



November 1, 2020- Gathering for SA Med Bag Carriers and SAEM Practitioners

Sacred Anatomy Energy Medicine Energies

Calm Governmental Chaos--- (blue- pale with lavender)--- to soothe the chaotic actions and behaviors of any government

Restore Compassion--- (raspberry red with bright gold shimmer)--- to bring back the experience of compassion to people, organizations, countries or groups who have been operating outside of compassion.

American Ingenuity--- (white with flecks of deep orange and rose red)--- Returning the sense of originality and the unique power of the American people

Healthy Future--- (bronze, silver and copper)--- Shiny shimmering metallic colors weaving together in a blend

Healthy Community--- (bright yellow with green flecks)--- Promoting a healthy and happy community all around you

**Release Pandemic Fatigue*--- (golden, silver, clear crystals)—relieves the ongoing fatigue of the Covid Pandemic

Sacred Anatomy Energy Medicine Procedure

Recovering Reality – Coming Home to Self

What?

This is a procedure for people lost in the swirl of the shifting communities we experience daily during this very difficult time on our planet. When outside sources are louder than your own internal voice and when fear and stress are shutting out the harmonizing tones of your own soul Recovering Reality is needed.

Why?

We all are facing, across the globe difficulties and strife. The pain of being left out of the decisions that affect all of our lives, the sorrow at the death of the good old days. When civility, concern, manners and even identifying as a caring person seem to be slipping



away. This causes an energetic collapse in the system where you most commonly process exterior information.

How?

Determining the location in the HES the issue is being held and then releasing from the anatomy the weight of the cultural, social, political and religious dogma that has influenced and shaped your own opinions about who you are, what is possible and why we even matter.

Sacred Anatomy Energy Medicine Procedure

Recovering Reality – Coming Home to Self

1. At the Edge with permission determine need
2. Scan the systems looking for the location of the collapse caused by the din of the outside voices : Layers/ Template/ BES/ BOL/ Elimination/ HEMF/Harmonizing Network-
3. After you determine the System that is most affected- *this should be only one single System as it is causing the reaction in the other Systems and in that system only one single part that is causing the entire System to be affected-* Determine which part of your anatomy is actually collapsed. It might be a very small part so dowse the lists in YSA that list all the System Components to find our which anatomical part is holding your issue-
 - a. Layers: page 128
 - b. Template: page 154
 - c. BES: page 179-180
 - d. BOL: page 227
 - e. Elimination: page 255
 - f. HEMF: page 277
 - g. Harmonizing Network: page 312
4. Dowse the Word List to understand the emotional driver unless you already understand it. Limit yourself to 2-3 emotions.



5. Compile all your information: System, anatomical part in that System and the relevant emotions from the Word List.
6. Place a vent into the anatomy.
7. Release out of the vent the internal relational destabilization that has affected your structure THEN release the emotions. Check to see if you are at 100% released.
8. Fill the vent with *ULL*. Bring in *Organ Vitality* for the anatomical part.
9. *Harmonizing the System*
10. *IBWSIB*