Sacred Anatomy Energy Medicine Self-Care Technique

Expanding the Template

Approved for use by Certified SAEM Practitioners and Medicine Bag Carriers

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.

1) Run your hand down the front of your torso coming to rest at 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) Activate it by gently bouncing the hand on it.
FYI: The Template looks like: a million spider webs made of gossamer lavender and pale green light stacked up on each other in a 3-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. This expansion occurs simultaneously in a star burst pattern in all directions with the star point a the center.

3) Holding your hand palm down, above the star point say out loud: "**Expand**"

4) Monitor the release by feeling the expansion out from your star point. Your hand may move reactively away from your bio layer.

5) Repeat the command: "**Expand**." Monitor the expansion again.

6) Repeat the command of: "**Expand**" again. Monitor.

Always repeat the monitored 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.

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