Sacred Anatomy Energy Medicine Self-Care Technique

The Golden Rain Meditation

Approved for use by Certified SAEM Practitioners and Medicine Bag Carriers

USE DAILY TO SUPPORT YOUR HUMAN ELECTRO-MAGNETIC FIELD

1) Daily visualize a Golden Rain from the mind and heart of the Universal Source falling over you completely coating your egg shaped Human Energy Structure a little beyond the outer-most boundary, which is the edge of the container.

- The edge is 10 to 20 feet away from your physical body.
- 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 only work to direct electro-magnetic disturbances to go around your energy structure.

2) Renew the Golden Rain each day by visualizing it completely washing away and dissipating the old Golden Rain at the same time it forms a new and refreshed Golden Rain protector against electro-magnetic disturbances.

3) This will only take about 20 seconds once you've learned how to do it. Do it at the same time every day.

Sacred Anatomy Energy Medicine @2019 Desda Zuckerman
All rights reserved. Do not duplicate without permission
www.YourSacredAnatomy.com