It is not necessary to determine cause but clients may volunteer information that is pertinent. Such as: *I had a bad throat infection and have not felt able to breath into my open throat or speak as loudly ever since.* This is another reason to do this with people who are really ready to own their lives and healing journey now.
4. **Core Sheath Grounding Out:** Extend Light Fingers into the core sheath above the divine gate. Holding firmly and tightly on the right and left sides, stroke the core sheath in a downward movement all the way to the chi pool. Ask the client to breathe in and release as you move down.
5. As you stroke the core sheath feel for impingements. Notice the “big” ones and make a note if you have more than a couple to work

with- small ones may dissipate on their own so make a note of the big ones only.

6. Smooth the sheath by stroking it again back and front sides and ask them to breath in and release in coordination with your movement.
7. At the chi pool pull the core sheath down to the bottom and firmly anchor it by turning to the right and back to center quickly. This enables the tiny fittings to affix the bottom of the sheath to the bottom of the structure at the exit point.
8. Dowse to see if the core sheath is anchored, essentially grounding out the core sheath.
9. **Impingement Release**: Return to the first Impingement location, place your hands into the core sheath right and left sides.
10. Witness the sheath as it releases. Ask the client to breathe with the release.
11. Repeat witnessing at back and front of core sheath. Ask the client to breath with the release.
12. Move to the next location of Impingement and repeat steps 6-8 for up to 3-4 Impingements in one ordinary session. If you have a real Core Impingement Release Bonanza you can do as many as 15 impingements in a single session! (work fast!)
13. Surround the core sheath with *ULL*. This enables all the connectors to relax back into their former positions if they've been affected by the impingement.
14. Bring in *Harmonizing Blend* and *Harmonizing the BES*
15. *I,B,W,S,I,B*