



Sacred Anatomy Energy Medicine Clearing Technique

Basic Clearing of the Elimination System

What?

The Elimination System naturally releases and regularly clears itself. But when the structure is undergoing big transformational experiences and shifts or there has been significant change, debris can lodge in the anatomy of this system. The structure cries out for relief. It is time for a Basic Clearing of the Elimination System!

Why?

These sorts of changes can be caused by trauma, life change, illness or injury. During the course of living some branch but not all of the Elimination System will react by clamping down and holding on to debris. The result created is a stressed and partially overwhelmed system. This may lead to symptoms of anxiety and stress in the life.

How?

If the Elimination System has never been released do this **first before** an Elimination Clearing. After initial Release of the Elimination System, Elimination Clearing is possible. Noticeable at assessment is the unique skip of the unified and physical pulses. They can be described as bouncing across the entire swing and back. This clearing is a tremendous relief to the entire structure and can be a feeder piece or a replenishing one mopping up the HES after big work. Do not hesitate to use it frequently!



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Basic Clearing of the Elimination System

1. At the Edge, determine need and with permission
2. Determine need for Elimination Clearing.
3. With Haz Mat gloves coated in *ULL* rub the edge sphincters of all 5 wheels.
4. Stimulate to open the 4 elimination vents at the top and bring in the pure, universal Source energy, *Complete Release* until complete. Then bring in *Complete Elimination*.
5. Monitor the release of the Elimination System as the *Complete Release* combined with the *Complete Elimination* powerfully pushes out the debris and stimulates the entire structure to let go.
6. Soothe with *ULL*
7. Bring in *Harmonizing the Elimination System*
8. Close the Elimination Vents
9. *I,B,W,S,I,B*