



Sacred Anatomy Energy Medicine Tool
Self-Care for Clients Dealing with Anxiety

Energetic Gas Pump

What?

Universal Source energies are available all the time and we can call upon them to support our daily lives. We are not alone in this existence. We are surrounded by vibrant spiritual energies that are constantly expressing without agenda or any focus other than to simply express. These are plentiful, intelligent, and can be usefully directed by you, with focused intention, to improve the quality of your life. Energetic Gas Pump is designed to help increase your life force and expand your experience of your own body, mind and spirit.

Why?

The question really is: Do you say: *yes*, or *no* to letting these supporting Source energies in? We are constantly at choice and can actually *choose* to go without important energies that bring us everything from happiness to success. It is less important to understand why this occurs than to simply correct the situation.

How?

When we investigate the human condition, one of the causes of anxiety, which is so prevalent in our contemporary world, is based in not having *enough* universal Source energy. When, for whatever reason, we deny these basic supportive energies our Human Energy Structures can sometimes go into profound depletion. Anxiety can be the result of this lack of foundational energy. We can often reverse this denial and turn our *no* into a *yes*.



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1. To replenish the Soul Layer, use your emotions to make the statement out loud so your HES (which responds to your voice) can hear it: *"I am ready and able to receive universal support! (with enthusiasm) I say: YES! to the energies that I need to restore my balance.*
2. Literally see your rainbow swirling Soul Layer being pumped full of thousands of beautiful universal Source energies of all colors as they restore your vitality and end the achingly deep depletion that can cause chronic anxiety.
3. Keep filling your tank until it is full!!! This may take a while so relax and enjoy the supportive restoration. See if you can feel the energies of life filling you up!
4. Make the statement out loud: *"I have plenty of energy to do what I need to do with my life."*
5. Breathing deeply speak these completion statements aloud:
 - *"I accept the possibility I am worthy of universal support!"*
 - *"I am grateful for the opportunity to feel completely restored."*
 - *"I feel my entire structure filling with Universal Love and Light." (This is the energy that is the balm of the Universe.)*
 - *"I am complete, clear and cleansed, whole and filled with vibrant energies."*
 - *"I've got enough to do whatever I want to do."*