

Ask Me Anything — March 2025

Video: <https://www.youtube.com/watch?v=KRCzLiGrOY8> • 1 hr 9 min

Key Topics

1. [2:20] **The electromagnetic field, and EMF sensitivity** — what the electromagnetic field is for, why it is measurable, what a dirty field looks like, how to talk to electromagnetic energy so it goes around you, why white light was a mistake and golden light is not, and why fear is the thing to leave behind

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[20:56] The Cloud of Unknowing

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[46:46] Christine's Question — Our Own Makeup, or an Attack? Step Aside

[49:44] You Are Not Your Story — Rising Above It

[52:07] Look in the Damn Mirror, and Get the Joke

7. [55:09] **The substructure — the map, its new wings, and the three types** — why the map of the sacred anatomy has stayed steady since 1964 while parts become clearer, the golden discs, guide wires and struts of the substructure, the newly visible wings, and the alpha, beta and gamma soul orientations

[55:09] Marie's Question — Has the Map Changed? The Substructure's New Wings

[57:42] Alpha, Beta, and Gamma — Three Soul Orientations

Q&A

[2:20] **Laurel's Question — Helping an EMF-Sensitive Friend**

Laurel: Hello, everybody. It's good to see you. And thank you for doing this, Desda. Excuse me. I have a friend who's EMF sensitive, and I'm wondering what I could recommend for her, and I'm not a practitioner. So I believe that your work is something that would help her. How could I explain this to her because she doesn't understand it?

[2:47] **Desda:** Well, okay, so that's a couple of questions. Yes, we can help her with EMF sensitivity. We've helped a lot of people with it, and basically, the understanding that we've evolved over 20 years of working with really serious EMF disturbances is pretty hard to put into a thumbnail sketch for someone who has no understanding about the subtle anatomy or the sacred or energy work or anything like that, but I can give it a shot. So here's my shot.

[3:28] **A Primer — The Electromagnetic Field Is Measurable, and What Damage Looks Like**

We all have electromagnetic fields, and our electromagnetic fields are measurable. We use them to do medical tests like EEGs and EKGs. They're all using the person's electromagnetic field to track interesting parts of their body, to understand brain waves, to understand the heart, and the different waves inside of the heart, the different energy signatures in the heart. So we already know this exists, and everything alive has an electromagnetic field, and even some things that aren't alive do have an electromagnetic field.

[4:11] So when electromagnetic disturbances impact the electromagnetic energy of our electromagnetic field, they can be harmful. Okay, so that's a primer on what it is that's happening. So she's already decided she's EMF sensitive. That is an issue or a pathology that will show in the electromagnetic field around people. So people have two different kinds of energy that they're made up of.

[4:48] They're made up of electromagnetic energy. Here's a picture of it. Thank you, Cheryl. And the electromagnetic field is that green blob that's all around us. And some people have seen Kirlian photographs, and that's what electromagnetic fields look like. But electromagnetic fields actually have a really amazing purpose. They have a use in the human energy structure, and its use is to be basically a personal chi field.

[5:24] So when people are hit by a cell tower transmission, by radiation from a microwave, things that are not sealed, things that are not secured, tend to radiate out electromagnetic radiation. So when they're hit by that, what happens is the electromagnetic field tends to get dirty, and it gets hit and damaged, and there are holes that'll appear. Cheryl, do we have that picture of the dirty EMF somewhere? Here we go.

[6:06] So it kind of looks like this when I look at people and see their dirty electromagnetic fields. The black spots are from cell phones, and unshielded computers. You can see right in front of his chest, the little guy is standing there, and he's got a big black box in front of his chest.

That is what a monitor, an unsealed monitor would do. But all those little black spots and sort of off-blue colors, and the fact that the blue aura, the blue electromagnetic field is kind of dirty looking, it's kind of grayish blue instead of a bright blue, which is what it should be. So that's just an idea of what it looks like when I see someone who has electromagnetic issues. Now, you probably are not surprised to hear me say that that's pretty much everybody today.

[7:07] Almost everybody has got some kind of electromagnetic disturbance that has hit them. Do you remember back in the '90s when they first started putting up all those cell towers and what it was like to walk down the street and somebody be using a cell phone? Really rare occurrence you'd see a cell phone.

There'd be a zoom of energy that would come through you. And I remember my very early days with my apprentices when they were literally crying about the pain that that caused them.

[7:42] Talking to Energy, and the Rock-Band Years — White Light and Golden Light

So we have learned how to work with the electromagnetic field, how to restore its integrity, how to teach a tool or a procedure or practice that somebody can use to ask the intelligent electromagnetic energy, because all energy has a quality of intelligence, so you can literally talk to it, you can explain things to it. You can say, "Go around me. Don't go through me." So when you begin working in this way, you find that talking to energy, working with your own energy, and stopping electromagnetic disturbances is not that difficult.

[8:36] But it is a discovery that took years and years and years and years to accomplish. And I was a singer in a rock band, so I stood in front of electromagnetic gear and got hit. And I would find myself just totally exhausted after a gig, so fried. And I finally realized it was the gear. It was the equipment.

[9:02] The amplifiers, the bass amp, and the guitar amp, and the keyboard amp, and the PA, and all the stuff, and it was right on top of me. So not only did I wear earplugs, but I started to protect myself from the electromagnetic energy. And I started out doing what a lot of us do, which is putting white light around us. That's a very popular thing.

[9:30] How many of you do that? You probably already do that, right? So I discovered that wasn't a good idea. Because remember "Amityville Horror," "Go into the light." You remember that? Basically, ghosts love white light, and so I was picking up entities in hotel rooms and bars where there's a lot of entities. And I was picking them up, and so I'd have to clear myself, and it took me a long time to realize that the white light that I was using to protect myself from EMFs was hurting me. So it's been a long process, but what I can tell you is use golden light. It's better.

[10:22] **Move Out of Fear — A Relationship with Electromagnetic Energy**

So I think your friend maybe could understand some of what I just said and could begin the journey of reclaiming her electromagnetic field with a Sacred Anatomy practitioner because we have worked really hard to understand this, and the electromagnetic field is different than the rest of the Sacred Anatomy. Sacred Anatomy is made of subtle energy, which is different.

[10:49] It's another quantum energy, a fifth quantum energy, and what's great is the scientists are actually talking about that fifth quantum energy now. But what I would urge her to do is to try to move out of a place of fear, because people get really scared about electromagnetic impact, and electromagnetic disturbance, and power of that, and how it can affect them.

[11:20] And they start to feel sick. But the big thing is you don't ever have to be afraid of electromagnetic energy. You can have a relationship with it. So that's a place to start. On this call right now, there's let's see, one, two, three, four, five, six, seven people who could help you, could help your friend. So a lot of my students learn how to do this in a class called the Sacred Anatomy Medicine Bag.

[11:59] So that's where we learn how to work with the electromagnetic field. It's a beginner class, actually. So it's before you come into Pract Training, they take that. So Laurel, thanks for the great question. I hope this has helped you.

Laurel: Thank you. Yes.

Desda: You're welcome. Has anybody else got a question? I think I saw Elizabeth had... Where's Elizabeth?

[12:25] **Elizabeth's Question — What Happens to the HES When You Die**

There she is. Elizabeth put in the chat a bunch of stuff here. "I have a series of questions, but they depend on the answer to the first one. When the biolayer and the HEMF disappear, does the huge bubble of energy, the HES, automatically go to the temple of healing, or is there a choice?" So Elizabeth's talking about what happens when you die. This is great.

[12:52] Good question. So the biolayer, when the heart and the brain cease beating and pulsing, when that happens, the body immediately starts to decay. It immediately starts to vanish, let go. And over a period of time, it eventually will decompose completely. So when the energy of the electromagnetic field splits away and releases, it's a kind of an opening like this. And the electromagnetic field lifts up.

[13:34] It separates from the physical body. It lifts up, and some people report seeing in a room with someone who's died, they report seeing like a lavender

light on the ceiling, or some people a green or a gray light, and that is often the electromagnetic field departing, leaving. So the electromagnetic field can no longer stay in a physical body if the heart isn't beating, if the brain isn't pulsing, because that is the energy that it's made of. So it's a gradual thing, but at the moment of death, there is a release, and in that release, there's a kind of opening, and as that happens, the electromagnetic field lifts up and releases.

[14:25] **The Huge Bubble of Energy, and the Journey Through the Bardos**

So then the huge bubble of energy that we are, this enormous consciousness that we are, one of the things that happens is that it gets a little smaller. Doesn't have to accommodate the physical anymore, so it gets a little smaller, and then it begins a journey. So there's a journey, and if you have a spiritual practice, if you have practiced dying, which is what meditation does, it helps you practice dying. You have an opportunity to call on those teachers, healers, guardians, guides, friends, allies, partners in your life, your grandmother, whoever you can call on those people, those beings. They're unseen to most of us, and they'll come and walk with you and try to help you through what the Tibetans call the bardos.

[15:27] And there's a lot of them. There's about six bardos. And as you walk through the bardos, you're releasing things. You're releasing your elemental energy, for one thing. This happens right before death. And it's how some of those, the Tibetan tulku, the guys who come in again and again and again, as the same person. One of the ways that they transition is by releasing elements. So they release earth element and water element, fire element, air, and space. They release all these elements, and as they release the elements, and the elemental energies start to go, they are allowed to leave, but in total consciousness.

[16:21] So they remember what they've done, and they remember the journey of that life. They also would remember previous lives, and then they go and go through the bardos quickly. But even tulku need assistance. So there are special prayers they do in Tibetan Buddhism to help people cross the bardos. Now, there are special prayers in all religions.

Every single religion has a concept of how to help people walk through the shadow of death or the valley of death.

[16:59] **The Temple of Healing**

And in my understanding and having had the two death experiences that I've had and the memories that I have that have really directed my life, what I can tell you is immediately on the other side, there's a place called the Temple of Healing, and it's very beautiful. It's kind of alabaster. It's lovely colored light, and you go there, and you're actually delivered there by guardian guides, people who are walking with you who love you, like your ancestors or family members.

[17:38] And you're taken to the temple of healing where you rest, and you rest for some time after dying. And a lot of times, if people have had a really sudden death, like it's been a really violent or they've been really compromised in some way at the end of their life, they go and they sleep a long time. Some people will sleep for 10 years.

[18:03] Some people will sleep for a day or two days. But that's our idea of time. So on the other side, in the temple of healing, there is no such thing as a watch. Their time is the energy and the chi flow and how things are moving, and that's what's important. So that's when we go to the Temple of Healing, and there really is not a choice. You can't decide to not go to the Temple of Healing.

[18:40] You can get lost in the bardos, and one of the realms you can get lost in is the Realm of the Gods, which is this place where everything is like Las Vegas. It's spiritual Las Vegas. You get to talk to Aristotle or something. But my experience is that souls that are able to go directly through the bardos are able to go to the Temple of Healing right away.

[19:10] And ultimately, and eventually, people do sort of wind their way there. And, that was the job I did. I was a healer in the Temple of Healing. That was my gig. And I welcomed people as they came from the other side. And they were always very confused. People are very confused usually. It's rare when someone isn't. And, that's why walking with your relatives can sometimes be helpful. All right.

There. Now, you said you had another question, Elizabeth.

[19:43] **What Actually Crosses Over**

Elizabeth: A series of them. So when you say you, when you cross over, is that this big energy structure? My main question about all of this is, it's interesting that people can get lost, but there's no choice because when this HES, this large structure, is repopulated with a bio layer, with a human being, some human beings on this planet are quite dreadful for the rest of the people on this planet. So my question is, this is all about politics, but my question is what happened to them?

Desda: Okay. So right now, I'm going to answer that question really fast.

[20:56] **The Cloud of Unknowing**

So right now, in this time, there is a pathology called the cloud of unknowing. That pathology has been in place for maybe right around 1,000 years. We heard about it from Teresa of Avila, who wrote this whole little book called "The Cloud of Unknowing." And what it is, it's right on the other side, and it's this cloud that you can't see your way through, you can't get through.

[21:26] And so some people, instead of going to the Temple of Healing and sort of downloading the life and getting the healing they need, come right back in. So we have on this planet right now the results of this pathology, and one of the reasons that angels are so prevalent in our world, and why so many people see them and feel them and talk to them, is because they're trying very hard to sort of mitigate the damage from the cloud of unknowing.

[21:57] So the cloud of unknowing is quite serious. And, it's a little tiny book, it's about this big. It's by Teresa of Avila. And it's difficult to get through the cloud of unknowing unless you have a guide. So that's why guides and guardians, healers, teachers, people that you feel close to, your mother, these people will guide you through the cloud of unknowing.

Correction — The Cloud of Unknowing dates to the 14th century, around 1375. The author is unknown, likely a Carthusian monk in England.

[22:26] And it literally is like a fog. But they will know how to go there. They will know how to take you to the other side. So that's why you need a spiritual practice in many ways, because we need to be aware and awake. We need to be present at the moment of our death.

Unfortunately, so many people are really drugged at the moment of death that they then are lost, and that's why you need help. So we have a healing process for that, and releasing the drugs just before someone dies, but really important. So in sacred anatomy energy medicine, we have a healing process for pre-death, and it's to release the signatures of all the drugs that the person has been taking while they've been sick. Because most people die from a disease nowadays, unless they live somewhere where it's really dangerous. So, there you go.

Next and last question.

Elizabeth: If I may.

[23:39] **Elizabeth's Last Question — Where Is the Decision to Come Back Made?**

So where is the decision made to repopulate what I'm calling an empty HES, an HES without a bio layer? Is there an answer to that? How come some people come back immediately? How come they don't wander around forever in the cloud of unknowingness?

[24:04] **Desda:** Well, some people do. But the people that come back right away basically turn around and find a physical body to take. So what happens is, people who have done that, it's not that hard to see. You can see people who are deeply damaged by lack of spiritual solace and comfort at the end of their life, and they come back in with a lot of anger.

[24:40] And a lot of times, they literally turn right around and come back in. So taking a physical body, it used to be, before this cloud of unknowing, it used to be a whole process where you'd finish at the Temple of Healing. You maybe would spend 100 years at the Temple of Wisdom, and then at a certain point, you would prepare yourself to come back in to a life.

[25:08] Hopefully, most of us got to do that, and about 75 years ago, it was still being done. But now, what we're seeing are children who are coming in, who are sort of being fast-tracked directly from the Temple of Wisdom into our world because we're in such dire straits. So some of the people that are causing problems for all of us, these people have what would be considered sort of a spiritual deficit. And they come right back in.

[25:47] So the process for choosing a physical body, it involves a walk down a long hall where you're looking at people making love, people being in love, people who are together, and you choose your parents there before you even begin to come into a body. But even before then, you meet with a council of elders, and there's 12 elders who sit, and you talk to them, and they help you.

[26:14] They help you. So there's always help. There's always help, and there's always support, but the issues that we're seeing today are really tragic misuse of the opportunity to be in a physical body and do good work, do good things. As John Lewis said, "Good trouble." To help others. So the whole idea is that the help is available, but it has to be asked for.

[26:47] **Elizabeth:** Is that the issue? That people that are lost in the cloud of unknowingness don't even think they need help.

Desda: They don't think they need help. They think they know it all.

Elizabeth: But we know who they are, right?

Desda: Well, they're all over. So there's no shortage. Yeah. So anyway, let's move on here.

[27:14] **Michelle's Question — The Etheric Layer Is Your Own Akashic Record**

Michelle has a question. "How does the spiritual layer or the etheric layer actually connect us with angels, fairies, and so on? And are there special receptors, kind of like how our eyes allow us to experience the physical world?" Oh, that's a great question. So the etheric layer doesn't really do a whole lot in relationship to what I consider magical beings or mystical beings.

[27:43] The etheric layer is your own personal akashic record. It's the place where your whole soul's journey is held. And I use that word akashic, it comes from Edgar Cayce. This is a picture of the etheric layer, and it basically captures your entire experience of living. So inception is what I was just talking about, which is meeting with the council of elders, deciding you're going to have a physical body incarnation, walking down the long tunnel, and choosing who your parents will be.

[28:25] And then first phase is conception and growth in utero, birth, and then infancy, which is, I think, obvious. Childhood picks up where infancy leaves off. Youth sometimes can go a very long time for people, but all your experiences in your youth are captured here in the etheric. Then there's maturity, which hopefully we've reached, and in that place, we capture the experiences of adulthood. Then there's death and karma.

[29:01] So that's the kind of place where that's part of the structure where a whole lot of information is kept. This is where people do etheric readings. They go to these parts of each of the structures. This is also where past life investigation is done. And then there's recent. And recent is like before it's been sort of filtered and put in place.

So when you actually travel into these places, there's little caves. For years, I called it the Himalayan Mountains because there were little caves, and you can go into the cave and you can find a lifetime, and then you can remember all kinds of things from that life. So that doesn't have anything to do with angels and fairies. So now we look at the spiritual layer.

[29:52] **The Strata of the Spiritual Layer**

So the spiritual layer does have something to do with angels and fairies. So the very first bottom strata that you're looking at are guides and guardians, and that's- And then the next strata is elementals, and that is our relationship with the elemental world. So there's guides and guardians, and there's elementals, and then there's fairy folk. So the next one is fairy folk. And fairy folk are pretty amazing.

[30:37] But this is where you would also find elves and trolls and sort of mystical beings. And then there's intuition. The intuition strata is right where the chakra

that sits in the spiritual layer is. The star chakra is there. And we have this ability to intuit or know information, and this is a center of intuition. Next, you have the angelic realm, and that is where you touch and reach out to find angels.

[31:12] And finally, the deity, which is at the very top, and that would have every deity that you've ever known through every lifetime. So what this is, is in your subtle anatomy... Could you show us a layers picture, Cheryl? Just the whole thing. I want to show you where it's located in your energy structure.

[31:37] So your physical body is way in the inside, and then there's these layers, and you see the lavender circle there, the lavender oval? That is the spiritual layer, and that's where the strata are, and it's about 15 feet out from your physical body. And then the etheric is even further. And then we reach the soul layer, which is a whole different thing.

So the spiritual layer, so let's go back to the spiritual layer picture, Cheryl.

[32:12] **The Spirit River, and Magical Beings of the Natural World**

The spiritual layer has a thing called the Spirit River, and the Spirit River actually runs through the entire structure, but it's most accessible in the spiritual layer. And it's actually, if you've ever had the experience when you're meditating or praying, of feeling like you're moving down a river, this is the Spirit River.

[32:37] So it's a spiritual experience. It's an experience of consciousness, and this is the access point for these otherworldly beings, for beings that care about us, that might even love us, and also might have absolutely no interest in us at all. So this is a place in your subtle anatomy where you can access these amazing beings.

[33:04] And the Spirit River has these kind of docks, so as you're going up the river, you can dock and you can go into guides and guardians and have a conversation. You can go into the elementals and have a conversation, and so on. So there is a really interesting place in the sacred anatomy, I write about it extensively in my book, the spiritual layer where you can in fact touch all these beings. Now, I wrote a book this last couple of years ago called "Magical Beings of the Natural World," and unfortunately, it's available on Amazon. But in "Magical Beings of the Natural World," and it's available on Amazon Europe, too.

[33:54] This book has in it an exercise that you can do to learn how to connect with fairies, with elves, with devas, with elementals, with spirit animals. So these magical beings, I have stories in here about my life, of my own moments of meeting different otherworldly beings, and what they were like. And here's a picture in the book.

[34:27] This is a picture that the artist I work with drew. That is Maeve. She's queen of the fairies, and I met her in Nutley in Essex in England. She's pretty interesting. She may or may not actually be the entire queen of all the fairies, but she was pretty queen-like and had very dirty feet. So there aren't receptors. There's access points in the sacred anatomy.

Correction — Nutley is in East Sussex.

[34:59] Are you going to explore those, Michelle? You going to give it a try? The exercise in the book is a meditative exercise that's really easy to do, and people have reported amazing results.

Michelle: Yes, I'm going to try and find the book on Amazon.

Desda: Good. Good luck. If you can't, let us know.

[35:32] **Michelle's Second Question — Do Animals Go Through the Same Process?**

All right. Let's see now. Here's another question from Michelle. "Do animals, especially domesticated animals, go through a process similar to what you describe for humans?" Not really. Not really. Animals don't have as much complexity as people. First of all, they're usually not as neurotic as we are. Now, occasionally, there's breeds that have gotten neurotic because they are inbred and they're not healthy, and so there's a little more sort of human display in them. But if you just have a dog that you got from the pound and they're some kind of mutt, they can be sweet and loving and kind and wonderful, and when they die, they will seek out, if they have a special connection with somebody, they'll seek them out on the other side. So, you may be reunited with childhood pets. That can happen. But they don't go through the same kind of process that humans do. And they actually do a little, there's a little bit of healing.

[36:41] There is an animal ward in the animal section in the temple of healing, but it's not very big, and animals don't stay very long. They make it right through. They're not hung up in the fog because they just go through. They're very easy. And occasionally you have dogs that have been brutalized, and they need to be cared for on the other side.

[37:13] All right. Question continues. That is, do they have a healing and resting process? Yes. So if you have a dog that's been beaten a lot, they're going to be loved. They're going to be taken and loved. You have a horse that's been abused, used in racing or some terrible thing, and then sent to the glue factory, the horse has a process of healing as well. Now, there are millions and millions of animal spirits that have a resting place, and they don't interact that much with people.

But when you walk through the gardens, there's animals everywhere and birds and lots of insects, and nobody's hurting anybody. The bees are still making honey. Okay, do we have another comment or question from anybody?

[38:16] **Nurit's Question — The Effect of Violence on the Earth**

Yes, Nurit, I'm glad to see you.

Nurit: Hey, glad to see you too. I have a-- Okay. I'm from Israel originally, and I just have been to a visit, and the situation in the Middle East is pretty awful. And I know a woman who is a therapist, healer, whatever, and she does emotional work with people. And she does a lot of connecting to the Earth with people. And she said to me, because she was my client in the past, she said to me: "You know, I'm having a very hard time connecting to the Earth lately."

[39:15] I guess. She said: "I feel like it's rejecting me." And immediately I had this image of the soil that has so much blood and death and violence. And

because I am planning to eventually go and do some work there, I want to ask you about the effect that this awful violence has on the Earth.

[39:47] The Earth Holds the Frequencies — and the Problem Was the People

Desda: Thank you, and shalom. It's nice to see you. The effect that violence has on the Earth is that the Earth holds the frequencies. Especially of insane violence. Violence that makes no sense at all. And it's kind of a different violence when wars occur and sides are fighting each other. Soldiers don't, even though they have PTSD and harm in that way, they don't have the same sort of karmic weird connection that people who murder each other in daily life do.

[40:37] So those soldiers are kind of immune to this karmic heaviness. They still have, if they have hate in their heart when they're killing, they will be connected to that place and those people forever until they release it. So the great sorrow that I see occurring, not only in Gaza and in Israel, but also in Ukraine and, oh my God, just name a continent. It's happened everywhere.

[41:19] The great sorrow I see is the violent anger that people kill with. And that is going, and that translates into the Earth. And I, for years, did Earth work and Earth healing and went all over the world to study and visit sacred sites and learn as much as I could. And I finally came to the realization that I had to work with people, because the problem was the people.

[41:52] The Earth actually will process this terror. It will process. The Earth will heal. And what we're in danger of right now is the Earth is changing. It's shifting and changing. And we're not really in danger of losing the planet, we're in danger of losing the species. The human species. That's where the danger is right now, and that's why I'm here, and what all my work is about is helping keep people alive in the process of learning who they are, exploring who they are, coming into awareness, waking up to what they hold, the amazing gifts that they carry.

So many gifts.

[42:44] Do Not Ground Into the Earth — Resistance Before Awakening, and Holding the Light High

So I do not recommend grounding into the Earth. It is really, really tough. And not to mention the fact that she's another species. The Earth is not human. So when you ground your cord, you ground your tail into the Earth, you're asking for it, and you start picking up all the trauma, all the drama, all the upset, all the pain, all the anger.

[43:22] And right now, we're living in a crucible. We are truly living in a time of awakening. And what happens before awakening? Resistance. And what we see, the evil that we see in the violence in the Middle East, and the violence in Africa, and the violence in Ukraine right now, and the violence in the streets of San Francisco. What we see happening now is this resistance to shift, because human beings are speeding up.

[43:59] And if you've met a little kid lately, they're so much faster than we were when we were little. So something's happening to humanity. And you can say, "Oh, it's the fault of tech, it's the fault of this, that, or another thing." People are

all worked up about how AI is going to change the species, or the human experience.

[44:27] And what I have to say is, yeah, the computer did too. Yeah, all this input, all this information, but it's really no different than what we experienced in the 5th century. We're still the same. And what is changing now is the human frequency. And we are starting to vibrate faster. And some of us have managed to do this by hook or by crook, through meditating for 50 years. And we're here, and we can feel that the energy is faster, but then we're meeting resistance.

[45:09] And we meet resistance in lots of strange ways. It happens all the time. Your car won't start. Somebody yells at you that you don't even know. People criticize something and hurt your feelings. These are all things that happen, and what they are is the frequency is lifting, and it meets resistance. So we're in a time of resistance.

[45:36] And so we must learn to ultimately rise up above the fray, to hold the light high. And that's what I sort of have been saying all through this very strange political climate that we're in, is hold the light high. We've got to do it. Those of us that know how, we need to radiate love and light as best we can.

[46:07] Because things are tough right now. People are really scared. And that's happening everywhere. Not just the United States, not just Europe, not just the Middle East. It's literally happening everywhere. So it's important for us all to keep the light high. So yes, the Earth does become very damaged. And it holds onto it. I'm happy to talk to her if you ever get there and are in a room with her, you can reach out to me. I'm happy to speak to her.

[46:46] **Christine's Question — Our Own Makeup, or an Attack? Step Aside**

Christine. Hello. Great to see you, sweetie. You're looking good. Take your mute off.

Christine: Oops, thank you. I've been working on that all the time. Okay. Actually. I have a question about this. The matching frequencies and stuff that are making things so difficult, and that feel of usurpation, and I'm wondering how much of that, that we personally feel, is from our own makeup, or is it an attack?

[47:33] Because I'm trying to navigate through. You're talking about the car not starting. It was five months without a car. That's very unusual and difficult. And so bit by bit, it's opening.

Desda: So we don't need to match the resistance. What you need to do is step aside. So it's an Aikido move, basically. The attack is coming, you step aside. So when I say attack, I'm referring to martial arts. So I'm not a person who puts a lot of stock in attack. I don't think people are running around or walking around or getting attacked.

[48:32] Psychic attack or energetic attack is really not about somebody wanting to get your power or take you out because you're in their way or some kind of manipulation. Psychic attack is about your own journey. And it is about the places in you that are wounded and that need healing. And you are vulnerable in those wounded places.

[49:09] So if you were abused by your parents or say your mother, and then you meet a woman who reminds you of your mother, you feel attacked by her

because your mother used to hit you, and it's this whole psychodrama, right? Psychodrama. And in the 20th and 21st century, we have spent an inordinate amount of time analyzing our feelings.

Ridiculous amount of time. Figuring out where it went wrong in the story of my life.

[49:44] **You Are Not Your Story — Rising Above It**

And here's what I'm here to tell you. As a person who has a very interesting story, the story is not who you are. You're not your story. You are a manifestation of divine light. You are in alignment with all creation. If you radiate from that place, if you know that's who you are, it's your core light. And that light can shine out and will influence whatever scenario you're in. And if your car doesn't start, I have literally started a car with divine light. So you just got to get open to the possibility that you are not being attacked by every which way.

[50:34] Now, if you're in a situation where something bad happens to you, I'm sorry that that happened to you. It's sad that that happened to you, but bad things happen to everybody all the time. And we either succumb to the story, the drama, the trauma of our lives, or we break through and rise above it.

[51:02] And rising above it means allowing that something that has happened physically in your world may not be the real message. It may not be the thing. Like when you're talking to somebody who has cancer, let's say. The people who get the most out of their cancer experience are the people who learn from their cancer experience.

[51:31] Who grow because they have cancer, who are asking questions about, "How did this happen in my life? Why did this happen in my life? What is it that I can learn from it?" Those are the people who, even if they don't survive cancer, get the most out of their time, get the most out of their life. And you never know how someone's going to die, or going to end their life. You never know when.

Perfectly healthy people drop dead all the time, right?

[52:07] **Look in the Damn Mirror, and Get the Joke**

So you can be in a kerfuffle in the last day of your life and be thinking in the last day of your life, "This is a terrible thing. I hate this world. I hate my neighbors. I hate my children. I hate, hate, hate." You can be in that, or you can look at the flowers and the trees and be grateful for the opportunity to love someone, anyone. People spend a lot of time bitching and moaning about, "I can't find my partner, my true love, the one I'm supposed to be with." Well, look in the damn mirror.

[52:48] That's the one you're with. And you're really with them. And it may not be a joyride. There may be s**t coming from all directions, but the truth is, you guys, this is what we have. And either we get the joke or we're miserable. So I invite people to step out of their misery and to just get the joke.

[53:22] Because the cosmic joke is pretty funny, and it's everywhere. In planets exploding, in rockets exploding. There's a lot of humor going on. And humor is really one of the ways that we touch spirit. We touch our own spirit with humor.

There's a whole thing about my soul's purpose, my life purpose, my spirit's purpose. Why am I here?

[53:58] There's a whole thing about that, and there are people that will never know why they're here. Because they haven't stopped and looked in the mirror and gone, "Oh, I'm here to be that guy." "I'm here to do that guy's work, to do that guy's life." So I don't know, Christine. I hope I answered your question.

[54:29] I took a swing. What can I say? I took a swing at your question.

Christine: No, it's very much how I've been feeling it and understanding it, too. It's like, okay, this is what life is. It's just this is what it is.

Desda: Yeah. I know people who are in their 70s who are still waiting to be discovered or something. Like, "When am I going to hit?" "When am I going to be appreciated? What is anybody going to think of me?" Well, look in the damn mirror. What I got to say about that? All right, Marie, let's hear what you want to know about, or share with us.

[55:09] **Marie's Question — Has the Map Changed? The Substructure's New Wings**

Marie: I'm curious if your visuals of the sacred anatomy that you see, are you seeing changes in that as we're in this time of change, or has it stayed steady?

Desda: Pretty consistent. I've been mapping the sacred anatomy since 1964, and it stayed pretty much like I originally saw it when I fell out of the car and landed on my head. Why did that happen? So anyway, the pictures that are in my book, the 88 graphics, and then the new ones that I keep drawing that are going to be in a whole card deck that we're doing, there's a consistency to them. The changes are that parts become clearer.

[56:14] We just recently had a big change to the substructure. Can we see this substructure picture, Cher? So the substructure used to always just be these big discs, and the substructure is inside of everybody. It's part of the bones of light, and alphas looked one way, and betas looked one way. So here's a composite. And there's been a change to this.

[56:39] So the thing that was consistent in the old days was these golden discs. This is an alpha substructure. So the golden discs were there, and then there were things called guide wires which anchored the discs. And you got to really get that these discs are 50 feet from top to bottom and about 40 feet out front to back.

[57:04] They're huge discs. And these wires stabilize them like tension wires on the Golden Gate Bridge is stabilized by tension rods, tension wires. And then there are struts that anchor these two big discs. But you see those white things on the side? That's new. That wasn't visible to me some time ago. The white things on the sides are wings. And here we go. Thanks, Cheryl.

I thought you might be looking for that.

[57:42] **Alpha, Beta, and Gamma — Three Soul Orientations**

So these are the three different substructure types, the alpha, the beta, and the gamma, and they are basically soul orientations for people. And these wings on the sides help you be in connection with the other substructure types. So if

you're an alpha substructure, you have a beta wing and a gamma wing. If you're a beta substructure, you have an alpha wing and a gamma wing.

[58:09] If you're a gamma substructure, you have a beta wing and an alpha wing. So, and where that wing tends to be seems to impact people and have different significance. So the three different substructure types are part of the bones of light. So this is subtle anatomy skeleton that holds the structure up and open, and it's your internal support. So the alpha substructure type is the visionary, the teacher generally, and they're often people who are very skeptical and don't quite fit into the normal crowd. Then the beta is the artisan, the creator, people who are really devoted to an art form.

[59:04] But they also are people who are interested in craft. So even the craft of creating AI would be a beta action. People who are betas generally come into the room, and it's more beautiful for their presence. They're lovely, lovely beings, and they have that kind of beauty and harmony and stability about them.

[59:25] Gammas are the lovers, and their whole approach is through love, and everything they do is through love. They fall in love with all the wrong people, try to help all the wrong people feel love, and they often have a lot of trouble feeling love themselves, but they keep trying. So these are the sort of eternal optimists of the structural support system, the soul orientation of the sacred anatomy.

So alpha, beta, and gamma substructures. There you go.

[1:08:35] **Closing — Farewell and Well Met**

All right. I say farewell and well met, and have a wonderful day. Enjoy yourself. May your heart be filled with joy, may your life be filled with laughter, and may you get the joke. Bye-bye, everybody. Blessings.