



Sacred Anatomy Energy Medicine Astral Removal

Astral Removal

This expanded more advanced removal is the same for all *Astrals* except the *Astral Deity* for which assistance from spirit helpers will be needed. The goal of removing *Astrals* is to reclaim the structure and the essence of the person.

1. With permission and at the edge, determine the existence of the problem by dowsing for the Astral Weight of 262. 262 is the normal reading. Remember anything less or more than this is an indication of an *Astral*.

2. Put on *Haz Mat* and triple box the structure immediately.

Box #1 (most interior box) is called the **Removal Box**.

Box #2 is called the **Safety Box**.

Box #3 is called the **Rebuild Box**.

3. Determine which type of *Astral Possession* is manifesting:

1. *Astral Entity*

2. *Astral Fragments*

3. *Astral Deity*

4. For *Astral Deity* only- station helpers around the client or thought form of the client. For all removals guide the client through a visualizing meditation reclaiming their structure.

8. Start by having them sit or lay down comfortably.

9. Ask them to visualize a bright golden flame in their chest. Make sure they feel it, see it and experience a color, heat and texture in the visualization. This



- will make the meditation more effective.
10. Expand this flame outward pushing the *Astral* energy in front of it. *Astrals* are dark and unable to stand up to the bright light of this inner flame. It makes them uncomfortable and they want to leave.
 11. The idea is to push into the **Removal Box** also called the Sticky Box all of the debris of the *Astral Possession* layer by layer.

5. Follow this sequence: with suggestions to direct the client while releasing

a) The Bio Layer: go through all the parts of the physical body begin in the chest and torso, go to legs feet, arms, hands, neck and head. Finish with skin and hair filling the entire physical body with the inner light.

b) Emotional Layer: especially releasing the emotions of the possession like: anger, jealousy, lust, hatred and fear.

c) Primal Layer: letting go of instinctual fear states generated by the possession

d) Mental Layer: this is the hardest- letting go of the belief in the astral and the attitude of torture or being victimized

e) Cognitive Layer: releasing the implantation of the energy- the moment they “think” it occurred

f) Spiritual Layer: especially letting go of the obsession of the possession- the needs to be in thrall to this energy- this will only be the people seduced by the occult at some point in their lives and they may not be even aware of it. Disney did a good job with the poison apple.

g) Etheric Layer: release any Karmic attachment or weird agreements with the Dark Lords of Hell. (OK- that’s humor- sort of)



h) Soul Layer: let go of the ways the *Astral* has sapped their energy- take back their right to have energy and life force

i) Edge: mostly to release hyper porosity that has happened as a result of a long standing possession- hopefully, a recent one will not have done this much damage.

j) Surrounding Universal: letting go of being “set upon” by outside forces- taking back their environment

4. The client will reclaim his or her own structure by pushing the *Astral Entity* into the Astral Sticky **Removal Box**. This will take some effort; the client and the *Astral* are often very attached to each other. Actively support the client and use the breath to assist: exhaling as the light moves out further and further. The removal sometimes has the quality of giving birth. Eventually the *Astral* will push out into the Sticky Box for removal. Condense and then lift the **Removal Box** out and give it to your helpers.

5. Bring in *ULL* into the Structure. Waft it through and place it where it wants to go. This will push any remaining debris into the **Safety Sticky Box** and trap any remaining *Astral Energies* there.

6. Check the client’s Astral Weight. If it is 262, remove the **Safety Box**.

7. If not 262, establish another **Safety Sticky Box** and bring in more *ULL* to capture any *Astral Energy* that may have escaped capture.

8. Remove all the *Haz Mat Gear*, first the boxes you have placed around houses and the room, then the living things, and finally yourself. REMEMBER: don’t do this until you are positive the *Astral Entity* is gone by getting the reading of 262. Condense all of the excess into the final **Rebuild Sticky Box**—UNLESS you have decided the situation warrants an *Astral Shield*. In this case build the Shield



SAEM Practitioner Training Level II

and teach the protocol before finally dismissing the last box.

9. Bring in *Harmonizing the Layers*

10. *IBWSIB*

Notes: