Sacred Anatomy Energy Medicine Self-Care Technique

Severing Entanglements

Approved for use by Certified SAEM Practitioners and Medicine Bag Carriers

1) Extend to the edge of your soul layer.

2) 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.

3) Wielding the sword, **Sever the Entanglements** in this order:

a) Your front
b) Your left side
c) Your right side
d) Your rear
e) Below you
f) Above you
g) Swing the sword in a figure eight all around your body

4) Return the sword to Archangel Michael with thanks.

5 Combining with visualization use your two hands to **push away from you** all the persons, places and things you have just Severed Entanglements with. Send them back to their Source.

a) Your front
b) Your left side
c) Your right side
d) Your rear
e) Below you
f) Above you

6) Combining with visualization, use your two 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.

a) Your front
b) Your left side
c) Your right side
d) Your rear
e) Below you
f) Above you

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