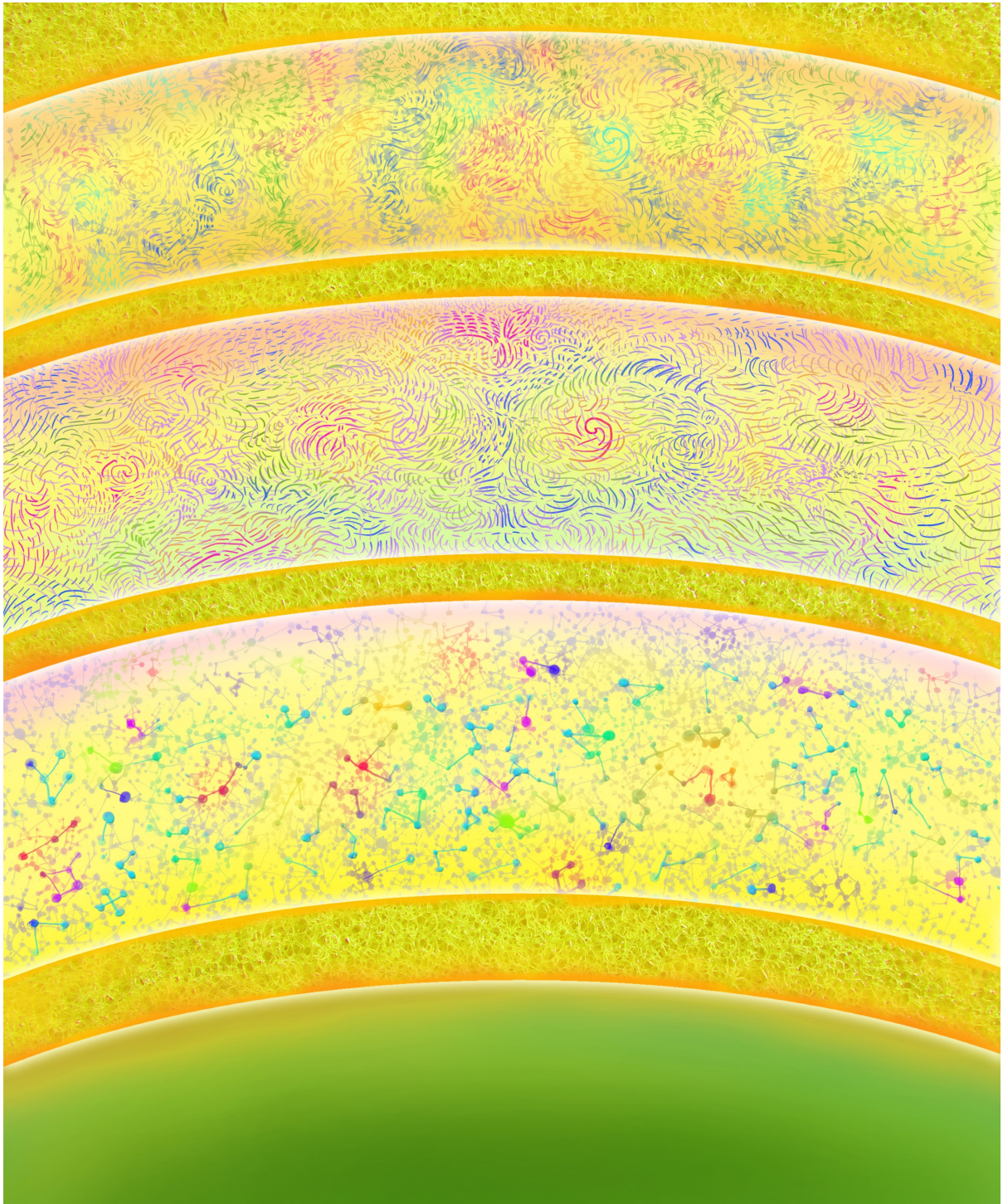


Sacred Anatomy Energy Medicine Level I Practitioner Training



Desda Zuckerman

2022

Sacred Anatomy Energy Medicine **Level I Practitioner Training**



Desda Zuckerman



SAEM Level I Practitioner Training

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Sacred Anatomy Energy Medicine **Level I Practitioner Training** is the course book for the class of the same name and will be provided by certified Sacred Anatomy Energy Medicine Instructors only.

Sacred Anatomy Energy Medicine
An New Paradigm for Healing

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For Shira who makes the lights shine.

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Chapter One

Healing Protocols

Standardizing Protocol

Standardizing the way SAEM Practitioners track their work by using regulated session forms allows assessment of progress in two ways: 1) shape of the individual session, and 2) a consistent way to view overall results. By using the same assessment tool for each client we see trends and similarities in interactions that can bring understanding and have reveal new insights. Using data, even small insights that might have been otherwise forgotten has had tremendous impact on both how the modality develops and how the practitioner grows from session to session. The standardized use of session forms has revolutionized the way we work.

Having a protocol for working provides a means to talk about sessions within the practitioner body. It also establishes a more through diagnostic approach by making sure seemingly minor details that may open an important door are not dropped but are instead tracked through a complete healing arc.

Standardized session forms submitted to the instructors serve as student reports throughout the Practitioner Training Program. Over time they will naturally become more extensive as knowledge of procedures, anatomy and techniques grows. Your contributions and ideas may influence the way our form shifts- so don't hold back! Let us know what you think is needed to improve the form.

Regular recording of the pulse at the beginning and the end of each session will teach you more about how the pulse reacts than a hundred classes. Tracking the percentages throughout the session demonstrates the effectiveness of the work for the structure and gives the practitioner a literal way to see how well the session is supporting shift. Percentage changes during the session also reveal

insights about hidden issues and needed releases which the structure is cultivating as part of the unique expression of the individuation.

The Purpose of an Intake Form

The purpose of an intake form is multi-faceted.

- Acts as a first introduction to a client
- Gathers information to increase understanding
- Gives you valuable data for tracking their progress
- Establish an informed client database
- Handles legal and ethical permission and disclaimers
- Informs the client about your licensing and certification
- Establishes a reasonable expectation about the session experience
- Begins the healing experience
- Sets intention by stating issues
- Begins the healing partnership

Percentages

Unified Percentage of Effectiveness represents 100% of normal for the individual *at this time* and in this moment. It applies specifically to the emotional, psychological and spiritual aspects of the authentic self. A pulse will demonstrate the relationship between the aspects. It will clearly show which one is most dominant and which one is the most yielding. The main function of the percentages is to give us another way to track progress in the course of the healing session. It does this by revealing how effectively the aspects are delivering their critical message of the soul's purpose throughout the structure. A snapshot of the aspects at each twist or turn of the session paints a portrait of the individuated nature by highlighting who needs attention as well as the aspect that does not.

Point of View and the Phases

A Treatment Phase is a specific *point of view* to be held while working. Giving the practitioner different approaches to each course of action as well as broadening the repertoire. Each phase indicates the point of view the practitioner needs to take of the client so that he or she can be seen and held in the most supportive way. Several different phases may be included in a single session. In Level I and II we begin with the first five phases so these can be better understood and worked with more easily.

Meant to act as a general guide, Treatment Phases support the way clearings, alignments, and procedures build upon each other to produce a cumulative effect within the context of a session. Phases are not a gauge to assess the progress of the work done together with the client. First Phase is not more important than Fourth Phase as each procedure in every phase holds the possibility of profound transformational shift. The phases also expand the repertoire because the same piece done with Phase Two is different when done with Phase Five.

The point of view expands throughout the session and over the time of the relationship with the client. There is increased availability to new procedures, concepts and a need for more Client Education. While dedicated and consistent clearing expands the client's capacity to hold on-going treatment results; learning the point of view broadens what you are doing from session to session. A chance to evolve the practitioner's relationship with the client through the work accomplished in sessions and over time is deeply informed by the different phases the structure asks for to release and clear various traumas and issues. The same issue will present over time moving through the phases and release more deeply each session with a different point of view held by the practitioner. This enables specific witnessing of types of release and transformational shift as the client reveals their more authentic self over time.

The First Five Treatment Phases

First Treatment Phase:

Reduce Armoring & Body Clutter

Second Treatment Phase:

Determine Boundaries & Health of Structure; continue reducing armoring & body clutter

Third Treatment Phase:

Get the Energy Moving in Structure; continue reducing armoring & body clutter

Fourth Treatment Phase:

Make Space for Transformation in Structure; continue reducing armoring & body clutter

Fifth Treatment Phase:

Harmonize the Structure; continue reducing armoring & body clutter

Clearings, Alignments and Procedures

In life, human beings continually release Extragenic material out of the structure much like the skin sloughs dead cells. Often, the quantity of debris generated exceeds the individual's capacity to release the excess. Clearings remove this clutter and debris out of the structure. In Sacred Anatomy Energy Medicine there are many types of clearings, all of them can be thought of as housekeeping. For the sensitive and aware individual, personal maintenance and self-care must include clearing as a part of regular energetic hygiene.

Clearing makes space for authentic issues that have been obscured and often distorted by this debris. As it is removed, deeper issues bubble to the surface and become more obvious. Now we can access and work with them demonstrating the wounds, issues, traumas and patterns held in the structure that shape individual development.

An alignment is an adjustment of a specific part of the sacred anatomy that moves it out of a malfunctioning held and static state- into a healthy state. One of the things that will continue to distinguish SAEM from other modalities is the specificity that we use in determining what part of the structure is holding the misalignment or malfunction. Correcting this exactly will allow smooth interaction of the structure and support wholeness.

Often holdings in the structure are full of rich details that are significant to the evolution of the individual, their life path and soul's fulfillment. The stories of wounding, incidents of trauma, and unresolved emotional pain are held in the structure in present time in different ways. Even though the original event may have happened long ago, the issue, wound or pattern is current and has no sense of history, only the shock of the damage done, happening in the "now" of the present moment. The individual operates out of these influences and focuses their attention on the events of their life through the colored lenses of these past events constantly unfolding as a current experience.

SAEM Clearings, Alignments and Procedures all support shift. They work collaboratively to gently relieve the Human Energy Structure of the burdens it carries from lifetime to lifetime and therefore, allowing true growth as a more purely expressed body, mind, heart and spirit evolves.

There are four things that distinguish a SAEM Clearing, Alignment and Healing Procedure from one another:

- Purpose
- Method
- Immediate result
- Longer term impact

Clearings

Clearings are not healings. Clearings instead prepare the way for the more aggressive work of a Healing Procedure addressing a specific issue that is located as a pathology in the anatomy of the structure in a specific way.

- Purpose is simple: releasing the debris, toxicity, and excess.
- Example of methods used by Level I Practitioners are: Basic Clearing of the various systems: the Layers, Blended Energy System, Template, HEMF Clearing and Elimination System
- The immediate result is making space in the structure for authentic expression of deeply held issues.
- Over the long term, after a clearing deeply held issues are free to be addressed with a healing procedure and imbalances are ready to be aligned.

Alignments

Alignments support a return to balance of an anatomical part of a system. The goal is to allow clear and fluid movement to occur within the structure. They require less time to do, little or no processing, and there may be little emotional impact- however occasionally an alignment is hugely powerful and shifts the entire Human Energy Structure and everyone in the client's life feels the impact. So generalizing is not advised!

- Purpose of doing an Alignment is to realign anatomy that is not balanced and in harmony.
- Example of the methods used by Level I practitioners are: Such as Repair and Reattachment of Template Strands, Insets, Drains and Hooks
- The immediate result is a smoother running structure and one that may allow deeper issues to now emerge even within the session.
- Over the long term, after the Alignment the structure is poised to move to a more awakened state and gradual shifts in the life appear.

Procedures

- The purpose of doing a Procedure is to support the individual to return to wholeness by releasing an issue-based disharmony lodged somewhere in the Sacred Anatomy.
- Example of methods used by Level I practitioners are the 11 different Life Pattern Releases, Karmic Wound Removals and Obscurations.
- The immediate result is transformation in the structure.
- After the Procedure the four aspects are more able to direct interaction between the authentic self and the personality. The structure is free of old patterns and stops that have kept the client stuck.

How Many Sessions Does a Client Need?

Unless the practitioner determines a more aggressive path forward requiring more frequent sessions such as one might commit to for an emergent situation, client and practitioner will determine the number of sessions needed together as the healing path unfolds. Assessment is done after every session to track data and to follow up on previous healing experiences, as well as to determine the need for more work.

Some clients will thrive within the framework of a series of sessions. They may be working on a specific physical, emotional, psychological or spiritual issue and it could be more reasonable to build to a larger transformational piece with a series of three to twelve sessions scheduled over a period of time as a healing arc. This might be useful when someone is in a disease process like cancer, or when they are interested in a big transformational shift like leaving a spouse and filing for divorce, pregnancy, or retirement.

I do not usually recommend that people work with me much more than once a month, but an individual working on a specific and pressing issue may benefit from frequent visits for a period of time. If this is the case, the beginning practitioner may have run into a client who is taking them out of their existing

scope of practice. It is best to consult with a senior SAEM Practitioner or your instructor if you sense this happening.

Preparing for a Healing

Preparing for a healing will set the stage for the transformational event. The client arrives in varying states of readiness to see the practitioner. If the space is made available, they will move toward greater wholeness. It is the practitioner who holds the space of transformation and opens the door to the freedom of shift. So the you as the practitioner must be ready to hold the space for change before the client opens the door to their session.

When the practitioner is truly prepared it is because he or she has done their own work and is willing to turn full attention toward the needs of the client. Preparation for transformational healing work begins with the experiential shift of the practitioner allowing their own growth to occur by releasing blockages that prevent the free expression of their own authentic self.

If the practitioner is depressed, confused, angry or blocked in some way both the client and the practitioner will have to work harder than if the practitioner is cleared, healed and ready to focus completely on the task at hand. When the healer can spaciously witness the client shift occurs more easily and more completely. The security that the client needs to shift is there in the space and the practitioner is open to receive all the input their own sensing skills and intuition can give them. Working when ill or distressed is unfair to the client.

Steps to Prepare

1. Arrive in the space with enough time to really be there.
2. Eliminate unpleasant distractions. Do you need to change the water in the flower arrangement or answer blinking telephone messages?
3. Clear the decks: move stacks of paper off the desk, empty the garbage can, put away old files and sort through debris to let go of irritants for either you or the client.

4. Get glasses of water or be prepared to make a cup of tea for yourself and the client.
5. Be ready to turn off and music, cell phone, telephone, and computer upon the arrival of the client. Leave the phones on until they arrive in case they are lost or running late.
6. Turn your chair and the client chair toward each other.
7. Know which chair is yours: the most powerful seat in the space. Use Feng Shui principles and sit facing the doors and windows with your back to the best defended position in the room. Do not ever let the client sit in your chair.
8. Make sure your treatment book, laptop or notebook is ready and that you have plenty of pens and pencils if needed. I also have Post its and business cards to jot information down on for the client.
9. Make sure any hand outs are printed in advance and that you are ready with them in files by your chair.
10. Have your dowsing rod near your chair.
11. Time your preparations so that you are able to have at least five quiet minutes to sit in meditation or contemplation in the space.
12. Build it and they will come.

Constructing a Healing

To construct a Sacred Anatomy Energy Medicine healing requires blending elements that create a safe space for the client as well as an energetically conscious and pleasant room within which the practitioner will work. It also calls for careful assessment of the present condition of the client, collection of data as the structure presents it, an analysis of all information and a plan or flow for the healing session. Once the plan is established, the order of implementation or a course of treatment becomes clear and moving to action is obvious. Tracking the progress of transformational shift leads back to a new assessment of the condition of the client. This continues until assessment, collection of information and analysis reveals a stopping point.

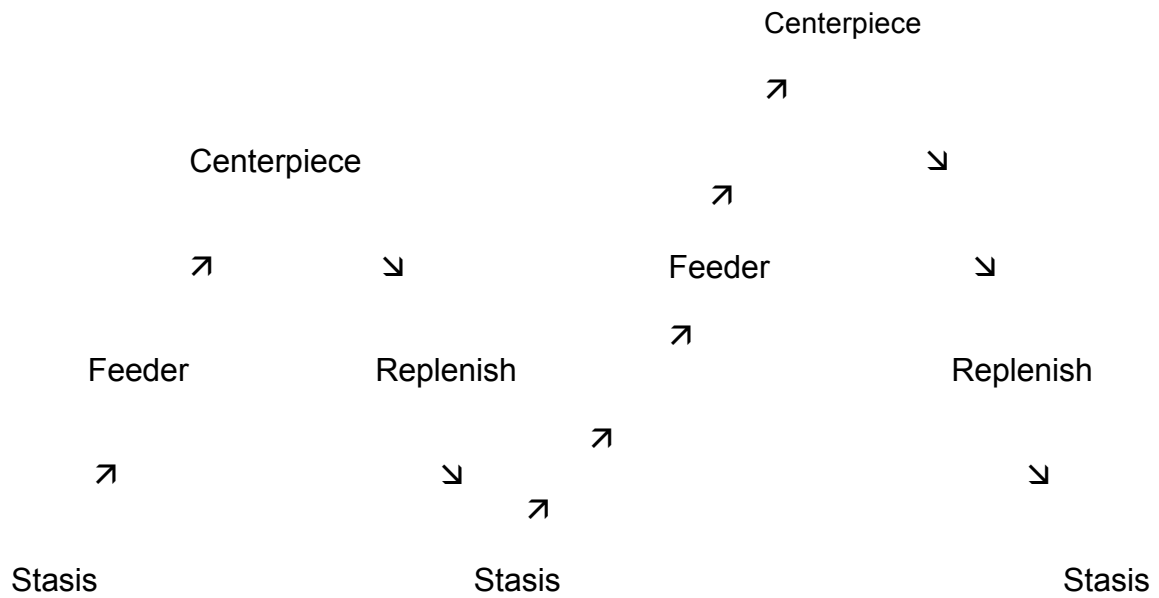
- ✓ Set Intention to serve by doing SAEM with the client
- ✓ Permission
- ✓ Work at the Edge
- ✓ Establish safety
- ✓ Build trust
- ✓ Assessment of presenting condition
- ✓ Collection of anatomical and energetic data
- ✓ Analysis of all data
- ✓ Plan for session
- ✓ Move to action
- ✓ Tracking progress of each transformational shift
- ✓ Extragenesis after extragenesis
- ✓ Continued assessment of presenting condition
- ✓ Collection of new anatomical and energetic data
- ✓ Analysis of all new data
- ✓ Track progress to completion

The Healing Arc

Healings move in a consistent dynamic we see as the Arc. It is comprised of four segments, each referring to a section of or function within the healing session. There are also smaller Arcs within a healing procedure or alignment. The segments are:

- Stasis
- Feeder
- Centerpiece
- Replenish

The Contour of the Arc



Notes:

Stasis

Stasis is the entry point. This is that stuck and stagnant feeling that most clients are experiencing when come in the door. It's the reason they even picked up the phone in the first place. Even if they feel that they are stirred up and raring to go for their session, Stasis is the way they are holding on to their stuff. The wounds, misalignments, imbalances, compressions, constrictions and congestions are all being approached from the same old tired vantage point. They are static, in Stasis.

Feeder

Feeder pieces and sessions are moving us forward, focusing on the action of shift and movement off the held position that was Stasis. Feeder is all about the hard work of change and there is a quality of being shook up; of excitement that may lead to expectation and hope for relief from the old tired same static way things used to be. In the Feeder stage of the Arc clients are optimistic and even fearful about the unknown. There has been a shift off the old and yet there has been no arrival at the destination. The journey is on and magic is afoot.

Centerpiece

Wow! This is the blockbuster of the healing session.” It is the brilliant star with the glitter and lights of opening night on Broadway. There will be a significant shift and the client will have a definite experience of movement but with a quality of arrival. They will experience a sense of satisfaction. This was what all that hard moving out of Stasis and struggling with Feeder work was about. Here and now the pieces fit together, the other healings make more sense, the struggle to let go and open to new dangerous places seems worthwhile and logical, even desirable.

This is the Centerpiece of the process and there is a great sense of fulfillment. So much so for some clients that anything less won't feel like a *real* healing experience to them. It is vital the practitioner educate the client to this fact and to set their expectations in proportion to the Healing Arc as a whole. Not everything is a Centerpiece, but when they happen everything else aligns to culminate in deep Extragenic transformation.

Replenish

After the orgasmic quality of the Centerpiece release the Arc retreats into a resting, restorative mode. To Replenish means to satisfy the hunger generated in the structure by significant shifting and to renew the whole in a feast of *Integration, Blending, Witnessing and Stabilization*. This part of the Arc is all about building up, renewal of the old within new, and realignment of the new into the old. Recovering requires rest and relaxation and this is true for the structure. The experience of Replenish is the harmonization of the structure to itself and it is a critical respite before the client slips back into an energetic stupor and Stasis settles once again at the bottom of the cycle.

Notes:

Chapter Two

Healing Begins at the Appointment

“We have the choice to live our lives clutching, collapsing and holding on or breaking through and striding into the amazing possibilities of this life.”

-Desda Zuckerman 2004

Why Are They Calling?

When the client picks up the phone with the intention to make an appointment with you there are a lot of personal factors that go into the decision. If they know you and what you do or they have heard of you from a friend, it could sometimes be about curiosity as in: “I’ve always wanted to see what it is you do.” They are in it for the experiential trip with the hope of benefit.

Usually, if a friend or acquaintance comes to you their call is based on their trust of you, your relationship. Perhaps their sense of you as a good and safe person with whom they feel enough trust to venture into deep waters. You might hear things like: “I want to address the energetic imbalance in relationship to my mother.” But mostly, outside of blatant curiosity, when friends come to you it’s because they want to do something substantial and spiritually based to complete their work around a specific issue. “I feel the work I’ve done in therapy did a lot to bring me to completion but I want to just get this done once and for all!” In fact, I hear: “I’m really through with: _____ but...” Often. These folks are in it for a result and won’t stop until they are satisfied.

People will sometimes call having heard about you, your reputation or your successes with a friend. During the course of the appointment call they will want a free healing moment. They will want some kind of *proof* that you are who you claim to be or more accurately, whom they think you are. Be careful. This is quicksand. Explain to them that the way you work is more *contained* than *off the cuff* and that you will do a deeper assessment in person when you receive their Intake. Ask them if you can send them directions and get off the phone as soon

as possible. Go ahead and see them; but realize these people are in it to be dazzled.

If they are looking for a “reading” or if they refer to your healing work as a “channeling” be cautious. These are the psychic hotline fans and they often think they are very knowledgeable because Dionne Warwick herself winked at them during a commercial or their Aunt Trudy held séances or they went to the gypsy on the corner and they have a very special \$100 curse.

I generally see it as a kind of Karmic clean up to work for the way the world sees psychics with these kinds of clients. Occasionally, and I do mean *occasionally*, they move out of the phenomena game, stay with you, stop seeing the card reader every month, and really make some progress. But, it is critical if you are to be taken seriously as a professional that you do not focus on your psychic skills, intuitive reading or super special insights in either your conversations with them or your promotional materials. People will want to see you for what you know and because of the result you are able to produce. Let the idea of being the friendly neighborhood psychic go back to the 1970’s where it is still looking for its Ouija board. Take them as they are, attempt to educate but do not buy in to their game. They are in it for pure entertainment the more dramatic the better!

If you are lucky you will get conscious, motivated clients who have a great desire to release the stops that are keeping them stuck in life. But sometimes these people have a chip on their shoulder because they have done a lot of work; been there and done that. During the Intake interview you have an opportunity to hear about their journey. Make sure to listen deeply, through *what they are saying* into *how they have never been seen* or heard by another healer: completely witnessing- utterly at your edge.

This is your job insurance because people, who really know, get the difference between a good therapist with distance and a Sacred Anatomy Energy Medicine practitioner at the edge. You will create a fan of your work and they will have breakthrough after breakthrough! They are in it to rise to the challenge and have kept going because they just know *something* will work.

Then there are the clients who are at the end of a long and grueling battle. They have pretty much lost hope, sometimes the zest for living, because the hope that they will beat the cancer, the trauma, whatever the disaster is that has befallen them has vanished. They will pin everything on little inferences. They will be ultra sensitive and overly cautious. They will often be ridiculously polite and insanely gratuitous to the point of you needing to straighten them out by explaining you are just a regular person putting your pants on one leg at a time.

Be kind. Be compassionate and **learn**. These people are in it because they are desperate and they are aware ANY day might be their last. Be clear that whoever comes your way is an opportunity to share who you are and the work you have come to love. Be grateful every minute for the chance to **witness the healing** of another even if what you do does not **cure** them.

The Logistics

The Location

Wherever you decide to do sessions make sure to do a few basic things to make the space ready before you begin to work.

1. Make sure the building is neat and clean: clear tabletops, wipe counters and sweep the floor. Cleanliness is definitely next to Godliness.
2. Move clutter out especially old mementos with lots of energy on them. Even if you love your stuffed animals, if you sleep with them or use them as punching bags, put them away, not your treatment space.
3. Make sure your décor reflects the purpose of the room and supports you in your efforts. Despite their historical value Revolutionary War muskets and paintings of dead ducks are not conducive to healing.
4. Set up an altar in a corner to anchor the space. It can be as simple as flowers and a candle. But energetically intentionally anchor the room with it.
5. Space clear the room using the techniques you have learned.
6. Try to find a few minutes before the client arrives to meditate, ground and center. Focus and breathe. Do not fuss after they have arrived and entered.

7. Light an unscented candle but do not light incense or sage because many people are sensitive to smells.
8. Make sure family and co-workers do not bother you during your session, no matter what is happening in their world. The client's sense of safety is critical.
9. After the client has arrived, turn off all phones, fax machines and computer email sounds.
10. Be prepared: Have note pads, pens, pencils, water glass and water, tea cups and tea selection, pre-boiled water, napkin, some almonds and raisins (you will find these handy for the unprepared hungry client) lap top and healing forms all out and easy to get. Include a clipboard for the client to use. Make sure your appointment book is readily available. Have printouts already made of: Golden Rain Meditation, Follow Up Sheet, Template Expansion and any other relevant handouts. Make business cards, brochures and any promotional materials like flyers for Sacred Anatomy Energy Medicine Classes clearly available for the client.
11. Remove all pets from the room before you begin the healing. VACUUM! If you have them, always tell the client there are animals in the space *before they arrive*- many people are allergic and being miserable is not conducive to returning or to a successful experience. It is unprofessional and a distraction to allow animals to wander in and out during the healing even if they are special and little healers in their own right.
12. If you use a massage table make sure to have fresh sheets for each use on it even if you don't think you'll use it. Always provide a pillow for head and knees.
13. Keep a blanket available in the treatment room. People get cold when they are processing some times.
14. Make sure the toilet is clean and stocked with towels, soap and TP.

Making the Appointment

Make sure you get a good calendar. If you are not speedy on your hand held device please get a paper appointment book. The worst thing is to be kept holding on the phone or at the end of the session because the supposed healer is a klutz with technology! You lose credibility before you have even established it. Tell the

truth. Many healers use hand written appointments books- it is easier- tactile and faster to manage if you are not tech savvy. Use pencil. Inking appointments is just messy. If that's not you, than let your fingers fly across the keyboard like the man on the flying trapeze!

Choosing the Appointment Time and Date

I advise being clear about your time and day. Give them first, a single time. I say: *My next available opening for a new client is: June 22 at 2PM.* Then I wait for them to respond. If that does not work for them, ask when they are free but be careful to keep your time exclusive and focused. Be professional, kind and available at the edge. Write their next appointment down on a business card for them.

The Next Appointment

Making that next appointment is an art form. I do it at the end of the session before they get up out of their chair. Usually I say: *Let's see when you should come back again.* At which point I dowse it right out, open my book and give them a date and time that jibes with my calendar. If that date doesn't work, I dowse for another but I hold to my original dowsing and urge them to make it work. It is a subtle and powerful way to let them know you not only stand by your convictions but you are **spot on** about the benefit for them. I have long standing clients who are fascinated by the day I give them claiming every time that the date is perfect for all these amazing reasons. They move other appointments to see me.

What I suggest you not do is say: "Gee whiz, golly gosh did yah, yuck, yuck like my... Ah healing work?" OR: "Does this type of healing work for you?" **NO**. If you want a successful practice, simply do not look for their approval or their validation at the end of a session. If they hated it and they really don't want to come back, they will tell you or cancel.

But, if they are on the fence, don't know what happened, liked it but are embarrassed or worried about money and you make an appointment they may give it one more try and this is the moment that matters! It can make all the

difference to make that *one more session*. Sometimes, it is not the first session that is profound but the second or third when AFTER you have cleared the debris away there is a memorable shift experience. Stay strong and follow the training, your skill, your own experience and your convictions and your practice will thrive.

Assessment Happens

Do your initial assessment on the phone when you make the appointment. Check Client and Practitioner Suitability first and follow it with the TAM. Include with all of the tools we have developed **your good horse sense** to know if this is a good fit.

When the phone rings or when you return the call for an appointment try to strike a balance that is honestly you. Do not hide your enthusiasm or pretend this is not exciting for you. But also do not be cavalier or so light-hearted the client is unsure you are serious about what you do. Laughter is wonderful and an open heart is always the best policy but it can be misread as frivolous.

Promotional Materials

Business Name

You can have a name for your business but make sure your given name is always associated with your healing practice. Become known as who you are and not only a business name. Eventually you will leave your healing practice identity behind and step out into a bigger version of yourself. Prepare for that eventuality by putting your name out there now.

Business Cards

Get nice but economically priced business cards. Your plan is to get rid of them as fast as you can. Do not be stingy with your cards! Do not have a letterhead designed by a graphic artist or emboss stationary. You may change the way you do things in the first year or two and these costs are a great way to burn up seed money.

Healer Bio

Write a bio about yourself that gives people a clear understanding of what you

bring to the party. Speak about your spiritual practice and list all your trainings. Give some minimal personal information and tell enough of your story to intrigue but reserve your home address and phone number for friends.

Web Site

Launch a web site. There are templates on-line and it is possible to do this your self or to spend a little to a lot of money making it happen. All SAEM practitioners are invited to post on the SAEM web site: www.yoursacredanatomy.com and to post a link to their site on the SAEM practitioner pages and at the bottom of their practitioner bio. The more places your name is on the internet the better.

Consistent Language

When you write about our work do not be afraid to use the language that you have been taught to describe what you do. Call the work: Sacred Anatomy Energy Medicine. You are a Sacred Anatomy Energy Medicine Practitioner. This name is something to be proud of, you have trained by the founder in a cutting-edge form of energy work based on dynamic and leading principles. You have learned unique skills and SAEM promotes transformational health and wellness through procedures, alignments and clearings. Please, don't describe what you do as simply energy work, energy clearing or use the phrase: "It's like Reiki." Because it is not! This is a legitimate healing modality. One that uses focused intention and interactive light to support the release of blocks and stops and the redirection of imbalanced energies to create health and wellness in partnership with the client. Please keep your language about it consistent.

Sacred Anatomy Energy Medicine Is Our Name

- Don't call your work something different: *Pete's Energy Clearing Service and Chop Shop* is not a cool name.
- Please do not rename this work in your promotional materials.
- If you develop your own work, you can name it whatever you want but this work is called Sacred Anatomy Energy Medicine as a SAEM Practitioner you have the honor of carrying the name and using it.

- You can name your practice: Newport Healing Center but the work you are doing is SAEM. Your clarity about this only makes you look good.
- Over time and with a lot of meetings our existing practitioner community has developed some good Practitioner Guidelines for standards and practice. We request all members abide by them.
- Number 1 is that **we all call it the same thing** so that we promote the work for all of us, increase the presence of it on the Web and disseminate it into the global healing business community.

Speaking About the Founder

SAEM is the creation and work of Desda Zuckerman. She carries the lineage of the Sacred Anatomy at this time on the planet. What she teaches you is ancient and yet, made new by the language and context that she has created.

Please credit her appropriately in all promotional materials, on your website, and in your sessions. Whenever you share Sacred Anatomy Energy Medicine concepts, principles, procedures, and techniques remember she is the original source of this information. It is her work and efforts that has brought it forward for you to use.

As this powerful information and the knowledge of the Sacred Anatomy gets out into the world it will continue to benefit humanity. To protect the purity of the transmission please remember that you share the responsibility as a Practitioner to represent the work and the spiritual force that it holds. Being straightforward about it only is beneficial for our global community including both clients and students of the work.

Please credit Desda like this: I am grateful to my teacher, Desda Zuckerman, the founder of Sacred Anatomy Energy Medicine and author of *Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure*.

DON'TS FOR A NEW PRACTICE

- DON'T RESCHEDULE ANOTHER CLIENT TO ACCOMMODATE A NEW ONE. PEOPLE REMEMBER HOW MANY TIMES THEY ARE RESCHEDULED AND GENERALLY FEEL ABUSED BY THIS HABIT.
- DON'T SAY: I'M OPEN, WHEN DOES IT WORK FOR YOU?
- DON'T SEE PEOPLE AS AN EMERGENCY FOR A FIRST SESSION!
- DON'T CHANGE YOUR PROTOCOL FOR NEW CLIENTS
- DON'T MAKE HOSPITAL VISITS OR HOUSE CALLS FOR A FIRST SESSION
- UNLESS THEY ARE REALLY DYING.
- DON'T TRY TO TALK THEM INTO A FREE SESSION OR A TRIAL OR BEG IN ANY WAY. ESPECIALLY, IF THEY CANCEL AT CONFIRMATION.
- DON'T TELL PEOPLE YOU ONLY SEE PEOPLE 1 DAY A WEEK AT YOUR FRIEND'S OFFICE WHERE SHE LETS YOU PAY REALLY CHEAP RENT!
- DON'T LAUGH AT OR BELITTLE YOURSELF, SACRED ANATOMY ENERGY MEDICINE OR ME, THE FOUNDER- EVER. YOU JUST LOOK RIDICULOUS AND I'LL TOTALLY HEAR ABOUT IT AND BOY DOES IT PISS ME OFF.
- DON'T BE AFRAID TO LET PEOPLE GO OR TO MAKE IT HARD TO GET IN TO SEE YOU—PEOPLE LOVE A CHALLENGE AND WHAT IS RARE IS VALUABLE IN ALL CULTURES.
- DON'T OFFER GIFT CERTIFICATES- IT'S FINE FOR MACY'S BUT YOU NEED THE CLIENT TO MEET YOU HALF WAY AND THAT STARTS BY CHOOSING TO SEE YOU...AND YOU ARE NOT A BIRTHDAY GIFT YOU ARE A HEALER AND THE CLIENT NEEDS TO WANT A SESSION WITH YOU.
- NEVER DRINK OR SMOKE POT WITH YOUR CLIENTS. DUH! THEY WILL LOSE RESPECT FOR YOU.

DO'S FOR A NEW PRACTICE

- DO LET PEOPLE GO BY BLESSING THEM. ALWAYS SPEAKING TO THEM KINDLY EVEN IF THEY ARE RUDE OR CRAZY. IT PAYS OFF!
- DO KNOW FOR EVERY PERSON WHO CANCELS TWO MORE ARE COMING!
- DO CALL OR EMAIL TO CONFIRM AT LEAST TWO DAYS IN ADVANCE IF APPOINTMENT IS MORE THAN TWO WEEKS OUT
- DO GO TO THE MAT FOR YOUR CLIENT. IF THEY ARE WILLING TO WORK- MEET THEM WITH ENTHUSIASM!
- DO ALLOW PEOPLE TO PAY FOR A FRIEND OR LOVED ONE'S FIRST SESSION AS A GIFT- BUT THE NEW CLIENT MAKES THE ARRANGEMENTS AND GIVES YOU THE MONEY AFTER THE SESSION.
- DO REFUND MONEY IF YOUR CLIENT IS UNSATISFIED.
- DO RETURN ALL PHONE CALLS AND EMAILS PROMPTLY.
- DO SCHEDULE A FOLLOW UP CALL TO BE SURE IT HAPPENS.
- DO REALIZE IF YOU ARE SUPPORTING A PERSON THROUGH A BIG EVENT IN THEIR LIFE LIKE THE DEATH OF A PARENT OR AN ILLNESS THEY WILL NEED TO HAVE ACCESS TO YOU. PICK UP THE PHONE FOR THEM.
- DO END YOUR SESSIONS ON TIME. THEY CAN SCHEDULE MORE AND YOU NEED TO RESPECT THE CONTAINER.
- DO BE CAUTIOUS WHOM YOU HUG AND TOUCH. ESPECIALLY PEOPLE OF THE OPPOSITE SEX. ALWAYS ASK PERMISSION BEFORE TOUCHING!

The Unsatisfied Client

Still there will be mistakes and people who should not have worked with you will get through your careful screening every so often. They will self-select out. I always find out why someone is not coming back. It's one of the best ways you can improve your offering in the world. When you ask them to give you feedback it is important for *you* to just *be* with it and not get activated by the input especially if

they are on it. Usually, the disappointment will be around an expectation they had and that you did not meet.

Dissatisfied clients will sometimes be harboring disappointment or anger about money they have paid you. My best advice is to give all or part of their money back. If a client is sticky returning the fee can release the charge about you and your work for them. The goodwill that kind of act promotes in your client community is worth it. Be sure to ask them if they would share their disappointment with you. Sometimes this is the moment the healing really occurs. They were holding on to a narrow definition of being *cured* or relieved of their ailment or issue when the deep healing that needs to take place has to come from a more open place in them. I have rescued people from the dissatisfied customer column and supported them into huge work in the happy customer column out of what appeared to be a stuck and sad resolve to dump me as their healer!

The Intake Interview: Listening and Learning

The emotions outlined by the client in the Intake Interview are often the keys to understanding their readiness to shift. People will believe they know why they are in your office and the Intake reveals a hole in their thinking, a place where they had blinders on, and a way you can zip in there and get to work right away! Listen into the emotional content in the choice of words. There are distinctions in language. Understanding these is very important. Mother is vastly different from Mom or Mama. A boss is not a supervisor is not a colleague is not a project manager is not a friend or... maybe they are. So ask questions. Get clarifications. Assume nothing and be a sponge. Find them fascinating and stay in at the Edge. For the client, the combination is seductive and relaxing. While trust producing an Intake Interview at the edge will lead to revelations that surprise even the most cynical client.

Make sure all questions on your Intake Form are answered completely. Ask them when their birthday is? How old they are? What their children's names are? Definitely note if these spaces are blank. Everything about the Intake has a voice. Make sure to say their name carefully and clearly. Note any odd pronunciations on the form. But above all, ask the questions that occur to you.

Do not censor yourself. Listen not just to them, but also to your own inner healer, teacher and sage. You will be lead to the right questions, the right way to hold and approach them. Listen to your own voice.

Asking the Right Questions- Establish the Ground:

1. What do you hope for out of our session today?
2. When you made your appointment what was your hope for how we might work together?
3. Why did you make this appointment?
4. What did you hope I could do for you?
5. Have you ever seen a Sacred Anatomy Energy Medicine practitioner before?
6. Do you have a wish/laundry list for our session?

Probe into What They Want:

1. Do you have a picture of what that (in the healing) looks like?
2. Do you have a smell, a taste or a sound of what that is like?
3. What does that feel like?
4. What is the feeling that is right under the surface for you now?
5. Is that scary?
6. Does that excite you?
7. Are your curious about what might happen?
8. Where in your body do you feel that right now?
9. Have you been feeling yourself moving through a transition?
10. Are you ready for transformation?

To Get to the Issues:

1. What is the cornerstone of your issues right now?
2. Are you sure there isn't something else that is up for you?
3. Have you experienced any accidents, emotional traumas or a significant loss recently? (*i.e.* death of a friend, family or pet)
4. Have you and your significant other has any arguments lately?
5. How is your marriage? Your partnership?

6. How is your relationship with your boss?
7. Are your parents living?
8. Do you have a good relationship with your folks? Your siblings?
9. How is your work climate?
10. Are you fulfilled and interested by your work? Tell me about it?
11. Do you have friends? Good friends?
12. When was your last vacation?
13. What are your issues up for working with during our session?

To Allow Them to Release Control of the Session:

1. That is a heavy load. Let me hold it for just a minute while you rest?
2. Would you be willing to just accept the possibility that maybe you could have a result from our session today?
3. I know trust is something people have to earn. I wonder if you might be willing to trust me for just a moment while I do this work for you.
4. I can take it. I am strong enough to hold you.
5. I have no investment in an outcome either way. Let me hold possibility while you relax and have the experience of just being held.
6. I am trained to do this work. It took a long time for me to learn how to do this and I can help you if you will be my partner in it.
7. I am “doing” nothing “to” you.
8. Partnership is critical for us to get anything done. I feel like you are doing all the work. Please let me carry the burden for just a while?
9. Your structure is directing traffic anyway so let’s listen to him or her.

Promoting a Healing Practice: One Client at a Time

For every session the goal is to end with two referrals. Here are a few things I have done to build my practice through the years that have worked really well.

1. Referral thank you notes to clients.
2. Referral thank you notes to other healers.
3. Emails are too easily ignored send **actual** thank you notes.
4. Always include a business card with the note!

5. Referral thank you credits on the next session. That way you request a referral and you book another session.
6. Brochures with your picture placed in alternative medicine practices.
7. Put business cards everywhere. On bulletin boards, desks, florists, churches, restaurants... everywhere. Make it a goal to get rid of all 500 cards- fast.
8. Speak anywhere your community will let you about your work. Bring cards.

NOTES:

Chapter Three

Energetic Ethics

Ask Permission

At this point you have developed a knee jerk *permission asking response*. Incorporate into every procedure, this critical step. *Asking Permission* is a way to do three things:

1. Engage the participation of the client
2. Build a safe container.
3. Distinguish Sacred Anatomy Energy Medicine from the throngs of people out there sending energy to everyone they feel needs it! AND who don't ASK but assume permission with hubris that is offensive to the ethically sensitive and aware.

Sacred Trust

Ethically when we work with a client it is a sacred trust. We cannot even speak about our sessions with them to colleagues without permission. Although we are not bound by HEPA restrictions we apply their sensibility and guard the client's privacy. It is unethical to tell stories about clients, to vent about clients, or to ask for advice about clients without their express permission.

It does not have to be in writing, but it is a good idea to make a note in the client file about asking for permission to share some part of their healing session and why. If you are stuck in a rut with a client and want to get some assistance from a teacher it is important to tell the client you want to check with your instructor or a trusted colleague. Then you must report back to them closing the loop and giving them added insight. This is an essential series of steps. For the three reasons listed above but for one more very important one: *Your integrity*.

Integrity

When you give your word to a client you *must* follow through. This keeps your integrity in the relationship intact and the client will eventually be able to trust you enough to release the steel grip they have on their holding patterns. This is how you know where to place the boundary. If it builds trust or integrity, then it is good.

Your work depends on his or her trust in your uprightness as a healer and a person. Doing what you say may not always be possible, things happen, life intervenes and changes have to be made. Do not habitually reschedule a client because someone else wants the slot or you could see two more people if they came a half hour earlier. Suck it up, keep your agreement, build that trust and make sure later to implement a scheduling policy that supports your time better in the future.

If you jerk people around, they will do that to you in some way. That may look like resisting your work and cutting off their nose to spite their face! So, remember people are almost always *in their stuff* when they speak with you on the phone or see you in person. They are either preparing to go into a healing or coming out of one. Whether they are wrestling with a big issue or make space inside themselves for the transformation, it is up to you to guide them towards trust and a safe place.

When you have this kind of relationship with a person they run on different rules than you do! Ethically the most important boundary you can hold with a client is to do what you say you are going to do. This builds credibility but most of all integrity in your work and in the world. If we want to make a difference in another person's life, we must put the integrity of deed and word as a firm part of the ethical stand we take in the world.

We talk about “the integrity of the work” in SAEM. This means treating the system as whole cloth. Approaching the anatomy, the procedures, alignments and clearings, the skill and techniques as complete and needing nothing else to fulfill the promise of Sacred Anatomy. This work is dynamic and constantly

growing. There is nothing missing. There is only more to learn. Ask senior practitioner or the founder if you feel you have found a “hole” or have discovered something new. You may have and if that is the case your discovery may lead the way forward. Or, you may have stumbled on a more advanced piece of work. Share what is happening for you as you evolve as a practitioner. This is only good for everyone!

Ethical Beliefs

You get to believe in miracles. You get to believe that the cancer will heal utterly and that health will be vibrant. You get to believe death is a doorway to healing. You get to believe that we may not cure an illness but that healing happens in the spirit, mind and heart and is bigger than a single life or body. You get to believe that disease and pathology teach us what we need to know as evolving souls. You get to believe that your ability to see the client as whole and filled with the light of the Divine at the core is a gift. You get to believe what works for you, what supports you and what is good for you. You get to be grateful for all these great and beautiful gives. What you do not get to do is forget you are the witness.

Client Autonomy

Your client does not have to share your beliefs in anything. Chances are that they will not, in the beginning. Your job is not to convince anyone of anything. Sacred Anatomy Energy Medicine works whether you believe in it or not. But ultimately, if you do your job right the beliefs and attitudes of the client will be called into question. Change is healing and it is old beliefs that often must be the release point. Transformation is always there just under the tired old conviction and rule.

But be clear, dear student about the ethical boundary of the healing. This is not you who is transforming, growing, becoming... It is not your moment or your issues; it is the client's time and space. Stay focused in your edge while on the journey you are both making through dangerous and uncharted territory. Hold the space with compassion, keep your ethical center and they will find their way home to themselves without you getting in the way.

What We Truly Offer

Sacred Anatomy Energy Medicine offers many things: hope, safety, clarity, compassion, relief and change. But the big offering we are making is: fundamental education about whom and what we human beings actually are. Everything we do is based in the Basic Operating Principles. They explain how the structure works and evolves. Knowing them allows us to explain it to our clients.

Over Promising

Watch the tendency to over promise results. Never say you can do things based in your unwavering faith that SAEM can do anything. As nice as it is to feel that way- SAEM cannot do everything. Holding out the carrot that it can cure cancer, regrow a limb or get some other amazing result while lovely and sweet, is unfair and frankly cruel. To someone hoping for a miracle the fact that you are holding out the possibility that all things can happen, the space of the miracle does not include convincing or “selling” the client on your personal belief or your faith in the modality.

We walk a thin line between the rational and irrational and your personal “belief” is not as important as your lack of attachment to possibility. When you believe that SAEM can do anything you actually are holding a pretty huge attachment. Let that one go and you’ll be way more effective. The miracle happens not because of you but because the moment is right for the client.

My Thoughts:

Basic Operating Principles

Sacred Anatomy Energy Medicine

- Energy is intelligence
- Form follows thought
- Intelligent light will interact with focused intention
- Form is nothingness, nothingness is form
- Everything has vibrational frequency
- Extragenesis:
 - Interaction of intelligence and frequency.
- Like attracts like:
 - Principal of Universal Attraction.
- Totality wants partnership with Individuation:
 - Source wants partnership with not Source.
- Transformational shift must be witnessed.
- The Structure wants to be clear:
 - Principle of Universal Non-Attachment
- The Structure wants to be whole:
 - Principle of Compatible Resonance

Chapter Four

Zuckerman Pulse Technique

The Magic of the Pulse

Zuckerman Pulse Reading Technique developed side by side with the modality, Sacred Anatomy Energy Medicine. Learning how to dowse in 1974 was a huge opening for me. A sensitive from birth, I was always looking for a way to validate that which was so for me and I wanted to find a way to move my own egoic nature out of the picture. Feeling the rod moving on in my hand was exciting, but at the time I had no idea how transformational dowsing would be for me. I had embarked on a journey to an expanded way of understanding life that would ultimately lead to Sacred Anatomy Energy Medicine. In those early days, I searched for a way to use the wire that made some sense to me.

As I struggled to become more accurate, I dowsed things I knew the answers to and things I didn't. Things I cared about and things I didn't. Over time, the action itself had a healing effect on me, resolving the moderate number and letter reversing dyslexia that had plagued me since childhood. Dowsing helped me to become a clearer thinker as I repeatedly crossed the midline at the center of my brain. Going from felt sensing on the right to reasoning, thinking and understanding and analysis on the left, and going back again, to sensate reality and imaginal thinking in and it worked my brain like a muscle and taught me to respond more confidently.

It was years before I realized other people didn't *feel into* their rods. When I hold my dowsing rod, it is an extension of my own body. And I feel into it. It was a major discovery to learn that something I did instinctively was actually a new wrinkle. A new and accurate way to work intuitively that removed my own egoic need for acceptance approval and to be right. In fact, many traditional dowsers are proud of the fact that they have this uncanny ability to *not feel*. They think it gives them reliability. Because they can't feel what their rod is doing. I would agree that it is the *distance from result that they experience* that does in fact, give

them a greater percentage of accurate “hits”. I tried to emulate this quality of the non-feelers and began to cultivate a sort of distance. I explored separating my thinking out of the dowsing process and practiced ignoring the rod.

Eventually, I could feel the rod completely outside of my self-awareness, even though I was still holding it while it spun like a top. Slowly, my accuracy increased and the dowsing rod began to feel like a part of me. I learned to construct and ask the right questions and to focus on being open to the desired outcome and not to concentrate on the movement of the wire, or on the sensations or emotions of the issue.

So I experimented by holding the rod and sensing with one hand, holding the rod with the other. That way I would have a sense of separating the left and right sides of the brain. With a rod in my right hand, really running out of left side of brain and moving to the right side of body. With my sensing I would sense with my left hand and it would flip and work from the right side of my brain. Like an “X” that I was functioning in. Sensing with one hand, the left, and then accurately analyzing with the right, the dowsing rod. That was an interesting discovery that an X was happening inside my own body. As I learned more and more about dowsing and how most people dowse, most people don’t do that. They tried super hard to analyze with both sides of their body. Holding a rod and using left brain and other hand not at all, just analyzing. Still with left side of brain, the rod was a left brain experience for them, not a right brain experience.

That is a critical difference in the way I teach dowsing from the way other people teach dowsing.

It took about 10 years of experimentation before I started using the rod with confidence. Eventually, I trusted that the information I got was right and that I could augment my knowingness and clairvoyance with this tool. Another 10 years passed as I developed the diagnostic tools that became part of the Sacred Anatomy Energy Medicine tool bag. Finding percentages, rating priorities, and the numbers for entity possessions and astrals all come straight out of traditional

medical dowsing. Which is a branch of dowsing.

But the pulse was a different animal. It breathed. I realized early in my experience of observing light that everything had a frequency, a rate of vibration. One day as I was taking what I learned from my dowsing instructor, Rev. Bob Mahaney, as “the left shoulder pulse.” It dawned on me that this particular pulse reflected the heartbeat. I could feel the pulse with my fingers on the wrist, and at a distance, watch the wire mimic exactly the beating heart. That discovery began a journey around the body for pulses of all the organs, systems, and even parts of the skeleton. Low and behold all of these parts had their own distinct pulse that indicated health and vitality, or lack of it.

I knew from my experience of Chinese Acupuncture with my personal healer, the great Occidental acupuncturist, Efrem Korngold that the body had rivers of energy coursing through it called meridians. He assessed these when he felt for the pulses of the different channels of energy. I put two and two together and it wasn't long before I was into the streams of light trying to find the pulse of the energy structure.

This is how I happened upon the many different ways I read the pulses. I will demonstrate different ways of reading the pulses, the values and just how much information the practitioner can get from the many different pulses that can be read, felt into, seen and sensed at the same time in multiple levels.

Zuckerman Pulse Technique

I began by using the dowsing rod to read simple percentages, quantities as well as monitoring energetic release. Slowly, dowsing developed into a way to verify my instinct and intuition in the mid 1970s. When I did readings I began to check my psychic insights by the spin of the rod. As my accuracy increased and I was even more able to separate my personal feelings and the information I received. It seemed that validating intuitive knowingness finally might be possible.

By 1983, I had learned to feel into the rod to get different information. Discovering that the dowsing rod could be used as a channel for a style of sensing opened up

the scope of what I received. Feeling into the dowsing rod gave me a greater depth of perception leading to realizations about the pulses that exist all around us in nature; whether corporeal or ethereal.

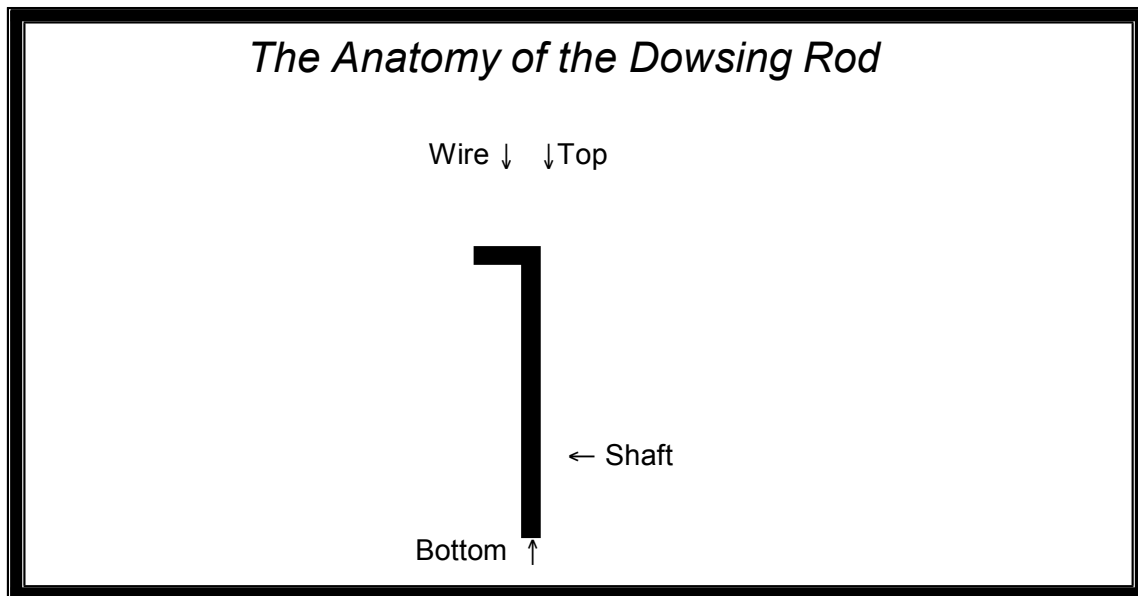
Science tells us that everything has vibration and frequency, and that everything resonates at its own particular rate in relationship to everything else. All animate and inanimate matter vibrates uniquely, not influenced by other matter, but alone and unto itself. This generates energy, which the sensitive sees or feels as light. In fact, in the 1920's Paramahansa Yogananda wrote about matter as "congealed light." Congealed light or matter is also responsive to what is around it, and will shift light frequency to respond to interaction with other light. As I explored the different vibrational frequencies that I encountered through touch, gut response, sound and sight, I tried to find ways to show people what I perceived.

Two of the basic questions I asked were: What causes the change in congealed light/matter to occur? And: Is the change carried into the individual light frequency pattern a result of interaction of some kind? In the answer of these two questions rests the discovery of pathology, imbalance and toxicity in the Human Energy Structure. What to do about it is the hard work and luck that led to the development of procedures, skills and basic energetic housekeeping that is SAEM.

Before light congeals into matter it is available as what I call *other sight light*. It is possible that we are able to see this light by becoming aware of some other-dimensional reality. But I have come to believe, through trial and error, that seeing this kind of *other sight light* can be learned as a skill and used side by side with the accepted or "normal" seeing of visible light. Whether it is one or the other, what I know to be true is that this *other sight light* is not visible to all people at all times.

I searched for ways to identify and communicate about the *other sight light* frequencies around us. There had to be ways to interact with them effectively that did not require visual perception or even developed sensate skill. I wanted to share what I saw. The desire to communicate with others who might not feel, know, or see as I do is the inspiration for the development of Zuckerman Pulse

Technique as a means of communicating perceptual reality.



Over the course of the last thirty years ZPT has grown into a formidable tool that has become much more than a communication skill. As an indicator for the uninitiated it still remains a tremendous way to share perception about the *other sight light* reality that they may not be able or willing to see. For the practitioner Zuckerman Pulse Technique has become an invaluable tool for assessment and data collection, a way to standardize communication between practitioners, and a tool to augment knowingness that expands the personal vista.

How It Works

All pulses are based on information accessed at the star point at the center of the Template and originate in the four aspects of the authentic self. These four aspects are located in the core sheath above the entrance chakra called the divine gate. The aspects are rooted in the core and face outward through the sheath, which wraps around and contains the core. The desires of the authentic self are made known to the structure by light impulses that travel down the core sheath to the star point. The unique frequency of each aspect radiates out from the star point through the Template strands into every part of the structure. This frequency can be *read* as a pulse.

When the Template is damaged and strands have pulled away from the inner edge

of the soul layer, it means the authentic self has lost communication with that portion of the structure and is unable to make its desires known. In this case we feel a loss of direction, a disconnection with our soul's purpose. We slowly become rudderless as we wander searching for connection with something more, something meaningful. This is the beginning of disease and it is possible to see it immediately in the pulse.

Types of Pulses

1. **Unified Pulse**- overview of 3 aspects (emotional, psychological and spiritual) together
2. **Physical Pulse** – the physical aspect alone

These pulse types can be applied to get a total picture of the structure, its health and condition. They can be read separately for insight.

FYI: Every aspect has their own pulse as does every organ, every part of the anatomy and every system. Understanding the Unified and Physical Pulses is the doorway into a much larger range of analytic information available through pulse reading.

Reading Pulses

In the Zuckerman Pulse Technique there are ten different pulses available when reading the human structure. We will begin with two of them used in client assessment.

Using these two basic pulses we can get an overview of the four aspects of the authentic self. The pulses indicate a different view of the health and well being of the four aspects of the authentic self.

The four aspects of the authentic self direct the structure and guide the individuated soul as it separates from the Totality into a unique expression of light and sound. The emotional, psychological/mental and spiritual combine into one pulse with three sections called the Unified Pulse. The physical aspect is read separately as a second pulse because it is based on the heartbeat of the bio layer.

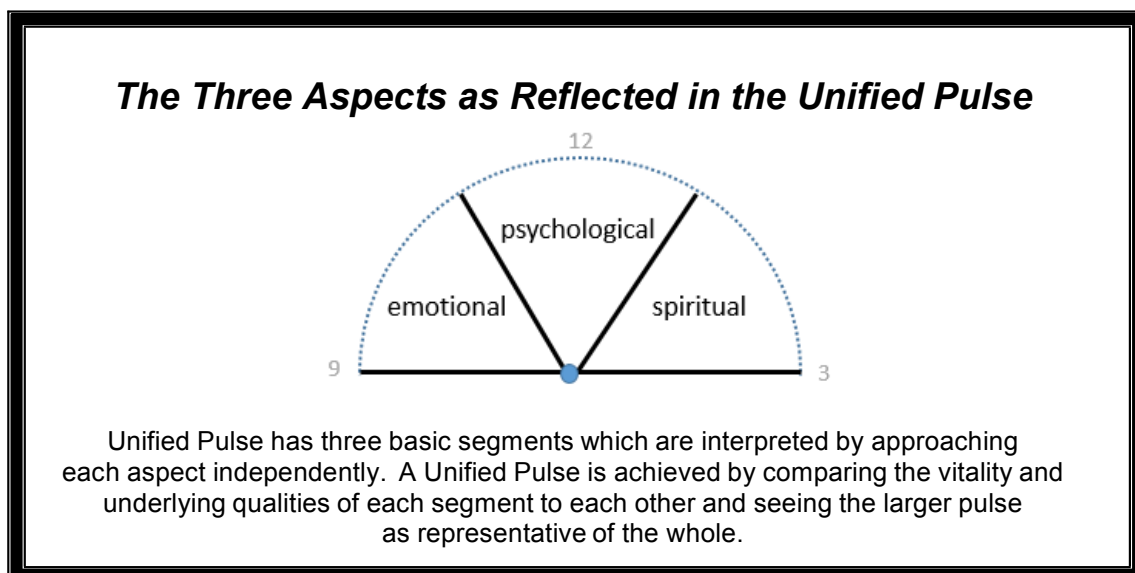
Each pulse is read by observing the swing of the wire from left to right. In the case of the physical aspect, the swing indicates the health and vitality of the bio layer. The rhythm of the pulse echoes the heartbeat as well as the interaction of the many organic pulses of the entire physical system. This includes organs, systems, skeletal structure and their relationships, even into the cellular level. In Levels I and II we focus on a general understanding of how to take only two pulses. The physical pulse includes interpreting physical well-being, balance, and vitality of the physical aspect. The Unified Pulse shows the balance, cooperation, and health of the emotional, psychological, and spiritual aspects.

The Unified Pulse has three sections. Each section has significance and shows us four things.

1. How well the three aspects are operating with one another.
2. The health and vitality of the emotional aspect.
3. The health and vitality of the psychological aspect.
4. The health and vitality of the spiritual aspect.

Each of the three sections is different and reveals qualities and conditions of that aspect. Beginning from the left, the swing is divided into thirds. The first section is the emotional, the second is the psychological/mental and the third is the spiritual.

The pulse is a window into the soul. -- Desda Zuckerman



Ideally, the swing is balanced and even, with each section being about the same size, density and velocity as the others. But inevitably, one section is larger or smaller, thicker or thinner, or demonstrates a dip or stop, and can be considered an area to focus upon in the session.

Uses of Pulse Assessment

Because everything is ultimately made of light, even the smallest part of a larger whole pulses or vibrates at a given frequency. One way to determine the speed at which things vibrate is to take the pulse. By using sensing skills to tune into the energetic overview of any person, place or thing it is possible to obtain its dominant pulse. The Unified Pulse is an assessment tool which responsively indicates condition, rate of expression and many different qualities that describe the status of the structure and its patterns of life.

Applying basic sensing skills, a great many things can be determined with ZPT. It is possible to determine how the four aspects of the authentic self are balanced, how they work together as a team and how an individual aspect is expressing overall health and vitality.

Taking the pulse can indicate the way to begin working with a client. By carefully checking pulses either on a thought form or in person at the beginning of the session, it immediately becomes clear which beginning procedure is most likely to open the way for additional and deeper work. Muddy pulses with a lack of distinction or strength of swing would suggest a Basic Clearing is needed. This kind of preparatory work gives the client a better shot at holding the shift in their subtle and congealed light structures as a result of this change reaction.

By asking permission, suitability for Sacred Anatomy Energy Medicine work can be determined. Not everyone is ready, willing or right for this form of healing work, and not everyone should be worked on all the time. It is possible to determine with a simple *yes* or *no* response if Sacred Anatomy Energy Medicine work is right for an individual's path or their path right now. A "no" happens, but when it does it is best to stop immediately. Try again at another time

Why Use a Dowsing Rod?

The answer to this question is threefold:

1. Learning to read pulses is an extraordinary way to develop sensitivity and acute observation skills.

Notice what you read. For example, if you get a pulse that is slow through the psychological, *feel* into what you know about the person and about their life. Don't make it up. You don't need to. Just *feel* into what it is that you already know. It will be abundant. Notice your own physical reaction. Are you less astute or focused? Does your heart rate change? Are you feeling compression at the front of your structure or are you comfortable and relaxed? All the information at every level that you are getting is important. Half of learning to read pulses is learning to trust and *take ownership* of your own information. FYI: There will be more on the physical insights we get and how that happens when we study the Template echo.

At the beginning of the pulse reading journey we question every insight, analyzing every tiny movement of the wire. But we often forget the powerful input that is available from the somatic observation skills of the physical body including common sense. For example: What would cause slow movement in the psychological aspect of the pulse? Some answers are: blocks, stops, psychological holding or unresolved issues. Frankly, that is plenty for now. This is the beginning. Nobody needs to give you the language of your own knowingness. You already have that. It is possible that what taking pulses may show you is how much you already know.

2. Learning to read pulses gives us a common language for analysis.

How? Reading pulses is like reading a foreign language because it is a foreign language. You are learning a new way to speak to other people by learning how to speak to their individuated soul. You do this by speaking to the four aspects of the authentic self as they are expressed in the anatomical structure in the moment of assessment. That is all we really have- right now.

As SAEM develops as a modality, having a common method of assessment that

outside of gut knowingness or psychic insight alone, gives us a way we can share our observations through our shared language of the wire. Allow yourself to go gently. Learn the simple vocabulary first. Observe only what you notice. That's the assignment. If you think you observe nothing, look at, listen to or feel into the whole picture again. Study all the different reactions you are having. This means not just the swing of the wire (*i.e.*, frustration or confusion: I can't do it, I'm not very good at this), but the queasy feeling in your stomach and the way your eyes squint a little bit at the emotional segment. Observe your reactions for now – you don't need to totally understand them. But let them teach you how to “read” the client with your dowsing rod.

Consistencies and patterns will begin to emerge. Just like other things you will see the way you feel with certain pulse indicators and notice the same emotional quality, the same taste in your mouth. You might not know why yet, but consistent observation at this deep place quickly makes this new language your own. Taking the pulse of another requires using all the many sorts of awareness you experience. As you feel into the pulse and the swing of the wire you develop your ZPT palate of sensing skills.

3. The dowsing rod gives us a doorway into the realm of light.

This journey into the world of Sacred Anatomy Energy Medicine includes the beginning of a new friendship with the energies all around us. We need ways to connect with them, to analyze and interact with them. Sure there are other ways; meditation, prayer, contemplation, or long walks in the Redwoods. But the least charged, fastest, most portable and immediate way that I have discovered is using the dowsing rod.

When I first began using the rod, I found myself watching the thing spin and react to other stuff in the environment. What I found in those early days was that it was pivotal to simply determine the status of the object/person/whatever... immediately when I first took a pulse rather than trying to understand the vast amounts of stimulation I was getting throughout the entire structure in one fell swoop. It turned out that when I focused *on just the current situation- this moment* through the

Unified Pulse, there was a doorway to the structure that I could open. Just like you, trying to assess a situation or a structure when I had too much information caused everything to be mashed together and look like NOTHING.

Learning to break down the bits of insight, somatic information and knowingness required a container that I could objectify to a certain extent. By placing the information outside myself, seeing it reflected in the Unified Pulse, I had an ingenious system for observation that could act as a funnel for relevant data and save me from the overwhelm of: *too much, too fast.*

Over time as I acquired more expertise I saw that the client's pulse opened up to me. It was a benevolent way that we could form a partnership together and as two beings we could experience an obvious- physically demonstrable shared awareness. This developed into a way to read the unreadable, see the invisible and feel the intangible.

Please remember, this is just the beginning of your relationship with pulses and the dowsing rod. Don't lose hope if the wire doesn't do everything you want it to do at first. Don't worry if you are getting it right. There is no wrong. Forget about trying to do it. Relax. Have fun with Zuckerman Pulse Technique. This is the beginning and practice means just that. Don't worry about the consequences of not getting it right. Use your good sense. Breathe in and take somebody's pulse.

Notes on the pulse:

Chapter Five

Pathology and Sacred Anatomy Energy Medicine

What Is Pathology?

Pathology can be defined as a malfunctioning, disordering or disorganizing of the accepted normal behavior of a system, an organ or organizational structure, which when present, causes a separation from the normal experience of balance and wellness for the whole and healthy being. This definition is applicable to both subtle and material anatomy.

We know there are many different ways that disease shows up from the point of view of the bio layer. Structurally, bio-chemically, electrically, systemically, the bones, organs, muscles, cells, blood and guts rely upon the balance and interconnection of the whole system. Pathology may take decades to manifest, but the disordering of the cellular happens in an instant and with insight and skill can be recognized.

For example, it makes sense to say the liver is experiencing pathology when jaundice is present, inflammation is palpable on the right side of the body below the rib cage, and laboratory tests indicate chemical liver enzyme imbalance. It is clear there is a physical issue with physical symptoms. But what is the root cause of the disease? Is this a specific factor such as cancer creating a tumor and associated malfunction of the liver? Or, is it actually a deeper underlying issue that is based in something other than the obvious, such as a malformed bile duct that is blocked? But even further, what is beneath the physical cause?

Somewhere beneath the attraction or need of the body to develop this physical issue as a response, is there a more fundamental reason for pathology than is at first apparent upon examination of the body?

The physical body can also demonstrate psychological pathology, with symptoms like tics, stutters, contracted muscular holding and psychosomatic illness to name a few. These can be symptoms of pathology based in mental or emotional

trauma, or they can be states produced in reaction to subconscious belief and mental constructs. We all have had the experience of being sick from worry, loss, fear or love. These are physical manifestations of emotional states interpreted psychologically, even something as everyday as brain fog, or mental confusion, could be labeled a symptom of deeper psychological pathology.

Obviously, there is a great deal of crossover between the physical body of the individual and the brain functions of thinking, feeling, and analyzing. These same symptoms could be indicative of diabetes and might be lumped into the diabetic complex if the physical work-up had shown cause to do so.

Beyond the obvious presentation available through tests and physical demonstration, when diagnosticians hit the wall or the unknown and throw up their hands, far too often, the major question usually asked is: does this physical problem have a psychological cause? Often forgotten is: does this psychological problem have a physical cause? So pre-diabetics, with other easily explained early symptoms, may be misdiagnosed as the individual *being under too much stress* and they will possibly, after all is said and done, be given a prescription for an anti-anxiety drug. We know diabetes causes stress but does stress cause diabetes? Or brain fog for that matter? Or is there something else that is being overlooked? Is physical disease caused only by organic imbalance or vulnerability? Of course, most thinking people realize this must be true and that it is possible the events of the physical body are actually a kind of road map to deeper issues held by the greater whole.

The bio layer always ready to process, will also demonstrate spiritual pathology. For example, a young man is tempted to try mind-expanding drugs to be part of the in- crowd. Even though he has no real interest in experimenting, he takes substances that damage him spiritually by opening him to a state of consciousness that he does not yet have the maturity to understand or explore. His consciousness cannot *hold* this larger stretched, strange version of himself. Possibly he has even injured the bio layer brain. But certainly he has wounded his gentle spiritual self. Treating the ensuing drug reaction and associated

physical issues still leaves the spiritual pathology to manifest in some way down the road.

Spiritual sickness in contemporary culture presents in many ways. The current epidemics of depression, addiction, OCD, ADD, ADHD, dissociative disorders, and many other nervous conditions all can be based in a sense of disconnection and loss of an over-arching ground of being; which could be defined as spirit.

Of course, feeling deep grief and sadness might be a symptom of physical issues, ongoing psychological problems, or even a reasonable reaction to personal tragedy, which would be a demonstration of normal healthy behavior. But, it can also be a demonstration of the unrequited love of the spirit as it yearns for wholeness and as such, becomes a causative factor in the development of physical distress and imbalance. Pushing the sufferer into profound depression around the fact of their own existence this sadness is actually a reaction to the larger issue of spiritual disconnection from the whole and a loss of a sense of belonging to the community of man, nature and creation.

It is undeniable that our culture is sick and that as sentient beings we respond to it completely in every part of ourselves. The public language of condemnation and hate, wholesale violence in cinema and video games, property defacing graffiti, debasing music, an epidemic of internet pornography, rampant corporate theft, the unequalled abuse of governmental power, and the bullying refusal of powerful, well-fed citizens to reach out a hand to others, instead turning a blind-eye toward the poverty, lack of education, and malnutrition in sectors of society, all could be seen as a reflection of a loss of fundamental decency. This loss is pathology and we all see it every day.

Another pathological symptom that injures all of us is the gray area around what constitutes our rights and freedoms. Some of us have forgotten that the freedom to express is possible without violating another individual's freedom to *not* hear offensive language, see grotesque images, and to be subjected to constant repeating images of violence and tragedy in the name of information media or entertainment. The concept of *sensibility* so prevalent and defining of gentle

nature in the days of our grandmothers has been utterly lost. We, the unarmored are left with a confusing feeling we are living in the rough and tumble wild west or the ancient times of Caligula. We have become a less civilized people.

The constantly repeated horror of the 9/11 jets crashing into the World Trade Center playing over and over thousands of times did nothing at all to heal the shock and fear generated by the event. Instead, the media, in its insensitivity to reasonable decorum and civilized boundaries, created a stunned sense of disempowered melodrama and over stimulation of grief and horror response.

In doing this they added their own terrorism to the brutality experienced by the people of the United States in the attack of terrorists. Years later, Americans are still traumatized from this event and its aftermath, but now have grown used to this frightening image as something to be accepted. The shared tragedy has been put down into the cells and group consciousness.

Because 9/11 was not allowed to be a one-time event, but instead a repeated brutalization, thousands of people have written into their bodies this shock, fear and trauma as their personal history. It will be interesting to watch the diseases that this generates in the next 25 years. Unless spiritual practice becomes the norm in our culture we are in for a rough ride.

Overwhelm, overload, over the top, maxed out, out of control, all are descriptions we hear everyday as we listen to the seriously ill, lonely and malfunctioning sensitives streaming into the offices of healthcare professionals. They are the canaries in the coalmines, and they indicate that the direction modern culture is taking in the 21st century could be called pathological. It is the remarkable individual who can see the sickness of violence and destruction we live with in media and entertainment and still maintain their spiritual center as inviolate. Even this kind of exalted state can be indicative of a trap created by a psychological imbalance putting in place a condition of denial to negate the painful truth of an imbalanced life, which in itself is also representative of damage to the spirit.

People develop coping strategies. They turn off the TV and the radio, cancel their newspapers and stop talking about unpleasant things like the government, the war, and current events. But this does little to really address the issues of the culture or to strengthen the capacity of the individual to live in increasingly difficult and pathological times. A break from the madness is refreshing but not the solution to the problem. Pathology does not just manifest physically in the bio layer; it manifests throughout the entire structure in every layer, stream, connector and chakra. Imbalance, disorder, dysfunction and congestion all show up in the Human Energy Structure. Everything that occurs in the bio layer occurs in the other layers. It just looks and feels a little different. Once we learn to recognize it we become conscious of how it is affecting us.

All causes for pathology are universal throughout the structure. This means that every part of the structure is able to house and hold the causative factor for disease. Illness begins at the finest and subtlest of levels and definitely can have inception in bacteria or virus that attacks the bio layer as the first location of the issue. But, vulnerability to attack happens holistically. The entire structure, every system, every part of it is affected by the root cause of pathology wherever it is lodged and the rest of the body is vulnerable to injury because one part is experiencing un-wellness and imbalance.

If the spiritual layer has a large and heavy Karmic wound weighing it down, ultimately the entire structure including the bio layer will suffer in some way. Disease does not ALWAYS start in the subtler layers but it will ALWAYS affect them.

Predisposition toward illness and distress is a major factor in the development of pathology. This can happen at many levels. What makes the structure able to accept disease? Is it part of its nature to always ready to shift into not healthy from healthy? It could be the fate of all humans to be dying from the moment of birth, constantly spinning toward some ending pathology of the physical manifestation. But whether it begins in the DNA or in the idea of long held shock and trauma, pathology is a possibility that exists in the human condition. How old

it is, how long the disease has been in place and if it transcends the barrier of one incarnation to the next is a prime diagnostic question. When does pathology begin... and are we here only as a reflection of some greater and more ancient drama?

Separation and the Four Aspects

Without question, the biggest thing ever to happen to any soul is the moment of breaking away from the One, the Whole, the All, the great I Am, the Source, the Universal, the Totality. The impetus to accomplish separation is based in the need of the Source to express in an evolutionary way. This is not a desire for companionship but instead, a continuing accelerating drive into the realization of: *I Am* and then *I Am Not*.

When the Source attains self-realization and the dawn of the understanding of *I Am* rises, it moves out of the void, becoming the single spark of life, and is the beginning of all things. In time, or more accurately, out of time, the instant of the realization: *I am not* is essentially the moment of birth of the concept of individuation.

Separation from the Totality does not initially or immediately cause pathology. Instead, the coming to conscious awareness of identity or what could be called the foundational awareness, is almost always bliss; a joyous discovery by a self realized individuation, mirroring the Totality, until the moment of separation, the only thing it knows. It seems that at first, we are overjoyed to be independent. It is not until difficulty between the aspects within the individual is experienced that there is trouble in paradise. This disharmony between parts of the individuation makes for unresolved discord and out of this, illness.

Ultimately, it is imbalance in or between the four aspects of the authentic self that is at the root of human pathology. This imbalance is what we study in Sacred Anatomy Energy Medicine and what we strive to right in every procedure. Human Beings are creatures of balance and harmony. When pathology is present in any form in any part of the structure, it indicates a greater imbalance and loss of harmony to the entire whole. Understanding the

concept that pathology represents a complex collection of factors and employs a broader base of influence is critical in Sacred Anatomy Energy Medicine Healing is moving into harmony.

Determining which aspect of the authentic self is experiencing imbalance is the first tool for diagnosis in Sacred Anatomy Energy Medicine. We begin with the pulse and look for the presence of a lack of balance in an aspect during constant assessment by reading the pulse.

Types of SAEM Pathology

There are 17 divisions of pathology in Sacred Anatomy Energy Medicine. Some are more difficult to work with than others and will be taught at different points. It is not necessary to thoroughly understand all 17 divisions of pathology to become a Level I certified practitioner. The value for you now is to give you a sense of the overview, the depth and breadth of issues that can be addressed with SAEM procedures as a modality. Keep in mind that trauma and injury in the physical body can cause pathology to develop in the sacred anatomy.

Etiology

Each of these 17 divisions of pathology is defined by etiology or its evolution from initial impact to manifestation in a portion of the structure. It is related to one or more of the following:

1. Current or present lifetime experience
2. Personal Karmic debts or rewards
3. Lineages or cultural/ family or tribal Karmic debts or rewards

(See chart below to see these etiology types applied)

Often, a client will experience issues that lie hidden beneath the initial diagnosis. These are called associated issues. It is possible to manifest a division such as a Karmic wound with associated soul path congestion. Many of the 17 divisions will associate with another division, which will then hide underneath the obvious pattern, congestion, or holding in the structure. These associated issues often will lift out as the initial problem clears but this is not a hard and fast rule. They must

be approached singularly each time as they may reveal critical healing information.

Compensation

Hidden divisions show in the pulse and will sometimes be indicated by a falsely high percentage. This is called “compensation” indicating a type of functional dysfunction. Compensating is striving to cope, fooling the world that everything is OK. A false high percentage is a tipoff that this is a person who has been living with a challenge for a long time and has figured out how to present a “good face” to the world. Going underneath the compensation will give you the accurate percentage. Associated, dual and conjoined relationships will be taught thoroughly in Level III.

How I compensate:

DIVISION	ETIOLOGY	EXAMPLE
Attachment & Entanglement	1/2	Severing Entanglements
Blocks or Stops	1/2	Emotional Peel, Entanglements
Congestions	1	Soul Path Congestion
Debris	1/2/3	Basic Clearing of Layers or Chakras
Diffusions	1/3	HEMF Rebuild
Disharmonies	1/2	Out of Phase
Imbalances*	1	Lack of a specific energy e.g., ULL
Infections	1/3	IER
Inflammations	1/2	Chakra Plaque
Karmic Wounds	1/2/3	Karmic Wound
Malfunctions	1	Contracted Template--EXPAND
Misalignments	1	Dropped Alignment Valve
Obscurations	1/3	BOL Obscuration
Patterns	1	Life Pattern e.g., Mental Construct
Possessions	1	All Entity Possessions
Repression or Domination	1	Over Stimulation of Template Echo
Ties, Cords, Chains or Hooks	1/2/3	Corded to an over-protective parent

Etiology Key:

1 = Current or present lifetime experience

2 = Personal Karmic debts or rewards

3 = Lineages or cultural/ family or tribal Karmic debts or rewards

*Blue indicates the Divisions and Examples you will learn about in Level I and II Practitioner Training.

Chapter Six

Simple Anatomy and Simple Answers

Sacred Anatomy Simplified

- The Human Energy Structure is oval shaped. The physical body is suspended at the very center like a yolk in an egg. Bisecting the egg from top to bottom is a three-current stream of light called the core. It is a subtle energy spine for the Human Energy Structure.
- Anchoring the structure, crossing the core horizontally at the mid-point from front to back, is another three-current stream, the channel.
- Surrounding the core and channel are eight three-dimensional egg shaped Layers that move inward toward the bio layer (physical body) at the center. Each Layer is an organ with a specific function containing specialized wisdom for the health and expression of the life of the whole structure or one body. The outermost is the soul layer, which acts as a container for offshoots of the triple current stream of the core. These energies are the individuated soul. They swirl as single currents of red, yellow and blue making a rainbow effect and providing fuel for the structure.
- Organized streams of light shoot out of the soul layer toward the core in 13 locations. These are called soul paths and are made up of generic individuated energy. Crossing the core they create 13 chakras or energy generators. They exit the core changed carrying important information to the rest of the structure.
- The substructure and the framework are part of the Bones of Light and act as skeletal supports for the core, the channel, the chakra streams and the Layers.
- An Elimination System constantly releases debris and toxicity that the structure generates in the course of living, cleansing the chakra streams, the skeletal supports, everything including all the Layers.
- The Template is a huge interconnected web of strands through which information travels like a nervous system throughout the entire human structure including the bio layer.
- The Bio Electric System of the physical body radiates a Human Electromagnetic Field in response to electrical activity of cells, brain and heart. The HEMF overlays the four inner Layers and 10 of the 13 major chakras and it dies with the physical body.
- A Harmonizing Network of connection attunes the structure by maintaining a delicate balance between the systems with specific frequencies like neurological transmitters that move across the entire structure and support it to hold together. It also is an active conduit for communication throughout.

Frequently Asked Questions

How does the anatomy work together in the structure?

The anatomy works together just as parts of the physical body function together. All of the systems interact but there are many special parts that have the job of making sure all of the structure knows and understands what is going on. These are the Template and the Harmonizing Network. The Template acts much like a massive neural net for the Structure with a complex of many strands that move through every part of the whole even into the bio layer.

The Harmonizing Network is made up of connectors and frequencies that create an experience of harmonious interaction within the structure. All of the connecting membranes surrounding anatomical parts are elements of the Harmonizing Network and function not only to contain and balance specific energies but also to communicate a sense of well-being and purpose to the entire structure.

Each division of the structure has a unique Harmonizing energy to attune it to itself and to the whole. This compares to the biochemically charged fluids in the physical body, which act to conduct information, and as a gentle suspension system for movement. The foundation of the ancient Chinese Meridians system is part of the Harmonizing Network. Meridians are conduits for information of greater and lesser charge to travel throughout the greater structure ultimately creating harmony and balance.

Where is it located?

Your structure is located all around and through your physical body. In fact, it is part of it. Because these subtle energies move through the physical body like radio waves the various systems are in, around, and through what until now, you have thought of as your dense physical body.

Do I have to believe in it?

The structure exists, even if you do not think it does, even if you do not believe in it, or even, if you reject the idea completely. It is not a figment of imagination or mentalist trickery. It is not an illusion or a joke. It is really here, all around you. It is part of you and you are already aware of it somewhere inside yourself.

Can I keep my secrets?

Your structure says a lot about your health and well being but, it is not possible to know everything about you from either looking at or feeling into your structure. Everyone can have private secrets and lies. However, this hidden knowledge does change the size, shape, and potential of whom and what you think you are.

Will SAEM fix my personality problems?

Repairing the structure is not a quick fix for personality defects or psychological problems. There are no short cuts. But, having said that, the more you are aware of, the more you are able to bring to consciousness, and the more you *do* bring to consciousness, the more *you* there is to love and learn from and about.

Where is the structure?

The ideas of String Theory suggest that it is possible for us to exist in multi-dimensional reality. Currently, String Theory says that everything is made of strings smaller than atoms, neutrons and quarks, and 10^{20} times smaller than the atomic nucleus. Strings are structures in everything, which obey the laws of quantum mechanics.

It is theorized that at this tiny scale, the four-dimensional *space-time* (and gravity) we are familiar with from Albert Einstein's theory of relativity *peels back* to reveal 11 dimensional structures. In addition to our three-dimensional reality and time, the fourth dimension, seven additional dimensions appear and disappear folding or crumpling in on them selves causing the fabric of the cosmos and your little finger to vibrate in a strings instead of a single point. If you are interested in String Theory and the Theory of Everything I suggest Brian Greene's book, *The Elegant Universal* or the NOVA television series by the same

name. Dr. Edward Witten, a physicist thought of by many as Einstein's successor states: "I would conclude that extra dimensions really exist. They're part of nature."

The theory certainly poses interesting questions about light refracting through dimensions or because of them and the effect of one dimension upon another. Because the structure looks transparent and luminescent, while at the same time interacting with the density of the physical body, it suggests the possibility it might exist in another dimension apart from the three plus time we currently understand.

Can I experience it?

This (other dimensional) light can be felt by many and seen by some; both with inner and outer vision as well as natural sight. The structures can be heard, smelled, tasted, felt and intuited. How you can learn to do this and understanding what is happening when you are doing it is what the Sacred Anatomy Energy Medicine intensive, *Awakening the Nine Levels of Sensing* is all about!

It is possible for most people to become aware of these structures, to work with them and to develop skills interacting with them. Yes, people who are unable to feel, sense, or see energy *can* learn to do so with work and instruction.

Can the structure be damaged?

Stored injury and trauma of a personal, tribal, genetic and even global nature affect the condition of the structure. Memories of events, woundings and deep decisions create different kinds of holding, patterns and injury that can be as painful to the person as the original act. Often, people know something is wrong, but don't know how to fix it, label it or even name it. This feeling can have psychological impact and basis but sometimes, it does not. Over the years, I have seen people with many different and complex structural wounds. They usually try to cope with life the best they can and work very hard to function normally.

Can SAEM serve the depressed client?

Too many people suffer and struggle not to be affected by their persistent *something is*

wrong feeling, while plugging ahead with their plans; keeping a positive attitude, doing personal work, or using prayer or medication to mask the deep feelings of disconnection, sadness and despair that result.

There definitely is a percentage of the general population who struggle with extreme biochemical imbalance and need chemically driven and psychotherapeutic care. Again, people are just doing the best they can with the tools they have. But, sometimes the uses of psychotropic drugs to medicate feelings that are difficult and to regulate emotion that feels overwhelming can mask over the symptoms of what can be seen from this different paradigm, as legitimate symptoms of an anatomically based problem.

Please be aware-I am NOT saying anyone should ever stop their anti-depressants- Please DO NOT advise this because that is unprofessional and can really damage a client in need of chemical intervention. You can suggest they speak to their prescribing physician about reassessing their current prescription.

How much better it is to relieve the problem and facilitate a stronger person? Correcting structural, anatomically based issues, can be as powerful as setting a broken leg, and it can result in a more effective life. With little or no psychological processing in a session and with no physical intervention, people can move into a more fully expanded version of living a brighter life by treating the structure. Many have experienced a lessening of depressive symptoms. We know this is true because we have seen it over and over in many sessions over many years.

Can the structure be changed or healed?

The bottom line is that the light of the structure can be interacted with, shifted and observed. Using focused intention and knowledge of the anatomy this interactive light can be used to change and correct problems. In fact, just by becoming aware that you have a structure, you begin to experience being in it differently. The awareness alone allows you to inhabit it another way. Much like the athlete inhabits their body differently than the couch potato.

Physically, each cell responds equally to the conscious awareness of the athlete's highly refined system exhibiting the effects of constant exercise and attention to developing body

skills. It also shows the lack of movement in the quality of muscular consciousness in the individual who never walks if they can drive, or moves if they can sit and eat cookies.

How do we know this information is real?

This is the big question. One of the reasons it took me 40 plus years to write my book, is that it has taken me that long to begin to prove to myself the enormous capacity of the structure to change, and for me to understand the ways that change can affect people's lives. Not just my life, or the lives of a few trusting friends, but, hundreds of clients and the clients of the graduates of my four-year long apprenticeship program who are now Practitioners of Sacred Anatomy Energy Medicine based on the sacred anatomy and the study of its Operating Principles

As with many of the alternative healing arts, so too with Sacred Anatomy Energy Medicine proof for the time being is anecdotal and experiential. It is based in detailed notes and observations of many different people with many different issues that run the gamut from physical and psychological to spiritual and emotional. It is up to you to simply try on these ideas for size and to feel into the experience of being in the Structure. How do we know it is real? Because interacting with the one body causes change.

Shape, Style, and Character of the Structure

The shape, character and style of the soul layer all contribute to defining and influencing the appearance of the rest of the structure. The soul layer is the most responsive part of the structure. It reacts to assault and trauma immediately and often carries hidden within it, wounds experienced and long ago recovered from by the bio layer. Because so many anatomical parts of the structure link into, draw nourishment from, or are powered by the life force contained within the soul layer, it is in a uniquely influential position and as such is directly responsible for the shape, character and style of the greater whole.

Shape

Shapes occur to create the individual appearance of the soul layer. They are greatly varied, like fingerprints. They create patterns or combinations of patterns, which are representational of the issues and pathology of the larger structure.

Character

The unique character of the soul layer is a natural factor of the maturation of the structure and does not always indicate a current pathology; sometimes it is simply a response to life. Just like character in the personality indicates the qualities of sensitivity and perception our character of the soul layer shows up as color and density of frequency at the edge. A porous edge is a character issue and can be caused by pot smoking or the inability to contain the fabric of the light at the edge. Dense energy at the edge can be indicative of past trauma and feels like scar tissue, a little thicker and less sensitive. It is how we wear our history on our outermost skin.

Style

Style describes the texture and qualities of appearance of the soul layer. The edge is most different from person to person and reveals unusual qualities of Style. Texture and felt sense qualities combine in fascinating and multiple ways to bring enormous individuality to the edge, soul layer and reflexively the rest of the structure.

In the make up of the edge some features are rare such as spikes or the color black, but most are more commonly seen and it is the way they are mixed like distinctive blends of exotic curries that they create marvelous diversity in the sacred anatomy of our species. Just as the color of the eyes, skin and hair define what we uniquely look like and who we are to some degree; the shape, character and style of the edge, soul layer and structure as a whole say volumes about each individual expression of life.

Shape of the Structure

The shape of the soul layer is reflective of the health and vitality of the whole structure. Ideally, it is an approximate egg shape in appearance, with the more pointed ends of the egg at the top and bottom of the structure. But, often people have lost this shape, and appear amorphous or amoeba like with punched in, dim or dense sections. The twists and turns of multiple lifetimes result in many other shapes or combinations of shapes each with changing dense or diffused sections. Shapes are greatly varied, like

fingerprints, but patterns or combinations of patterns occur to create individual appearance of the soul layer also representational of the issues of the larger structure. The shape of the structure is addressed further in *Your Sacred Anatomy*.

Character of the Structure

Unique character is a natural factor of the maturation of the structure and does not always indicate a current pathology. This is, as always, a matter of degree and only as useful as it is instructive. The overriding character of the structure tends to stay more or less the same through basic Sacred Anatomy Energy Medicine procedures, but major shifts may be reflected in the actual contour of the structure as transformation starts to stimulate greater expansion and vitality. When this happens the look of the structure may substantially change in character. Character could be compared to the wrinkled appearance of an elderly face giving it dignity and showing the history of the experiences that make up a life. As a general rule it is also valuable to remember that size of the structure changes constantly in response to life situations.

- **Dented Structure:** Pock marked or depressed like a banged fender.
- **Collapsed Structure:** Caves and caverns devoid of presence.
- **Collapsed Structure with Debris:** Caves and caverns filled with debris sometimes coated with a light membrane attempting to fill the hole. Caves may act as storage for various wounds and debris.
- **Ridged Structure:** Rippling, unyielding like ridges of tin or cardboard.
- **Spiked Structure:** Star burst; different sized spikes shooting out.(more rare)
- **Self-Attacking Structure:** Self-implosion structure with spikes shooting inward. Caused by an internal walling off syndrome that isolates interior anatomy, outer layers trying to break through the barriers to achieve wholeness.
- **Conflicted Structure:** A tendency to surround other beings or things to incorporate them into the structure, this is ineffective and represents a confused use of basic energetic potential.
- **Radiant Structure:** Bursting out in all directions. (Never combined with other things.)
- **Non-distinct Structure:** Distinguished by lack of definition at the edge, takes a very loosely defined shape that changes moment to moment and is acutely reactive to

environment. May be porous and leaky- combines with a style that is like Swiss cheese.

- **Aggressive Structure:** Strengthens in response to perceived threats becomes hard/pushes out, posturing defensive position, dominating.
- **Shrinking Structure:** Weakens in response to perceived threats becomes soft and pulls in, taking a defensive position, submissive.
- **Fully Expressed Structure:** Naturally expanded to the edge with vitality, yielding friendly texture, good boundary.

Style of the Structure

Style describes the texture and qualities of appearance of the soul layer and as a result, the structure. The texture can vary from person to person but is usually distinguished by the levels of movement and stamina that can be felt often as heat or as a slightly denser and heavier quality. It is the edge of the structure that is most different from person to person and reveals unusual qualities of style. These styles are recognized at the edge by sensing, seeing, knowingness or dowsing. All the styles have varying degrees of warmer or cooler temperature.

- **Stronger definition**, a well maintained and definite edge.
- **Rigid hard edge** that feels blunt and crusty with extreme movement in soul layer.
- **Softer** more cloudy or fog like will feel fluffy.
- **Swiss cheese** or wire mesh, permeable, vulnerable, inviting of invasion.
- **Leaks and ruptures** losing vitality, weakened state.
- **Hemorrhaging** large floods of light shooting out as rays, weak structure.
- **Spiked points** with large bulbs at the tip that swell.
- **Dense heavy cotton-like** with an underlying buzz, heat or prickly feeling.

Chapter Seven

Clearings

Clearing the Template

What?

Clearing the Template is a critical part of the basic maintenance and health of the structure for the SAEM aficionado. Unlike a Basic Clearing of the Layers, Clearing the Template is not a beginner's piece. It is not until an individual moves into a conscious living relationship with their HES that it even becomes necessary.

For example a person who:

- Has a conscious living relationship with the HES- doing a few SAEM support practices as a habit.
- Works at the edge for a portion of each day for at least 3 months.
- Experiences extra-somatic responses as “felt” self-awareness.
- Uses SAEM procedures, clearings and releases in their life for self-care.
- Has developed a strong relationship with their own spirit.

Why?

Clearing the Template is necessary because the strands, hooks, villi antennae, neural fibers, inlets, drains, and star point all clog and hold debris. The Extragenic stomach benefits but is not actually included in clearing the Template. Debris passes through it but the e-stomach is cleared in the Elimination System Clearing. Because Basic Clearing deals primarily with the Layers and the chakras it still does not release this system's debris completely. It is extraordinarily helpful for the smooth running of the structure to keep the Template clear.

Clearing the Template will result in cleaner operation of all Template functions; but most especially, the Template Echo, expansion and contraction feature. The Template records echo response as we consciously focus our attention on another person. If the client is freely streaming their energy through their structure, if they are open, low in debris, and

generally healthy, the response will be for the practitioner to feel great in the Echo. If they are not healthy in some portion of the anatomy, or if they are closed off to their own energy, it will show as discomfort in the Echo.

Throughout the day, a person has many encounters that activate the Echo. Sometimes we go unconscious, not realizing this is an echo but thinking it is our own stuff. It is possible, in those moments, to capture debris in the Template and to store it. Usually, this kind of debris will slowly filter out through the natural action of the villi and the strands as they move Source energies into the core sheath and star point. As the energies stream down the core sheath into Template inlets they release into the Extragenic stomach, which wraps around the core inside its sheath.

The stomach grinds the energies into a nutrient rich substance that is carried to the soul layer by Template drains. The drains enter the soul layer after passing through the big chi pool filters. But, even with this constant movement, there is always that little bit that is identified with that resonates with issues and patterns held somewhere in the structure and so it is fooled into taking up residence in a pocket of a strand, inlet or drain. It is our attachment that forces the Template to work so hard.

How?

The Layers and the Template are integrally related as one affects the health of the other. When the Layers are cleared it benefits the Template and feels like release but a more focused letting go will free the Template up even more and help the Echo reaction be more effective.

When the Template is consciously *expanded* there is a release of tension and a reversing action in the strands that feels good. It expands in a ripple that travels from the core sheath and star point out into the villi extending the length of the strands like stretching. This is a massage for the inner workings of the subtle nervous system and feels great.

Sacred Anatomy Energy Medicine Clearing

Clearing the Template

Clearing the Template is not done with new clients. Determine readiness by interview and dowsing.

1. With permission using the EDGE, determine readiness for this clearing.
2. From the edge place your Light Fingers into either side of the rear of the star point at the conduit connection. Hold them there while working to do a *deep activation* of the star point.
3. Ask the client to say: "EXPAND" three times leaving your light fingers in place even though your fingers may be push back- maintain your position.
4. Move your Light Fingers back into the base of the conduit right at the core sheath. Stay in the witnessing posture with the inner core sheath connection of the star point conduit until it releases. This gives the villi a group instruction to now receive exclusively one energy.
5. Bring in the Specific Energy: *Complete Release*. The stands, villi and star point will clear first.
6. Monitor with your dowsing rod until these parts of the anatomy are clear.
7. When they are clear make a single vent out of the top side of the soul layer at an angle.
8. Continue bringing in the *Complete Release* and the inlets, through the stomach as the drains empty out into the soul layer.
9. Monitor with the dowsing rod while the soul layer releases this debris.
10. Determine completion by dowsing. Ask: Is the clearing complete?
11. Seal the vent with *ULL*.
12. "EXPAND" the Template three times in the usual way. Notice the ripple in the 3rd expansion; this is a sign of a clear Template.
13. Bring in *ULL* for the entire structure and into all the core-activated villi. Doing this will turn off the feature of the receptor sites and villi at the edge that enables the entire Template villi system to focus on a single energy as it has done in this Clearing.
14. Bring in *Harmonizing the Template*
15. *Integrate & Blend the Structure, Witness, Stabilize, Integrate & Blend.*

Basic Clearing of the Major Chakras

What?

After a Basic Clearing of the Layers sweeps the structure clean of all excess debris and clutter, it is sometimes necessary to take things a little deeper and clear the hardworking major chakras. For example, if there has been an excess of toxicity in the soul layer for a period of time, it will be important to clear these major arteries of the Blended Energies System.

Why?

Collecting debris in the incoming soul pathways and chakra streams is a normal response to the stresses and traumas of life. A build up resulting from the integration of change as we release old patterns during the normal course of living a conscious life can feel stuck or congested to the more sensitive person. People sometimes say things like “My circuits are jammed” or “I feel blocked, like I can’t feel my heart feelings.”

A Basic Clearing of the Major Chakras also will often shake loose issues that are coming up for transformation; bringing them to the surface for immediate processing and greater ease of understanding. It will not release anything currently *on the table* or anything that is not ready to *let go* because the client has not grasped the lesson or understood the meaning of the blockage in their life.

How?

Chakras in need of clearing influence the clarity of the Layers and make the pulse look muddy. The chakras can be felt vertically in the pulse and will tug at the swing when toxic. Dowse for confirmation. This is a simple fix for a simple problem, but the underlying reasons the chakras are becoming debris laden may be much more complex and have to do with the basics of who and what we are. This Clearing is a door that will open into a deeper level of work almost immediately because the powerful driving purposes that the structure needs to thrive are provided most completely by the chakras. When they are clean we are clear about what we are doing and why.

Sacred Anatomy Energy Medicine Clearing

Basic Clearing of the Major Chakras

1. Receive permission and using the EDGE, determine need.
2. Start with the chi pool and work up. From the edge using Light Fingers locate the posterior (rear) chakra dispersal valve of the chi pool by focusing intention to do so and running your Light Fingers across the inner edge of the soul layer at the rear of the chi pool until you find it.
3. Chakra alignment and dispersal valves open with a flip up motion and close with a gentle flip down. Open the posterior (back) chi pool dispersal valve with a flip up motion.
4. Locate the anterior (front) chakra alignment valve in the same way at the front of the chi pool. Using Light Fingers open the anterior chakra alignment valve.
5. Bring in *ULL* and direct it into the anterior alignment valve into the soul pathway. It will move through the chakra and out into the chakra stream until it passes through the open dispersal valve.
6. Using a dowsing rod monitor the amount of *ULL* required for clearing incoming soul pathway and outgoing chakra stream. The debris will exit the rear dispersal valve into the soul layer where it will begin to filter and circulate. “Dirty energy” will not try to enter the alignment valve as long as you are still bringing in *ULL*.
7. When the rod indicates no more *ULL* is required to clear the chakras, immediately close first the posterior dispersal valve at the end of the outgoing chakra stream and then the anterior alignment valve at the beginning of the incoming soul pathway. Visualize the *ULL* keeping the stream pristine as you negotiate the closing of the valves. Move evenly up the core through each set of valves and to clear each chakra stream. Debris will gravitate to the bottom as you go so don't be overly concerned about it contaminating the system all over again. In this order:

- Chi Pool
- Axis
- Lunar
- Root
- Dan Tien
- Solar Plexus

- Heart
- Throat
- Brow
- Crown
- Solar
- Star
- Divine Gate

8. When you have finished the divine gate move back to the bottom of the structure to place drainage vents. With both hands make two vents in the soul layer (only) for removal into the universal out at the outside edges of the chi pool in two directions. Remember only to vent the soul layer because this is the only place where there is debris

9. Using your Light Fingers as plungers visualize a big *ULL* disc above the structure. Starting at the top, push the debris out of the soul layer into the universal through the two vents. This should be rather quick and only take 2 passes.

10. Determine completion of the release by dowsing. Ask: is the clearing complete?

11. Seal the vents with *ULL*.

12. Bring in *Harmonizing the BES*

13. *Integration, Blending, Witness, Stabilization, Integration and Blending.*

Clearing the HEMF

What?

Clearing the HEMF is the same as a Basic Clearing of the Layers. It is a systemic clearing that releases toxicity and debris held within this system.

Why?

The Human Electromagnetic Field is subjected to electromagnetic disturbances constantly. Until the SAEM practitioner has shielded the client's electrical tools and toys they will need support with clearing the HEMF. Above and beyond the everyday normal experiences of cell phone, microwaves and computers, the HEMF will need to be cleared

(if not rebuilt) after plane flights, MRIs, X-rays and sometimes visits to certain hospitals. Medical workers employed in hospitals, with radiology and in dental offices will need this done more frequently. People getting radiation will need to be rebuilt after every treatment and then the HEMF will need to be kept clear throughout chemotherapy.

People with unshielded pacemakers, computers, cell phones and microwaves who are frequent users will need this clearing technique a lot. The other folks who are candidates for this are people who live near electrical power poles (the big ones) and those who live in the path of microwave cell phone transmitters. Be on the watch for frequent need with none of these things going on because you may be looking at Earth disturbance like radon gas, gamma radiation or microwaves Earth releases emitting either in or near the home or workplace of the client. Also when there is sunspot activity it is possible to see an increased need for Clearing of the HEMF.

How?

The pulse will appear very slightly thicker than normal and it will also be slower. If the HEMF is really toxic it may be quite slow. This is a simple clearing technique but should *only follow the HEMF Rebuild* to start with a fresh and healthy HEMF container. If you see the need for this piece for no obvious reason please check with clients to be sure they are doing their Golden Rain exercise after the Rebuild. Forgetting to do it frequently will also be another reason a practitioner would see a need for clearing of this system

Sacred Anatomy Energy Medicine Clearing

Clearing the HEMF (different than Rebuild)

1. Using the EDGE and with permission dowse for the need.
2. Make a vent at the shoulder from the inner HEMF out into the universal.
3. Bring in through the vent the Specific Energy: *Clear HEMF*.
4. Monitor until finished.
5. Seal the vent with *ULL*.
6. Fill the entire structure with *ULL* (including the HEMF).
7. Bring in *Harmonizing the HEMF*.
8. *Integrate, Blend, Witness, Stabilize, Integrate and Blend*

Chapter Eight

Alignments

Template Expansion

What?

The Template reacts instinctively to stimulus outside itself by expanding and contracting. It also reacts to stimulus inside the structure, to emotions, thoughts, and physical actions generated from within. The expansion and contraction of the Template are the tangible somatically available results, in living light, of your own reactive nature. Therefore, the limitations of the Template are the limitations of the understanding you have of your own Greater Mind.

Why?

Purposeful expansion of the Template is a valuable tool for shifting out of habitual patterns based in contraction and fear. Using this technique to stay in an expanded structure is a powerful use of the natural strength of the sacred anatomy to support the growth of the ego and the personality. It is also very important whenever working with the Template to use the expansion to get the most out of this system.

How?

Activating the star point is the way the Template releases and expands into its greatest capacity. The Template responds to nervous or anxious experiences with a contraction pulling all the strands toward the star point and even pulling hooks out of the inner edge. It can also respond to fear, anxiety, surprise or the unknown by compressing.

Sacred Anatomy Energy Medicine Alignment

Template Pulse at the Heart of the Template

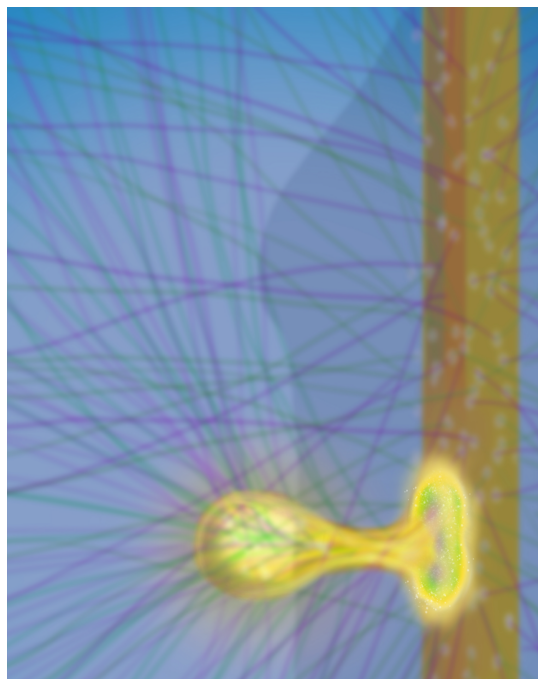
Located at the core sheath/conduit connection. Value of this pulse is that it enables you to work with nervous system health. In the Sacred Anatomy the Template can be assessed with this pulse. It has 3 characteristics:

1. If tempo matches the unified pulse it indicates balance. If it does not it indicates nervous system tension.
2. If pulse is even and round- if it is thin or thread, sluggish or hard these all indicate variations in the status of the individual's health. You are seeking a warm even and solid pulse that is not amped up or dulled down.
3. If pulse is soft or weak it is a sign of depletion if it is loud or strong it is a sign of excess, both are imbalances.

To Correct this Imbalance

1. At the Edge, with Permission, determine need.
2. Bring in: *Template Alignment* – purple energy with green around the edges—directing the energy to the Star Point where it will then move down the Conduit to the Template Heart where it will then radiate.
3. Check the Template Pulse and compare with Unified Pulse.
4. Follow with *ULL* and *Harmonizing the Template*
5. *IBWSIB*.

The Template Heart



Repairing Transit Links

Template Junctions & Inlets & E-Stomach Drains

What?

Junctions, inlets and *drains* play a vital role they play as transit links. Understanding their subtle function leads to a better understanding of the digestive process of the subtle structure. All of them help Source energies that ultimately become part of the HES fuel as they journey from the universal into the interior or the HES. The force of the Source energy will slow slightly as it transitions through the structure. Even though the transit links are strong pure Source energies they often will remain intense enough to temporarily disconnect *junctions* and even rip *inlets* as it moves from one point to another. After passing through the personalization and initialization process in the e-stomach, the traveling energy exits down into the soul layer through *drains* beneath the chi pool. Now part of the HES, your initialized and personalized energies, remain incredibly potent. Sometimes the enthusiastic response to being transformed into personal energy can cause the drains to actually shred.

From the inner edge of the soul layer Template strands make the long journey to the center of the HES. The end of the strand has a *junction* which it normally uses to enter one of two locations on its journey to the e-stomach. *Junctions* may either enter directly into the star point (a blub-like protrusion located inside the core sheath) or go into the core sheath above or below the star point. The strand will then leave the *junction* and continue to travel (up or down the core sheath) toward the conduit. It may also go directing from star point into conduit. Both versions are heading toward the e-stomach and will get there through the conduit. *Junctions* may become disconnected or torn away from the either the strand or the star point and/or core sheath and need to be reinserted into one of these locations.

There is a third type of *junction* related to rogue strands that will enter directly into the e-stomach without going down the conduit. They still have *junctions* but they will immediately plug into another transit link called, the *inlet* and then enter the e-stomach.

The end of the Template strand inserts into the e-stomach through an *inlet*. The *inlet* will either plug directly into the e-stomach inside the conduit entrance or occasionally act as a

rogue strand randomly entering the e-stomach as an independent actor. *Inlets* can pull away from the strand and also detach from where they enter the e-stomach. They can also rip in half and require repair.

E-stomach *drains* carry energies from the e-stomach down into soul layer and can be damaged. Sometimes *drains* will tear, rip, or shred causing newly personalized energies to spill into the structure and create debris. Determine the need for these repairs through Template Echo analysis and dowsing.

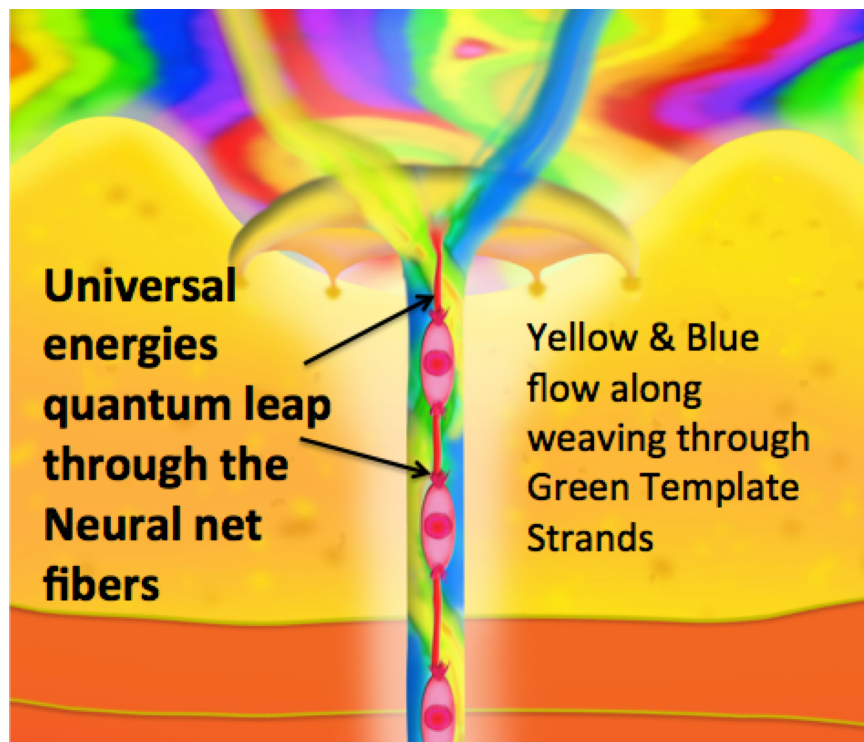
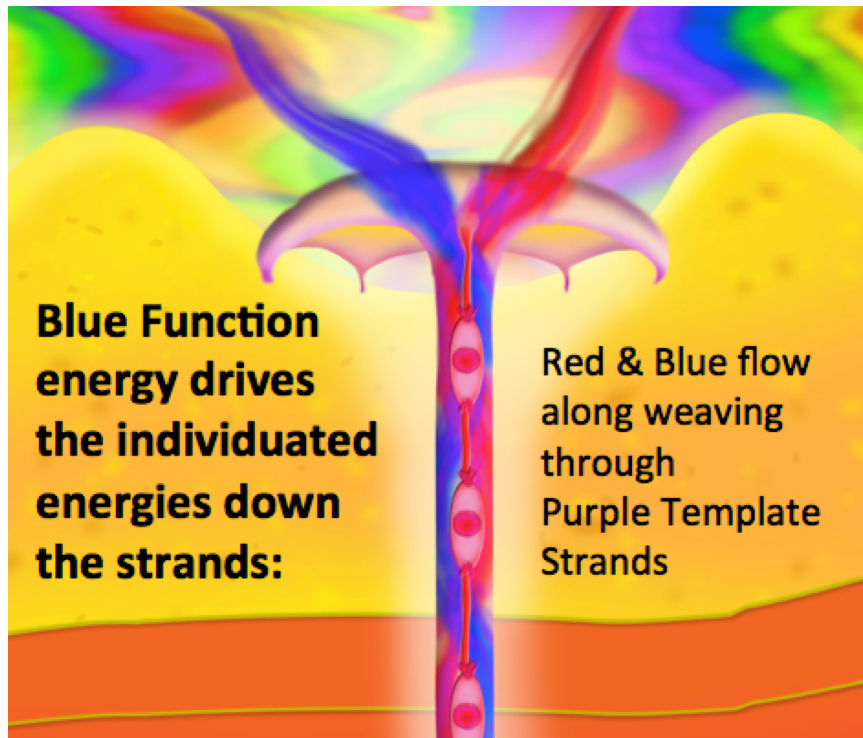
Why?

When transit links fail the Template system will not run smoothly, it will feel sluggish and thick in the pulse. The client will be less effective at using their life force energy than they want to be and may be dragging energetically. The pulse will also be slower than it feels like it should be.

How?

Locate the breakdown by tracking the strand from where it enters the star point, core sheath or e-stomach and check the transit links from one place to another. You will be working inside the sheath or conduit in places. Each strand has a *junction* and then an *inlet* as it enters different phases of the digestive journey. Mend them by using a laser-like focused intention and a smoothing motion with the hands.

Template Strand & Neural Net Fibers



Sacred Anatomy Energy Medicine Alignment

Repairing Transit Links

Template Junctions & Inlets & E-Stomach Drains

Determine the need through Template Echo or dowsing analysis. Need usually becomes apparent during a failed or restricted Template Expansion as the transit links are what give the strand a spring-like feel. Sometimes junctions can become disconnected while inlets and drains can tear or shred and require repair. They can also simply pull away from their connections with the strand itself.

When finished: Check for Specific Imbalances. You may also need to do a Template Clearing after you are finished repairing transit links. Mend damage by using a laser-like focused intention and a smoothing motion with the hands bringing in ULL.

1. Using the Edge receive permission. Determine the need by dowsing.
2. Determine how many strands with inlets, junctions or drains are in distress.
3. From the edge of the soul layer using Light Fingers telegraph into the structure to locate the strands experiencing distressed junctions, inlets or drains.
4. Locate the end of the strand, determine the health of the junction by dowsing for 100% effectiveness. Whether the strand enters the junction at the core sheath, the star point or directly into the e-stomach repair both junction and strand with *ULL* as needed.

Track the repaired junction or reconnected strand down the core sheath into the conduit or from the star point into the conduit.

When dealing with a rogue strand go immediately from the junction where it enters the e-stomach before it enters the inlet.

5. Watch for detached stands and inlets which have snapped back and imbedded randomly in other parts of the anatomy or that are flopping around outside of the core sheath still attached to the junction but not inserted into the star point or contained in the conduit. If the junction has become detached from the strand you will need to find the end of the strand and reattach it to the junction. They will be attracted to each other easily.
6. If a drain is damaged, it may be pulled up into the stomach or down into the filter. If you are unsure, dowse this out.

Ask:

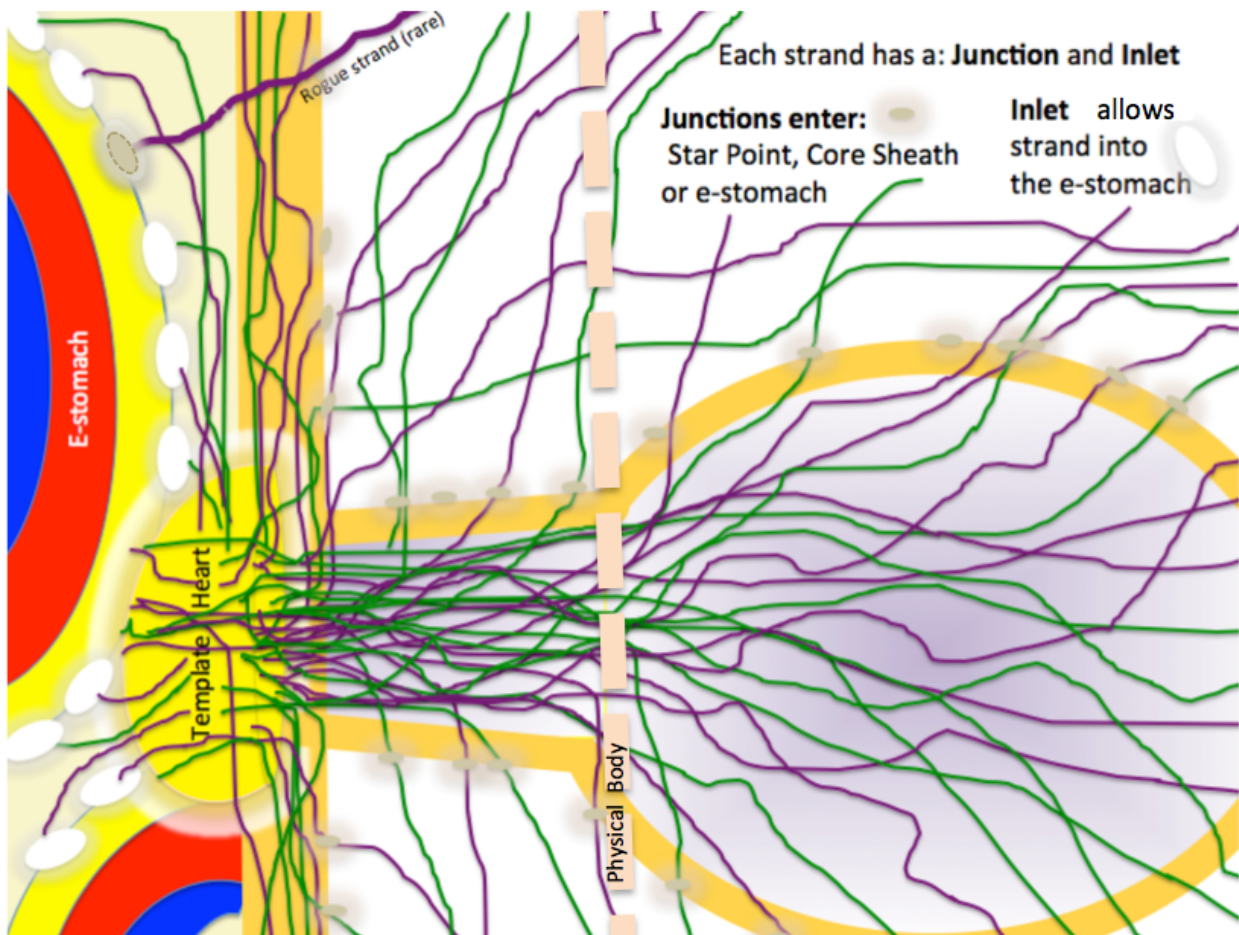
- Is this junction pulled away from the core sheath? The star point? Or the e-stomach?
- Is the inlet pulled away from the e-stomach?
- Is this junction disconnected from the strand?
- Is the strand disconnected from the inlet?
- Is this drain pulled away from the stomach?

7. Direct the client to: expand three times, monitor with Template Echo.

8. Bring in *Harmonizing the Template*

9. *Integration, Blending, Witness, Stabilize, Integration & Blending*

Inlets & Junctions



Star Point Adjustments: Receded, Herniated and Disconnected Star Point

What?

The Star Point malfunctions in three different ways. By pulling away from the conduit connections at the core sheath, herniating out from the conduit, and receding into the conduit. By pulling away at the core sheath and drifting at the interior of the structure.

The star point conduit runs through the abdomen of the bio layer so often these pieces can be felt viscerally by the client. When malfunction happens it feels like a strong contraction in an inward direction that is gripping like a fist in the belly. People sometimes think they have stomach problems like indigestion, cramps, or muscular holding in the area of the star point or the individual suffering from star point malfunction as an inability to expand the lower lungs.

Why?

These issues can be caused by any kind of trauma, but most especially attacks to, or what is perceived as an attack or threat of attack, to either the client or as a reaction to the trauma of another person. This is a very common injury to PTSD sufferers, abuse survivors or veterans.

Anxiety can be attributed to this kind of holding in the body. Many asthmatics and people with lung disorders also suffer from a star point issue. It is my anecdotal experience that often people who have a star point adjustment and subsequently learn to expand the Template are able to eventually stop or reduce anti-anxiety medication, as it becomes less necessary. The pulse lacks a center. It feels like the distinctions in the Unified Pulse have vanished.

How?

The star point alignments are anatomical manipulations in the Template System. The star point has a specific location and anchoring connections at the rear of the conduit that hold it in place. These anchoring connections are tiny suction cups, which hold the star point into a grooved location in the core sheath and into the bio layer.

There are two basic maneuvers. The simplest is designed mainly to pop the star point out

if it is receded into the physical body exceeding one of the connections in the bio layer and is not able to be detected protruding out of the bio layer. A more complex manipulation is done to reconnect the star point to the base of the conduit or the conduit if it has disconnected from the core sheath. In this kind of disconnection the intact star point will almost always be very slightly moved to one side or another of the anchor locations.

Sacred Anatomy Energy Medicine Alignment

Star Point Alignment: Receded Star Point

1. Using the EDGE, receive permission and determine need.
2. Extend Light Fingers.
3. Locate the receded star point. It should be just behind the normal location pulled back into the bio layer.
4. Standing directly in front of the client, who should also standing, grab the star point by wrapping Light Fingers from one hand around it from the front of the clients bio layer.
5. Steady the star point by extending the Light Fingers from the other hand into the core sheath where it connects. Hold the star point there.
6. Ask the client to breathe in. As they exhale, firmly pull the star point outside of the bio layer. There will be a popping feeling in your Light Fingers as the star point moves through the skin. The client may feel this sensation as tugging.
7. Hold the star point in place using traction while it settles. You will feel its elastic quality but don't be afraid you will pull it too much. Go ahead and pull the star point out as far as it will go, it should only come out two or three inches ultimately but may extend outward by five or six inches as it re-stabilizes. Hold it firmly until it is stable. It will shake slightly and exhibit tension until the release is complete. Be patient and wait until it is finished releasing tension. Then gently release your Light Fingers and withdraw them.
8. Check to see if Template hook connections at the inner edge of the soul layer have pulled away with the movement of the receded star point. If so- Determine how many and repair where necessary.
9. Bring in *ULL* and slather the entire star point.
10. Bring in *Harmonizing the Template*

11. Tell client to Expand Template while you bring in *Integration*.
12. Expand Template again while you bring in *Blending*.
13. Expand Template a third time while you *Witness*.
14. Finish with *Stabilization*, and final *Integration and Blending*.

Sacred Anatomy Energy Medicine Alignment

Star Point Alignment: Herniated Star Point

1. Using the EDGE, with permission, determine need.
2. Extend Light Fingers
3. Locate the herniated star point. It should be pushing out near the normal location of the star point and even floating out into the emotional layer if the conduit is also disconnected
4. Standing directly in front of the client, who is also standing, wrap your Light Fingers from one hand around it at the front of the client's bio layer.
5. Prepare the star point to reconnect with and to re-enter the bio layer by extending the Light Fingers from the other hand into the point where the conduit connects into the core sheath. Hold your Light Fingers there.
6. Ask the client to breathe in. As they exhale, firmly move the herniated star point back into the very front of the bio layer near the belly button. There will be a slight popping feeling in the Light Fingers of the hand moving the star point as the rear of it moves through the skin. In one fluid movement slightly push the rear of the star point into the conduit. Track the connected star point and conduit as they move toward your other hand that is still at the core sheath location. Directly behind the place where the conduit and core sheath meet is the opening into the e-stomach where the conduit must rest. It will want to go there.
7. Hold the conduit and star point in place using a moderate pull traction while it settles into its place in the e-stomach. You will feel its elastic quality but don't be afraid you will pull it too much. Hold it firmly until it is stable. It will shake slightly and exhibit tension until it is anchored completely. Be patient and wait until it is finished releasing tension. Then gently release your Light Fingers and withdraw them from both locations.
8. Check to see if Template hook connections at the inner edge of the soul layer have

pulled away with the correction of the herniated star point. If so- Determine how many and repair where necessary.

9. Bring in *ULL* and slather the entire star point.
10. Bring in *Harmonizing the Template*
12. Tell client to Expand Template while you bring in *Integration*
13. Expand Template again while you bring in *Blending*.
14. Expand Template a third time while you *Witness*.
15. Finish with *Stabilization*, and final *Integration and Blending*.

Sacred Anatomy Energy Medicine Alignment

Star Point Alignment:

Conduit Disconnected at Star Point or Core Sheath

There are multiple locations where disconnection may occur. A client may have anything from all to none of these. The locations require slightly different actions-- all use these same instructions but have specific issues as listed below.

1. Using the EDGE, with permission determine need.
2. Extend Light Fingers and determine the location (s) and extent of the disconnection either by feel or dowsing. Follow below instructions to get the most information out of the type of disconnection/s you are dealing with and what they feel like.

Locating the different types of disconnections and what they feel like:

Disconnection at Base of Star Point (Star Point to Conduit)

Locate the place where the star point conduit has pulled away from the star point itself. You will feel two separate things, the bulb of the star point and the root of the conduit. When they disconnect there may be discharge and inflammation around the bulb of the star point and in the area where the conduit should have been. In this situation the conduit will be still located in the general vicinity where it normally is protruding out of the bio layer at the front of the belly. But because it is essentially floating it can move way out in front a foot or so.

Disconnection at Base of Conduit (Conduit to Core Sheath)

Locate the place where the conduit has pulled away from the core sheath. It will feel like a limp noodle with a lot of inflammation surrounding the base of the conduit. The core sheath will be attempting to seal up the opening to the core sheath to protect the e-stomach. So there may be a hard smooth spot where the core sheath has attempted to close itself. This must be ignored to correct the problem. The repair will give way immediately when the conduit is inserted into the core sheath. Move Light Fingers around the ball-like star

point down the conduit (from the bio layer protrusion) inward toward the core sheath to the place of disconnection. Locate the place on the core sheath where the conduit should connect.

Disconnection from Conduit to Core Sheath to E-Stomach (Conduit to E-Stomach)

If the root of the conduit is not connected to the core sheath it may also have pulled out of the entrance to the e-stomach. If this is the case, you will locate the floating conduit just behind or to the right or left of the normal location. It will be in the bio layer in the general area of the core sheath. Move around the bio layer protrusion of the ball-like star point to where you feel the disconnection at the base of the conduit. Also locate the end of the conduit. There will be inflammation and generally confused energies that have tried to get into the e-stomach- they will reabsorb into the structure eventually but may be helped by a Basic Clearing of the BES or Layers.

3. Standing directly in front of the client, who is also standing, locate the star point.
4. Extend Light Fingers around the bulb of the star point from the front of the client's bio layer. Travel with both hands, Light Fingers extended.
5. When you have arrived at and determined the point (work toward the e-stomach from 1st point if there are more than 1) of disconnection, steady the anatomy at the point of disconnection with the Light Fingers of one hand.
6. Ask the client to breathe in. As they exhale, firmly pull the disconnected anatomy toward the stable anatomy with one hand and guide with the other.
7. With the other hand, locate the other disconnected part. While touching each part, gently hold - with intention to reconnect them- telegraphing this into the area. Your fingers will support the 2 parts to reconnect.
8. Anchor one part to the other firmly with a slight clockwise (as you face them- turn to the right) twisting motion. There will be a popping feeling in your Light Fingers as they reconnect. The client may feel this sensation as tugging and then a twisting.
9. Hold the corrected anatomy firmly until it stops shaking or trembling and settles. Do this by gently place your Light Fingers on either side of it to witness as both parts resolve. The anatomy will shake slightly and exhibit pulses of tension and release until the process is complete. This may feel like ripples to you. When it is finished releasing tension, gently release your Light Fingers and withdraw them.
10. Dowse to check if strands are properly anchored at Template hooks and into the inserts of if you need to do some Template repair. If this needs to be done do it before going to the ending protocol. This will help the structure fully shift. As needed, follow the Alignments for: Repairing Hooks and Strands, Repairing and Reattaching

Template Strands, Repairing Template Inlets, Junctions or Drains. Any of these could be needed now. When you are finished with these other Alignments return to complete here. It is unnecessary to do the ending protocol twice.

11. Bring in *ULL* and slather the entire star point and conduit into the core sheath and the entry into the e-stomach with the energy.

12. *Harmonizing the Template*

13. Tell client to Expand Template (#1) while you bring in *Integration*

14. Expand Template again (#2) while you bring in *Blending*.

15. Expand Template a third time (#3) while you *Witness*.

16. Finish with *Stabilization*, and final *Integration and Blending*.

Lifting the Cowl

What?

Lifting the Cowl is an Alignment done with a client who has suffered a Template collapse during which a part of the Template web falls forward. It occurs only in the upper hemisphere of the Template and it hangs forward like a monk's cowl. The cowl covers the front of the head, chest, and sometimes descending as low as the solar plexus area. When this occurs it affects the function of the chakras in those areas, the Layers it passes through (it may not be through them all), the Elimination System as it can seriously affect the spin of the shoulder wheel, the BOL (tangling up in the substructure), and the HEMF (compromising the ability of it to extend out into the world).

The cowl will also hamper the ability of the Template to expand and contract as well as the healthy function of the strands in the affected area. It can compromise the way the strands deliver energies into the star point and e-stomach. The Cowl may even go so far as to limit the access to the Greater Mind.

Why?

Clients with this condition are usually tired, confused and fearful about something. They are obscured and unclear about outcome and are worrying about the job they are doing, if they are making enough money and how well they are fulfilling their potential. All these things will be affected and will be causing upset in one way or another.

The question is: does the cowl drop because of concerns or do concerns arise because it is dropped? It is my thinking that both are true. But the desire to hide or to work behind the scenes, to be invisible or not to even have to be seen as making a contribution seems to be part of the reason why this happens. The pulse will read only partially expressed and there will be a subtle congestion throughout especially if you are able to 'feel into' the upper hemisphere.

As Template expansions come up often and as needed you can get a sense the client could have a cowl when their Template only expands a little bit during this exercise. Check right away to see if the Cowl is dropped.

How?

Lifting the Cowl is a manipulation, which must be accompanied by actually coming out of hiding as a gifted and talented person who is ready and able to contribute. This means the client will need to break out during the session in some way. Saving this procedure to top off a session is a great way to move the client big time!

Sacred Anatomy Energy Medicine Alignment

Lifting the Cowl

1. Using the EDGE, with permission, determine the need.
2. Determine how much of the upper hemisphere of the Template has fallen forward by dowsing what % is trapped in the Cowl. It will not ever be more than 50%- it will be most likely be 35% or 25% if it is severe.
3. Extend light fingers and insert them into the densest part of the Template collapse. Telegraph into this area: to get under the cowl. It will always be collapsed on one side or another toward the front and falling over the face.
4. Once in position ask the client to take a big breath and with one solid move, flip the cowl back up into the correct position. This is as if you are throwing a heavy monk's hood back over the head. It can be so large you need to do it twice – once from each side.
5. At the same moment the cowl is lifted, extend light fingers out to anchor the template hooks that will have fallen, once again at the inner edge of the soul layer. You may find there are many hooks pulled out that will need to be re-anchored but there will be 2-5

major anchoring hooks that you can use to hold the adjustment.

6. It is important to check all Template support procedures after Lifting the Cowl. Have the client expand their template.

7. Check to assure that the Template is at 100% effectiveness before moving on-

8. Bringing in *Harmonizing the Template*

9. *Integration, Blending, Witness, Stabilize, Integration and Blending.*

Repairing Template Hooks and Strands

What?

Sometimes Template Strands can tear, be torn, cut, or shredded and require repair. The need for repairing the Template Strands shows in the Template Echo and feels like ropes or snakes dangling into and covering a portion of Template. They can wrap around parts of the anatomy both subtle and material and cause real pain. Sometimes the weight of the strands can pull away from the inner edge of the soul layer and disconnect the Template hook in the process. The sensation is one of dropped energy, like life is too heavy and difficult. The Template Echo may also feel like it is missing something- a sensation of lack, a blank spot, emptiness or even loss of internal support.

Why?

This happens because of the way the structure reacts to life through the lens of Life Patterns, Soul Path Congestions, and the Template Wound and the way they are holding the subtle anatomy. This is a false reaction based in a compensated reality to which the structure has become accustomed. Shifting the HES it is necessary to really resolve this habit and the underlying issue.

But strands and hooks can be addressed all by themselves for the purpose of moving stabilizing the structure. For example, you find a need to do the Template Wound with your client- but you cannot because they are going out of town and won't be able to do the required three sessions. To buy some time and help the Template function better you could pull up a couple of critical strands and repair a few hooks that are malfunctioning.

How?

Determine the need for repair for hooks and strands with Template Echo analysis and dowsing. One by one, locate both ends of the strands and mend them by using focused intention, *ULL* and a smoothing motion with the hands. Segments can be lifted together and tears repaired the same as groups. Watch for strands that have snapped back and imbedded in the soul layer. Hooks often will be all that remains of the broken strand. But if the hook comes out of the inner edge of the soul layer it will cause the energy that is ready to leave the Yes! Circuit to just go into the soul layer before being personalized and there will be a loss of vitality because the harsh Source energy will take more than it gives to the development of the fuel in the soul layer.

Sacred Anatomy Energy Medicine Alignment

Repairing Template Hooks and Strands

1. Using the EDGE, with permission, determine need for the alignment.
2. Check to see if you need to anchor Template hooks? Repair Template strands? Or both?

FYI: There will usually be a need to rebuild the fabric of the strand by calling the energy of the strand back to repair it. This can be done while reconnecting strands to hooks or into the core sheath or star point.

3. Dowse for how many strands and/or hooks are in need of repair.
4. Ask your client if they have any physical pain in their body? Make a note of where because it may help you to locate the broken strands.
5. Telegraph into the Template to locate the strands and unwind them from any part of the anatomy where they might have become tangled.
6. When a strand is unwound test to be sure at least one end is well anchored. Test by tugging on the strand in both directions unless you are already clear which end is disconnected.
7. Next pull the unconnected end out toward the hook or in toward the core sheath or star point. Do this with Light Fingers. Don't be shy about working BIG! Remember you are going all the way to the inner edge of the soul layer!

8. As you are nearing the hook in the inner edge or the junction into the core sheath or star point check to be certain you have enough strand to make the connection with a little tugging. If you do- great- proceed to anchor the strand by hooking it into the hook location or sticking it into the junction with a little twist or putting it into the star point with a quick thrust. If you do not have enough strand to make it you will need to check the junction, star point or hook to see if there is a remnant end of the strand hanging there.
9. If this is the case, you have a snapped or severed strand and need to repair the fabric of the Template. Use *ULL* to weave into both broken ends and to construct the missing section and bring them together. Pull the *ULL* into the strands and using this energy, knit the torn sections together. When mended, the loose strand will immediately tighten up and once again it will anchor at both ends.
10. When all the strands and hooks are repaired surround them with *ULL* and waft *ULL* through the entire Template.
11. Bring in *Harmonizing the Template*.
12. Bring in *Integration, Blending, Witness, Stabilize, Blending, Integration*

Balancing Tilted Wheels

What?

Sometimes Elimination wheels can be tilted down, back, forward or sideways. Usually the physical body responds to this tilt by experiencing a heavy weight on the shoulders, heaviness in the hips or lower back or by holding tension in these locations habitually. This misalignment is wrapped up in the inability to release Elimination debris effectively and as a result the Elimination Release can only be partial at best. The Elimination Release may help the situation but; simply releasing this pathology (with that procedure) will not be enough to bring the Elimination System back to 100% effectiveness.

Balancing the Tilted Wheel can return the system to full power.

Why?

This level of Elimination System malfunction is tied to early childhood trauma **in this lifetime** around the process of letting go. (hoarders!) Suggestions of areas to look at would be: toilet training trauma, sharing with siblings, and early or recent loss of intimate

family members such as a parent or sibling. Really anything that might have impacted the development or maintenance of an internal sense of security. When the correction is made the Elimination wheels will return to spinning and releasing correctly. Then the structure will begin letting go of the deeper pathology of holding on to spent energetic and the Elimination Release with its accompanying pathology can be much more effective.

How?

The pulse will appear to jump back from the far right- pushing hard in the return. This indicates the inability to self-support because of the struggle to let go. It stresses the spirit and makes people waver when it comes to allowing release. This Alignment is a manipulation to *right* the wheel and re-establish balance in the structure and specifically in the Elimination System. This is done with a physical manipulation.

Sacred Anatomy Energy Medicine Alignment

Balancing Tilted Wheels

1. Using the EDGE, with permission, determine need.
2. Determine how many wheels are tilted and stressing the system.
3. Determine which of the 5 wheels is tilted -- and not more than 2. If it is, do an Elimination Release and reassess.
4. Discuss the physical impact of the tilted wheel. What it has done and how it would have affected their life or even the development of their physical body or patterns of holding.
5. Determine the angle of the tilt- Which direction is down? Up? Twisted which way? Be aware each wheel may be different.
6. Put one hand under the down side and one hand on the up side.
7. Entrain breathing with the client. Ask them to take a couple of big breaths while you rock the wheel backward and forward slightly.
8. With a final breath forcefully move the wheel back into place and immediately bring in *ULL*.
9. Do all wheel alignments - finish by bringing in *ULL* throughout the structure and for the Elimination System specifically.

10. Bring in *Harmonizing the Elimination System*.

11. Bring in *Integration, Blending, Witness, Stabilize, Integration, Blending*.

Clogged Intake Vents

Apply to both Template and Elimination System Vents

What?

The Intake Vents for both Elimination and Template at the very top of the core sheath are critical in the operation of the e-stomach, its digestive and assimilative capacity, and the ability of the Elimination System to release. The energies: *Complete Release and Complete Elimination* are not personalized like all other incoming energies but delivered “intact” to do their jobs at the interior of the structure. This is because the intake vents all act as super villi at the edge; call out to this Source energy and then receive it into the interior of the structure without changing it at all.

Why?

When these Intake Vents clog, the pure Source energies, *Complete Release and Complete Elimination* are unable to come into either the Elimination System or the Template. This is because these pure energies come “straight from the Source”. When they come in without being changed in the e-stomach or going through the entire digestive system, it means the structure has not personalized these energies before applying them to the tasks of stimulating release in the hubs and into the wheels of the Elimination System or activating the personalization and identification process that occurs through the Template strands, inserts, junctions, star point, conduit and finally concludes in the e-stomach.

Without these energies in these pure forms we stop letting go and begin to hoard our own debris. We become dense and stuck in the world of our own inner struggle, re-assimilating our waste again and again. Without these two specific energies in their Source state, the e-stomach swells and clogs with all kinds of energies that cannot move. They require *Complete Release and Complete Elimination* to bounce over the e-stomach villi separating tens of thousands of different energies such as individuated energies and empowered chakra influenced energies from Source energies in the interior of the stomach. Function, purpose and wisdom sectors of the e-stomach become stiff and are rigidly unable to

absorb the individuated energies adequately to replenish and nurture the lining of the e-stomach. When that happens there is a structure wide breakdown that causes inflammation at the interior and a type of poisoning by inadequately digested energies.

How?

Once the affected system is determined the clogged intake vent is easy to clear with Light Fingers and a little *ULL* for salve. The situation can be so dire it is ironic the resolution is so simple. But without intervention the vents fail one after another and ultimately all eight can go down. Usually it is only one or two vents so the e-stomach limps along on half power but occasionally there will be people with all vents clogged. This is a serious and potentially physically affecting situation. In each of the four intake vents of the Elimination system and Template, two are designated for *Complete Release* and 2 are designated for *Complete Elimination*.

Sacred Anatomy Energy Medicine Alignment:

Clogged Intake Vents

Apply to both Template and Elimination System vents at top of Core Sheath

1. Using the EDGE, with permission, determine the need.
2. Determine which system is affected and which of the 4 Elimination intake vents or 4 Template vents are affected. This can be dowsed. Ask: How many vents are clogged? Get the number and then the location of the clogged intake vents.
3. Template intake vents are in a + formation with a vent located at the tip of each point of the + Elimination intake vents are in a □ with a vent located in each of the four corners of the square.
4. Extend Light Fingers and coat your fingers with *ULL*. Stick a finger in the top of the clogged intake vent and massage the debris away with your focused intention. If you run into a thicker coat of gunk or resistance rub the intake vent with your Fingers coated with *Surrender*. Do one at a time until they are receiving *Complete Release* or *Complete Elimination*.
5. Follow up with *ULL* and coat the entire area liberally.
6. Bring in *Harmonizing the Elimination* or the *Harmonizing the Template System* depending

on your assessment.

7. Integration, Blending, Witnessing, Stabilization, Integration and Blending.

Clogged Edge Elimination Sphincter Release

What?

The breakdown of the Elimination System has many different causes but one that is quickly addressed is the Clogged Edge Elimination Sphincters. The release tubes empty the excess, waste and debris of the entire structure out through the edge elimination sphincters. Usually they will have enough force in normal release to knock a little bit of debris out of the way but at a certain point the balance tips and the sphincter is compromised.

Why?

They get clogged for multiple reasons but one of the most common is debris that lodges at the edge spilling over into the release tube exit points. Sometimes excess or random debris gets stuck onto the villi and receptor sites nearby just like any dirt, they attract more to congregate around it creating a blockage in front of the sphincter. Another reason they clog is an Obscuration at the Edge. This is a problem that requires a procedure to resolve it and when finished it is possible the sphincters will still need to be unclogged.

How?

This is an alignment that is easy and deeply satisfying because all it requires is a simple interaction with the area with Light Fingers and intention. The Elimination System usually responds immediately and is greatly relieved.

Sacred Anatomy Energy Medicine Alignment

Clogged Edge Elimination Sphincter Release

1. Using the EDGE, with permission, determine the need.
2. Determine location by asking which of the 5 wheels are affected. This can be dowsed. Ask: How many wheels have release tubes that are clogged? Get the number

and then the location of the clogged release sphincters.

3. Extend Light Fingers and rub the client's edge with your fingers and gloves coated with *Surrender*. Do one wheel at a time- rubbing in a large circle around the edge. Be sure to bring in enough *Surrender* to really move the clogs out.
4. Dowse for 100% effectiveness of the sphincters
5. Follow up after you have thoroughly coated the release sphincters with *Surrender* with *ULL* rubbing it on and into the affected areas.
6. Bring in *Harmonizing the Elimination System*.
7. Bring in: *Integration, Blending, Witnessing, Stabilization, Integration and Blending*.

Substructure Rebuild and Reconnecting the Guide Wires Anchors and Connectors

What?

It is possible to read much more in the substructure than just the three different types. Just as in the rest of the structure, the substructure reacts to and holds injury, damage, trauma and assault. Guide wires sometimes become destabilized and need to be reconnected even when the discs of the substructure appear to be normal and undisturbed.

Why?

Surgeries, car accidents, beatings, sexual encounters of all kinds, severe emotional trauma, chronic illness, football injuries and even repeated wounds; such as a series of knee or ankle accidents, all show up in the substructure and create a reactive response. For example, the substructure will react by diffusing, collapsing, tearing, warping, or becoming hollow or twig-like. Repeated patterns in clients have anecdotally shown some of these responses to be:

Sexual Abuse

- 1) Incest: buckles, warps
- 2) Non-familial abuse: kinked, tilted after 15 years
- 3) Promiscuous/sex workers: appearance is hollow

Other Abuse

- 1) Emotional Abuse: diffused substructure

- 2) Physical Abuse: twig-like and snapped in places
- 3) Trauma (surgery or accident): collapsed or diffused
- 4) Birth Trauma: Breech, Cesarean, denied oxygen: foggy diffusion with lumps
- 5) Near Death Experience: tears, smashed in relationship to injury

How?

The type of the substructure and the results of any damage or wear and tear to the fabric of the anatomy indicate the style of the rebuild. The three types are: alpha, beta, or gamma. Determine the need for rebuilding of the individual substructure by dowsing and sensing. Interact with the substructure fragments and diffusions to remold the unfocused energy into the appropriate substructure type removing any traumatic distortions or debris. Then reconnect the guide wires.

Other things that can be held in the diffused or unfocused substructure are entanglements and occasionally some signatures. These issues need to be addressed to give the substructure a chance for optimum health.

Sacred Anatomy Energy Medicine Alignment

Substructure Rebuild

1. Using the EDGE, receive permission, determine need.
2. Determine by dowsing verifying with an interview, the substructure type: alpha, beta or gamma.
3. Begin in the part of the structure that is not the most diffused or traumatized but chose a place that is moderate, needing some repair but not the worst of it.
4. Extending Light Fingers, comb the structure “telegraphing” “substructure” into the energy. This will cause the diffused and sometimes pretty disorganized substructure energies to gather around your hands. This will enable you to remold the shape of one disc at a time. Make sure to look at the textbook and visualize the substructure while working.
5. Rebuild the first disc. Do the vertical disc for gamma and betas and the left side disc for the alpha. Standardize your work to be through. Do not rebuild a disc partially and leave it to work on the other one, as it will rapidly return to the less organized shape. By

regulating your rebuild you will be able to move quickly and not forget any part of this mammoth part of the anatomy.

6. When reforming is completed, immediately bring in *ULL* and slather it all over the disc. This energy will hold the shape of the disc in place until you can anchor it with guide wires.

7. Rebuild the second disc. Move quickly as this process can be disconcerting. Usually people are shifting from being internally unsupported or only partially supported to fully supported and for some, it is disorienting to be suddenly held and kept up and open in such a big way.

8. Bring in *ULL* and cover the second disc with it.

9. Set the guide wires making sure to test each *anchor* at core sheath and *connector* at soul layer. Do them all every time although sometimes only a single guide wire will show up as out of alignment. To create greater stability set the guidewires in this order:

- Pituitary
- Both sides of the shoulders
- Both side of the hips
- Umbilicus- front and back
- Tail off coccyx to front and back

Always start with the Core Sheath and always end at the IESL

Pituitary

- Front Pituitary Anchor/ Connector - Three places: 1) Anchor at CS to 2) Anchor at front of pituitary into 3) Connector at IESL
- Rear Pituitary Anchor/ Connector - Three places: 1) Anchor at CS to 2) Anchor at rear of pituitary into 3) Connector at IESL

Shoulders and Hips

- Shoulders - Six places: 1) 2 Anchors at left and right of core sheath (CS) at the channel into the upper corners of the grand cross- 2) 2 Anchors at left and right edge of shoulder and 3) 2 Connectors to IESL.
- Hips - Six places: 1) 2 Anchors at left and right of core sheath (CS) at the channel into the lower corners of the grand cross- 2) 2 Anchors at outer side of left and right hips and 3) 2 Connectors to IESL.

Umbilicus- *these can depend on where your spine and CS align*

- Front Umbilicus Anchor-Connector - Four places: 1) Anchor at CS to 2) Anchor inside belly button to 3) Anchor outside belly button into 4) Connector at IESL
- Rear Umbilicus Anchor- Connector – Five places: Anchor 1) into the front of the CS 2) go forward and anchor at the rear of belly button (inside the body) 3) Anchor into CS at front again and 4) around CS anchor at the back and 5) Connector to IESL

Coccyx/Tail

- Front Tail Anchor/ Connector - Three places: 1) Anchor at CS 2) Anchor at base of coccyx and 3) Connector into IESL
- Rear Tail Anchor/ Connector – Three Places: 1) Anchor at CS 2) Anchor at base of tailbone and 3) Connector into IESL

10. *ULL* slathered all over the entire Rebuild

11. *Harmonizing the BOL*

12. *Integration, Blending, Witnessing, Stabilization Integration, and Blending.*

Sacred Anatomy Energy Medicine Alignment

Reconnecting the Guide Wires Anchors and Connectors

Re-connecting the guide wires Anchors to Connectors. Anchors always go into the core sheath and are interior and connectors go into the inner edge of the soul layer and are exterior. Always start with the Core Sheath and always end at the IESL.

Pituitary

- Front Pituitary Anchor/ Connector - Three places: 1) Anchor at CS to 2) Anchor at front of pituitary into 3) Connector at IESL
- Rear Pituitary Anchor/ Connector - Three places: 1) Anchor at CS to 2) Anchor at rear of pituitary into 3) Connector at IESL

Shoulders and Hips

- Shoulders - Six places: 1) 2 Anchors at left and right of core sheath (CS) at the channel into the upper corners of the grand cross- 2) 2 Anchors at left and right edge of shoulder and 3) 2 Connectors to IESL.
- Hips - Six places: 1) 2 Anchors at left and right of core sheath (CS) at the channel into the lower corners of the grand cross- 2) 2 Anchors at outer side of left and right hips and 3) 2 Connectors to IESL.

Umbilicus-

These can depend on where your spine and CS align

- Front Umbilicus Anchor-Connector - Four places: 1) Anchor at CS to 2) Anchor inside belly button to 3) Anchor outside belly button into 4) Connector at IESL
- Rear Umbilicus Anchor- Connector – Five places: Anchor 1) into the front of the CS 2) go forward and anchor at the rear of belly button (inside the body) 3) Anchor into CS at front again and 4) around CS anchor at the back and 5) Connector to IESL.

Coccyx/Tail

- Front Tail Anchor/ Connector - Three places: 1) Anchor at CS 2) Anchor at base of coccyx and 3) Connector into IESL
- Rear Tail Anchor/ Connector – Three Places: 1) Anchor at CS 2) Anchor at base of tailbone and 3) Connector to IESL

10. *ULL* slathered all over guidewires

11. *Harmonizing the BOL*

12. *Integration, Blending, Witnessing, Stabilization Integration, and Blending.*

Chapter Nine

Procedures

Seating the Divine Intuitive Self

What?

The Divine Intuitive Self exists in the spiritual layer for all people. Determining which of the six the strata of that layer the Divine Intuitive Self is located in will explain difficulties the individual has in hearing and using their own intuitive guidance.

Why?

When the Divine Intuitive Self is not seated appropriately there is a different reaction for each inappropriate strata location. Intuitive insight comes forth from this location filtered in a specific way:

Deity: Pronouncements from on high.

Angelic: Self-interested, self-centered, special information.

Intuition: Balanced and even; the appropriate location.

Fairy Folk: Whimsical and irrelevant.

Elementals: Dramatic, blockbuster, hysterical

Guides and Guardians: Filtered through the personality of the guide or guardian

How?

Using focused intention shift the location of the Divine Intuitive Self from where it has been oriented to the healthier and more available location of the intuition strata.

Entrainment with the client is paramount in the success of this procedure.

Sacred Anatomy Energy Medicine Procedure

Seating the Divine Intuitive Self

FYI: This Procedure is not to be done on very beginning clients. This is a more advanced procedure. People who receive this should be *very sound emotionally* and able to receive this kind of information without any activation of egoic issues.

1. With permission, using the EDGE, determine need to move the Seat of the Divine Intuitive Self to the intuition stratum.
2. Determine which strata the Divine Intuitive Self is in and explain this to the client. Talk about difficulties in receiving or interpreting intuitive information.

Be aware most people are sensitive about this and that they need to be re-assured the procedure will only enhance existing capacities making them more accurate. They will still have access to the way they have always intuited it will simply be moving through another stratum.

3. Extend Light Fingers and place your hands around the Divine Intuitive Self in the Stratum it is in for now. It will feel blob like, and somewhat sticky, and warm. Simply hold the Divine Intuitive Self gently.
4. Ask the client to say **out loud** repeating after you [**Repeat several times if necessary**]:

“I request that my Divine Intuitive Self be re-seated into the intuition stratum of my spiritual layer. Thank you for helping me to listen to my intuitive wisdom more fully.”

5. The Divine Intuitive Self will begin to move almost immediately. Ask the client to take a deep breath as the Divine Intuitive Self moves. It will move easily and this change will be easily accepted by the structure.
6. Set Divine Intuitive Self in its location and witness.
7. Flood the Structure with ULL.
8. Bring in *Harmonizing the Layers*
9. *Integrate, Blend, Witness, Stabilize, Integrate and Blend.*

NOTE: The Divine Intuitive Self can be shifted to any of the stratum with focused intention. But as you can see, the strongest location is the intuition stratum, which many people overlook and in fact don't use at all. It is always possible to use any of the stratum for fun or additional insight from the Seat of the Intuition Stratum, but the best, least egoic work is always done from the intuition strata and anchoring the Divine Intuitive Self in that stratum allows for real success. It is the cockpit, the control tower of the spiritual layer and the place where the cleanest, clearest information is available for the individual to help others and themselves.

Spiritual Stratum Descriptions

Deity Stratum:

An individual will issue their intuitive ideas like pronouncements from on high. They will expect center stage, a polite and interested listening to each and every inspired idea. They will be offended to the quick if their inspiration is ignored or challenged. For example: “I have received an inspired directive from God to send troops to war. This is his will. I am his messenger and not to be questioned.” A great example jumped from the headlines a few years ago out of the mouth of Pope Benedict XVI, the representative of the Catholic God, as speaking to the people of Buenos Aires: “The proclamation of Jesus and of his gospel did not at any point involve an alienation of the pre-Columbus cultures, nor was it the imposition of a foreign culture. The people of the Americas, had been silently longing for Christ without realizing it, and willingly received a holy spirit who came to make their cultures fruitful, purifying them.” Yikes!

Angelic Stratum:

An individual will feel inspiration at an angelic frequency and may listen deeply to their inner voice. This inner voice will often lead them into self- interested and self-centered decisions. They may feel no one else has the “right” inspiration or knowingness and can appear selfish in inspired action using their intuition to give them permission to behave selfishly. For example: “I just got it. Mom is going to be all right. She will recover from her stroke. I don’t need to stay here at the hospital and we can go on our vacation now. I don’t know what you are all so worried about. See you later.

Intuition Stratum:

This is the optimum location for the Divine Intuitive Self. It will always draw on all strata but when located here it has access to all others. This stratum is the only one without an agenda where intuitive inspiration is able to be balance in all directions. Information received here feels kinder and while still divinely inspired, more up to the individual to accept or reject. For example: “You’ll be OK. The surgery will be successful and you will make a full recovery. Your lessons are clear. You are ready to

move on.” Information is straightforward and clear, impersonal in delivery. The intuition strata just delivers the goods like Joe Friday requesting, “Just the facts, ma’am.”

Fairy Folk Stratum:

This is the place where intuition is magic. Information will be whimsical and may have nothing very relevant to offer. For example: “I don’t know how I got this... but your new car was owned by a witch.” People often dismiss this kind of revelation as foolishness or silly because it is. It can sound a little fortuneteller like, such as: “You will meet a tall man in a garden and he will tell you something important.” The fact that a tall gardener told you to keep off the grass and that was not very relevant to your life, is not discerned by a Divine Intuition seated in this stratum. Those “off with the fairies” rarely can interpret their information and have to work hard to stay out of the fortune telling biz.

Elemental Stratum:

This stratum delivers intuitive information as a blockbuster literally knocking the recipient off their course like a flood or wild fire might. Information tends to be dramatic and mean like: “Grandma is dying and she won’t leave dad any money.” Or, “Your husband is cheating on you and he has never really loved you.” If you get information from this place you may feel as if you have to swallow hard before delivering the goods so as not to hurt people. It’s often about death, accidents or injuries. People with this seating often dread their own knowingness. Not very conducive to owning your power!

Guides and Guardians Stratum:

The most commonly used stratum, information from the guides and guardian’s stratum can often be quixotic and funny. For example: “They are telling me you are ticklish and that you will be tickled by something soon.” Great! And so helpful too. Remember Divine Intuitive information from here is delivered with the personality of the individual guide or guardian holding the inspiration and if you have a joker for a guide you are in trouble! It is least authentic and most often used by people in the period they are developing intuition. It is the easiest place to seat the intuition and can lead to hugely agenda driven information. Like: “You will have difficulty finding anyone to marry just

like I did. It's not easy for you." In other words: If I'm not happy, you can't be either. Or: it's all about me! It is also the place where incorrect interpretation is the easiest. Like seeing a picture of a horse running and thinking it means: run away from this thing. Instead of: to build muscle or strength like a horse I must do this thing. This person's best inspiration is often for their own life and about guiding them self.

Life Pattern Removal

What?

Internal patterns shape and form our experience of life. Major Life Patterns are set into place in childhood that orient and focus everything we learn, do and think. These patterns are based in events and more importantly in the decisions we make at tender ages about what the world is showing us. After an initial trauma we continue building a construct that is based in multiple lessons we learn, conclusions we draw about how we are loved and what are value is to our parents, society and our friends. These patterns can limit us or stimulate us in our growth but at a certain point in the maturation process we are ready to let the patterns stop defining us. When this happens Life Patterns are "up for removal".

Why?

We need Life Patterns to build a strong egoic nature. This is a critical part of the spiritual journey. Without the strength of a mature ego we cannot stand in partnership with the Divine and seize the direction of our life. If we allow ourselves to be caught in the "up for removal" pattern for too long we feel like we are losing our grip, like nothing is working and we need support to let go of an old friend. We will then work to release some of the egoic nature and reveal the four aspects underneath.

How?

The SAEM practitioner helps to identify a Life Pattern by dowsing but then can determine exactly where in the Layers System the pattern has lodged. When this is established, it is a matter of understanding what is necessary to let the pattern return to emptiness and to move forward transformed.

Description of the Types of Life Patterns

Original descriptions written with the help of Barbara Musser in 2004

To a great degree the age of enlightenment that separated the head from the heart in western thought was the installation of a Universal Disconnect Pattern into the awareness of an entire culture. In essence, creating a new civilization of science, reason and heartless disconnection where more mysterious, superstitious and magical indigenously evolved nations had lived. This may be part of the reason our society is so desperately sick today. These forms may occur together in concert in any combination of each of these or independently as a single form.

When you release a Life Pattern you ‘deconstruct’ the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is more authentically speaking as your true nature outside of Life Patterns and limiting beliefs. We the release of enough of these Life Patterns you can experience tremendous personal freedom.

Be specific about answering these questions. Please remember we are not interested in the drama of re-traumatization! This is especially true of Physical Holding, Emotional Clutch, Primal Loop, Mental Construct and Cognitive Lack, which can be such an ingrained part of your biological and psychological reality that the origins of these are shrouded from view to a degree. But an origin it does have, and this is an absolutely real procedure to crack open the shell and reveal causative wisdom within without feeling pain or being broken over and over again.

Sacred Anatomy Energy Medicine Procedure

Removal of a Life Pattern

This procedure is a dialogue with the client that the practitioner supports with sensing skills and the ability to determine subtle distinctions using the dowsing rod. A Life Pattern must be a collaborative effort, not something that is “done” to a client. *The power is in the client owning the process and making the big discoveries themselves.* As your skills begin to develop you will find less and less need to tell the client what is going on and more and more occasions when you sit in the witness chair.

1. Using the EDGE, with permission, determine need to do a Life Pattern Removal. Remember this is a current life pattern that is relevant to the decisions and events of this life. This is a pattern that has shaped the life of your client.

2. Location: Determine in which layer the Life Pattern is lodged. Locate it by feeling the specific layer or dowsing for location in the layer. This will tell you the name of the Life Pattern and a great deal of information you need to help flesh out what this Life Pattern means to the client and what it is about. By learning which stratum of that layer is affected you will gain more insight but it is not essential information for resolution.

If you find multiple Life Patterns present determine the Primary Pattern (the first to occur) and work only with it to resolution. When finished, if other Patterns are still present, follow the same procedure you did when working with the primary. Secondary patterns usually will resolve as the primary is released and removed. If they do not, they have a completely different cause and do not share a cause with it. In this situation patterns may have evolved in a sort of companionship. Watch for this-

- Bio Layer = Physical Holding
- Emotional Layer = Emotional Clutch
- Primal Layer = Primal Loop
- Mental Layer = Mental Construct
- Cognitive Layer = Cognitive Lack
- Spiritual Layer = Spiritual Distance
- Etheric Layer = Etheric Disinterest
- Soul Layer = Soul Disturbance
- Surrounding Universal =
 - Universal Disconnect
 - Dimmed Light
 - Wall of Defense
 - Invisible Men & Women

3. Pattern Content: By using the location and dowsing yes or no for confirmation we construct the “story” or content of the Life Pattern. It is important to determine:

- Approximate age of onset (between 0-7 years)
- Trauma or experience at onset
- Primary belief, decision or group of beliefs that are captured in the Life Pattern as a result of primary trauma or experience. It is not necessary to fully develop the entire story of the pattern. This is simply not practical nor is it really very helpful as it focuses on the drama and not the resolution.
- How it is affecting the life of the client today (feeling the emotional pain of this is important, however, the stories of hurt and betrayal are not- no re-traumatizing please.)

4. Awareness: Check the awareness of the Pattern by dowsing a percentage. When there is 100% understanding of the Life Pattern (and not before), move to removal.

5. Cost and Benefit: To remove, there must be a complete understanding of cost and benefit of the Pattern in their life. Determine this by dowsing the percentage of their awareness of cost or benefit and discussing them. Check percentage as realizations occur. When 100% is achieved on both, removal is possible.

6. Agitate the Pattern: Begin to remove the pattern by releasing the energy. Do this by agitating the pattern. Extending Light Fingers place your hand and focused intention into the pattern. Ask the client what their experience is of the pattern and the agitation. When the agitated pattern becomes uncomfortable for the client it is ready to be lifted out. If they do not “feel” agitation, amps up the experience by bringing in *ULL* under the Pattern. Hold it until they are uncomfortable.

7. Lift out the Pattern: This is done by lifting only the container of the Life Pattern out of the Structure. No vent is needed. Lift it out with focused intention into the Universal, let it go and dissipate the shell by clapping your hands.

NOTE: The pattern itself is actually a shell or casing for the stopped extragenic energy. The pattern lifts out and the raw energy is now free to move within the structure. The contained or stopped energy never needs to be removed, only released. The held energy that has driven the beliefs, attitudes and understandings trapped in the pattern is immediately returned to service of the structure when freed and it will cleanse through the filters of the BES.

8. Rebuild: Bring in *Universal Love and Light* into the area where the Pattern was lodged. As the stuck energy is released, the *ULL* will heal the trauma to the structure and rebuild any damage that exists.

9. *Harmonizing the Layers*

10. Completion: *IBWSIB*

Physical Holding Life Pattern

Definition of Physical Holding:

The Life Pattern, Physical Holding is way more than a traumatic memory held on to by the muscles, bones and sinew of the physical body. It is the historical documentation of significant events as recorded by the bio layer and effectively stored for future use. This Life Pattern is a type of survival skill placed in one of the six strata of the bio layer: sub-atomic, molecular, cellular, visceral, skeletal-muscular or dermal. Operating from one of these places Physical Holding will influence the growth, development, health and shape of the physical body.

Over time, the pattern will become stagnant in its chosen strata deeply affecting the bio layer (physical body). In other words: Physical Holding informs the way that your individuated soul uses your body to learn and grow. It impacts the choices you make as you form and the path you take to learn how to function as a successful human being. A powerful influence, this stagnant contraction, which is the most common presentation of a Life Pattern, will filter events, shape behavior and interpret life lessons.

In some ways Physical Holding Life Patterns represent the Dharma of the individuated Karma.

Because the bio layer is the manifest or physically “real” container of the individuated soul it is very often the most “congealed” or “stuck” part of the Layers System or even the entire Human Energy Structure. As such it can present the karmic drama more completely and more elegantly than any other part.

In the context of SAEM and the study of sacred anatomy Physical Holding is a limiting belief based in an event or act that has formed the reactions and behaviors that we use to

respond to life. This Life Pattern attaches to one of the strata of the bio layer reflexively defining and molding it. Congealed within a stratum inside the physical body this pattern helps form the personality and quickly influences ego development, the deeper purpose of all Life Patterns. It essentially outlines who you are as a persona evolves to respond to the stimulus of life.

When you release a Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is more authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of these Life Patterns you can experience tremendous personal freedom.

Please remember when we are releasing this life pattern, we are not interested in the drama of re-traumatization! Especially with Physical Holding, which can be such an ingrained part of your behavior and physical reality that the origin of it is a subconscious mystery. But an origin it does have there is an absolutely real procedure you can employ to crack open the shell and reveal causative wisdom within without feeling pain or being broken over and over again. Let's do it!

Sacred Anatomy Energy Medicine Procedure

Physical Holding Life Pattern Removal

1. Use fierce honesty to locate your Physical Holding--

- Look for a life-long physical holding pattern that has matured and become the way you physically present yourself. The way you walk, stand, hold your shoulders or chew might be starting points.
- Look for the juice in the small. Break down your Physical Holding into bite sized chunks.

For example: if you are 100 pounds overweight don't choose to work on: not being fat (losing 100 pounds). That's too big, too general. Look at your craving for a certain food group or a compulsion you might have, a behavioral tendency you hang on to like always eating more than you need to be full. Another example is: if you were born with a birth defect like a hand with no thumb -- don't try to pull a thumb out of your hand, instead look

at the way your birth defect affected how you learned to hold a cup, a pencil, or how you learned to write or draw.

How did what you were born with shape your experience of developing into the person you are today?

- Did this pattern make you tougher, more resilient or did it evoke more compassion for others who struggle? Did your learning difference cut you off and set you apart in such a way that you had to respond by stepping out or sharing yourself in another creative way? This is more relevant to the actual work of your birth defect, damage or neurological difference and how it impacted you than the physical presentation and what it might mean.
- We are what we learn and how we invent ourselves out of the limitations presented to us by nature or environment.

2. Because deep Physical Holding patterns are set in place before age seven, these big influences are ingrained in the fabric of your soul.

- They are primordial and basic. They define how your body has developed and how your ego has formed.
- They also require a broad kind of release that is not exclusively psychological, physical, or emotional in nature but that is informed at each turn by spiritual integrity and the weight of the soul's experience. For example, you might ask yourself the question: How have I benefited from this way of being? Has it kept me safe in scary situations? Has it caused me to make more limited choices in life that kept me from being too vulnerable? Have I thrived under this pattern or has it limited my experiences too much?
- Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may let things that have stymied you go once and for all. But remember, you will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life. You will be

able to let go of things you are able to draw to a close with consciousness and focused intention.

3. Are you ready for a breakthrough?

- Tell the truth about what you are really ready to work with. Often people set breakthrough goals for themselves that are unrealistic. Go with what you are really ready to let go. What is do-able. What will give you a win right now? Working these steps over and over will take you even deeper over time and as you peel the onion this procedure will liberate you deeply. For now, just work with what seems realistic and don't put undue pressure on yourself.

4. Defining your Physical Holding:

- What is a physical pattern or holding that you have had as long as you can remember?

Be specific and remember: not too big. Go small to go big in the realm of Physical Holding. Shifting a small thing is **big** and it will open the door to more regulated and even change. You may need to ask yourself if you are seriously committed to authentic shift, to the kind of change that takes restructuring body, mind and spirit?

- Describe how and where this physical, energy is blocked or held in your body. Are you clinging to an old life raft? To a way that you have saved yourself before, or the only help you could find during an earlier period in your life? Are you ready and willing to open a new window to opportunity?

5. Determine which strata of the bio layer their Physical Holding actually is located?

- Dowse which strata (see list below). Ask client: Where and how do issues actually show up in your physical body?

Clarify the primary area of focus asking these questions and looking at the examples:

Sub- Atomic: Is the Physical Holding so completely integrated into your body that it has affected the way your body has developed? If so where did it first begin? (clue:

look at the spine or the brain) **Example:** Birth defects or differences like missing digits or different colored eyes are often *sub-atomic*.

Molecular: Is the Physical Holding manifesting as a malformed body part or some part of yours that no matter how small might indicate a holding? **Example:** growths or misshapen, malformed body parts like cleft palate is *molecular*.

Cellular: Were you exposed to environmental affects either in utero or in the first 7 years of life that caused the abnormal behavior of some of your cells in relationship to normal function? Was your childhood so toxic with either emotional trauma, physical trauma or psychological trauma that you are holding at a cellular level the contraction of that experience? **Example:** Collecting toxins and fat is *cellular*.

Visceral: Do you hold your reactions to life very personally or super close to your body? Does life “make you sick”? Do you frequently have trouble telling the difference between your reactions and the reactions of another person? **Example:** malfunctioning organs are *visceral* like making kidney stones or diabetes. Ulcerative colitis is a visceral issue.

Skeletal/Muscular: Did your childhood confuse you deeply? Were you an “old” child? Were you expected to do things that were beyond your ability to grasp? Like babysit a younger sibling when you were tiny yourself or be a friend to your parent helping them cope with divorce or loss? **Example:** Fibromyalgia and arthritis are *skeletal/muscular* as is scoliosis.

Dermal: Is your first reaction to contract? Do you feel comfortable saying “no” (or like you have to say “no”) to adventure, travel or excitement? Have you lived for years with a behavior that is about accepting and coping with but that makes you miserable?” **Example:** Psoriasis and hair loss is *dermal*.

6. How has this Holding Pattern manifested in your life?

7. What has it cost you?

- How does the drama in your life from this pattern show up?
- What is the story you have created to explain how you either do not function, do not have happiness or do not experience success because of this pattern?

8. Begin to understand the Holding Pattern by naming the 3 primary emotions it has caused you to store in your body.

Dowse to verify these are the correct emotions for the client.

9. What can it teach you?

- How has Physical Holding Pattern made you who you are right now?
- What is the value of changing it?
- What are your Physical Holding life lessons as they apply to this specific holding in your body?

10. Can you say yes to a change?

- What is the strategy to break the Physical Holding habit?

11. Removal: Locate it. Agitate it. Lift it out. Release with a clap

12. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

13. Living Without your Physical Holding habit

- What are the possibilities you see in your life without this Physical Holding?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

14. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

15. Harmonizing the Layers

16. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.

- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Emotional Clutch Life Pattern

Definition of Emotional Clutch:

The Life Pattern, Emotional Clutch is a purely emotionally based pattern held in the emotional layer and focused on holding the emotional meaning, interpretation and lessons of life. Traumatic events and the associated emotions created make an emotional response pattern called Emotional Clutch. This is a Life Pattern that is essentially an experienced memory shaped into an operating pattern which lodges in one of the two strata of the emotional layer: foundational emotion and/or present emotion.

From these locations emotional patterns influence the emotional fabric of life. When stored in the foundational emotion strata they (the Emotional Clutch) are the primary basis for the way an individual interprets and feels emotional content in life. Emotions held in the foundational emotion strata become the actual underpinning of emotional life. In the present emotion strata, all emotions are happening NOW. Even old and stuck emotional clutches that are obvious and boring in their constant influence, if stuck in the present emotion strata, feel like they are current, immediate and happening in the moment. Operating from one of these places, the Emotional Clutch will influence the growth, development, health and experience of the emotional self. As the Clutch is growing there is a certain amount of flexibility within the strata making for freer emotional expression and assessment. But over time, the pattern will fill up as much space in the strata and it will become stagnant, deeply affecting the emotional layer. In other words: Emotional Clutch informs the way that your individuated soul uses your body to learn and grow. It impacts the choices you make as you form and the path you take to learn how to function as a successful human being. A powerful influence, this stagnant contraction is clutching around the emotional trauma that gave rise to it and accenting these emotions as either

foundational or constantly in the present. This Life Pattern will filter events, shape behavior and interpret life lessons.

In some ways Emotional Clutch Life Patterns represent the emotional climate of the life because they influence it so much. In the context of Sacred Anatomy Energy Medicine and the study of sacred anatomy, Emotional Clutch is a limiting belief based in an event or act that has formed the reactions and behaviors that we use to emotionally respond to life. This Life Pattern attaches to one of the strata of the emotional layer reflexively defining and molding it.

When you release a Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is more authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of these Life Patterns you can experience tremendous personal freedom.

Please remember we are not interested in the drama of re-traumatization! Especially with Emotional Clutch, which can be such an ingrained part of your emotional reality that the origin of it is a subconscious mystery. But an origin it does have, and there is an absolutely real procedure you can employ to crack open the shell and reveal causative wisdom within without feeling pain or being broken over and over again. Let's do it!

ATTENTION:

Be specific filling out answering these questions and remember: not too big or too profoundly deep trauma- that will have many segments like petals in a flower. To begin, go small to go big- in the realm of Emotional Clutch. Shifting a small thing **is big** and it will open the door to more regulated and even change.

Sacred Anatomy Energy Medicine

Emotional Clutch Life Pattern Removal

Are you ready for a breakthrough? Here is a framework to prepare for your release:

Over years of dealing with Life Patterns and their placement in the subtle anatomy, some incredible techniques for physical and emotional release have developed that may let things go that have stymied once and for all. Here are some parameters:

- You will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life.
- You will be able to let go of things you are able to draw to a close with consciousness and focused intention.
- Tell the truth about what you are really ready to work with.
- Often people set breakthrough goals for themselves that are unrealistic. Go with what you are really ready to let go. Focus on what is do-able and will give you a win.
- Are you ready to define this Emotional Clutch?

1. Use fierce honesty to locate your Emotional Clutch--

- What is a life-long Emotional Pattern that has matured and become the way you process and live emotionally?
- Feel for your most frequent emotions. The ones that define your most common reactions and that are usually right under the surface. Clue: they color your first thoughts in the morning and your dreams at night.
- How does the way you experience emotions influence the way you approach life?
- Look for the juice of your emotional knee jerk reactions. What are your instinctive responses and how do they appear to spontaneously shape your feelings?
- We are what we learn and how we invent ourselves out of the limitations presented to us by nature or environment. What has this Emotional Clutch taught you?

2. Because deep Emotional Clutch patterns are set in place before age seven, these big influences are ingrained in the fabric of your soul.

- Do you remember an event that defined your childhood emotional life?
- Emotional Clutches are primordial and basic. They define how your emotional life is constructed. What is your emotional groundwork?

- How has it influenced my choices in life?

3. Begin to understand the Emotional Clutch by naming the 3-5 primary emotions it has caused you to store in your body. Write these down.

4. Defining your Emotional Clutch:

- What is the weave that these emotions create?
- How long has this complex of emotions been influencing your life?
- Are you seriously committed to authentic shift, to the kind of change that takes restructuring body, mind and spirit?
- Right now that is...

5. Dowse and discuss to determine which strata of the emotional layer your Emotional Clutch actually is located:

- As a way issues show up in your emotional life (*i.e.*, You always get angry when someone says you are wrong)
- Foundational Emotion Strata: these emotions are a foundational part of your life. (*i.e.*, You are afraid when you are alone, you usually convince yourself you are safe but have to overcome your fear first.)
- Present Emotion Strata: these emotions form a constant irritant or flavor of your life. (*i.e.*, You are anxious about lots of different things.)
- Where do you feel this Emotional Clutch in your physical body? This is not where they are “held” but instead where they are “felt” and can be accessed for understanding. These patterns are held energetically in the emotional layer but are felt in the physical body—Where is that for you?

6. What has it cost you?

- The drama and pain in your life from this pattern shows up as this sort of suffering:
- What is the story you have created to explain how you either do not function, do not have happiness or do not experience success because of this pattern:

7. What can it teach you?

- How has this particular Emotional Clutch Pattern made you who you are right now?

- What is the value of shifting it?
- What are your life lessons as they apply to this Emotional Clutch?

8. Removal: Locate it. Agitate it. Lift it out. Release with a clap

9. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

10. Living Without your Emotional Clutch habit:

- What are the possibilities you see in your life without this Emotional Clutch:
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

11. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

12. Harmonizing the Layers

13. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Primal Loop Life Pattern

Definition of a Primal Loop:

Primal Loop is a congested blockage that occurs in the primal layer in one of the four strata. It has to do with issues lodged in one of these strata: Legacy, DNA, Instinct and Tribe.

Legacy has to do with how to find a place in the world to make a legacy and to find one's place in the world. The energy of **DNA** and the internal blueprint of the code of life is part

of the Sacred Anatomy and is situated in this strata. **Instinct** strata is the seat of the axis chakra and the inborn primal survival response. It has to do with a deep connection with the Earth and with humanity. Brothers and sisters, friends and lovers, strangers and enemies all find commonality in the Instinct strata. The relationship with community or tribe, learning to belong and how you fit into your world.

Primal Loop is distinguished by the constant cycling of the pattern in longer and shorter repeating waves with the same issues and characteristics. The repeating pattern consistently loops over and over making a radiating wave of behavior and assessment that defines life as it shapes the reactivity and constant crazy making sameness. This beats down potential and hope leaving the loop as a life saver that is also deadly.

During the session as the Primal Loop is defined and begins to be understood, it may be deeply stress producing and may even frightening. The fear drives the Loop and supports it as it deepens over time. This Life Pattern is able to shape the identity and to keep building a strength of its own. It can be one of the most difficult LPs to identify, understand and then completely release because it is so strong and invasive literally defining a negative sense of self. This pattern is one of the most common self-destructive patterns. It can be deeply hidden. Look for the secrets of identity and discover the Primal Loop.

Sacred Anatomy Energy Medicine Procedure

Primal Loop Life Pattern Removal

1. Help client Define their Loop:

- Name 2 or 3 top looping patterns your mind/psyche that spin around and around?
- Ask: What do you know in your bones about these patterns?

Identify the one to work with today - ask your client:

- Which is your most primary way of thinking/feeling/acting that significantly limits your experience of life?
- Which one do you think: “This is who I am” and “I have to live with it”?
- Which one ends up defining your relationships in a negative way?
- Which one do you feel you might stand the best chance of shifting?

2. Awaken the Loop

- What are the drivers of your loop?
- What do you know in your heart about this pattern?

To understand what drives your Primal Loop ask yourself:

Is it more emotionally based? How?

(crying, poor moods, depression, temper tantrums)

Is it physically based? How?

(stomach aches, gut issues, headaches when X happens, lots of physical accidents)

Does it have to do with your family system and your role in your family? How?

(overwhelmed, over loaded, holding everything, everyone together, bad child-acting out with addiction, temper flares that others have to clean up, selfish rule setting- self obsessed)

Is it more fundamental and belief based? How?

(holding grudges, blowing up relationships, lack of empathy, inability to see the big view, big picture, the whole situation- only see your little part of things and thinking this is the whole thing)

3. Discuss and dowse to determine the Strata the Loop Is Located In:

The anatomy of the Primal:

-Inside the layer by the Mental- affected by it and influenced by it

Tribe

DNA

Legacy

Instinct

-Outside the layer by the Emotional- affected by it and influenced by it

Look back at the driver of the loop and it will help identify the strata-

Tribe= Fundamental and Belief Based

DNA= Physically Based

Legacy= Family System/ Roll in the Family

Instinct= Emotionally Based

4. Determine Loop's Message to the World

- Weave together "what you know" revealed in 1 & 2 in your bones and heart
- What you know your loop and driver reveal.
- **Identify strata location**, ask client to determine the name and to write this name down:

- Your Primal Loop is in:
- Your Name for this Primal Loop

5. Determine Personal Loop Lessons

- Your personal lessons or the gift of this loop:
- Your personal lessons or the cost of this loop:

6. Living Without Your Loop

- The possibilities I see in your life without this primal loop:
- Brainstorm strategies to break your habit of it

7. Removal: Locate it. Agitate it. Lift it out. Release with a clap

8. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

9. Living Without your Primal Loop habit?

- What are the possibilities you see in your life without this Primal Loop?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

10. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

11. Harmonizing the Layers

12. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Mental Construct Life Pattern

Definition of a Mental Construct:

A Mental Construct is a set of choices often made reflexively and consecutively.

Connected together by decision points, Mental Constructs may come to reflect a belief or a behavioral viewpoint. They appear like random Tinker Toy constructions with no logic or order to their design.

In the context of Sacred Anatomy Energy Medicine and the sacred anatomy a Mental Construct is a composite of many contracted ideas that have caused decisions. These decisions are standing alone for a moment but quickly develop into attitudes and positions that become defining beliefs that shape who you are. Mental Constructs are restricted to a specific location in the Mental Layer. From that part of the anatomy they help form the vehicle of the soul's purpose into a persona and as such influence ego development, a sense of identity and selfhood.

The mental layer has three different strata located from the inner to the outer: organization, acceptance and chaos. These are unique sites and each one does a specific job. *Organization* holds the evolution of concepts and beliefs that lead to attitudes. *Acceptance* is the seat of the Divine Feminine in the subtle structure and at her center is the site of the solar chakra, the great translator of the runic writings of the spirit into the material reality of the body. Acceptance brings the most spiritual capacity of literally accepting life as it unfolds into the mental realm. Allowing us to remember who we truly are. *Chaos* is the location in the HES where all possibility resides. Anything can happen and does in chaos. We find ourselves at the farthest reaches of what we can become in chaos and this brings to focus and form the center of who we become in life.

Each strata location has the potential to hold a Mental Construct and the lesson and effect of that construct is shaped by its location. When you are breaking the construct down knowing which Strata it is held in can give you tremendous insight into how that Mental Construct has not just constrained the development of the individual but how it has supported empowerment and growth. Both the good and the bad are important to understand as we are shaped as much by what we have as we are by what we do not.

Sacred Anatomy Energy Medicine Procedure

Mental Construct Life Pattern Removal

Remember we are not interested in re-traumatization

Using fierce honesty--look for a belief, attitude or decision that grew into a Mental Construct--

1. Defining your Mental Construct:

- Name 1 or 2 Mental Constructs that you know are operating systems for yourself.
- When you listen to the inner, what do you know or feel about these patterns?

2. To Select One to Work With:

- Which Mental Construct is most related to your foundational behavior?
- Which Construct most affects your basic experience of life?
- Which one ends up defining your (pick an area of greatest need) career, your love life or your financial life?

3. Choosing Your Mental Construct:

- Which one of these feels like it can shift now?
- Which one wants to work now?

4. Dowse and discuss to locate which Strata of Mental Construct:

- **The anatomy of the Mental Layer:**
This layer is placed between the Primal Layer and the Cognitive Layer.
- From inside the layer by the Primal- affected by it and influenced by it
 - **Organizational** - seat of attitudes and beliefs
 - **Acceptance** - seat of acceptance and approval
 - **Chaos** - seat of chance and luck
- To outside the layer by the Cognitive- affected by it and influenced by it

Your Mental Construct strata is:

5. Bringing the Mental Construct to Conscious Mind.

- Watching- what important information about my Mental Construct arises from my unconscious mind?
- What emotion or memory activates my Mental Construct?

6. Return Presence.

- Observe where your physical body is resistant and where you did not want to be present in your body.

- Do this by determining the location where it is either hurting, grabbing or going numb.

7. What Type of Mental Construct Is It?

What do you feel or know when you're actively "in" the Mental Construct?

- How your Mental Construct matches up with what you feel or know when you are "actively in it" is what defines it. Determine if you have a Mental Construct that is a Habitual reaction, Malfunction or Injury, or Pathology.

TYPE OF CONSTRUCT -- what it feels like

- **Habitual Reaction:**
It feels like: A knee jerk response. Repeating, spinning mind, activated location in the body, discomfort or disorder in my spirit, behavior that always costs me something, pattern- A belief, attitude or decisions that I am unable to change, and that is acting as a repeating pattern in a groove that might be taking me in a downward spiral.
- **Malfunction or Injury:**
It feels like: How I interpreted and "held" outside influence. An event held by the HES- usually a trauma that keeps the construct in place- a holding onto the drama and upset as a defining feature of your life- This can be the place of victimization or martyrdom.
- **Pathology:**
It feels like: Shaping you to react (behave) in a particular way. A syndrome or subtle anatomy illness shaping the HES that often shows up in the physical body as deformity or malfunction of some sort. This can be very mild to more severe. But can also show up as an emotional or psychological orientation such as no sense of humor or inability to feel anger effectively.

The type of Mental Construct you have is:

8. To Understand Your Mental Construct:

- Why did you need this Mental Construct?
- What do you get out of the Mental Construct?

9. What Is the Mental Construct *Driver for Survival*?

- **The way you hold your Mental Construct in your HES is called the "*driver for survival.*" It is how the Construct survives AND how it helps you to survive.**
- **It will *primarily* be one of these:**
Emotionally anchored you

Physically kept you present though sensation or the loss of it
Psychological need or desire to fill
Spiritual yearning or seeking “something more”

- **Is your Mental Construct more emotionally based?**
(anger, fear, confusion, misunderstood, restless...)

What do your feelings show you about this pattern?

- **Is your Mental Construct more physically based?**
(Chronic back spasms, aches, soreness in the muscles and joints, holding on...)

What does your body show you about this pattern?

- **Is your Mental Construct more psychologically based?**
(Is the role you play in groups or your family depressing, disempowering or hard to understand?)

Does it influence or even create the solutions that you consider?

- **Is your Mental Construct more Spiritually Based?**
(Do you fight to be right even if it crushes the other person? Do you define your moral center by shutting others out [as in: those people don't get it]?)

What does your spirit, your soul show you about this Mental Construct Life Pattern?

10. Determine This Mental Construct's Message to The World.

How does it represent your personality or shape your life?

Let's Recap and weave together “what you know” of your Mental Construct:

1. What Strata is it in?
2. What does the Strata show?
3. What emotions are contained in this Mental Construct?
4. What does your body tell you about this Mental Construct?
5. What activates your Mental Construct? What sort of event, circumstance or emotion?
6. Type of Mental Construct:
7. What your *Driver for Survival* reveals about yourself:

A Creative Name for this Mental Construct is:

11. Determine the Lessons of Cost and Gift (Benefit):

- The cost of this Construct has been:
- The gift of this Construct has been:

12. Removal: Locate it. Agitate it. Lift it out. Release with a clap

13. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

14. Living Without your Mental Construct habit:

- What are the possibilities you see in your life without this Mental Construct?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

15. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

16. Harmonizing the Layers

17. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Cognitive Lack Life Pattern

Definition of Cognitive Lack:

The Life Pattern, Cognitive Lack is based on the idea that many foundational beliefs are essentially thought forms implanted in and cultivated by the point of transmutation in the cognitive layer. How these thought forms accomplish implantation and then crystalize into the beliefs we hold about ourselves, and which shape and form our personal journey, is at the core of how we release this pattern. As we are forming the persona we will begin to identify as "I". Discovering the way "I" cope with traumatic events and the associated

emotions create patterns of behavior that start to be laid down like strata of rock. Eventually a fuller personality evolves out of the instinct to take what is around us and to use it as a tool. When we are shaped by a limiting belief it is a responsive pattern called Cognitive Lack.

This is a Life Pattern that is essentially the manifestation of an implantation of an idea ABOUT YOU by a family member, a teacher or a friend in very early life. Little children are like sponges and experience approval and disapproval very much the same way except that disapproval, warnings, angry admonishments and repeated negative statements go in deeper and faster than the positive approving words. The point of transmutations takes experiences and creates an operating pattern, which lodges there. It is in one of the four strata of the cognitive layer they are from the innermost to the outermost:

Organs, Systems, Skeletal and The Point of Transmutation.

Our environment influences us in a thousand ways a second and in the lush land of childhood it is even more impactful. Adults have filters that instantly discard the beliefs of others we have learned to be unworkable and useless. But children don't know yet that grandpa is a manipulative SOB or that mama is an alcoholic and doesn't really mean what she says when she drinks. We believe in what they say and take it into the heart, into the clay that shapes the personality- even the physiology of the bio layer.

Little ones learn quickly but it takes a while to grasp the complex duplicities of love and hate, fear and affection, rejection and need that play out in early years and mold the personality with beliefs about who we are to those that love us. Each little hurt; scolding rage, and punishing action go into the fertile soil of the cognitive layer and create a deeply held self-concept. Some work well; some do not. If you are holding an early belief about yourself and creating a life pattern that is useless and yet you cannot get rid of it, cannot function without it- this is the night for you. Let go of Cognitive Lack, negative and destructive beliefs about yourself and experience more room to actually be who you really are!

Sacred Anatomy Energy Medicine Procedure

Cognitive Lack Life Pattern Removal

Are you ready for a breakthrough? Here is a framework to prepare for your release:

Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may allow for the release of issues that have stymied your journey once and for all. Here are some parameters:

- You will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life.
- You will be able to let go of things you are able to draw to a close with consciousness and focused intention.
- Tell the truth about what you are really ready to work with.
- Often people set breakthrough goals for themselves that are unrealistic. Go with what you are really ready to let go. What is do-able and will give you a win right now?

1. Use fierce honesty to name your Cognitive Lack--

- What is a life-long Pattern of lack that has matured and become a kind of ground of being for you; the reason you make decisions the way you do?
- How does the way you make a decision influence the way you approach life? Do you avoid decision making for some reason?
- Look for the juice of your knee jerk reactions. What are your instinctive responses and how do they appear to spontaneously shape your decision making?

2. Because all Life Patterns are set in place before age seven, these big influences are ingrained in the fabric of your soul- they are your body, mind and spirit.

- Do you remember an event that defined your childhood that shaped how you felt about yourself?
- How has it influenced your choices in life?

3. Begin to understand the Cognitive Lack by naming the 3-4 primary things you have denied yourself in life. Ask: How do you steal your own happiness?

4. What are the 3 biggest emotions it has caused you to store in your body and where? Make a list with both.

5. Naming your Cognitive Lack:

- Are you seriously committed to authentic shift, to the kind of change that takes restructuring body, mind and spirit?
- What are you missing? What do you lack? (not enough time, love, intelligence, space, fun?)
- What is the oldest memory you have of this feeling?

6. What has it cost you?

- The drama and pain in your life from this pattern shows up as this sort of suffering:
- What is the story you have created to explain how you either do *not* function, do *not* have happiness or do *not* experience success because of this pattern:

7. What can it teach you?

- How has this particular Cognitive Lack Pattern made you who you are right now?
- What is the value of shifting it?
- What are your life lessons as they apply to this Cognitive Lack?

8. Visualizing your inner garden and your Cognitive Lack weed.

9. Removal: Locate it. Agitate it. Lift it out. Release with a clap

10. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

11. Living Without your Cognitive Lack habit:

- What are the possibilities you see in your life without this Cognitive Lack?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it.

12. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

13. Harmonizing the Layers

14. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Spiritual Distance Life Pattern

Definition of Spiritual Distance:

The Life Pattern, Spiritual Distance is an insidious habitual pattern that causes you to turn away from the value of your own spiritual journey. If your decisions in life seem to keep you in a disinterested state, if the spiritual lessons of the past, no matter how impactful seem irrelevant or unimportant, it is possible you are suffering from the Life Pattern, Spiritual Distance.

If you are repeating again and again the same situations causing spiritual pain and have become overtly fixated on finding the cause for your suffering with no salient results it is possible that Spiritual Distance has you caught in an unconscious spiral of ignoring that which cannot be ignored.

It is based in the event of a spiritual awakening that has not "caught on" in the life. You experienced a profound wound, a spiritual injury or a big realization that awakened you

and you learned something but can't quite remember it. It might have lasted for an hour or a day but you didn't absorb the lesson, you didn't make it your own. The lesson learned became a story but not really a transformative shift. The question is mostly about when did this happen? Usually there is a historically significant event remembered by heart, mind, body and spirit and effectively stored for future use in a specific stratum of the spiritual layer. It will have affected the relationship you have with operating from one of these strata. The six strata are: Guides and Guardians, Elementals, Fairy Folk, Intuition, Angelic, Deity and each one is focused on your personal connection with that kind of unseen and influential helper.

Over time, the pattern will settle into its chosen strata blocking the full functioning of the spiritual layer. This is a limiting pattern. In other words: Spiritual Distance shapes the way that your individuated soul connects with different types of spiritual influences within yourself. It shuts you off from your own Divine nature. We need every part of ourselves to grow and evolve and Spiritual Distance is exactly what it sounds like: a way you express disinterest in your own wisdom and spiritual integrity. Naturally, it impacts the choices you make as you form into a spiritually conscious human being.

In the context of sacred anatomy energy medicine and the study of sacred anatomy Spiritual Distance is a limiting belief based in a spiritual decision that convinced you to shut off a part of yourself and forget who your authentic spiritual self is.

When you release a Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is more authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of these Life Patterns you can experience tremendous personal freedom. Releasing Spiritual Distance frees up your internal spiritual connection and awareness which in turn helps you wake up to your own power and potential as a spiritual being.

Please remember in the release of a Life Pattern, we are not interested in the drama of re-traumatization! With Spiritual Distance, you will locate that bored, sleeping and

unconscious part of yourself that is keeping you small and less in touch with your own capacity as a whole being. Removing this pattern is coming out of a somnambulant state-waking up to the spiritual potential of what it means to be human! Let's do it!

Sacred Anatomy Energy Medicine Procedure

Spiritual Distance Life Pattern Removal

Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may let things that have stymied you go once and for all. But remember, you will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life. You will be able to let go of things you are able to draw to a close with consciousness and focused intention.

1. What is your spiritual orientation?

2. What were you taught as a child? Do you still hold to your childhood faith and beliefs?

- How did your childhood understanding of faith/ or no faith shape your development into the person you are today?
- Have you felt rejected or abandoned by your childhood religion?

3. Have you ever been really angry at God or the Universe?

- When and what happened?
- (OR if this never happened to you-) When you were younger were you let down profoundly by someone you deeply loved or believed in?
- How did this change you?

4. Have you ever believed in magic?

- Have you owned a magical, spiritually empowered object?
- Where did it come from?
- Did a magical being, an angel or a special invisible friend or animal ever appear to you or talk to you or help you at any time in your life?
- Did your unseen helper ever betray you or let you down in a big way, desert you or leave you?

5. What is your relationship to spirit right now?

- How does this relationship influence your life?
- Do you pray or call for Divine guidance or help from a higher power now?
- Do you have a spiritual practice? Do you want one?

6. How have you shut down spiritually?

- Have you disconnected from an earlier belief or become remote from your younger self? Why?
- Is there a life-long dark spot in your spiritual consciousness? A place in your deepest self where you do not believe in mystery or the magic of all creation? Where you are convinced “this stuff “ is a lie. For example: It might be true for other people that angels come to help, but no way an angel would help me- they cannot possibly exist.

7. Did this pattern help you survive?

8. We are formed as much by what we do not have as we are by what we do. We are who we are because of our limitation and talents.

- What are your spiritual limitations?
- What are your spiritual talents?

9. Because Spiritual Distance patterns are set in place before age seven, these big choices influence the evolution of your soul. They are primordial and basic. They define how your internal spiritual dynamic has developed and how your ego has formed out of that.

We are informed at each turn by spiritual integrity and the weight of our soul's experience. For example you might ask yourself the question:

- How have I benefited from this way of being?
- Has it shielded me from difficult things in life?
- Has it caused me to make more limited choices in life that kept me from being too vulnerable?
- Have I thrived under this pattern or has it limited my experiences too much?

10. How deep has the spiritual abyss been for you?

- Have you had a “dark night of the soul”?

- Have you been living in a story that is about how you have to go it alone or you can't count on anybody, not even Divine Source?
- Have you had a spiritual death?
- Often people do not understand real spiritual maturity. They do not believe it is something they can have or learn to have. The question to ask yourself is whether you can rise up and find solace in your own deep communion with the life force within you?

11. Defining your Spiritual Distance

- What is the way you have turned away from your own Divine nature?
- Be specific. Shifting spiritually is **big** and it will open the door to more change. Are you seriously committed to authentic shift, to the kind of change that opens new doors into spirit?
- Describe how this makes you feel

12. Determining which strata of your spiritual layer Spiritual Distance is located?

- Where and how do you feel this distance in your physical body?
- Can you relate this feeling to a person or an old memory or habit?
- Choose one primary area:

13. What has it cost you?

- How has this Distance manifested in your life?
- The struggle in your life from this pattern shows up as:

14. Begin to understand Spiritual Distance by naming the 3 primary emotions it has caused you to store in your body:

15. What can it teach you?

- How has Spiritual Distance Pattern made you who you are right now?
- What is the value of changing it?
- What are your Spiritual Distance life lessons as they apply to this specific holding in your body?

16. Can you say “yes” to a change?

- What would it be like to live without your Spiritual Distance?

17. Removal: Locate it. Agitate it. Lift it out. Release with a clap

18. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

19. Living Without your Spiritual Distance habit:

- What are the possibilities you see in your life without this Spiritual Distance:
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

20. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

21. Harmonizing the Layers

22. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
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- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Etheric Disinterest Life Pattern

Definition of Etheric Disinterest:

Our entire history is written into our DNA. The story of our evolution and the difficulty of the ancestral journey show in the fabric of our organs and even the type of blood we have coursing through our veins. Is it so surprising there would be a spiritual, subtle energy location to record the story of the physical material self? The etheric layer is just that.

The personal quest from the beginning of time that your soul has undergone, struggling and yearning to be fulfilled, to live your soul's purpose, to bring it into the world as a viable

and useful contribution, is all there in the etheric layer. When we ignore our own history, pretend that things that happened- *didn't* - we run the risk of experiencing Etheric Disinterest. This is a life pattern that insidiously undermines the value of your own life experience and convinces you that: *it doesn't matter anyway*.

Letting go of that is huge. Living without the capacity to learn from your own experience, your mistakes, and even the good that happened in childhood (in your life) is limiting yourself to a small view of who and what you are. Most of us live in a sort of fugue state trying to stop replaying events from the past and being resistant to the nature of the lesson. Etheric Disinterest is a way to name and understand your personal brand or style of resistance.

Etheric Disinterest occurs in one of the strata of the etheric layer and has to do with the lack of interest in one's own history. The experiences stored in the etheric layer, as wisdom to be drawn upon in the present moment, are blocked from use by this pattern.

For example: In her heart of hearts a woman knew she was a bringer of light and she refused for much of her life to listen to this deep inner knowingness that was the truth of her being. The wisdom she had in this place, the stories of healing and rebirth that she knew in her bones were unavailable to her and this pattern kept her caught in the repeating nightmare that she was nothing special and had no real gift to give the world.

The deeply held pattern of Etheric Disinterest kept her blinded about her true calling, her direction in life, and her deep intuitive nature that might be developed into skills over time. When she became aware of this Etheric Disinterest Pattern her life changed. She is now a healer doing work in the world.

Etheric Disinterest comes up out of the mini Akashic records contained in the etheric layer, which documents our lives in detail. This pattern is drawn from the raw material of life experiences. Events, small things and large associated by a common thread shape an

operating pattern that is all about ignoring lessons and storing them, unappreciated and unused, in an associated strata of the etheric layer. The Life Pattern is focused on the historical meaning, interpretation and lessons of life. These are always lessons that are ignored, hidden beneath other patterns, or simply forgotten. Traumatic events and their associated emotions, create history that lays down our response patterns.

Ultimately, these patterns cannot be disregarded because they continue building over time, getting larger and denser. Whenever a relevant life lesson is overlooked or goes unrecognized it is because new and potentially transformational realizations have been pushed aside or down beneath glittering emotions. The gaudy emotional content grabs our attention and covers up the truly important thing. This causes the pattern to pile up. Such feelings (that overlay it) are often like disguises- and when the rich material beneath them is finally uncovered it is possible to discover the emotional camouflage maybe even irrelevant and easily discarded. But until that is actually done an Etheric Disinterest is usually covered by a hard shell of emotions, feelings, and vague concerns - unassociated with any vibrant or current memory.

A dull subconscious ache, underlying emotional state, or depression based in nothing specific can be caused by this pattern. It's basically an accumulated build-up of debris that has not risen to a conscious state of knowing and so is shrouded over with a manhole cover not allowing assessment.

It impacts the choices you make as you form and the path you take to learn how to function as a successful human being. A powerful influence, this Life Pattern represents the big blind spot, the obvious lesson, the thing you "should" know but don't. Compounding the build-up of this underutilized debris with the hardship of NOT LEARNING from past errors- gives you the deeper influence of Etheric Disinterest.

One of the most interesting things about Etheric Disinterest is the strata. Each strata is devoted to one of the eight stages of human development: inception, first phase (includes: conception, birth, early infancy) infancy, childhood, youth, maturity, karma & death, recent.

With the exception of recent strata, the location of the Etheric Disinterest is shaped by the strata and reflects when this resistance pattern took hold in your structure.

When you release a Life Pattern you ‘deconstruct’ the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is more authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of these Life Patterns you can experience tremendous personal freedom.

Please remember in the release of this Life Pattern, we are not interested in the drama of re-traumatization! There is little or no value in being broken over and over again. Are you ready to release your Etheric Disinterest Life Pattern?

Sacred Anatomy Energy Medicine Procedure

Etheric Disinterest Life Pattern Removal

1. Use fierce honesty find your Etheric Disinterest--

- When was the last time you felt something and pushed it down or had a realization and simply ignored it?
- Feel for a recent related memory of an event (a different one if you already had a memory come up) where there was a sense of: “I’ve been through this before”. You’re looking for lessons that were learned unconsciously by way of life events and experiences but that have not come into conscious use. Memories that will define your most common repressive reaction held right under the surface. Clue: they sometimes cause inadequacy and can show up in dream-resolutions just out of reach in your sleep.

2. Determine by dowsing and discussion which strata of the etheric layer it is located in by feeling into which of these resistance styles you most embody:

- Inception: You are unable to or have great difficulty planning.
- First Phase: You are unable to or have great difficulty beginning projects.
- Infancy: You are unable to or have great difficulty letting others in.
- Childhood Strata: You are unable to or have great difficulty admitting you are wrong. OR : You are unable to or have great difficulty realizing you are right.

- Youth Strata: You are unable to or have great difficulty inventing, creating or bringing forth an original thought, idea or concept- talking about it and sharing it.
- Maturity Strata: You are unable to or have great difficulty finishing projects.
- (Karma and) Death Strata: You are unable to or have great difficulty feeling safe in the world.

3. Because deep Etheric Disinterest patterns are set in place before age seven but then continue to develop, adding another layer or chunk each time you choose not to learn from your mistakes, your resistance style is defined by this pattern.

- Do you remember a reaction that happened repeatedly throughout childhood? (Tantrums? Lying? Stealing? Tattletale?)
- What do you resist now that you resisted then?
- How has your own style of resistance to change, to learning, to expansion influenced your choices in life?
- Where do you feel this resistance in your body?

4. Name the 3 primary emotions related to this and held in your body:

5. Defining your Etheric Disinterest:

- What is the weave that these emotions create to keep your resistance in place?

6. What has it cost you?

- Not acknowledging the existence of this pattern shows up as this sort of resistance:
- What is the story you have created to explain how you either do not function, do not have happiness or do not experience success because of this pattern:

7. What can it teach you?

- How has this particular Etheric Disinterest Pattern made you who you are right now?
- What is the value of shifting it?

8. Removal: Locate it. Agitate it. Lift it out. Release with a clap

9. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

10. Living Without your Etheric Disinterest habit:

- What are the possibilities you see in your life without this Etheric Disinterest:

- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

11. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

12. Harmonizing the Layers

13. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Soul Disturbance Life Pattern

Definition of a Soul Disturbance:

The Life Pattern, Soul Disturbance is held in the soul layer, which is the outer-most layer of the Human Energy Structure. This pattern lodges in one of the three strata of the soul layer and affects the way the subtle/material conglomerate uses, processes and resources energy.

Because the soul layer is the first container of the individuated soul this is the oldest and most established part of the Layers System. Some of the energies that are held here are ancient and have witnessed the unfolding of the entire soul's history. But some of the energies have just emerged from the fountainhead where they have individuated from the core, these new energies add a freshness and excitement to the overall energy of the Human Energy Structure. It takes both new and old energies to create the Sacred

Anatomy and all of the building blocks of the subtle-self come out of the melting pot of the soul layer into different anatomical locations in the larger one body where they reform, refresh and even recreate various parts.

When a Soul Disturbance is lodged in one of these powerful currents the entire structure is impacted. This takes away energy that would have been used for reconstruction and creates a blockage in the natural flow of the layer. Now, instead of being used to rebuild parts of the structures the Soul Disturbance continues to contribute to what has been wounded or damaged and parts may even get repaired with weakened basic components.

In Sacred Anatomy a Soul Disturbance is about the way the individual uses their own resources, their energy. This Life Pattern attaches to one of the three strata and then continues to be defined and shaped by it. Soul Disturbances are restricted to the blue, function current, red, purpose current, or the golden, wisdom current. From that profoundly primordial part of the anatomy they help form the underlying energy of the personality and influence strength of ego development, which is the specific function of this Life Pattern, Soul Disturbance.

Sacred Anatomy Energy Medicine Procedure

Soul Disturbance Life Pattern Removal

Remember we are not interested in the drama of re-traumatization!

Using fierce honesty--look for a life-long pattern that has matured and become the way you use energy.

1. Defining your Soul Disturbance:

- How do you use your energy?
- How is your energy blocked or held?

2. Which strata of your soul layer is your Soul Disturbance located?

- What do you feel or think is your primary orientation?
- Are you a blue function person?

What is your relationship to this color or feeling?

How do you feel about how you function in your life?

- Are you a red purpose person?

What is your relationship to this color or feeling?

How do you feel about your purposeful actions in your life?

- Are you a golden wisdom person?

What is your relationship to this color or feeling?

How do you feel about your innate wisdom or wise actions in your life?

- Which of the strata is the *most*- meaningful, exciting or stimulating to me?
- Which of the strata is the *least*- meaningful, exciting or stimulating to me?

3. How does the *least* strata show up in your life?

- *Your function in life*- how you do things, if you do them completely or well, if you are energized to finish tasks and really enjoy the nuts and bolt functionality of organization or of a particular undertaking-
- *Your purpose in life*- how you find the meaning in things, if you seize your commitments in your heart and life into their fulfillment, if you find satisfaction in the way your actions and behavior define you-
- *Your wisdom in life*- how you feel into your wise mind. How easily do you recognize the more authentic joy of inner knowingness; the deeper truth of your heart and head. The way you arrive at decisions from the inside out- discovering your own pure sources of information and enthusiastic choice.

4. What has this done?

- How does the lack of energy in the lesser strata stop you from experiencing your life fully?
- What is the story you have created to explain how you do not function fully in:

5. Activate the Disturbance- Feeling the emptiness:

- Extend light fingers to feel how the strata is “full” and the Life Pattern is disturbing the flow of the soul layer.

6. What can it teach you?

- How has this Life Pattern made you who you are right now?
- What is the name of your Soul Disturbance?
- What is the value of changing it?

- What are your Soul Disturbance life lessons?

7. Taking the chance:

- What would it be like to live without your Soul Disturbance?
- Would your life be more fun?

8. Removal: Locate it. Agitate it. Lift it out. Release with a clap

9. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

10. Living Without your Soul Disturbance habit:

- What are the possibilities you see in your life without this Soul Disturbance:
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

11. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

12. Harmonizing the Layers

13. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Dimmed Light Life Pattern

Definition of Dimmed Light:

The Life Pattern, Dimmed Light is held in the Surrounding Universal, which is the area directly around the outside of your Human Energy Structure (HES). Very few issues or patterns have the potency to exist beyond the edge. The Dimmed Light is one of the three major Life Patterns that settle outside of your structure in the surrounding universal. The others are: Invisible Man/Woman and the Wall of Defense. This pattern was formerly known as an Obscuration Life Pattern. The name was changed because it was not really accurate and because I developed another procedure that is now named: Obscuration at the Edge.

Concealing yourself from others requires work; but to dim your own light and become less luminous than your spirit actually is as it brightly shines in partnership with Divine Creation... now that's a perversion of your soul's purpose. And it is so commonplace - even the most successful of people have a part of themselves that is dimmed and depressed! We all remember the old adage: "Don't hide your light under a bushel*." It's so old most of us don't even know a bushel is an old form of measurement, a quantity, literally a whole bunch of something. The point is that even in grandma's day people were admonished not to withhold their own brilliance. As the old spiritual sings out: "I'm gonna let my little light shine! Let it shine, shine, shine, shine, shine..."

The natural edge of the Human Energy Structure is profoundly bright. It shimmers; glitters and glows in the dark- except when people consciously subdue or dim their own radiance. When we forget who we are we bury that sparkle underneath layers of trauma and sadness. A Dimmed Light is only possible when the struggle has won out over the intrinsic joy. This is because the Edge of the structure is by nature, incredibly joyous- filled with possibility and a constant: "Yes!" to the expression of Source. Loss of joy literally looks like a lessened light at the edge; a sadness and depression that steals opportunity and possibility. Practicing a compassionate edge is hard when experiencing a Dimmed Light. It's hard to locate the Edge and harder still to feel the extra-somatic intelligence of this

place. But your brightness is still there, only obscured and lost undercover, unavailable, hidden beneath a dense dimming cloud suspended in the surrounding universal. If you've wrestled with the Edge Practice this might be why.

Most of us have a sense of our own light. We remember what it felt like to glow with happiness or to realize your face actually hurt from smiling. Every human has a desire to be seen by the world as helpful and good. But when suffering from a Dimmed Light, the level of effort expended to be noticed, or appreciated and loved, can feel enormous and continually falls flat. The hope of "making a difference" or even "being the change" drops like a lead balloon into the sea of unconsciousness in which, most of us humans retreat to in disappointment and despair after a brief and often futile attempts to amp up our own radiance and overcome persistent Dimmed Light. We all know this is heavy lifting. It just stands to reason that when you are in a posture of pushing up and out that you are coming from the point of view of your long and sad struggle. But mostly, you have forgotten who you are.

The biggest frustration of this Life Pattern is that it becomes pervasive and a way to 'settle for' or accept a less fulfilled and productive life. The hardest part of this being: the nagging belief that you could have done better. We always know *that* somewhere inside but often we just don't know *what* we could have done differently.

What if it wasn't doing it differently? What if you already had absolutely everything you needed at your fingertips and all you had to do was to turn up the light? Just get out of your own way and simply allow yourself to shine? Return to a simpler way of being

* For example: a bushel basket full of peaches was the amount your great grandmother bought to preserve for her family's dessert.

At some point in your development between infancy and age 7 you experienced sadness. You might have even dropped into a state of despondency and lost yourself somewhere in the vastness of sorrow. You have accepted this orientation as fact, as the truth about you

and it is false. It was a decision, a choice and now people don't really see you as anything other than the Dimmed Light.

This Life Pattern is based in an infantile or even a childish decision and could even be the result of an early traumatic realization or event. The Dimmed Light over time defined how people relate to you, understand you and see you. Now, you do not reveal your hidden nature to anyone. Of course, this life pattern has had its helpful and beneficial moments. It probably kept you safe, maybe even alive, certainly out of the line of fire and blame. But one of the big drawbacks is that is based in an infantile assessment of the situation and not in your rational adult understanding of how things actually work. But is this authentically who you are? Do you still choose to not be seen and appreciated as a light bringer?

Early in your life you experienced a crisis, an injury, a deep desire to protect yourself and to cope with your world. Your choice to dim your light, to become less of a beacon, to not lead or show the way forward but to instead sink down into a safe zone where less confrontation occurs, less opportunity and oh yes, way less happiness exists has defined you for a long time.

We need every part of ourselves to grow and evolve and hiding underneath this sorrowful Life Pattern keeps us from being part of how things work. Clinging to this Life Pattern is a way you put a dampening energy between you and how the universe receives you, how the world takes your offering to heart and makes a place for you in the unfolding global plan.

Letting go of this pattern will free you up in ways you might not even realize. When you release any Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as: you within the context of the LP. A deeper you will emerge, one that is authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of Life Patterns you can experience tremendous personal freedom.

Please remember we are not interested in the drama of re-traumatization! This will be a fast look at the pain and anguish, not a long exploration of the grief within you. With

Dimmed Light you will name what it is that you are saddest about deep in your spirit. Then you will identify it and shake it awake. The good news is that removing this pattern is coming out of a somnambulant state, coming out of the closet of your fearful childish defense position and waking up to the full potential of what it means to be human!

ATTENTION;

Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may let things that have stymied you go once and for all.

Remember, you will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life. You will be able to let go of things you are able to draw to a close with consciousness and focused intention.

Sacred Anatomy Energy Medicine Procedure

Dimmed Light Life Pattern Removal

Defining Your Pattern:

1. Go back to earliest memories and ask: when do you last remember being a star?

What did it feel like?

2. When did you first discover sadness?

Was it a surprise or a shock?

Where in your body do you keep that shock or surprise?

3. Why did you decide to keep sadness in your emotional arsenal?

4. What did dimming do for you? Did it protect or save you?

From what?

From whom?

5. **Is this who you truly are?**
6. **What did the Dimmed Light cost you?**
7. **How did it shape and mold your identity?**
8. **How did being inauthentic with the world and your true self hurt you?**
How did it help you?
9. **Did this pattern save you or help you to survive?**
10. **What did Dimmed Light teach you?**
11. **We are who we are because of our limitation and our talents. But because of Dimmed Light parts of yourself have remained dark... What are the ways you know you can “light up a room” that nobody knows about?**
What are you afraid will happen if you reveal them?
12. **Name the 3 primary emotions you are feeling when you think about your Dimmed Light:**
13. **How and where do you feel these emotions in your physical body as you speak about it?**
14. **What is your dark and hidden cave... the big excuse you have made for why you don't have the joyous life you expected or thought you would have?**
15. **Describe your Dimmed Light in a few simple sentences:**
16. **Are you ready to stop being ordinary?**
17. **Can you imagine saying yes to being the star you are?**
What would it be like without my Dimmed Light?
Can you light up again?
18. **Removal:** Locate it. Agitate it. Lift it out. Release with a clap
19. **Fill the hole:** Saturate it with *Universal Love and Light*- and pack it.
20. **Living Without your Dimmed Light habit:**
 - What are the possibilities you see in your life without this Dimmed Light?
 - What excites you? What are your hopes?
 - Let's brainstorm some strategies to break your habit of it

21. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

22. *Harmonizing the Layers*

23. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Wall of Defense Life Pattern

Definition of Wall of Defense:

The Life Pattern, Wall of Defense is held in the Surrounding Universal, which is the area directly around the outside of your Human Energy Structure (HES). Very few issues or patterns have the potency to exist beyond the edge. The Wall of Defense is one of the three major Life Patterns that settle outside of your structure. The others are: Invisible Man/Woman and the Dimmed Light. If your fallback position in life is to defend yourself against injury and attack no matter what the cost, the Wall of Defense is probably working overtime to help you maintain this destructive and door closing vantage point.

Ideally located in the surrounding universal, the Wall of Defense is built to protect and guard against dangers coming from outside you. The whole orientation of this Life Pattern is one of fear: fear of the unknown, fear of attack, fear of all things out of your control and beyond your reach. If you are scared of people or feel unsafe putting yourself out there in the big world and yet overcome your concerns and do it anyway, waiting for the inevitable

disaster to happen any minute, you may be relying on your Wall of Defense to support you, to keep you safe.

The thing is a Wall of Defense doesn't really keep you safe and secure. It isolates you, walls you off from your family, your community and your own life. It puts distance and an energetic barrier of fear between you and the rest of the world. It keeps you alone and in a contracted state that may or may not give you whatever it was you thought you needed to exist.

Although it can, a Wall of Defense doesn't have to completely cover the outside of the structure. It can be a small area, a segmented wall and possibly denying access of the universe to critical parts of the structure such as the super villi around the core sheath and core that attract major energies like complete release and the energies of Divine Attributes like Divine Approval or Divine Security. If a major access point is shielded by a Wall of Defense illnesses may be a side effect and spiritual or emotional issues of isolation may result. It is similar to denying the physical body a particular vitamin or food source: when it happens, the body reacts. So does the HES when denied what it requires. We will work together to define this powerful pattern and release the energetic of your foundational fear response.

If you feel:

I can't trust anyone,
I lost my innocence
I am only safe alone,
People are dangerous
Nobody really understands me

Transform this to:

People are trustworthy
I have gained my maturity
I am safe with others
People are only people
I understand myself

At some point in your development between infancy and age 7 you became deeply afraid. You might have even feared for your life. You made the choice to build a wall around yourself and keep yourself defended. The problem is that even though you may rationally know there are no boogiemens under the bed or mean uncles who will "get you," you've approached life since early childhood as if everyone and everything is a threat you have to defend yourself against. You have accepted this orientation as fact, as the truth about you and it is false.

Usually, there are a few people who are willing to make the effort to fight through the active Wall of Defense. You may feel alone in the world because you are alone. Few or no people can make it over or under your well-built wall that gets larger with every event in the world that proves to you that family, friends, and colleagues cannot be trusted or relied upon.

This Life Pattern is based in an infantile or even a childish decision and could even be the result of an early traumatic realization. The Wall of Defense over time began to define how people relate to you, understand you and see you. You are well defended and you do not reveal your hidden nature to anyone. Of course, this stand has had its helpful and beneficial moments. It probably kept you safe, maybe even alive. But one of the big drawbacks is that is based in an infantile assessment of the situation and not in your rational adult understanding of how things actually work. But is this authentically who you are? Are you really still afraid?

Early in your life you experienced a crisis, an injury, a deep desire to protect yourself and to cope with your world. Your choice to build a wall may have been about survival or safety but it made you less available to universal Source support and stopped you from influencing your environment.

This Wall shuts you off from the Divine masculine, which resides as a guardian at the edge and supports a deep understanding of how you give your energetically balanced self to life and the broader universe. Being cut off from the Divine Masculine behind a Wall of Defense can dramatically impact the way we express ourselves with and through male energy. We need every part of ourselves to grow and evolve and hiding behind this isolating Life Pattern keeps us from understanding how things work. Clinging to this Life Pattern is a way you put a protective energy between you and how the universe receives you, how the world takes your offering to heart and makes a place for you in the unfolding global plan.

Letting go of this pattern will free you up in ways you might not even realize. When you release any Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as: you within the context of the LP. A deeper you will emerge, one that is authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of Life Patterns you can experience tremendous personal freedom. Please remember we are not interested in the drama of re-traumatization! This will be a fast look at the pain and anguish, not a long exploration of the grief within you. With Wall of Defense you will name what it is that you are afraid of deep in your spirit. Then you will identify it and shake it awake. The good news is that removing this pattern is coming out of a somnambulant state, coming out of the closet of your fearful childish defense position and waking up to the full potential of what it means to be human!

ATTENTION;

Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may let things that have stymied you go once and for all.

Remember, you will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life. You will be able to let go of things you are able to draw to a close with consciousness and focused intention.

Sacred Anatomy Energy Medicine Procedure

Wall of Defense Life Pattern Removal

Defining Your Pattern:

1. When do you first remember being afraid?

What were you afraid of?

2. Why did you find it necessary to barricade yourself from your environment, your family and your world?

What were you afraid would happen?

3. What did hiding out do for you? Did it protect or save you?

From what?

From whom?

4. What did the Wall of Defense cost you?

How did shutting out the world hurt you?

Help you?

Did this pattern help you survive?

5. What did your Wall of Defense teach you?

6. We are who we are because of our limitation and our talents. But behind the Wall, parts of yourself have remained hidden... What are your talents or dreams that nobody knows about?

What are you afraid will happen if you reveal them?

7. Name the 3 primary emotions you are feeling when you think about your Wall of Defense:

8. How and where do you feel these emotions in your physical body as you speak about it?

9. What is the real-life story you have created to explain how you cannot trust people and how the world is not a safe place for you?

10. Describe your Wall of Defense in a few simple sentences:

11. Are you ready to stop hiding behind your wall?

12. Can you say yes to a change?

13. What would it be like without your Wall of Defense?

14. Removal: Locate it. Agitate it. Lift it out. Release with a clap

15. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

16. Living Without your Wall of Defense habit:

- What are the possibilities you see in your life without this Wall of Defense?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

17. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

18. Harmonizing the Layers

19. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Invisible Man/Woman Life Pattern

Definition of Invisible Man/Woman:

The Life Pattern, Invisible Man/Woman is held in the Surrounding Universal, which is the area directly around the outside of your Human Energy Structure (HES). This pattern can be large, anywhere up to 25 feet out all around the boundary of the anatomy or smaller, and less than 5 feet around the structure. The size simply depends on the amount of energy caught and held in this very interesting pattern of behavior. So, the harder the pattern has been restricting and managing you, the bigger it is. Only a very few patterns or issues settle outside of your structure but of the three major Life Patterns that do, Invisible Man/Woman has the most profound impact.

If no matter what you do, you feel invisible to the powers that be, your family and friends, neighbors and colleagues, this pattern is probably active in your life right now.

Invisible Man/Woman is a really good bet if these things happen frequently:

- If people don't hear your contribution, don't remember you are there, or that you volunteered, offered your time and talents, or "Me too!" never gets a response-
- If the waiter forgets only your meal, your drink, or that you are waiting to order-
- If the bus driver shuts the door on you or drives past you waiting at the stop-
- If friends leave you at the party when they all drive home together or even worse forget to pick you up for the party-
- If in school you were always the last one picked for anything-
- If in your job you have been skipped over for promotion or career advancement like you were invisible-
- If the pretty girl or handsome guy always walks right past you to flirt with your friend, doesn't even see you sitting right there looking good,

*If it's never you, no matter what you do, and you are alone on an island of your own making, this pattern has your name all over it! You are not crazy **and** you are not invisible. You are suffering from Invisible Man/Woman Life Pattern one of the Universal Disconnect Patterns and **there is a way to change this constant and difficult result.***

At some point in your development between infancy and age 7 you decided to go underground and hide out. You made the choice to become invisible, to not be noticed or seen, to instead be an observer in the shadows of your world. You may have even felt pretty clever at the time. Many of us remember the game we were playing or the exact moment when we opted out of our families, our lives and the pain of everything we knew.

That moment of choice was huge and it froze into a way of being. We usually only want to be invisible for a moment or so but without even realizing, it happened: you were disguised in a naturally created vortex of spinning light masking your presence from those around you. It was handy concealing yourself from a brutal childhood, situations, mean friends in school, or jealous siblings bent on your destruction; but this frozen pattern is not so valuable now. Time has passed, you're all grown up and you want to make a difference, to find meaning in life. This is hard to do while wearing a cloak of invisibility.

Usually, there are a few people who are willing to make the effort to see around or through the active Invisible Man or Woman. They have to “go under” the disguise to find the real person unseen by those who don’t know how to really look to see under your camouflage. This Life Pattern is held in the Surrounding Universal and is based in an infantile or childish decision and possibly a traumatic moment of self-protection that went awry. The pattern became fixed over time and currently defines how people relate to you, understand you and see you. Learning to be invisible has its advantages and you have used them in your life. But is this authentically who you are? Aren’t you under there somewhere?

Early in your life you experienced a crisis, an injury, a deep desire to control your world, or possibly a big realization that frightened you. Soon you discovered hiding was the best option for you. It made your life possible, more pleasant and of course, easier. At first the invisibility might have lasted for an hour or a day but somehow you got lost in the experience of hiding and maybe even forgot about the decision you had made pretty consciously. Before you knew it, this cover-over of your authentic nature became your ‘story.’ It was who you became, trapping your legitimate potential beneath your invisible shroud. Clearly this was not a positive or an expansive shift toward a fuller expression of your soul. Your choice may have been about survival or safety but it diminished you. The funny thing is that it might even have been a childish attempt to control the environment or “win the game” in a larger context, of hide and seek.

Over time, this decision became a pattern that settled into the edge villi and receptors blocking the full functioning of the HES; affecting the Template, nervous system and the Bones of Light and your internal structural support. This Life Pattern is a security blanket, a tool to cope, to hide out in and to be disguised by: it is safety in a cloaked structure. In other words: Invisible Man/Woman shapes the way that your individuated soul structure connects with different types of influences from outside of yourself and ALSO how you experience the spectrum of support available from inside yourself.

It also shuts you off from the Divine masculine, which resides as a guardian at the edge and cultivates a deep understanding of how you present your true self to life, even to the

broader universe. This can dramatically impact the way we see ourselves as expressions of male energy. We need every part of ourselves to grow and evolve and this pattern keeps us from being effective, seen, appreciated, and making a difference. It keeps us from 'stepping up,' 'taking responsibility' becoming an adult and just plain being happy. Holding this Life Pattern in place is a way you disempower your own wisdom and spiritual integrity; not to mention the deep fulfillment of your soul's purpose.

In the context of Sacred Anatomy Energy Medicine and the study of sacred anatomy Invisible Man/Woman is a limiting belief based in a survival decision that convinced you to hide yourself and your authentic nature from the world. Letting go of this pattern will free you up in ways you might not even realize. When you release any Life Pattern you 'deconstruct' the ego and the persona that has evolved to speak and act as you. A deeper you will emerge, one that is authentically speaking as your true nature outside of Life Patterns and limiting beliefs. With the release of enough of these Life Patterns you can experience tremendous personal freedom. Letting go of the bonds of Invisible Man/Woman frees up your true presentation to the world, which in turn helps you wake up to your own power and potential as a whole and healthy being.

Please remember we are not interested in the drama of re-traumatization! This will be a fast look at the pain and anguish, not a long docking at the grief within. With Invisible Man/Woman, you will locate that old, frozen and unconscious part of yourself that is keeping you small and less in touch with your own capacity as a whole being. You will identify it and shake it awake. The good news is that removing this pattern is coming out of a somnambulant state, coming out of the closet of your fearful childish orientation and waking up to the full potential of what it means to be human!

Let's do it!

ATTENTION;

Over years of dealing with Life Patterns and their placement in the subtle anatomy some incredible techniques for physical and emotional release have developed that may let things that have stymied you go once and for all.

Remember, you will not be able to release anything that you are currently working with, that is really defining you actively now and that you are still learning from in your life. You will be able to let go of things you are able to draw to a close with consciousness and focused intention.

Sacred Anatomy Energy Medicine Procedure

Invisible Man/Woman Life Pattern Removal

Defining Your Pattern:

- 1. When did you first start to hide out?**
- 2. Why did you find it necessary to hide yourself from your environment, your family and your world?** What is the origin of your invisibility skills?
- 3. What did these invisibility skills do for you?** Did they protect or save you?
- 4. What did being an Invisible Man/Woman teach you?** Did it give you something good?
- 5. What did this decision to be invisible cost you?** How did you shut out the world?
- 6. Did this pattern help you survive?** How have you benefited from this way of being?
- 7. We are formed as much by what we do not have as we are by what we do. We are who we are because of our limitation and talents.** What are your talents or dreams hidden behind your mask?
- 8. How and where do you feel this invisibility in your physical body as you speak about it?**
- 9. Owning your Invisible Man/ Woman Life Pattern:** Describe in a few simple sentences what this pattern has been:
- 10. What is the real-life story you have created to explain how you do not function, do not have happiness or do not experience success because of this pattern?**
- 11. Name the 3 primary emotions it has caused you to store in your body:**
- 12. Are you ready to come out of exile, to get out of the closet and emerge from hiding?**
- 13. Can you say yes to a change? What would it be like without your Invisible Man/Woman?**

14. Removal: Locate it. Agitate it. Lift it out. Release with a clap

15. Fill the hole: Saturate it with *Universal Love and Light*- and pack it.

16. Living Without your Invisible Man/ Woman habit:

- What are the possibilities you see in your life without life as this **Invisible Man/ Woman**?
- What excites you? What are your hopes?
- Let's brainstorm some strategies to break your habit of it

17. Listen for your four aspect "I" statement: Look within to consider the highest and best statement that reflects your soul's inner knowing of your highest outcome. Write this statement down.

18. Harmonizing the Layers

19. Declare your Freedom:

- Integrate the change by accepting the possibility that there has been a shift. (Practitioner Bring in *Integration*)
- Blend by accepting the integration into the un-changed places in you (Practitioner bring in *Blending*)
- Witness and ask them to share their "I" statement while practitioner witnesses in three directions.
- Stabilize your new way of being by calling on your authentic self to anchor the change in you (Ancestral or Green light)
- *Integration and Blending.*

Releasing the Template Wound

What?

The Template wound is located deep in the innermost part of the Template organ at the junction of the strands and the inlets. It is a primary wounding which causes a major contraction of the sacred anatomy Nervous System, the Template. The kind of event that might create a Template wound is one that generates shame, jealousy, a sense of not belonging, or loneliness. Note that these are what could be considered *second tier* emotions instead of *first tier* emotions such as anger, fear, guilt, hatred, and love. The dominant presence of first tier emotions would indicate a different kind

of problem. It is instead the traumatic childhood experience of shame, jealousy, not belonging or loneliness that begins to starve us by shutting down the free flowing Source.

Why?

The Template constricts and seizes restricting the flow of the pure Source energies that enter it at the villi at the edge and move down the strands to the core sheath and star point at the center of the structure. This constriction is immediately built into the inlets as they transfer the Source energies to the e-stomach which is a prime feature of their operation. This causes the inlets to only function within the parameters that the constriction would allow so they contract and only let a small portion of the Source energies pass through.

Restricted flow means that these energies build up in this location in the base of the strands and cause a swelling at the entrance to the core sheath, star point, conduit, Template heart, and e-stomach cutting off nutrition. As a result, the information that enters the Extragenic stomach is released less and is less ready for absorption, being too little and too slow.

The structure begins slowly to have less and less of the nutrients it needs to be healthy. The e-stomach grinds more and more to produce less and less and pretty soon the individual begins to show symptoms of lack of nutrition on many levels: spiritually, psychologically, emotionally and physically. They begin to starve. People suffering from a Template wounding are unable to get enough attention, love, acknowledgement, space, money or possessions. This wounding feeds into the established life patterns that are dedicated to both lesser and greater emotional depth. It plays up the karmic wounds, especially ones that are similar and soul path congestions, to shape the personality.

But most of all it resonates with other people. It calls out, sending its song across the strands of the Template like the wires of a telegraph into the world to other people with the same Template wounding. The wounded find each other in the world and recognize the mightiness in each other's sorrow. But then are often driven to distraction by the other person's unconscious mirroring back of the emotional content of their wound in common. They will also like each other and often experience a sense of family and intimacy that is unusual.

It works like this: Individual A experiences a deep shaming in childhood. He attracts individual B who also experienced shaming in childhood because of small stature, who attracts individual C who experienced an overwhelming shame about being fat in high school, who attracts individual D

who experienced shame as an adult about not being sexy enough who attracts both individual A and B. Such is the group dynamic of the Template wound with everyone seeming to be too needy and wanting the impossible from the group around them.

Not only are all these beings lacking in nutritional balance with increasingly weak soul layers, but also they are playing into each other and causing the symptoms to be exaggerated. There is also the definite chance that some of these beings may be re-traumatized in adulthood, and the ones traumatized in adulthood may be echoing an earlier and similar issue. All are experiencing the same issue but with different circumstances.

These Template wounds can stay in place for years and not cause more than a little distress. But, as it comes to release, and this may again be over year's duration, the emotional and psychological symptoms become more acute.

Spiritually, the sufferer may begin to doubt their faith, their connection with the Divine, their experience with prayer or meditation may change and they might have feelings of being overwhelmed with one of the Template wound emotions in relationship to their own spiritual experience. Such as, feeling they do not belong at their church any more, or they may have a shaming event in relation to members of the congregation.

Once this has happened more than one or two times with different groups, the person usually starts to think "this weird thing happens to me in communities, it might not be my fault, but it is a strange coincidence." They will also say things like: "I always try to fit in, to get along with others and it usually works for awhile but then it always falls apart!" This is the Template wound in action.

Physically, the sensation of the Template wound is that of constant inner swelling and congestion at the core sheath, star point, conduit, and at the Template heart. The Template will expand when directed but there will be a sense that more is possible, as if the Template is holding something back. Contraction of the Template will sometimes be quite painful and the pain will be centered in the stomach area or the lower chest. People can even have hard sore areas that never seem to release that are related to this wounding.

In the bio layer, they will experience issues of absorption and malnutrition. They may, in extreme cases suffer from bulimia, excessive dieting or anorexia. They will have difficulty eating foods they crave and may suffer severe or debilitating allergies and sensitivities to foods. They can have chronic elimination issues, irritable bowel, and puffiness, inflammation or weight gain that is unexplained. They may also suffer odd or extreme allergies and food sensitivities and constantly be tinkering with their diet to stabilize. Unfortunately this is sometimes a lasting effect of a profound

Template wound and some of these physical issues may remain even after it is removed and the One Body released. Remember these kinds of demonstrations are often symptoms of the Template wound.

The Template wound can also present in a more severe form. Sometimes wounds layer one over the other in the swelling core sheath and cause a hidden stash of buried wounds to build up. For this person a series of sessions will be required. Usually for a straightforward Template wound there will be a series of 3 releases that may occur in one session or may require repeating the same procedure 3 times at 3 different times, to get the fullest experience. But in the case of rare individuals who layer multiple causes, it looks like this: shame overlays jealousy overlays not belonging to create a kind of triple layers deep Template wound. This might require as many a nine short (10- 15 minute) sessions to get the full release.

How?

One of the best diagnostic tools for determining the need for this procedure is the soul layer vitality level. If a Template wound is actually ready for release, the SLV will read below 50%; if it is more, they are not yet ready for release.

If the client is deeply wounded with multiple layers of wounds- you will not know this until they begin the release process. But you will soon enough because they will have physical reactions. Their body may ache and their spine might even hurt or need adjustment. This is the deep unwinding and so far does not seem to be able to be helped as the holding at the center is often really physical by the time you are able to address this wound. The client must understand the consequences of the procedure or be a person who is good at reaching back to you for support during the process. They will need extra integration and blending between sessions and will need mini support sessions where witnessing is emphasized to keep releasing the vast and powerful core constriction.

The best plan is to always warn the client they may need a few more Template Wound sessions. This makes it clear to them you will be following them through the process. The problem with this piece is basically that you are working with an unknown until you get going. The underlying issues are often activated by the removal of the first stage in the series and this can be a surprise. This may be hard going for the client and you will need to be certain of their ability to reach out to you for help.

Only attempt the Template Wound removal with people who are really stable clients- on all levels and who understand SAEM work well enough to be engaged in the process of noticing the results and reaching out for help as needed. This will be hard for the client who blames the world for their

problems and finds fault as a first line of reaction or who has a hard time seeing how they set themselves up in situations. They may demonstrate a loss of spiritual maturity at some point and need extra attention to get through what feels like a rocky path. Interestingly this demonstration of personality issues may not be who they are now after years of personal developmental work--- but it may be the younger and more naïve person they were as the wound developed and formed inside the core sheath. This is especially true in the layered kind. As always, knowing your client helps you steer their course with Sacred Anatomy Energy Medicine.

Remember the Template wound requires the client be a pretty stable person as they may feel the session with you caused distress unless it is possible to speak to them and explain the way the wound unwinds primordially at the core.

Sacred Anatomy Energy Medicine Procedure:

Releasing the Template Wound

Template Wounds will need to be repeated a total of three times. A person can have more than one Template Wound and will need it repeated three times PER WOUND. These sessions do not have to be long but should grapple with the emotional content, build on the previous session and have an emotional release. They are very powerful and cannot be done with beginners (at a minimum of 6 sessions, however more may be needed as this is a very individual assessment). Waiting for the right moment to release this wound is very powerful.

Discuss the memory of the traumatic childhood experience of shame, jealousy, not belonging or loneliness. Make note of any emotions that arise as long as they are “2nd tier” which means they are derivative and more complex overlays of the more primal emotions of fear, anger, guilt and love. These emotions are of course very important but they are diverting from the Template Wound. Focus the discussion around the memory of the reactive clutch of shame, the event etc... But stay away from too much story as it is counterproductive and again off the point. Ask “What would be the earliest memory of feeling that emotion? Track the conversation, and probe for even earlier memories.

1. Receive permission, use the EDGE and determine the Soul Layer Vitality Level. If it is 50% or less the wound is ready to be worked with and released. If it is more, it is definitely NOT. Discuss the earliest memory of shame, not belonging, loneliness or jealousy.

2. Expand the Template (1st x). The expansion will have a rubbery quality and pull back toward the core. This means the Wound is activated and ready to remove. There may be

some irritation in the center of the Structure, tightening and even a sense of difficulty breathing. The heart may feel tight; the lungs may feel like they can't expand either. The diaphragm and stomach may grab.

3. Stroke the core sheath by extending Light Fingers into the opposite sides of the core sheath by the star point conduit. Breath in- Stroke up the core sheath bumping over the junctions where they enter the sheath, turn at the top- Exhale- and come all the way down to the bottom of the core sheath, -Inhale- go back to the star point and withdrawn your light fingers. Re-enter and repeat another 3 times (for a total of 4 times) changing position to cover the entire core sheath doing in all: 1) front and back, 2) both sides and 3 & 4) both kitty corners.

4. Repeat the Expand (2nd x). This will be a satisfying experience of releasing from a deeper more intimate place. Experience the feeling of releasing completely.

5. Stroke the core sheath by extending Light Fingers into the opposite sides of the core sheath by the star point conduit. -Breath in- stroke up the core sheath bumping over the junctions where they enter the sheath, turn at the top -Exhale- and come all the way down to the bottom of the core sheath, -Inhale-go back to the star point and withdrawn your light fingers. Re-enter and repeat another 3 times (for a total of 4) changing position to cover the entire core sheath doing in all: 1) front and back, 2) both sides and 3 & 4) both kitty corners.

6. Repeat the Expand (3rd x). This will be an even more satisfying experience of releasing from a deeper more intimate place. Experience the feeling of releasing completely.

7. Ask the client if they have any pain in their body now. Only if there is pain will you need to unwrap strands that may be wrapped around a body part, such as an organ, a skeletal or a muscular part.

A) Ask how many strands are affected?

B) Ask how many parts are affected?

8. Repair and secure strands at both ends, at the template hooks and where they enter the core sheath. (every strand has 4 places to consider reattaching).

9. Bring in *ULL* around any anatomical part. Bring in *Harmonizing the Template*.

10. Repeat Expand (1st x) exercise again from the star point.

11. As expansion occurs, bring in *Integration* into the core sheath strands, and conduit.
12. Repeat Expand (2nd x) again the same way.
13. As expansion/release occurs, bring *Blending* right into the Template Wound area.
14. Witness while explaining the concept of accepting the healing work. Repeat Expand (3rd x) Try to time expansion with the *Witnessing* release.
15. *Organ Vitality of the Template*
16. *Harmonizing the Template*
17. *Integrate, Blending, Witness Stabilize, Integrate and Blend.*
18. Schedule the next 2 Template Wound sessions.

NEVER LEAVE THIS UNFINISHED. IT IS MALPRACTICE TO DO SO. DO ALL 3 TEMPLATE WOUND RELEASE SESSIONS. BOOK 2ND and 3RD SESSIONS AFTER 1ST SESSION.

Waking the Core

What?

Waking the Core is the first step to a conscious relationship with the structure and that is a milestone in the healing journey. This could be considered the sign post that points the way towards a real shift. When the healer holds the core to stimulate a conscious awakening it supports the availability of the client to the transformational work to come. But more than that, it is the beginning of a relationship between the body, mind and spirit. A stimulating call to action the sacred anatomy can hear and respond to with enthusiasm.

Sacred Anatomy Energy Medicine Procedure

Waking the Core

1. With permission prepare to work using the EDGE.
2. Determine readiness for waking the core by dowsing (yes/no).

3. Enter the core sheath away from chakras and other major anatomy. The best locations are above the solar and below the star chakras or below the axis and above the chi pool. It is easier to go in between solar and star.
4. Using light fingers and edge gloves insert the fingers into the body telling them to go to either side of the core sheath.
5. Witness the core sheath, lightly touching it for about 15-20 seconds as it becomes aware of you.
6. Push through the core sheath into the core and rest very quietly with your light fingers just barely touching the pulsing and rapidly moving core itself. Do not move- just stay quietly present.
7. Ask the client to now say: “Beloved core, I invite you to awaken to me. I want a conscious on-going relationship with you to begin now.”
8. Stay with the core— holding space for this new conscious relationship to settle, until your hands are pushed gently away. It will not be longer than a few seconds.
9. *ULL*
10. *Harmonizing the BES*
11. *IBWSIB*

Releasing the Elimination System

What?

For years, we have been interacting with client’s structures to release debris with different kinds of technologies. Early attempts to eliminate waste included lifting it out, trying to disperse or dissipate it through clearing, taking it in and churning it through your (the healer’s) system and everyone’s favorite: *taking it on*. These methods are all more or less effective for the person being treated but the issue of complete release and the correct functioning of the structure still remain untouched by these old techniques.

Even the advancements of the Basic Clearing of the Layers and Chakras, Rebuilding the HEMF and practicing the Golden Rain do not touch the underlying cause of the retention of debris. It was not until the development of the Witnessing Technique and the mapping

of the Elimination System did a light appear at the end of the long and winding tunnel.

Why?

The Elimination System is the one system that collapses under the weight of its own work. It is not until we address the pathology of the entire system that we are able to release it to return to a healthier and balanced state. This is because the system must be educated to be effective and with little or no conscious awareness of the Human Energy Structure the debris starts to build up without the assistance of consciousness. When conscious interaction occurs the Elimination System is quick to shift and grow.

How?

All of the pathologies of the Elimination System can be addressed with one procedure, the Elimination Release. Bringing the anatomy to conscious connection is fulfilling.

Addressing Elimination System Pathology

Dysfunctions Commonly Seen in the Elimination System

- **Cultural Constipation:** An inability to release naturally. The frequency of this problem speaks to a greater cultural imbalance and could be called a kind of culturally based constipation.
- **Cascading Shut Down** of the wheels usually beginning with the central wheel three and moving down, then up. Usually the last wheel functioning will be wheel one.
- **Lack of Motility** of the spokes. This is caused by a hardening of the rings and means that the natural expansion and contraction action of the spokes is no longer possible.
- **Poor Elimination** caused by clogged, caked or congested spokes.
- **Extragenic Wasting:** Shrinking or starvation of the entire Digestive/Elimination System because the openings at the top of the core sheath are blocked.
- **Slow Spin:** The inability of the wheel to spin because the sphincters are blocked or locked down in some way. This causes Extragenic debris to remain in the spokes and to fester there.

- **Excessive Release:** Constant releasing without absorption of any nutrition from the incoming Source energies. The cause is: overactive rings and lack of flexibility in the Extragenic stomach.

Sacred Anatomy Energy Medicine Procedure

The Elimination Release

1. Using the EDGE with permission determine the need for the Elimination Release: Check to see if the Elimination System is functioning at 100%. Anything less will mean a form of pathology is present and require a Release to resolve. Dowse for pathology.
2. With 2 Light Fingers activate all the hubs, hub links and hub link funnels in the core sheath by gently stroking the hubs with Light Fingers.
3. Secure that the openings of the elimination intake vents are relaxed and wide open by clearing any plug with your Light Fingers.
4. Say, “Activate” to all hub spoke receptors and the hub spoke sphincters, and with gentle stimulation, rubbing back and forth with Light Fingers until they respond.
5. Bring in these energies into the intake vents, adding one at a time in a weave:
Surrender
Intestinal Vitality
Universal Love and Light
Complete Elimination
6. Pack these woven energies and *only these* into the vents, the hubs and the spokes. They will scrub the spokes and awaken any sleepy rings and permeable collectors but they must be given a little time. Wait a few minutes after packing for the energy weave to work.
7. Activate the rim spoke receptors; the rim waste valves, and the inner edge spoke receptors as the spokes begin releasing packed debris. Do this by rubbing the outside of the sphincters gently with light fingers. This will enable the waste to flow into the release tubes, which discharge into the edge elimination sphincters.

NOTE: These final edge sphincters remain un-activated until Step 12 allowing the

- release tubes to pack completely with debris so they will empty completely.
8. Pack release tubes by immediately bringing in through the vents: *Complete Elimination*
 9. Stimulate the outside of the spokes only (do not bring into vents) by surrounding them with: *Universal Love in Light*
 10. The wheels will begin to spin; wheels 1, 3, and 5 spin clock wise (when seen from above), wheels 2 and 4 spin counter clock wise (when seen from above).
 11. While they are spinning and releasing waste into the release tubes, bring in *Harmonizing the Elimination System & Harmonizing the Template* throughout HES.
 12. As you are completing bringing in *Harmonizing Energies* the edge elimination sphincters are ready to open. There are as many as 100,000 pin-sized sphincters. Activate them to release by using your focused intention and gently rubbing them following the contours of the five wheels at the edge in the correct spin direction. Using Light Fingers for a soothing result massage with *Universal Love and Light*.
 13. The entire structure will be releasing now. Monitor release- shudders; minor convulsions of extra-somatic release fluttering off the edge.
 14. Bring in *IBWSIB* throughout the structure as well as into the elimination intake vents. Always leave the intake vents open at the end of the Elimination Release. They will close as needed at will.

Harmonizing the One Body

What?

All portions of the anatomy must be harmonized with all other portions of the anatomy to operate effectively and to radiate optimum health and well being.

Why?

Anytime we work with one of the major anatomical sections like the Template, the Layers or the HEMF we must harmonize that transformed section with the rest of the structure. Aligning with the big energies is absolutely essential to experience deep transformational shift. The symphony of the structure is tuned up with these energies that establish harmony as the overriding event accomplished by life.

How?

The first way we do this is with *Integration and Blending, Witnessing and Stabilization* then a repeat of *Integration and Blending*. However, a more exact way to do this is to bring in the specific harmonizing energy of the affected system.

Sacred Anatomy Energy Medicine Procedure

Harmonizing the One Body

This simple procedure consists of making friends with these energies and bringing them in to support higher function and greater expansive capacity of the HES.

This is needed when growth is accelerated and the HES is slow to accept the shift.

1. Using the EDGE, with permission, determine the need for Harmonizing the One Body.
2. Douse the list of 9 *Harmonizing Energies* and bring in what is needed.
 - *Harmonizing the Layers*
 - *Harmonizing the Template*
 - *Harmonizing the BES*
 - *Harmonizing the BOL*
 - *Harmonizing the Elimination System*
 - *Harmonizing the HEMF*
 - *Harmonizing the Harmonizing Network*
 - *Harmonizing the Surrounding Universal*
 - *Harmonizing Blend*
3. Bring in *IBWSIB*.

Using the Harmonizing Blend

Harmonizing Blend is composed of 14 specific energies combined to create the 9th *Harmonizing Energy* these ingredients are:

8 Harmonizing Energies

Witnessing

Stabilization

ULL

Integration

Blending

Sanctuary

The *Harmonizing Blend* is the energy equivalent of the spinal fluid of the physical body. It is the most balanced, whole and perfect environment for transmitting the information of life found within the structure. In this way, it's like amniotic fluid and all of the places in the structure that are hubs of connection are filled with this energy.

Refreshing the Hubs of the Human Energy Structure

Developed in collaboration with Karen Zimmerman.

What?

Refreshing all hubs brings grounding calm to your Human Energy Structure.

Why?

Sacred Anatomy Energy Medicine helps to destabilize so that transformation can occur.

This stresses the conduits that are locations of connection and that function as members of multiple systems called hubs. All these hubs get thin, tired, and thirsty; in need of a long drink...of refreshment.

How?

The way this is done is by bringing *Harmonizing Blend* into any or all of the 10 hubs. It is restoration and wholeness in a second, a veritable Jinni out of a bottle, a superman ready to rebuild and strengthen the innermost sanctum of the human structure. The *Harmonizing Blend* is like the spinal fluid or amniotic fluid of the physical body. It is the most balanced, whole, and perfect environment for transmitting the information of life found within the structure.

Sacred Anatomy Energy Medicine Alignment

Refreshing the Hubs of the Human Energy Structure

1. With permission, using the Edge, determine need by dowsing the Hub Weight (used to be called Soul Layer Weight) for IERs and Harmonizing Blend. Anything other than 5 or 6 – indicates need for the procedure.
2. Dowse to see if you need to treat only a single Hub or if all of the Hubs need to be treated. If all- jump to step #3. If a single Hub---Dowse which type of Hub and which actual Hub is experiencing imbalance:
 - Subtle Plexus Hubs
 - Active Creator Hubs
 - Extragenic Fascial Hubs
3. Bring *Harmonizing Blend* into the single appropriate Hub
4. Bring in *ULL*
5. Bring in *Harmonizing Energy* for the appropriate system involved
6. *IBWSIB*

Sacred Anatomy Hubs of Connection

Subtle Plexus Hubs:

- Core Sheath
- Core Meridians
- Channel Sheath & Echelons
- Grand Cross Seal
- Caduceus Sheath- yin ascending anterior, yin descending posterior, yang descending anterior, yang ascending posterior
- Spheres of Influence- add in a weave Function, Purpose, and Wisdom to Harmonizing Blend
- Star Point
- Template Heart

Active Creator Hubs:

- Edge Receptors
- YES! Circuit
- Inner Edge of Soul Layer and Inner Alignment Track

- Five Harmonizing Channels - Central Channel, Frontal Plane Channel, Medial Plane Channel, Oblique Plane Channel 45 degrees left of anterior medial plane, Oblique Plane Channel 45 degrees right of anterior medial plane
- Extragenic Joints: Layers System, Template System, Blended Energies System, Bones of Light System, Elimination System, and Human Electromagnetic Field System.
- Harmonizing Blend Resonating Chamber
- Cognitive Meridians
- Emotional Access Points

Extragenic Fascial Hubs:

- Divine Gate Suspending Track
- Chi Pool Suspending Track
- Witnessing Chamber
- Point of Transmutation
- Chakra Connectors: the Point of Origin- each side of 10 r-chakras
- Strands of Template filled with Subtle Fascia

Chapter Ten

Karma, Contracts, Shaman and Twelve Radiant Points

What is Karma?

Most of what professional healers do involves the resolution of Karma. We work to release the debris of completed Karma, letting go of the last vestiges of Karmic entanglement, debt and agreement. This might be called Karmic resolution. When we observe and understand newly acquired Karma. Then to let it go the immediacy of liberation is tangible and the life reflects the work. Karma keeps us busy but what is it exactly?

Karma is an idea that comes from the ancient spiritual texts of the Hindu, the Upanishads and the Vedas. It is estimated these texts were written between 10,000 and 6,000 years ago. Hindi civilization, medicine and spirituality is based in them and the later philosophies like Jainism and Buddhism built upon the beliefs espoused in them. Karma refers to action and reaction; it is an ancient hybrid of connection to the Divine purity and the expression of individual development understood as Brahmin (or God's) Law. It was how we humans might make right inequities and insults or offences to the One and learn in the process to live our most responsible life, combining the laws of God and the will of man in a sort of cosmic balance sheet.

"Karma literally means "deed" or "act", and more broadly names the universal principle of cause and effect, action and reaction, which Hindus believe governs all consciousness. Karma is not fate, for we act with what can be described as a conditioned free will creating our own destinies. Karma refers to the totality of our actions and their concomitant reactions in this and previous lives, all of which determine our future." Taken from *Wikipedia* on Karma

In the West we have: "an eye for an eye" and "what you sow, so shall you reap"; two statements which start with the codes of the most ancient of human civilizations in the fertile crescent as early as 6,000 years ago and end up in the Bible. As scientific exploration evolved brilliant physical insights influenced and reflected spiritual awareness. More recently in 1687 Sir Edward Newton published his Laws of Movement. His third law influences spiritual as well as scientific thinkers today:

"Law III: To every action there is always opposed an equal reaction: or the mutual actions of two bodies upon each other are always equal, and directed to contrary parts."

Put these big ideas into a bowl and add the wise ingredients of the Ten Commandments, The

Laws of Moses, the Four Noble Truths, the Eight-Fold Path, the Code of Hammurabi, the Four Agreements, and finally add the concepts of the New Thought Movement of the 19th Century, and we have an approximation of what Karma is thought of by Westerners in the 21st Century. Ultimately, it is a human attempt to understand why things happen the way they do and how we might impact the unfolding of our lives.

You can find all kinds of ideas of what Karma is on the Internet but most simply it is deeds and results; and everything we do is that. Karma is constant and is ultimately a universal law of action and reaction. Referred to as the Wheel of Karma it goes around and around until we get off through our spiritual evolution or what could be called a personal spiritual revolution.

Karma can also be seen as a subtle energy consequence that causes constriction, congestion and the build up of toxic levels of debris in the human structure, in our residences and possessions and even in relationship to our political systems, institutions and organizations. Anatomically speaking, Karma is a particular way that energy congeals and resides in the Human Energy Structure, including the physical body. This understanding can be lent to the life at large and we can begin to see the effect Karma has on our culture and beliefs.

Looking at the HES anatomy we discover it contains twelve different types of vibration that can be accessed through the Twelve Radiant Points of the Template, doorways into the reservoir of Karma each of us has in our structure. The old biblical adage: “What you sow is what you reap.” Captures Karma to a point but describes little more than cause and effect and there is more. It is how you sow not only what.

Karma is deeply connected to attachment and suffering, two principles of Buddhist philosophy that grew out of the earlier Hindi concepts of Karma and our relationship to the godhead. The Bhagavad Gita speaks of Karma as the result of unconscious attachment to the path of action or Karma Yoga. People are referred to as *tied to the wheels of Karma*, which is seen as something inevitable and in fact a natural development of life. But when action becomes conscious and the individual offers up their actions to the Divine by choice and design; the action becomes non-binding and does not create Karma but is instead simply being with life.

Healers have learned to work with Karma to support release by bringing past actions to consciousness, experiencing forgiveness of self and others and then releasing attachment to the burden of the karmic weight that has shaped and molded the person. It turns out it is the

state of mind during a given action that allows the creation of Karma and it is a change of that same state of mind and a deep awareness of the impact of the earlier action that allows release. The state of mind at the moment of death or trauma composes the Karmic contract for the next incarnation. Managing Karma lies in intelligent action and calm reaction. Not all Karma rebounds immediately. Some accumulate and unexpectedly come back in this or other lifetimes. We produce Karma in four basic ways:

Thoughts

Right attitude and speech

Actions we perform ourselves

Actions others perform under our instruction or direction

The Healer's Contract

The Karmic contract of the healer usually has to do with service and resolution of past Karmic debts and incomplete responsibilities. By helping large numbers of people unreservedly and with love we resolve Karma. If you have a Karmic commitment to healing work (which most of us do) you are in the process of redeeming yourself and completing your Karma. Looking at which parts of your healing practice make you struggle will help you understand what that contract is all about.

Ask yourself:

- What am I attached to in my healing practice?
- When I start to work what stops me from doing my very best?
- Am I invested in getting money for my services?
- Do I vet clients or do I take anyone who comes my way?
- Do I have a workspace that feels good or are there issues with neighbors?
The landlord? My rent? Permits?
- How is my own health and well-being?
- Am I constantly sick or struggling with any chronic issues?
- What about my own financial life?
- Is it healthy and fueled by my thriving practice?

All of these questions point to different aspects of life that might impact a healing practice and speak to what your Karmic Contract might be.

The Contemporary Shaman

Karma and healing are in the realm of the shaman, the spiritual teacher and wise men and women. Sacred Anatomy Energy Medicine is a contemporary paradigm shifting healing practice based in newly created and innovative applications of Shamanic-type healing skills and techniques. It is firmly rooted in Operating Principles and based in ancient knowledge that is being revealed for use by the entire human race for the very first time. The sacred anatomy map we use is the most detailed and focused in history and Sacred Anatomy Energy Medicine the sacred anatomy modality is what makes it possible for us to interact with the subtle human structure in such a clear and specific manner.

This work (SAEM) is all about the mysteries being laid bare and the buried secrets of the shaman are now for us all to share and to use. Now you can incorporate into your own medicine bag these foundational principles and skills. Weaving them into your existing spiritual and healing practice will only expand your effectiveness and the depth at which you are able to serve. This is not happening because of some breach of decorum or respect it is happening now because it is the moment. This is the time of the *Great Awakening* and as this happens we will need to know how to navigate the subtle structure for greater health and wellness.

Oh, by the way, it will also put you on the “fast track” through your Karmic debts and contracts. Some of the following procedures will help you manage this faster movement while still experiencing complete release of old and sticky Karmic ties. All of the SAEM skills you have learned up until now have been designed with this new human tempo in mind. So when you use the EDGE Practice you are using ancient and modern technology funneled through your own spiritual lens. This work is meant to be foundational, to anchor you even more into your own healing path and to enliven your work with the empowerment of remembered knowingness.

The Shamanic path takes us through darkness and into the hidden recesses of the human spirit; it gives shape to the unknowable and focus to the magic of life. We who dare to take this path are often filled with courage and fear at the same time, our humanness driving our need to serve and our godly qualities giving us the faith to persevere. Taking this journey is not easy nor is it usually all its cracked up to be... but when we open our hearts, release our minds and engage the direction of the four aspects with an embodied spirit we cannot lose.

Realign History with Your 12 Radiant Points

The following is taken from *Your Sacred Anatomy* page 167 to page 170.

The Template has within it twelve locations that act as information hubs and Karmic activation sites. Suspended in between and attached to at least three or four Template strands for balance, each of these radiant points glow either bright purple or green and emanate as light and heat out of the Template.

The twelve points work to align the HES and to render useful, important historical information retrieved from storage in the *Karma and death* and *recent* stratum of the etheric layer. Karmic memories about death and birth events and records of major life occurrences all stored in the etheric layer are brought into active use in the Template by the stimulation of, or intentional focus on, one of these radiant points. When Karmic information is activated, the Template then communicates it to the entire energy structure. We really cannot get away with anything!

The really good news is that there appears to be a Karmic window during which time the individual can change the outcome for good. If you do some bone-headed thing, you can still repair the results instead of being trapped by the inevitability of the little Template wheels of Karma (the radiant points) and the way that they balance the account books of creation.

Because what your intention is during any action determines the accumulation of Karma, immediate apology and restitution for wrong headedness and error can turn off the radiant point and stop or reverse the creation of a Karmic debt that must be resolved at some point usually with pain.

Naturally, it is good to attempt this at every opportunity. Do whatever you can to make right any wrong you may have caused against another, even if it was accidental or your heart was well meaning, because doing so will ward off future consequences of unskillful and unaware actions. Being human, we may not always have the cosmic perspective when it comes to our own actions and behavior and we must assume our intention is sometimes not pure.

The Twelve radiant points are a tool of the four aspects. Using them the four aspects can affect the actions, reactions and behaviors of the HES. By stimulating Karmic lessons and memory your four aspects can move you to a greater expression of your own authentic self. It is by peeling away lack of focus and unconscious intention that we grow.

All of the radiant points are important in the process of rebirth. Reconnection with old Karmic

ties and an active state of consciousness is what is required to fully release attachment to Karmic lessons. When this kind of release happens, we can let go of traumatic or difficult events that have passed and we can even disconnect from attachment to lessons learned as the activating events occurred. This is how we completely release old Karma and are educated by the process. True release means no longer needing the looping memory, the replay of the traumatic event or the harsh emotions of sorrow, grief, guilt, jealousy, fear and recrimination that usually go along with the accumulation of the debris of life.

Karma is created by both the conscious and unconscious intention held toward another by you during an action or behavior. To release or resolve Karma requires a great deal more than acquiring it. When all attachment to intention, the focus of held intention, and any consequences that have occurred because of your intention are utterly released... you still are not done. Now, you must go on to clear up the fall out created by the consequences-in other words, the consequences of the consequences!

All of these different levels of Karmic entanglement are stored in the radiant points. One intentional event can affect multiple points and making you glow like a Christmas tree because the radiant points light up when they are registering Karma.

Stimulated into acceptance the instant new Karma evolves, the points can also accept big life events that are initially held in the Template strands such as accidents, birth or death experiences. The two radiant points located in the etheric layer, in the *recent experience* and the *Karma and death strata*, pull related Karmic memories from the strands and record them in groups for future reference. When letting a Karmic issue (a grouping) go, the reverse occurs working backward to ending in the *Karma and death strata* where the very last bit of a particular event can be, with focused intention and harm to none, pulled out at the root.

Radiant points resemble r-chakras in their brightness, their spinning motion and a circular shape. Because all but two of them are located in the deep interior of the Template along the core and radiate out through the front and the backside of the bio layer, it is the easiest to locate the rest using the physical anatomy.

Sacred Anatomy Energy Medicine Procedure

Soothing the Points

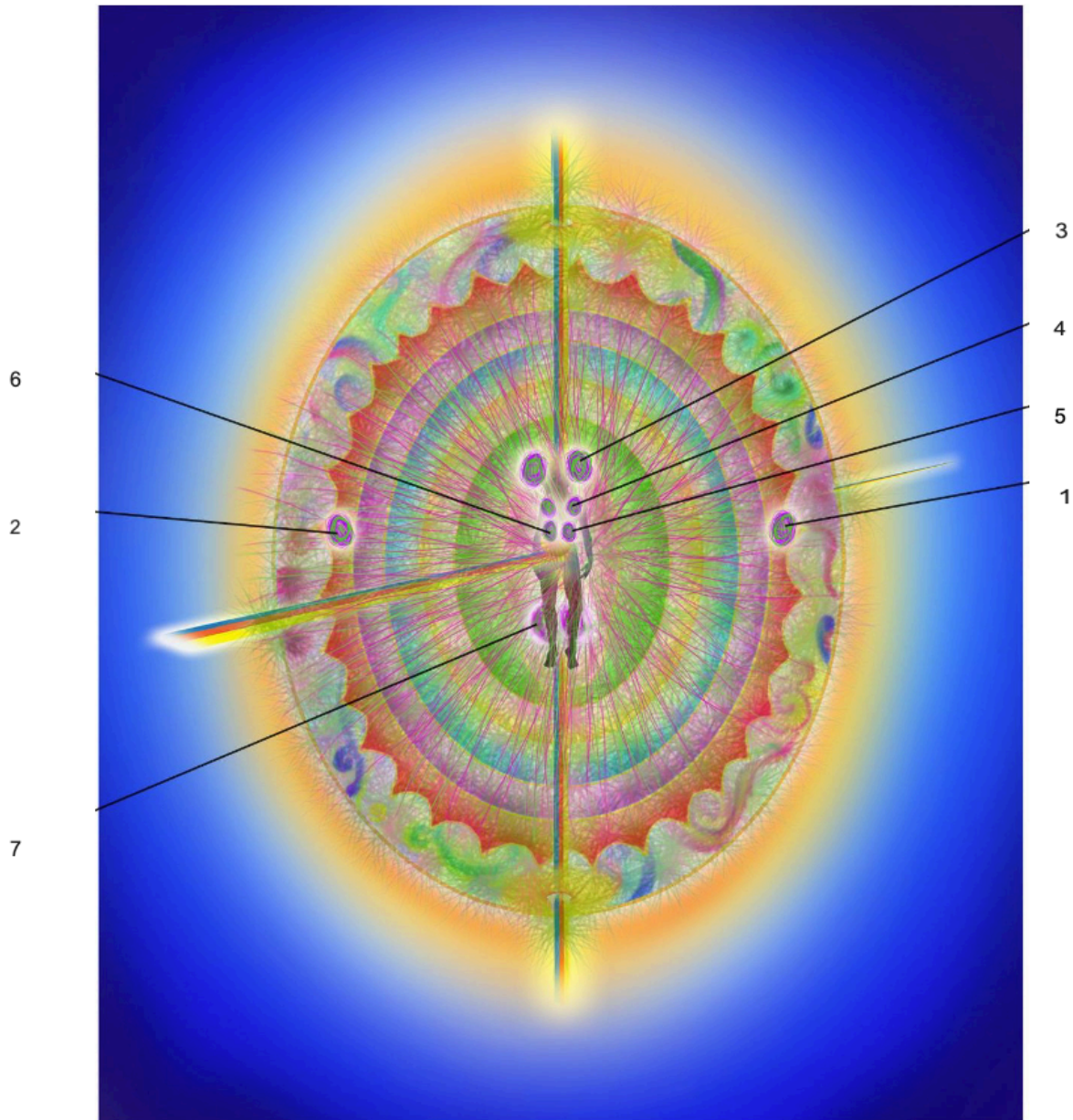
1. With permission and using the EDGE determine the need for this procedure
2. Determine, which two points, require soothing. (Occasionally, there may be 2 sets of points or a single point but usually only 1 set to soothe.) More than that is highly unlikely.
3. Determine which direction each of the points is spinning. (clockwise/ counter clockwise). They should both spin towards the core.
4. Extend light fingers.
5. Bring in *ULL* and coat your light fingers. Continue bringing in *ULL* as you insert your light fingers into the indicated point.
6. Massage at the location of each of the points with *ULL* in a circular fashion going with the spin of the point which you will be able to determine by feel or using dowsing. Work with the right side of the body first then move to the left.
7. Bring in *Complete Release* to each point without massaging
8. If there is another set, return to step 3.
9. Bring in *ULL* throughout the entire structure.
10. Bring in *Organ Vitality of the Template*
11. *Harmonizing the Template*
12. *IBWSIB*

Radiant Points: Locations, Purpose and Names

- **Two etheric points** are suspended in the etheric layer on the left of the Human Energy Structure in the etheric layer's *karma and death strata* and the other side in the etheric's *recent strata* on the right side at shoulder level. They have to do with pulling buried information up and out of those strata about karma in relationship to death and any recent karmic events or developments.

- **Two temple points** are above the ears, slightly above and an inch or two behind both temples. The Temple points have to do with any karma about following your bliss, pathway or calling. The left side has to do with the receptive path and the right side with the demonstrative path. All people have both paths woven into their lives.
- **Two scapular points** are at the back just inside and below the scapula. The scapular points have to do with karma about receiving support, knowing you are here for a reason, and that you can contribute.
- **Two shoulder points** are at the outside of the collarbone and down to just in front of the shoulder joint on either side. The shoulder points have to do with holding steady on your course and being guided by the inner voice.
- **One spleen point** is located above the spleen. This point has to do with karma about the ability to recover, to learn and grow.
- **One liver point** is above the liver. The liver point has to do with karma about strength of character and devotion to spirit.
- **Two calf points** are located in the fleshy part of the rear of the calves. The calf points have to do with karma around standing your ground, reaching beyond your limits and sticking to your soul's plan as it unfolds.

The Twelve Radiant Points



1. Etheric Layer Point- karma and death strata
2. Etheric Layer Point- recent strata
3. Temple Points
4. Shoulder Points
5. Spleen Point
6. Liver Point
7. Calf Points

Scapular Points are not visible

Chapter Eleven

Tools

Sacred Anatomy Energy Medicine Technique

The Word List

abandoned	castrated	distrust
abhorrence	caught in the	ecstasy
abused	crossfire	embarrassment
abusive	cheated	empathy
acceptance	child abuse	enthusiasm
affection	concerned	envy
aggravation	confidence	euphoria
aggression	conflict	evil
aimless	confused	exasperation
altercation	contempt	exhausted
amusement	contentment	failure
anger	contrition	fanatic
angst	corrupt	fear
anguish	courage	feeling stupid
annoyance	covert hostility	foolish behavior
anthropomorphism	coveting	free from hypocrisy
anticipation	crabby	frenzy
anxiety	cruelty	frustration
apathy	cuckold	fury
apprehension	curiosity	gratification
arousal	death	gratitude
arrogance	depression	great Spirit
ashamed	deserted	greed
attacked	desire	grief
awe	despair	guilt
barren	desperate	happiness
betrayal	destroyed	hate
betrayed	disappointed	hatred
blood thirsty	disappointment	hemmed-in
boiling mad	discomfort	hope
boredom	disgust	horror
boxed in	disgusted	hostility
bullied	dislike of self	humiliation
burdened	disorganized	hurt feelings
butchered	distraught	ill health

impudent	parental	surprise
inability to cope	disapproval	terror
inadequate	passion	The Goddess
indecision	pedophile	theft
indignation	persecution	thwarted
inferior	pity	torture
insanity	pleasure	trapped
insecurity	possessed	trust
interest	powerlessness	unloved
intimidation	pride	unrequited love
intolerance	put upon	unwanted
invaded	rage	used
irritation	rape	vanity
jealousy	regret	venomous
Jehovah	rejected	violation of integrity
joy	rejection	vulnerable
kindness	remorse	wonder
liar	repressed	worry
loneliness	aggression	worthlessness
loss of femininity	resentment	
loss of masculinity	sadness	
loss of prestige	<i>saudade</i>	
loss of purpose	scape goat	
love	<i>schadenfreude</i>	
lust	self hate	
manic	self recrimination	
martyrdom	self-confidence	
mistake	self-pity	
molestation	sense of injustice	
murder	sense of loss	
narcissist	separated	
no profit	sexual relations	
non-communication	shame	
objectification	shock	
obsesses	shyness	
w/obscene	sibling rivalry	
obsession	social connection	
outrage	sorrow	
over burdened	starvation	
overwhelmed	struggle	
panic	suffering	
parental approval	suicide	

Sacred Anatomy Energy Medicine Technique

Greater Mind Expansion

Stepping out of the “head brain” and into the Greater Mind gives you access to your larger more expanded consciousness. This is the home of your genius- the place where you are bigger than figuring it out- more than your limitations- beyond your small self. This is the subtle anatomy nervous system and you are able to navigate it! Knowing how to use the Greater Mind Expansion supports creativity, spiritual availability. It is an expanded altered state without years of meditation or drugs. It can be the end of “trying” and the beginning of being. Taking action from here is empowering.

1. Take 3 deep cleansing breaths.
2. Place your hands on your skull and feel the heat and business of your brain. Notice the tightness of your head, how little room you have in there and how intensely active your brain is all the time. Keep your hands on your head.
3. Feel the awareness of your mind, organizing, worrying, making plans, going over lists and let the mind take over the head brain.
4. Let your mind push up against the skull and even go right out into your hands. Let your mind expand out so far that it pushes your hands away from your head.
5. Feel the Greater Mind free and “out” in the sacred anatomy. You are inhabiting the Template which is the subtle nervous system.
6. Let your Greater Mind expand to the edge of the Template (about 18-20 feet out from your physical body on all sides.
7. Explore any activity from this place. Relax let the creative solutions arise and the fun of being in your genius produce an internal shift.

Template Echo

A Primitive Survival and Sensing Tool Grows Up

Who Is It? How Is It?

The Template Echo is an anatomical tool that reflects the physical and emotional condition of the single person your attention is trained upon. Most sensitive people are aware of this phenomenon and do one of three things with the information they perceive:

1. The sensations experienced originate with me =
“I’m hypersensitive and I’m--- oh, so special.”
2. The sensations experienced originate with someone else =
“I have to get rid of this toxic energy attaching to me--- I’m a victim”.
3. The sensations originate with someone else but become mine when sensed. =
“I know I take on other people’s yucky energy- It’s my responsibility and Karma to clear them--- I’m a martyr”.

None of these ways of operating are necessary or beneficial to either the person being sensed or the person sensing. All of these ways actually miss the opportunity presented unceasingly by the structure!

When we make an intentional connection with another human being we will reflectively feel or mimic the echo of their Template impressions and experience and its general condition. The Template Echo is one of the most important ways that the bio layer responds to information. The same thing happened unintentionally until we bring the Template Echo to conscious awareness and hone it as a true skill instead of the reactive way humans sense trauma, pain or emotion of another person.

The experience of the emotional environment around us is first perceived by our subtle nervous system (the Template) we hold, clutch, contract, experience trauma and the survival instinct emotions as a response in this part of the anatomy. This is where we “know” we are in danger. Fear is not just a chemical reaction in the brain it is also an

energetic response. When reading the environmental surroundings we cannot help but include in that “read” the emotional state of the other people around us. We are deeply impacted by the well being of our tribe, family, clan, work colleagues, fellow seekers, and the emotional climate of the country we inhabit and love.

In a kind of sympathetic resonance from one human Template to another we absorb and interpret our ecosystem. It is an organic skill and one that when it rises to conscious awareness, humans can hone to a fine strength.

The secret to responding to the condition of another human Template and the method of connection is *focused intention*. When we focus on a person we *feel* them. Often, sensitive people especially think that they are absorbing another’s *unhealthy energy* or that they are susceptible to contracting *bad feelings* as they might catch a germ from a physically sick person. These are moments when the brilliant Template Echo is doing its intended job and the uninitiated unfortunately is identifying these sensations as his or her own instead of them belonging to somebody else. The Echo serves magnificently to warn us of danger or to inform us of the *atmosphere* in a space. This feature of the Template can be used to assess and educate; to create safety, security, peace, and wellness.

The *feelings* or *sensations* of the Echo do not need to be “taken on” by the individual who experiences them. This type of absorption is amateur hour. Reading another and being clear about what you are “feeling” in the Echo gives you distinction between yourself and the others around you. It lifts you out of the “my sensitivities martyr me” place and into a place of greater awareness. This information is different from the HEMF merging that goes on in an attempt to either control or fix the world. The Template Echo gives you the feeling state without merging- HEMF enmeshment is completely unnecessary when you learn the Template Echo as a way to understand and literally make sense of the world around you. That which you focus your attention upon is the true task of the Echo- the HEMF merge is a breach of integrity of your own chi storage

facility (the HEMF) and a loss of veracity of your true nature as it represents an attempt to “fix” or “repair” or “make right” another person. Moving way off the ethical mark and into the realm of megalomaniacal self-involvement. Ultimately, this attempt will not only prove impossible it is unhealthy and wasteful of your own vitality.

It is possible to scan the Echo occurring within your own structure to sense another’s condition. Developing your relationship with this amazing part of yourself is a tool that can increase your assessment skills exponentially and make you appear to “magically” know the secrets of another person. Actually, I have learned by aggressively studying the Echo that consciously expanding the Template out of a contraction enables a person to deepen sensate skills. Practice staying expanded when the instinct is to contract because doing this means facing fear fully embodied. Knowing that there is a tool available in your own sacred anatomy that will support this creates an incredible amount of personal space.

The Template mirrors for us many things; the level of safety in a space or building, the moment of shift, the availability of another person to *being with*, the release of energy during a procedure, the state of another person’s mental, physical and emotional self and how that self is feeling inside the bio layer. For the healer it is tremendously valuable not only for assessment but also for monitoring the client’s physical experience of release.

Most people do this without being consciously aware that they are doing so and quickly identify with the symptoms of the other person’s condition as their own. Sometimes they identify so completely that they take the other person’s problem with them. This is not necessarily an HEMF merge but can be a Template Echo loss of personal identity. A type of Template malfunction.

But by learning to distinguish *your* Template experience from that of *another person’s*, it is possible to experience this wonderful tool and maintain your individual integrity. It is also possible to transcend your old idea of what it means to be sensitive. As you learn to *let go* of Echo sensations as not being “your stuff” and start to retain only the information

that is valuable to you in your assessment and healing work- to use and then discard you begin to feel more powerful and in stronger touch with your intuitive abilities and less overloaded by them. It is no longer necessary to be affected by other people—it is possible by developing **this tool**, the Template Echo, using the Edge Practice to move into a place of deep service and skillful living.

Reading the Echo and Being Aware

There are three types of information available using SAEM Template Echo Reading Technique:

- 1) **Content Awareness:** A story about the emotion that comes up.
In Your TE: *Feeling a swelling of the heart, sadness and confusion:*
Origin: *the client had a fight with their lover that morning.*
- 2) **Sensate Awareness:** A mild echo of another's stronger physical sensations.
In Your TE: *A burning sensation in the gut, mild and not at all debilitating*
Origin: *the client has colitis or IBS.*
- 3) **Alarm Awareness:** You feel someone approaching in your Template echo you feel unsafe- a warning alarm causing you to turn and face them.
In Your TE: *A person comes silently from behind.*
Origin: *The person is menacing, shouts obscenities holds negative intentions.*

Because of the instinctual nature of the Template, these three types of information are useful. It is possible to build a multi-dimensional picture of the health of the Template of another person or a situation in a space tapping into and using these three types of awareness. Working with the Echo is having a conversation with the Extragenic potential extension of the nervous system, as it maps and “reads” possibilities that might be available to you. It is the subtle instinctual way your Sacred Anatomy carries on a complete conversation with the object of your attention (your focused awareness of another) and it conveys information: emotionally, spiritually, psychologically and physically.

Using the Template Echo

Using the Template Echo requires developing a full awareness of your own Template. You cannot always rely on your memory about how you felt when you got up this morning. “I felt pretty good earlier today.” That is just not accurate or current enough! We change our state of being constantly throughout the day and when working as a SAEM practitioner one of the best tools will be immediate and accurate self-assessment of the best sensing organ you have: the Template.

Preparation for healing work demands we balance ourselves for many reasons but one of the most important is so that we can accurately ready ourselves to use the helpful Template Echo to assess the client. If our feelings are roaring, our stomach is growling and we feel antsy because there wasn't time to meditate using the Template Echo effectively will be a challenge. You'll get info, you just might not be able to do the finely tuned dissection require to be a great practitioner. Nor will navigating the Procedures and explanations required in a healing be as natural as it should be. If you are rolling in your own somatic soup feeling hypersensitive and attaching significance to every little impression! This is when you will be wrong! Know your own status and do the SAEM Self Care you need to be at your more awake.

The request is for rigor: discipline of your Template Echo. Engaging the Echo means attaining a clear state so that your awareness is uncluttered and you can proceed to read your client without reservation.

- Take care of yourself and do whatever you need to do to attain balance.
- Sit with your Template; focus your intention on only them.
- Then note the slow and subtle shadows that float across it.
- These are the echoes of the client's state of being.
- Begin to distinguish what you sense.
- Determine which aspect is expressing: Are they physical issues? Is it emotionally charged information? Do you sense psychologically complexities?
- Write down your first impressions and don't work too hard to understand or draw

conclusions at first. This is a delicate process especially at first.

- Be in a state of readiness and witness your Echo at work!

The Template Echo Goes Live

Be aware of the possibility you may identify with information you perceive and this may cause an attachment if you have similar issues of your own that you are working with. Consciously release any attachment by doing a Basic Clearing, Severing Entanglements and self-assessment to catch any little bits and pieces that might disempower your natural skills and spiritual attainment.

Sacred Anatomy Energy Medicine Technique

Part I- Learning How

1. Using the EDGE, with permission as needed determine need
2. Expand your Template completely and do a quick scan of your condition. Note especially any contraction, physical upset or state.
3. Working either in person or on a thought form, obtain permission from a study partner to observe their Template.
4. Note the sensate changes in your own Template. Be aware you are "reading" the other person and not yourself. Use the dowsing rod to confirm; Yes or No if you are unclear (which maybe the case at first).
Yes, if it is your partner's and No, if it is yours.
5. Report to your study partner what you are feeling in your Template in this way: "There is a compression on the front of your chest." Or "You have a dull headache on the right side of your skull."
6. Share your experiences of reading each other and how your Template Echo behaved and of being "read"- How accurate were you? If there was a "miss"- what did you actually perceive? Sometimes the value is all in the interpretation.

Sacred Anatomy Energy Medicine Technique

Part 2- Expanding the Scope

1. At your EDGE.
2. Expand your Template completely and do a quick scan of your condition. Note especially any contraction.
3. Working either in person or on a thought form, obtain permission from a partner to observe their Template.
4. Note the sensate changes in your own Template. Be aware you are reading the other person and not yourself. Use the dowsing rod to confirm; Yes or No. Yes- if it is your partner's and No- if it is yours.
5. Before sharing with your partner, expand your scope by expanding your Template again and sensing with your already developed sensing skills. Fill in what you get from the Template with data from your existing skills. Again, use the dowsing rod to confirm all information. This way you can blend different levels of input at the same time and can check and correct them one against the other.
6. Make notes of what you get. Share your results with your study partner and check on what was correct or not.

Sacred Anatomy Energy Medicine Technique

Cradling the Template Heart

1. At your Edge, with permission, determine need
2. Do the Template Expansion.
3. Start by tracking over the Star Point and along the Star Point Conduit towards the Template Heart.
4. Holding your light fingers on the base of the conduit at the Core Sheath anchor your awareness in your pelvis. Feel the expansion of the Template from this place as it senses your awareness of it.
5. Extend Light fingers from the Solar Plexus into the base of the Conduit where your Template Heart is located.

6. Feel the Template Heart - the pulse of the subtle nervous system is located at the back of the Star Point and the Conduit where it touches the Core Sheath. It will feel like a subtle heart beat.
7. Breath into the pulse of your subtle nervous system there where your Template Heart is strongest. This will be at the center of Template Heart.
8. Breathe deeply three times, allowing the breath of the body to attune to your Structure and to the Template Heart.
9. Put your hands beneath the Template Heart and cradle it gently.
10. Feel the Template Heart expand into the spaciousness of no boundaries radiating out from the Core Sheath; there is no end. No end to its beauty, its capacity, or its power.
11. Continue breathing deeply while cradling the Template Heart. Your Template Heart is a place of refuge and relief. A place where you are always in alignment with the central principle of love within you.
12. Remove your hands slowly and gently.
13. You can return to the Template Heart anytime.

Determining the Substructure Type

Alpha, Beta, Gamma

There are three substructure types: alpha, beta and gamma. They are distinguished from each other by three different configurations of discs. We have learned through careful observation that the substructure type molds the structure and has an influence on the development of character. Each of the substructures represents a different facet of human capacity and worldview and has a particular soul's orientation. Because this is the *fundamental* way the Individuation is *supported*, its shape, condition and vitality says a great deal about the soul in front of you. Structures will only be one substructure type ever, they do not change from one to another nor can you make one do so.

- Define the type as alpha, beta or gamma by dowsing and sensing.
- Sharing the type with an individual will give them an interesting insight into who and what they are at a profoundly basic level.

What to Remember

1. Remember, determining the substructure type is not a parlor trick for fun.
2. Anytime you are giving information about a structure it is a transmission of esoteric knowledge and may have a profound impact.
3. Share the knowledge acquired in the Practitioner Training with people from the stance of the witness. Hold them in compassion at the edge and have no expectation they will love what you do, or even see it as valuable.
4. Practice recognizing the alphas, betas and gammas in your life.

Sacred Anatomy Energy Medicine Tool

Determining Substructure Type

1. At your EDGE and with permission.
2. Conduct an interview to get to know the client.

Certain statements will reveal the Substructure type.

- Alphas will focus on the expertise of the healer and their training. They may have already vetted you.
 - Betas will be looking for a way to feel in harmony with the healer- to find balance and return to homeostasis.
 - Gammas will seek love and approval in some way and to give back. They can become devoted clients.
3. While doing the interview sense the substructure of the person.
 4. Dowse if the person is an alpha, beta or gamma substructure type.
 5. Compare your acquired knowledge with your sensed understanding to verify your dowsing.
 6. When you tell them what they are be prepared to describe the type. Reading from the YSA book is a good place to start. But substructure type is an important thing to understand as a practitioner so read up and do your share of noticing all the people around you.

Addendum: EH and Med Bag pieces

Clearings [Video Link](#)

Inappropriate Energy Relationship

What?

As human beings move through their lives they come in and out of relationships with many different types of people. Hopefully, most of these incarnate relationships are with people who understand and value appropriate boundaries. But occasionally, individuals find themselves in situations with people who are invested in eliciting a particular response or wanting to manipulate them in order to change them or to make them do something specific. They merge energetically and then there is an issue. This is called an *Inappropriate Energy Relationship*. This can be corrected with a simple procedure.

Why?

These people miss the basic principle that *you can't change anyone but yourself*. As a result, their investment in changing another drives them to insinuate themselves into another's structure. Another cause for an IER is based in the need to lean on another person too much. Feeling extremely insecure or needy in a relationship with a person who does not have good boundaries to begin with, sets up a dynamic that will lead to this same problem, causing the aggressor to pull the other person into their own structure to lend themselves greater substance or security.

How?

Needless to say, this is undesirable, and does not settle the real concern, which, for example, might be a need for greater self-esteem. This kind of IER can be corrected with a simple procedure. But the greater issue must also be addressed. It is important to remember that these kinds of relationships can recreate themselves if the underlying psychological or emotional attraction is not addressed. A healing of this kind needs a regular and solid container or it will continue violating the soul layer and not hold effectively. This kind of possession may strongly indicate a need for therapy or counseling to resolve issues of self-esteem.

Sacred Anatomy Energy Medicine Entity Removal

Inappropriate Energy Relationship

If the client is demonstrating: fatigue, personality change, confusion, unfounded anger, or any other emotion, IER may be a possible cause. Also, most people know if they are in an IER at some level and with careful questioning you will discern this to be at least a possibility. FYI- more than one IER at a time is very rare- more than 2 and this is a different problem.

1. With permission and using the EDGE, determine the existence of the problem by dowsing for the weight of the soul layer (5 - normal).
2. Determine who the IER is with. Is it friends, associates, family or clients who may want something from them. This is a person who wants them to do, be or act a certain way or even who wants them to make something happen. Most people know who the IER is with. As they list their associates dowse yes or no. At yes- begin—
3. Push up against the edge of the soul layer of the client who may be either a target or a perpetrator, it really does not matter which they are, except to support them in coming to terms with the longer standing issue in relationship with the other person.
4. Agitate the “visitor” so that the client experiences “feels” the intruder.
5. Instruct it to depart saying: “___go back to your own structure. There is no blame but this is an inappropriate relationship and it must end now.” Feel the shift. Dowse for completion.
6. If you do not feel the shift, have the client say these same words addressing the person by name (if known). Feel the shift and or dowse for completion.
7. You may need to encourage the person to return to its own skin by bring in *Universal Love and Light* and directing it underneath the *Inappropriate Energy Relationship* moving it out of the Human Energy Structure of the client.
8. If you are experiencing an *Inappropriate Energy Relationship* yourself, and you can't get it to just leave by telling it to then *Universal Love and Light* into your center and extend it outward to push the signature out of your structure to

completion. Dowse for confirmation or feel the shift.

8. Bring in *Universal Love and Light* into the void left in the structure.

9. Replenish with *Harmonizing Blend*

10. Bring in *Harmonizing the Layers*

11. *IBWSIB*

Basic Clearing of the Layers

Based with permission on the groundbreaking work of the gifted Eric Dowsett, a *Basic Clearing of the Layers of the One Body* will make way for deeper work. Essentially a form of personal housekeeping, a *Basic Clearing* sweeps the Layers System clean of excess debris and clutter. This is a normal buildup resulting from the integration of transformational change. As we release old patterns during the course of living a conscious life, the Layers can start to feel heavy and binding to the more sensitive person.

A *Basic Clearing of the Layers* will shake loose issues that are *up* for transformation bringing them to the surface for immediate processing and greater understanding. It will not release anything *currently on the table* or anything that is not ready to *let go* because the client has not grasped the lesson or understood the meaning of the blockage in their life. A clearing of any sort is housekeeping and NOT healing.

Sacred Anatomy Energy Medicine Clearing

Basic Clearing of the Layers

- 1) Apply the Edge Practice. Receive permission.
- 2) Make a vent (think karate chop) in the structure off to the side out of one of the shoulders at an angle.
- 3) Using a dowsing rod, monitor as debris lifts up and out of the each layer.
- 4) Clear by using focused intention:

- a) All negative thought forms throughout
- b) Bio layer including physical issues or trauma
- c) Emotional layer
- d) Primal layer
- e) Mental layer
- f) Cognitive layer
- g) Spiritual layer (including relationship to the Earth)
- h) Etheric layer / all personal soul history
- i) Soul layer
- j) Surrounding Universal

5) Close the vent with *Universal Love and Light*.

6) *Harmonizing the Layers*

7) *IBWSIB*

To really make progress releasing the old and moving into the present moment without the clutter and overload of the past: Take the 30 Challenge and repeat your Basic Clearing daily for 30 days.

Sacred Anatomy Energy Medicine Clearing

Basic Clearing of a Specific Body Part

1. Applying the Edge and with permission, determine need.
2. Make a vent from the specific subtle or material body part off to the side into the universal. If it is possible, make the vent travel up and out of one of the shoulders at an angle.
3. Monitor the clearing through each “layer” of the specific body part using a dowsing rod.

4. Clear by using focused intention: (the idea is to get them talking about their body, how they feel and what is up for them as you move through the clearing)

- a) All negative thought forms throughout the body part
- b) Bio layer of the body part including physical issues or trauma- name the parts while clearing
- c) Emotional layer clutching of the body part- name emotions
- d) Primal layer knowingness of the body part- name the legacy of part
- e) Mental layer constructs of the body part- name the beliefs of part
- f) Cognitive layer access to the body part- specifically name the negative ways the client thinks and feels about the body part
- g) Spiritual layer relationship of the body part to the whole
- h) Etheric layer history (the story) of the body part
- i) Soul layer energetic support and fuel of the body part
- j) Surrounding universal containment of the body part

5. Close the vent with *Universal Love and Light* fill the specific body part. Move it through the entire structure.

6. *Harmonizing the Layers*

7. *IBWSIB*

Emotional Peel

What?

Human beings slough debris from the physical body and the emotional layer the same way they slough old dead skin. Emotional experiences and physical exertions travel out through the layers of the structure and release into the universal where they dissipate and return to the Source. The Emotional Peel is designed to support the healthy release of toxicity from a sluggish emotional layer.

Why?

The emotional layer can, by its very nature, be slow to release debris that builds up over the natural course of a normal life. But because of the tempo that our contemporary society sets for us to live at and the amount of stuff most people now have to juggle while going about their daily lives, people often don't have time either awake or asleep to *process* and release their emotional experiences adequately or quickly enough to stay clear. Over a period of time as more debris builds up in the emotional layer, release becomes more difficult and the layer can experience stagnation. The Emotional Peel is designed to release this kind of stagnation and to speed the process of sloughing as an aid for a cluttered and overwhelmed person. It is beneficial for almost everyone, any time, even if not terribly cluttered, to reach a more *refreshed state*.

- An overly emotional, confused state indicates need for Emotional Peel.
- Overwhelming emotional situations like a break-up, the loss of a pet or a fight with a friend call for an Emotional Peel.
- Recovering from a long illness.
- Needing an emotional lift is a good reason.

How?

Because it aids the release of stuck and static emotions in an easy, quick and fun way an Emotional Peel can be a way to turn a corner or let go finally of the stress of a difficult situation. Being with the emotional layer requires some specific things of the practitioner.

- Gentleness and sensitivity need to be increased.
- Don't lose yourself in the sensuality of doing a Peel.
- Stay in the witnessing posture and appreciate the release.
- Always stay at the edge; sometimes this release can be toxic.

Sacred Anatomy Energy Medicine Clearing

Emotional Peel

1. Ask the client to either lie down or stand up.
2. With permission and using the EDGE.

3. Make 2 vents for the debris to exit the structure. 1 at the shoulder and out at an angle and 1 at the foot and out at an angle. Make the vent with your hand cutting at an angle.
4. Rake the front and back of the emotional layer with cupped hands. Move all debris to the vented areas. Using intentional focus instruct it to release.
5. Continue working until the release is complete.
6. Seal the vents with *Universal Love and Light*.
7. Move *Universal Love and Light* through the emotional layer
8. Bring in *Harmonizing the Layers*
9. *IBWSIB*

Sacred Anatomy Energy Medicine Clearing Light Body Stamina Boost

This exercise will relax and reinvigorate you. It will make you feel stronger as it unifies your relationship between the subtle and physical self by moving more subtle awareness into the bio layer.

1. At the EDGE visualize every single cell in your body filling up with light.

First Step-

2. Palms up - Breath in as you raise your hands up the front of the body all the way over your head while visualizing every single cell in your body plumping up with light, feeling full, juicy, and filled with energy.
3. As your palms reach as far up as they can go- turn them around facing down and exhale as you reverse and bring your hands down the front of your body.

Repeat up and down a total of 7 times.

Second Step-

4. Left to right side swing at the waist- breath in and out evenly
Repeat 7 times left to right or 14 times total.

Third Step-

5. Swing from left to right over head side to side stretch- breath in to left all the way over exhale when you are as far over as you can go to the left. Breath in as you reverse and go the to the right- as far over as you can go to the right exhaling.
6. Breath in to right all the way over exhale and exhale all the way over to the right. Go back the other direction
Repeat 7 times 1 side to another or a total of 14 times- 1 side to the other.

Fourth Step-

7. Hip circles – breathing evenly and easily-circle to the left then circle to the right
Repeat 3 times each direction

Repeat First Step-

8. One again visualize every single cell in your body filling with light as you repeat the First Step Turn your palms up - Breath in as you bring your hands all the way up at the front of the body over your head. Visualize every single cell in your body plumping up with light, feeling full, juicy and filled with energy.
9. Turn palms down above your head- exhale as you bring your hands down the front of your body
10. Repeat full up and down cycle 3 times.
11. Bring in *ULL*
12. *Harmonizing the HEMF*
13. *IBWSIB*

Alignments [Video Link](#)

Sacred Anatomy Energy Medicine Alignment

Template Expansion

1. With permission and using the EDGE with permission and from the perspective of the witness and at the edge, place your hand above the star point. It extends out from the bio layer below the solar plexus and right above the belly button and feels like a bump.
2. The image is: a million spider webs made of gossamer lavender and pale green light

stacked up on each other in a three-dimensional egg shape that extends out from the star point and core sheath and hooks into the inner edge of the soul layer. Corridors move through the structure and space begins to open up in these places as the expansion starts to happen.

3. The expansion occurs simultaneously in a starburst pattern in all directions with the center of the star point.
4. Holding your hand palm down, above the star point, say out loud: "Expand."
5. Monitor the release by feeling the expansion out from your star point. Your hand may want to move reactively away from your bio layer.
6. Repeat the command: "Expand." Monitor the expansion again.
7. Repeat the command of: "Expand" again. Monitor. You will need to repeat the expansion a total of three times for the Template to stay extended. It naturally collapses in a learned response to the limits of your ability to stay consciously extended and the difficulties of living.
8. Bring in *Harmonizing the Template*
9. Bring in *Universal Love and Light* wafting through the Template.
10. Bring in *Integration, Blending, Witness, Stabilization, Integration & Blending*.

Compressed Framework

What?

Release of the Framework is exactly that. It is the witnessed release in a therapeutic setting of the part of the Bones of Light anatomy that holds the Layers up and open, the spongy feeling Framework.

You will be sensing a closing in and limiting of your life and your experience of work, love and relationships. You may complain of the level of energy that it takes to just do the simple things in your daily routine. It will feel like you are pushing up hill or slogging through mud and that no matter how hard to try, you don't seem to have quite enough room to relax, be yourself and engage with the free flow of your best life.

Why?

- The Framework becomes compressed as a reaction to stress and trauma held in the body, mind, spirit as an issue around internal support and acceptance. Normally this ebb and flow is born by the Layers and Framework and released in the course of living. When it rises to an agitation, this inability to accept deep support or a disconnection that occurs between ego clinging to a bad habit and a positive form of internal conscious support represents an issue. You may be aware of it and may even have worked with it but if there is a component that is unfinished the BOL Framework will remain compressed because the fundamental issue is still stuck in this vital part of the HES.
- When the Layers become debris laden and straining at their boundaries-pressing against the Framework a Release may be necessary to “hold” the positive results of a Basic Clearing of Layers System, an Emotional Peel or even something as profound as Severing Entanglements.
- The release of the Framework compression and the alignment that occurs will support the acceptance of *Integration and Blending* of any procedure. This is because these energies are supportive of the internal support that is the primary function of the BOL. It is critical to keep the subtle body aligned with the needs of the ego.

How?

Holding and being with the compressed Framework is all that is required. Taking a deep breath and understanding how your life has contracted in relationship to the issue is important.

Sacred Anatomy Energy Medicine Alignment

Compressed Framework

1. With permission and at the EDGE determine need for Compressed Framework.

2. Frameworks are divided into eight segments placed between the Layers plus the EDGE. Determine how many segments are compressed.

They are:

- Bio-Emotional
 - Emotional-Primal
 - Primal-Mental
 - Mental-Cognitive
 - Cognitive-Spiritual
 - Spiritual-Etheric
 - Etheric-Soul
 - Soul- EDGE
3. Place Light Fingers into affected segments one at a time on left and right side of the bio layer.
 4. Ask your healing partner to take a deep breath while you simply hold the segment and witness the release of each one.
 5. When finished with release check to be sure the Framework is 100% released.
 6. Bring in *ULL* throughout the structure after all the compressed segments release.
 7. *Harmonizing the BOL*
 8. *Integration, Blending, Witness, Stabilization, Integration, Blending.*

Strengthen the Containing Membrane of the HEMF

The need for this procedure is an indication of inappropriate boundaries or the breakdown of physical stamina. It might indicate an issue of merging with the world in general and maybe even greater vulnerability in intimate situations with family and loved ones. Most likely they have never actually learned how to distinguish between themselves and others.

This kind of merging is a classic issue for energy workers and healers. It is also something we see within families that are incestuous in nature. Although there may not be a sexual violation, incest style families rely *too much* on each other for emotional support and psychological justification for their behaviors constantly reaching for the family and not developing a healthy circle of friends. People with this issue feel weak and struggle with identity: “Who am I?” and “What am I?” are the constant questions. They are always seeking approval of some sort or another from outside themselves.

People struggling with this reoccurring issue are giving their vital life force away and so are often tired, unfocused, depleted, struggling financially, confused in relationships and very easily wounded emotionally. They also will be lonely and somewhat neurotic about business and social relationships and the boundaries of their friendships and family. They are missing a critical sense of how they are in relationship with the world.

This helpful procedure may need to be repeated frequently and is not something people with this issue will be able to do for them self. To shift a weak HEMF container permanently it is important for the client to be witnessed and held consistently over a period of time. This process actually re-trains their structure and personality to accept that they can be seen and received without it costing them their life force. That’s a big lesson and not always quickly acquired.

HEMF Conscious

The Human Electromagnetic Field is the electromagnetic energy that surrounds human beings and is the product of the electrically conducted energy inside of every single cell in the body. This limited field is actually a system dedicated to the conduction of subtle energy out into the world from the interior of the HES.

There are different ways we can be consciousness of and available to relationships with our electromagnetic fields.

Be aware of your signature and choose to not leave it with your client. If you practice the EDGE you should be free of this but sometimes just being physically present with someone and settling into a chair can be enough to leave a little signature on that chair. While you are getting comfortable your stance may have lapsed and the client may have picked up your signature. With no attachment to them from you or you from them it will dissipate and there is no harm. BUT many of us love our clients or at least have some investment in their success with our work.

Being responsible for your residual energy- This means understanding how your energy actually affecting the client. It is fine to be invested but if it causes your signature to attach to the client branding him or her as a recipient of “your work” you are in trouble. The key here is to be detached and committed to using the EDGE Practice as your most effective tool clean up your waste and debris. Things happen while witnessing a client. Emotions roll through the structure, heavenly beings descend and knock your socks off, spiritual connections are profound and hearts blast open, patterns display before you sometimes making you break out in a sweat while healing elements move at light speed toward the shift, sorrow is released and you cannot help but tear up. Even feelings of deep love for the client may be evoked and your job is to be there in the space AT THE EDGE witnessing it all. You are human and you cannot help but produce residual energy. Just be responsible for it. Don’t expect the client’s clearing to remove it. You will need to do your own release of outcome and your personal clean up clearing work on your own time. The cleaner and brighter your structure becomes the faster it sloughs debris and the more regularly you’ll need to clear it.

Human Electromagnetic Field (HEMF) Rebuild

The slings and arrows of life include random electromagnetic disturbances that blast through the structure and carve out caverns, pits, and tunnels leaving behind electromagnetic energy corrupted and damaged by its incursion into the smoothly

running Human Energy Structure. With the advent of cell phones, microwaves and multiple computers in every home there are abundant opportunities for injury to the Human Electromagnetic Field in every hour of everyday. Asleep or awake our structures are being assaulted by unseen frequencies and beams of microwaves that wreck havoc on our sacred anatomy.

In the early part of 1999 I begin to find it intolerable. I felt every blast of cell transmission and the EMFs pouring out of my husband's computer all day long gave me a terrific headache. I begin to meditate and pray about the situation. After some months of constant agitation I woke out of a sound sleep hearing and seeing one of my inner teachers explaining the way out of the pain. It was simple, so simple that it shocked me: Energy is intelligent and we can talk to it. The disturbances attacking me did not know they were hurting me. If they only knew, they could just as easily not injure my structure. This rebuild is the result of that epiphany and now over a dozen years later I can say thousands of people are believers in the use of this conscious intervention between the subtle and the material reality of how EMFs can impact our HES.

Sacred Anatomy Energy Medicine Alignment

Human Electromagnetic Field (HEMF) Rebuild

1. With permission using the EDGE determine the need for HEMF rebuild.
2. Vent the HEMF from the bio reflective layer out through the edge of the structure.
3. Monitor the release of all disabled electromagnetic material through the vent.
4. Bring *Universal Love and Light* through the vent and into the interior of the HEMF containing membrane to heal and strengthen the damage to the container.
5. Bring in *Integration* and *Blending* to prepare the container.

6. Bring in *Human Electromagnetic Field Radiance* through the vent to fill the now ready container.
7. Seal the vent with *Universal Love and Light*.
8. Surround the entire structure in universal love and light to strengthen it at the edge.
9. Bring in *Integration* and *Blending* through entire structure into the HEMF.
10. Watch the shift of the entire structure.
11. *Harmonizing the HEMF*
12. *Integrate, blend, witness, stabilize, integrate and blend* to finish the rebuild of the HEMF.
13. Golden Rain will need to be repeated daily. Refreshed in order to eliminate the electro-magnetic disturbances that it may have encountered.
14. Visualize Golden Rain rinsing the exterior of the structure out from the edge and returning it to a pristine state.

Sacred Anatomy Energy Medicine Alignment

Strengthen the Containing Membrane of the HEMF

1. At the Edge and with permission dowse a need for the procedure.
2. Confirm this by dowsing to see if the percentage of the HEMF containing membrane is less than 100%.
3. Bring in the Source energy: *The Attitude of the Strength of Archangel Michael*
4. As you bring in the energetic of the “*attitude*” use it to strengthen the container of the HEMF- slather this energy all over the containing membrane at the edge of the HEMF. Don’t forget the silver tethers.
5. Check once more to be sure the percentage of the containing member is up to 100%
6. Bring in *Universal Love and Light*.
7. *Harmonizing the HEMF*
8. Bring in *I B W S I B*

Speaking Politely with the Golden Rain

I share this technique with you here. Use the Golden Rain meditation with my love and blessings; I know it will give many of you tremendous relief! All energy is intelligent, even the electromagnetic disturbances created by your life style. This is an exercise meant to put a **Do Not Disturb** sign at the EDGE of your one body. -- not the edge of your Human Electromagnetic Field -- your one body, out another 10 feet or so from where your Human Electromagnetic Field ends.

Because electromagnetic disturbances are intelligent energy just like the rest of creation, they have their own sort of capacity to understand communications. The idea is that if you speak politely to the electromagnetic disturbance using its own language, it will understand that its movement can be harmful to you and willingly agree not to pierce your structure and damage your HEMF. Unorthodox I know, but amazingly effective.

This exercise uses intentional focus to interact with intelligent energy and to care for your delicate subtle self. The function of the golden rain meditation is ONLY to redirect electromagnetic fields and disturbances and not to keep you from any other harm. It is important that you do this exercise daily to build up to the best result.

However, if an electromagnetic Field is badly damaged it will still need to be repaired to have the maximum benefit. There are some people who are locked in a magnetic storm and attract electromagnetic disturbances to themselves with no discretion. They may be imbalanced in other ways and may need additional help from healing professionals. But keep in mind they may also be made half mad with the constant buzz of the technology surrounding them.

The best tactic for healing for these vulnerable people is regular and even repair work supporting the development of a returning self confidence in their ability to cope. I also suggest in extreme situations a tech fast or a tech free hermitage for healing. There are several towns in the US that are EMF free.

The good news is that this HEMF Suite gives you what you need to help all but the most extreme cases of EMF toxicity.

Golden Rain of the Human Electromagnetic Field

Living in the 21st Century we all experience electromagnetic disturbances everyday. Interacting with these offending and dangerous energies at the EDGE of your structure 10 to 20 feet away from your physical body can create a conscious relationship. Using this specific energy, *the Golden Rain* to act as a sign post at the EDGE of the structure can change your experience of being in the world today. Locate *the Golden Rain* far enough off the EDGE of the structure to allow your larger body to expand and contract comfortably. Give yourself “breathing room”. *Golden Rain* will protect against electro-magnetic disturbances only.

Sacred Anatomy Energy Medicine Technique

Golden Rain of the Human Electromagnetic Field

1. Daily visualize a Golden Rain from the mind and heart of the universal Source falling over you completely coating your egg shaped structure a little beyond its outermost edge.
2. Renew the Golden Rain each day by visualizing it completely washing away the old Golden Rain at the same time it forms a new and refreshed sign post to direct electromagnetic disturbances to go around instead of through your HES.
3. This will only take about 20 seconds once you've learned how to do it. Do it at the same time every day.
4. Use *Integration, Blending, Witness, Stabilization, Integration and Blending*.

Remember: Golden showers = Golden Rain!

Add Power Pak

1. After applying the Golden Rain, you will need to connect the body of the HEMF and

the Subtle Energy Structure. Do this by first activating the Containing Membrane by rubbing it while visualizing the Golden Rain coating the Edge of the HES. Make sure to activate the entire Containing Membrane by rubbing all around it. Use your light Fingers if needed to sense difficult to reach places.

2. Make sure your hands are on the outer edge of the Containing Membrane- with arms extended directly out from the shoulders- Telegraph your fingers to the Power Pak Nubs located right there- you will feel little dials about the size of tennis balls.

3. Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the right and left.

4. Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the up and down.

5. Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the front and back.

6. Say: **Power Pak Engage**. The dials will rotate around the center of the HEMF, the Silver Tethers will extend out and tighten up into the Inner Edge of the Soul Layer. As that occurs the Golden Rain will tighten up and a fine silver mist will cover it. This mist will emerge from out of the Golden Rain and creates the stronger protection for 5G.

7. When you renew your Golden Rain the whole structure will release both Golden Rain and the Power Pak.

8. Refresh the Golden Rain.

9. Re activate Power Pak.

Sacred Anatomy Energy Medicine Alignment

Severing Entanglements

- 1) Apply the Edge Practice
- 2) Receive permission if supporting another person.
- 3) Standing, extending your dominant hand above your head, call upon the *Archangel Michael* to lend you his sword. When you feel the weight of the sword in your hand relax, your arm down to your side.
- 4) Wielding the sword, *Sever Entanglements* in this order:
 - Your front
 - Your left side
 - Your right side
 - Your rear
 - Below you
 - Above you
 - Swing the sword in a figure 8 all around your body
- 5) Return the sword to *Archangel Michael* with thanks.
- 6) Combining with visualization, use both hands to **push away from you** all the persons, places and things you have just *Severed Entanglements* with. Send them back to their source with no malice.
 - Your front
 - Your left side
 - Your right side
 - Your rear
 - Below you
 - Above you
- 7) Combining with visualization, use both hands to **pull back to you** all of your own energy that has been connected to the persons, places and things you have just *Severed Entanglements* with.
 - Your front
 - Your left side
 - Your right side

- Your rear
- Below you
- Above you

8) *Harmonizing the HEMF*

9) Bring in *IBWSIB*

Reattaching the Silver Tethers

Occasionally one of the silver tethers that hold the Human Electromagnetic Field in place inside the structure will pull loose from where it resides in one of the major hubs of the structure, the inner edge of the soul layer. When this occurs a buzzing electrical sensation may be reported and if enough of the tethers are pulled away the HEMF will actually sag or drift within the structure.

Sometimes people feel the tether smacking them in the forehead or eye and make comments like: “I feel like there is an electrical storm over my head.” Or “I think I have an energetic bee that keeps stinging me in the head. It’s driving me nuts!” If the structure has been drifting replacing the detached tethers will anchor it and if it has sagged, doing this same procedure will lift it back into place. The HEMF likes to be stable. It will cooperate with your efforts.

Sacred Anatomy Energy Medicine Alignment

Reattaching the Silver Tethers

1. With permission and using the EDGE determine need by dowsing.
2. Dowse how many tethers need to be reattached.
3. Run your hand through the HEMF edge to locate the detached tether.
4. At the tether base bring in *ULL* and lift the detached tether up and out to the inner edge of the soul layer where it will hook in. Follow tether end down into the hook and feel it drop into the inner edge. Repeat to reattach all.
5. Bring in *ULL* throughout the tethers and HEMF to soothe and mend.

6. Bring in the *Attitude of the Strength of Archangel Michael* into the containing membrane which wraps all around the tethers and the edge of the HEMF holding it like a sack.
7. *Harmonizing the HEMF*
8. *I B W S I B*

Sacred Anatomy Energy Medicine Alignment

HEMF Emotional Signature Removal

The *signature* to be removed is a combination of the word dowsed from the *Signature List* and the emotion/word you dowsed from the *Word List*.

1. Using the Edge Practice with permission determine need for **HEMF Signature Removal**. Check pulse and percentage.
2. Determine how many **HEMF signatures** are up for removal.
3. These signatures can be identified by dowsing the **Signatures List** and then finding the emotion on the Word List. The combination of the **Signature** from the List and the emotion from the Word List will give you the **HEMF Signature**.
4. Verify the need to remove each **signature** from the HEMF as sometimes leaving, even an unfortunate **signature** in place, is the right choice.
5. Check percentage again to track the progress.
6. Ask questions to identify which **signature/s** is/are active in the HEMF. This should make sense to both you and the client. If it doesn't check the **Signature List** and Word List again.
7. Insert light fingers into HEMF to pull out **signatures** and put them in a pile to the side of the client's structure. (Together with the client you will lift it out of HES into surrounding universal throwing it into the Sun.)
8. Have the client compress the pile and gather it into their hands. While they are looking at it (in the eye), say the following to the **signature** :

Thank you _____ for all that you have taught me.

Thank you for the gifts I've learned about being _____

I am ready to be in my body without you. I am ready to let you go.

9. Release the entire **signature** into the Sun with a clap or snap.
10. *ULL* the HEMF and the entire structure. Surround it with the *Attitude of the Strength of Archangel Michael*.
11. *Harmonizing the HEMF*
12. *IBWSIB*

HEMF Massage

The value of HEMF massage is to soothe and stimulate the entire system and in so doing to encourage it to function more effectively. Whether it is overloaded from too much work, too many electromagnetic challenges or an excessive behavior the HEMF needs tending just like any other part of the one body. This procedure is healing because it releases stress and tension and turns down the buzz that can build up and overload the circuits.

Sacred Anatomy Energy Medicine Alignment

HEMF Massage

1. With permission using the EDGE, determine the HEMF stress level. It will read on a scale of 1-10 with 10 being the highest level of stress. HEMF massage is always needed from levels 5-10.
2. Begin by doing the chi circuit exercise for about 5 minutes. This is to stimulate the chi that radiates out from the major chakras and into the reflective chakras and layers of the HEMF.
3. Ask the client to stay standing, preferably in bare or stocking feet.
4. Put on subtle surgical gloves and coat your hands in *ULL*
5. Bring in *ULL* and slowly massage the HEMF beginning in the reflective physical layer just slightly off the physical body and moving through all 4 reflective layers including the emotional, primal and mental. Remember it is relatively close to the human body about 3-4 feet out.

6. Move r-layer by r-layer through the field. Check the silver tethers when you are in the mental r-layer by tracking them out to the inner edge of the soul layer- telegraphing through the HEMF for any tethers that need to be massaged. They will pull your hands to them.
7. Dowse to see if you are complete with the r-layers and tethers.
8. Avoid the r-chakra areas as best you can as HEMF massage will already be releasing stress in these areas and actually rubbing them can be too much stimulation and cause a stress response- exactly the opposite of what you want to have happen!
9. Bring in *Universal Love and Light* throughout the HEMF
10. Check to see if any imbalances have registered, if the client needs the containing membrane strengthened, or if any tethers have slipped. Resolve any of these as needed.
11. Bring in *Universal Love and Light*.
12. *Harmonizing the HEMF*
13. *Integration, blending, witness, stabilize, integration and blending.*

Sacred Anatomy Energy Medicine Alignment HEMF Charge

The HEMF Rebuild is recommended before doing the HEMF Charge. This should make the HEMF stable enough to be engaged.

1. Applying the Edge Practice, with permission, dowse to determine if the HEMF is stable enough to be engaged. (This is a simple yes/no.)
2. If no- stop- return to check another time, if yes- proceed.
3. When we bring in Specific Energies they usually come in from above. To charge the HEMF bring in *Human Electromagnetic Field Radiance* in from below stroking upward as the energy comes in. This has a bracing effect on the Sacred Anatomy, as a whole but is specifically stimulating for the HEMF.
4. Monitor and stroke the HEMF in an upward motion until your wire stops spinning

or you feel it is enough.

5. Bring in the *Attitude of the Strength of Archangel Michael* at the edge of the HEMF and Strengthen the Containing Membrane.
6. Bring in *ULL* and waft it through the entire HES and HEMF.
7. *Harmonizing the HEMF*
8. *IBWSIB*

Procedures [Video Link](#)

Correcting Imbalance with Specific Energies

What?

The Source, in a Big Bang convulsion of self-realization, explodes into expression and because it is the Source, it (simply) expresses everything. It has no agenda for what it expresses, no human limitation of what is more or less important no idea that one thing is before another. All energies exist universally and at the same time as a divine idea in abundant and unceasing form. They shower creation with their presence constantly and go where there is space. There is never a shortage.

Naturally, the question arises: if this is the case why do we not all have everything we could possibly need or want? The reason is simple and resides in the structure: we close ourselves off to the unceasing wealth of the Source because of the traumas and difficulties we face as people.

Why?

Unfortunately, that which makes us human and makes us separate from the Source also cuts us off from the generous and unceasing substance of the Source. We mostly exist outside of the present moment, defined by our history; in doing so we close ourselves off systematically to primordial energies designed to support us, feed us and assist us in our journey back to home base: the Source.

What happens is anatomical. At the edge of the soul layer there are millions of receptors with little tentacle like hairs that receive these pure energies like antenna. The receptors can become blocked and nonfunctioning over time for many different reasons. The easiest to understand is human trauma

How?

Reconciling a Specific Imbalance can be elegantly achieved by restoring the exact lost energy as needed to the structure. The pulse will lack enthusiasm swinging and will swing more slowly. When the overall percentage gets stuck at 80% or 90% and will not go higher, this is an indication for Correcting Specific Imbalances. Over time, students will begin to recognize the feel of energies needed to rectify different Imbalances. Often the energies will introduce themselves by presenting as Imbalances consistently through a series of practice clients. If this happens you are on to something good!

Practitioners work with:

1. **Simple Imbalances:** under five
2. **Submerged Imbalances:** buried beneath an issue or structural abnormality. Simply, determine the need for correction of Imbalances with SAEM diagnostic techniques. Determine what energies are lacking and use dowsing to monitor quantity.

Sacred Anatomy Energy Medicine Procedure

Correcting Imbalances with Specific Energies

1. With permission, using the EDGE practice, determine need.
2. Dowse for the number of Imbalances and if they are simple or submerged?
3. Determine the Imbalance(s) by checking your list.
4. Bring in the desired energy following the *6 Steps for Bringing in Specific Energies*.

5. Check to see if all Specific Energies are complete by dowsing.
6. *Harmonizing the BOL*
7. *IBWSIB*

Sacred Anatomy Energy Medicine Procedure

6 Steps for Bringing in Specific Energies

1. Tune In (Become aware of the idea)
2. Visualize (Visualize a waterfall of light)
3. Manifest (See & feel energy coming in)
4. Direct (Energy into the person, repair or wound)
- 5) Dismiss (Formally end it)
- 6) Thanks (Thanks to the nice energies)

Signature Identification

1. With permission and using EDGE Practice dowse to determine the presence of signatures. This is a Yes/No dowse.
2. During Intake, determine past medications, current medications and life situation. Make a list of these medications, issues and experience as potential signatures to refer to later.
3. Dowse for how many signatures are up for removal now. See if you have them already listed or if you need to dowse the Signatures List.
4. Dowse Signatures Lists to determine any additional. Make a list of all signatures to remove now (not a list of all existing signatures- that would be impractical and huge!).

Address Types of Signatures in this Order:

1. Signatures of discontinued Meds (Current Meds will be attuned)
2. Signatures of all other origin

Signature Removal

1. Lift out all old drug signatures (antibiotics used for an infection 5 years ago, this includes vaccinations and immunizations from childhood) and any signatures related to past historical poisoning, illness or trauma. (Yes, this is time consuming but a very helpful and necessary clearing. Usually you will only do a big one the first visit however, if you have more than 15 signatures put some off to their next visit.)
2. Remove by gathering the old signature into a ball outside of the physical body but still in their structure. Use your light fingers to telegraph into the structure and to pull toward you only this specific signature.
3. Double check the signature is 100% collected. If not, telegraph again into the structure, calling the signature to your light fingers. Check the bio layer by scraping through it with light fingers seeking ONLY this specific signature.
4. Agitate the ball of signature so the client feels it a little. (don't worry if they do not feel the first signature- by #10 they usually will)
5. Lift the balled up signature out in partnership with the client. Ask them to breathe deeply and help you lift this signature up and out of their structure. Lead them to dismiss it with a hand-clap.
6. Check for 100% dismissal before moving on to the next signature or onto attunement. (If you don't get 100% dismissed, start over collecting and dismissing)
7. Find and remove all relevant signatures before moving on.
8. *ULL*
9. *Harmonizing the BOL*
10. *IBWSIB*

REMEMBER to Address Types of Signatures in this order:

1. Signatures of discontinued Meds
2. Signatures of all other origin
3. Attune current Meds and prosthesis

Signature Attunement

1. Determine the client's helping medications or helping repairs. Ask what they are taking and will continue to take.
2. Gather one medication/ repair item at a time into a ball at the side of the physical body (still in their structure).
3. Place one hand on the star point (the medication will be affecting the star point pulse so we use the star point to tune into the relationship of the medication and their subtle structure) until you are certain of this pulse. It will be rapid fluttering like a flickering light. It is nothing like a heartbeat.
4. Still holding onto the star point pulse place your other hand into the ball of drug signature and feel its pulse with the other hand. This pulse will be slower than the human pulse you are aware of in your other hand.
5. Prepare to speed up the drug signature (not the person) as always, explain what you are doing to the client so they can work with you to shift into a compatible pulse. The tempos of the two pulses should match as closely as possible. The quality of the energies will be different but it is the tempos that need to align.
6. Do this by agitating the medication signature with the hand- bouncing up and down and speaking to it:
7. *SAY: Name of the Medication, to be a real helping medication you need to vibrate at the same frequency as: client's name who wants to benefit from your gifts. Please speed up and shift into a compatible and harmonized pulse.*
8. Encourage the signature talking to it, instructing it and continuing to bounce your hand up and down.
9. The two pulses will come into alignment.
10. Immediately push the ball into the star point wait a beat and immediately pull any excess signature that has not absorbed backward out of the star point down the umbilicus, to the edge, and out into the universal. The energies have been delivered into the e-stomach through the conduit and excess will not be.
11. Finish removing the excess in one fluid movement by dismissing it out of the structure with a handclap.

12. Attune all helping signatures (includes: medications and any prosthesis, mesh, metal or repair materials) as needed, identify, accumulate and dismiss.
13. *ULL* through HES
14. *Harmonizing the BOL*
15. *IBWSIB*

Sacred Anatomy Energy Medicine Procedure

Removing a Death Weapon

1. With permission and at the edge determine the need for a death weapon removal by dowsing.
2. Determine how many Death Weapons are presenting for removal.
3. Determine by dowsing what kind of weapon or weapons it is?

AK47/ Gatling Gun	Drugs	Machine Gun
Atom Bomb	Opiates/ Heroin	Martyred
Arrow	Pedophilia	Mass Murder
Axe	Poisoning	Missile
Beaten to Death	Enslaved	Musket
Bomb	Falling (being pushed)	Nuclear Bomb
Buried Alive	Gas Poisoning	Rape
Burning	Genocide	Rifle
Canon	Rack	Rock
Cannonball	Guillotine	Rocket
Cat o' Nine Tails	Gun	Spear
Club	Hangman's Noose	Strangulation
Crucifixion	Holocaust/ Genocide	Starvation
Domestic Violence	Iron Maiden	Sword
Drawn & Quartered	Knife	Torture
Drowning	Lance	

4. Put your hands on the weapon, which is usually sticking into the body in some way and agitate the weapon vigorously so the client “feels” it.
5. Surround the weapon in *ULL*. Lift out the weapon with light fingers. Dismiss with clap.
6. Immediately fill the wound or area with *ULL*
7. *Harmonizing the Layers*
8. *IBWSIB*

Simple Karmic Wounds

With thanks to Bob and Kathy Mahaney

What?

Karmic Wounds are exactly what they sound like: wounds that have occurred in a past life which established for the client a pattern of behavior, belief or emotion that continues to cyclically repeat throughout lifetimes. Simple Karmic Wounds often involve physical damage inflicted by a weapon or object that caused death, dismemberment or profound difficulty. Sometimes the weapon or object stays lodged in the structure, causing reactions and adaptations that continue to affect the structure until they are removed. Simple Karmic Wounds are located in at least one of the Layers and may stretch through several Layers and even into the universal.

Why?

Karmic wounds occur because an action is violating and has profound life consequences. The story that goes with the wound is important because from it we can determine how that pattern is continuing in this lifetime and how the health, vitality and focus of the structure may have been compromised by the wound.

People often will present for removal with some form of physical pain. This may occur in the original location of the wounding; such as a spear through the heart may cause heartburn or heart palpitations. The upside is that when removed the physical problem MAY disappear.

How?

- Karmic Wounds cause a clunk in the Unified Pulse. They appear like a barrier in one of the segments, literally stopping the swing of the wire or causing an interruption of smooth movement.
- The room and the client will feel dense or heavy. This may even cause drowsiness in you!
- The client may report an emotional upset with one or two specific people or a group saying something like: “Everybody at work is mad at me!” They may feel trapped by a cycle of behavior, events around them that seem to repeat, patterns in their family or co-workers that seem familiar and inevitable in how they play out. They may be experiencing a feeling of powerlessness around this issue or behavior, and by the time they are primed to release a Simple Karmic Wound they are completely overwhelmed, depressed or incapacitated by it.
- Wounds themselves often feel sticky or heavy like lead. The person may feel this even if they say they don’t feel energy. The client may feel off center or lop-sided.

A wound comes up for removal when the Soul has either received the gift of, or the lesson from, the Karmic Wound and is ready for evolution beyond the constricting action of the wound. The patterns of belief, behavior and emotion, when released, make space for transformation in the structure. Working with Simple Karmic Wounds requires three basic pieces of information:

- 1) Where in the structure the wound is located.
- 2) Definition of the emotion held in the wound.
- 3) Who is in the wound?

You do not need to know details about the story of the karma between people or the events that lead to the creation of the wound to remove a Simple Karmic Wound. It is interesting to note that people are often amazed to find they are carrying a wound for their family or other relationships. It can be revolutionary to learn the extent to which relationships have been shaped and defined by an ancient Karmic Wound.

Undefined guilt, anger, uneasiness and even hatred can release when the Wound is

healed. If the wound is showing up in a person's life, they usually carry it for the group or relationships caught in the wound. When they release it and experience a healing, the other people trapped in the wounding will release and heal as well. Removing a Karmic Wound can be completely life altering, and people often need support to realize first, that a profound shift has transpired and second, to fully integrate the healing into their life.

To do this they need follow up from the practitioner because this person has held the container for them and has skillfully witnessed their transformation.

Sacred Anatomy Energy Medicine Procedure

Removal of a Simple Karmic Wound

1. Using the EDGE, with permission, determine need to do a Simple Karmic Wound Removal by dowsing yes or no, taking the pulse and conducting a brief (5-10 minutes) interview.
2. Locate the wound in a specific layer and stratum.
3. Gently palpate the wound to learn size, texture, and density. Diagram the wound and this information for your records.
4. Determine the emotions held in the wound by agitating the wound and asking the client what emotion they are experiencing while you do it or by dowsing the Word List. (see Chapter on *Tools*)
5. Ask the wound how many people are contained in it? You can determine this with sensing or dowsing. (*i.e.* 3- the client and 2 others.) Name them Entity A, B, C.
6. Determine who these people are in this current life. It helps the client release the wounding to know who in their current life is trapped in the wound with them. Any people in the wound will be known to the client; in their current family, friends or work life in some way. They often will know who the people in the wound are and your job will only be to validate their knowingness with your sensing and dowsing skills.
7. Match the emotions up to the people. [Like: Fear-Entity A]
8. Dowse to see if the wound is ready for removal? Yes: proceed to step 8. No: go

back to steps 4, 5 and 6. You will have either missed something or new information will be available that was not earlier.

9. Physical removal is required for a Simple Karmic Wound. If large, condense to remove it. Take the entire wound out in one movement not in pieces. Condense using focused intention and press it into a smaller size. The wound will feel like it is getting heavier and thicker. The client may experience some discomfort. Lift the Karmic Wound out and into the universal. (No vent is required.) Dissipate the wound by clapping it out.

10. Pack the empty wound with *ULL*.

11. *Harmonizing the Layers*

12. Bring in *IBWSIB*.

Four Aspects Meditation: Instructions & Story

1. When leading a client through these meditations remember to hold the visualization in mind. This aligns you to them.
2. Go slowly. Speak slowly and evenly.
3. Encourage breathing even if it is not indicated in the script.
4. I fill in a lot of details. Feel free to do this. The more colorful the description the better. But it is a fine line. Too much talking as you lead stifles the creativity of the client which you want to encourage.
5. If your client is not very visual anchor each experience in the body by having them place their hand on a body part and massage or squeeze it as you move through the exercise. For these people more breathing is helpful.
6. Have the client sit up unless there is a physical reason they cannot. If they lay down they may drift off to sleep. Keep them awake. Touch their arm or shoulder gently and say: *Please stay awake*. It is important for them to stay present for this experience.
7. I tell my clients this is an interactive meditation and I ask them to describe things while I record what they say. If you are a slow typist or doing this will through you

off- you might record the session for them so they have a record of their experience.

8. You have my permission to change the meditation and to make it your own. Your own voice and rhythm is always preferred. Let me know how you do and tell me about your discoveries. This is always interesting to me.
9. Always bring people back to where they started at the end and if you have them take off clothes or put something down make sure to have them put their clothes back on and pick things up before you leave. No clutter allowed in the 4 Aspects Realm. Everything has value and use.

Outline of the 4 Aspects Meditation Story:

They will describe this journey for you and you can record it for them by typing or voice recording. Don't let them take notes.

- Begin walking out their door and through a garden gate onto a path into a forest.
- Describe the flora and fauna of the beginning of the path in detail- this drops you and the client into the meditation
- Follow the path down into a valley past different foliage. Note animals, insects and birds.
- In the distance they can hear a creek or stream.
- Come into a clearing in the forest. The light is pouring down onto a stump in the middle of the clearing.
- This is a magic stump that shapes to their body. This is a good start on deep play and imaginal thinking.
- On the stump they relax deeply- a friendly animal/creature comes to them and touches their hand.
- Develop the connection with this animal very quickly.
- Continue on down the pathway lower into the valley- come around a bend and cross the stream on a tree trunk.
- Continue on the path on the other side of the stream go around a big boulder and discover a beautiful big meadow.
- Here stop and feel this is the special place- the site of your very own temple for the 4 Aspects.

- Begin by building a wall- very tall and sturdy. They can build it out of any element: water, fire, steam, ice, earth, smoke, gas, wood, rock, crystals, anything their imagination can find.
- Ask them to tell you when it is finished.
- Then tell them to add a doorway through the wall
- Passing through the wall suggest they notice it is now a big, big building- suggest it is so tall that the ceiling has weather- in the distance they see in the middle of the big space 4 thrones on 4 raised platforms.
- Approaching the first throne – the Physical- Make sure they greet the Aspect-
- Ask for a description of the Physical Aspect.
- Ask about: Form? Shape? Colors around the Aspect? What it is wearing? Is there an animal with them? Are they holding something? Do they have hair? Eyes? Anything more about how they appear?
- Ask how old they are?
- Turning to the next Aspect make sure they thank the Aspect before moving on.
- Do the same thing for the rest of the Aspects- always take them in this order: Emotional Aspect/ Mental/Intellectual/Psychological Aspect and Spiritual Aspect.
- Turn around and see a round table with 5 chairs. Invite all 4 Aspects to join them at the table.
- Ask the 4 Aspects to all align with the age of the client. This begins a deeper alignment.
- At this point they can ask the 4 Aspects for support in any way they want. They can ask for a shift in behavior and energy, health and well being. ANYTHING is relevant!
- The key to remember is that the client is the Chairman of the Board, the leader of the pack, the jefe and can ask for ANYTHING they need to be more successful, happier and healthier.
- Complete the conversation by thanking the Aspects and telling them they will be back.
- Walk out of the building, through the door, past the boulder, across the stream, up the path, into the clearing, touch the stump, continue up the path to the garden gate, then to their door and into their chair.
- Take 3 deep breaths and open eyes.

Sacred Anatomy Energy Medicine Procedure

Bringing in the Rainbow Lights

As Needed

Use the 6 steps for bringing in specific energies. Use when a client only needs some of these energies.

1. With permission at the EDGE.
2. Ask your client to lie down however, it can be done with them seated also.
3. Start bringing in the *White Light of Cleansing* and dowse to ask the next light if it is needed by the client.- go in the order of the rainbow and always start with the white light- NEVER end with it!
4. Bring in each light in a sweeping motion from the top of the structure through the bottom- keep bringing in the light for a few minutes or until you feel it is enough.
5. Keep the client engaged and supporting the process as a partner by asking them to see the lights in their mind's eye and to visualize them each as you are bringing them in. Unless very ill, keep them awake and participating.
6. Say something like: *Now we are bringing in the (green light of growth). It is pushing anything and everything that is not of you right out of your structure leaving behind only this powerful and beautiful (green) light. All illness and distress is utterly released now and in this moment as the (green light of growth) brings each cell in your body into health and vitality.*
7. *Harmonizing the Bones of Light*
8. *IBWSIB*

Sacred Anatomy Energy Medicine Procedure

Feeding the Stones

This is an augmentation when you are already placing a stone array.

1. At the Edge, with permission dowse the need to feed the stones.
2. You may also "*feel or sense the need*" for feeding when you are placing the array. If so, always check and correct the need by dowsing.

3. Specific energies will up the shift and coordinate with the natural power of the stones themselves and the array. Bringing in different frequencies into points where the stones are placed brings a great result. Don't set up generators in relationship with the stones and their points.

Energies to use for Stone Arrays:

<i>Anti-Inflammatory</i>	<i>Rainbow Colors</i>	<i>Restoration of Hope</i>
<i>Clarity</i>	<i>Rejuvenation</i>	<i>Sanctuary</i>
<i>Manna</i>	<i>Replenish</i>	<i>Vim & Vigor</i>

4. Monitor the selected energies as they come in. Release when complete.
5. As you remove the stones bring in *ULL* into the structure.
6. *Harmonizing the Layers*
7. *IBWSIB*

Sacred Anatomy Energy Medicine Procedure

Strengthening the Integrity of the Soul Layer

This is not a print out to handout to clients but is a procedure to be done frequently by a practitioner during a session.

1. Using the EDGE and permission determine the need to strengthen the edge of the HES. It is not necessary to determine origin of the issue.
2. Bring in *ULL* and wrap this energy around the edge liberally, filling holes and rebuilding weak sections. Your intention will keep you focused on Strengthening the Integrity of the Soul Layer.
3. Continue bringing it in until the edge feels stronger and much thicker (1-2 feet).
4. Explain to the client that this will help their energy but that they will need to learn how to use the edge more effectively to sustain health.
5. *Harmonizing the Layers, Harmonizing the BOL, Harmonizing the Template, Harmonizing Blend*
6. *Integrate, Blend, Witness, Stabilize, Integrate and Blend.*

Zuckerman Pulse Technique Terminology

Bounce

Definition: The wire gives a dribbling bounce at the return of the swing.

Indicates: Circular connection between spiritual & emotional aspect with upset bouncing from one to the other excluding the psychological. Such symptoms as anxiety and nervousness.

Action: When the bounce is at the end of the swing it is a clear indicator of Soul Path Congestion.

Bumpy

Definition: Wire trips over little bumps in its transit on the out or return swing.

Indicates: Structural issues like scoliosis and disk problems as well as broken or bent bones.

Action: Misalignment of the structure. May need hands-on structural work.

Connected

Definition: The Aspects flow easily into each other with a feeling of unity.

Indicates: Well functioning structure. Show that a low level of pathology is up for work.

Action: Happy person with a bounce in their step.

Dense

Definition: Heavy feeling swing, like the wire is fighting against muck to move.

Indicates: The normal course of a normal life, sloughing debris as we go.

Action: A definite need for clearing. All clearings will indicate this way but most especially Basic Clearings.

Dip

Definition: A drop in energy at a point in either the out or return swing causing the wire to respond by dip.

Indicates: Shows an imbalance of energies in the structure and can be related to the presence of psychological acting out, emotional processing or spiritual struggling.

Action: An area for work. For example if the dip occurs in the middle of the Psychological, the issue will be with the psychological aspect.

Even

Definition: An even swing means that the energy is equally distributed throughout the Aspects. No one area is highlighted over another.

Indicates: This is a sign of homogenization. All things are equal; there is no glaring point to focus on. Can mean heavy debris holding the pathology down and holding in a repressed manner. Can also mean things are great!

Action: Check for need for all clearings. Discuss clutter in the home and support movement away from the client's story into a place of greater purity of connection.

Expressed

Definition: The way that a swing expresses tells us how the structure is doing.

Indicates: Well-expressed means the swing is open, wide, even and full. Not well-expressed means the swing is held, controlled, debris filled and slow.

Action: What to do depends on how the pulse is expressing. This is an overall descriptive of taking pulses.

Flat

Definition: A held down feeling. Wire will feel like there is nothing above or below it. There is a lack of expression about the Individuation in the pulse. The structure is not “showing up” as experiencing life through the bio layer.

Indicates: A disconnection at a fundamental level. The lines of communication are down. Lack of connection between people and aspects of the internal dynamic of self.

Action: Procedures like: Soul Path Congestion in Axis or Throat Chakra and Primal Loop Life Pattern are called for.

Glassy

Definition: Smooth, even and slick in feel- the swing is as if it is sliding across the surface of a mirror.

Indicates: Moving through issues too quickly. The individual is escaping his or her own feelings in a matter if the pulse is glassy in a section. If the entire pulse is glassy there is reason to expect escapism as a general life theme and a desire to not feel or know what has occurred in the life. Deep trauma can show this way. So can deep despair or traumatic lack of direction in life.

Action: Suggests specific Life Patterns: Universal Disconnect, Spiritual Distance, and Emotional Clutch. May lead to Layer or Chakra Compression.

Glissando

Definition: A glissando is a musical term that indicates a sliding note over a length of beats in a piece of music. In SAEM it means the pulse first dips then slides through the swing- returning with the same slide and dip in reverse.

Indicates: An overlooking of the facts, a desire to see and yet re-interpret the truth in such as way as to be nicer, easier or more palatable.

Action: Specific Life Patterns: Physical Holding, Mental Construct, Etheric Disinterest. Soul Path Congestions in purpose currents also can show this way.

Hot

Definition: The wire actually feels hot. The swing will be either very fast or thick as if working through something dense and tarry.

Indicates: Excess energy, over-stimulated structure that has too much going on and not enough release through proper elimination and natural clearing.

Action: Shows a need for an Elimination Release as well as any number of types of clearings.

Icy

Definition: The wire feels cold. The swing will be stiff and frozen as if it is unable to move comfortably through information, debris or problems in the structure.

Indicates: Stagnation and then some! This is a situation where you may not be able to do enough to make much of a dent in an hour healing. Icy wire needs time to thaw. Schedule more sessions.

Action: Held creativity means loss of soul's purpose. This would indicate an issue in the star chakra and or the Spiritual Layer as well as the Soul Layer Life Pattern, Soul Disturbance. It also reveals issues with the 4 aspects and their expression in the life.

Lopping

Definition: the swing lofts up at the boundaries in a singsong way with a quick return and an almost horse like jog.

Indicates: The chakras and BES are not functioning correctly.

Action: Soul Path Congestion, Chakra Plaque and Chakra Compression. Pretty much anything having to do with chakras.

Open

Definition: The swing is wide and feels like an open door.

Indicates: Well being and sense of self that is authentic.

Action: Look for tweaks like Imbalances.

Slow

Definition: The swing is retarded in movement. Holding in a more lazy way, this type of Swing means there is something slowing it down.

Indicates: Debris.

Action: Need for Basic Clearing, Advanced Clearing of the Layers and clearings in the other systems as well.

Smooth

Definition: The wire is moving in an uninterrupted even manner across and through the aspects.

Indicates: This is an indication that the 4 aspects are obscured by pathology most likely karmic in nature. It is also a tip off that the emotional layer is in transition.

Action: Emotional Peel, Emotional Clutch and some Imbalances.

Stop

Definition: A sense of stopped movement of the swing. It is as if it hits a wall- it may stop altogether or stop and continue more slowly to a full swing.

Indicates: This will show in a life as held energy in emotions, beliefs and attitudes or deep desires almost wishes. It will also cause the energetic of the issue held in the Structure to influence the current experience of living.

Action: A Karmic Wound Removal.

Thick

Definition: A sensation of pushing through compact energy as the pulse swings. This will slow the movement of the swing.

Indicates: A need for clearing of debris in any or all systems.

Action: Need for clearing looks like difficulty doing the basic parts of life. The feeling of being held or stopped in growth and movement may be a complaint.

Rhythmic

Definition: The swing is moving in an upward and even beat like a drummer playing.

Indicates: Determined to push through obstacles the rhythmic pulse shows how much it means to the individual to succeed at life or tasks they deem important.

Action: Clearings and HEMF Rebuild.

Rubber Band

Definition: Springing back from the end of the swing like a release of a rubber band being snapped- sometimes the rubber band is loose sometimes, tight- but this is a springing back.

Indicates: The 4 aspects are getting ready to let go of one of the threads that make up the

weave of the personality. People show this in many ways but mostly that they are ready to let go of being a certain way.

Action: Soul Path Congestion.

Wide

Definition: Literally a wide swing that is moving from side to side. It can be wide and feel forced or run the gamut to wide and feeling contracted.

Indicates: This person is showing a lack of boundaries in their life in some way. Either interpersonally or socially they are lacking container and feel less effective than they might with a stronger edge.

Action: Strengthening the Integrity of the soul layer, some Imbalances. This person usually needs to learn to live at their edge and to take ownership of their structure.