



SAEM Tracking Checklist

For Completion of each Piece Outside of Class*

Practitioner L1 Piece	Date of practice	Completed on NAME: (Self / Buddy / Client)
Clearing the HEMF		
Balancing Tilted Wheels		
Basic Clearing of the Major Chakras		
Waking the Core		
Clearing the Template		
Repairing Transit Links		
Repairing Template Hooks and Strands		
Template Echo		
Release fo the Template Wound		
Life Pattern Removal: Physical Holding		
Life Pattern Removal: Emotional Clutch		
Life Pattern Removal: Primal Loop		
Life Pattern Removal: Mental Construct		
Life Pattern Removal: Cognitive Lack		
Life Pattern Removal: Spiritual Distance		
Life Pattern Removal: Etheric Disinterest		
Life Pattern Removal: Soul Disturbance		
Life Pattern Removal: Dimmed Light		
Life Pattern Removal: Wall of Defense		
Life Pattern Removal: Invisible Man-Woman		
Alpha Substructure Struts Repair		
Reconnect Guidewires & Anchors		
Substructure Rebuild		
Soothing the Points		
Template Pulse		
Cradling the Template Heart		
Elimination Release		
Clogged Elimination Sphincter Release		
Clogged Intake Vents		
Refreshing the Hubs of the HES		
Star Point Alignment		
Seating the Divine Intuitive Self		
Lifting the Cowl		
Greater Mind		

*Not to include "in class learning" or practice
