

Ask Me Anything — May 2025

Video: <https://www.youtube.com/watch?v=fLPoxFtBnUc> • 1 hr 24 min

Key Topics

1. [10:25] **Getting out of the box** — Robert Van Stanton hiding in a closet in occupied Holland for two years and surviving by expanding into the sacred and the subtle, the feed box in the barn Desda was locked in at eight years old, the older brothers of the high Andes sealing a child into a cave for the same reason, and why the way out now is the edge rather than the box

[10:25] Robert Van Stanton and the Closet

[13:18] The Box in the Barn

[16:15] Getting Out of the Box — The Edge Class

2. [6:54] **The four aspects of the authentic self** — the anatomical description of what most people call the higher self, sitting at the very top of the structure, how Desda talks to hers constantly and what that slightly altered state is, why the four aspects are invested in your soul's purpose while angels are experts called in for something specific, and an archangel painted from the frequency rather than from the picture

[6:54] The Four Aspects of the Authentic Self

[59:16] Elisa's Question — Interacting With the Four Aspects

[1:02:00] Elisa's Follow-Up — Angels as Experts, and the Archangel Paintings

3. [18:23] **Why this work has to be embodied** — creation needing to manifest and a body being the only way it reaches the world, the altered state a creative person is already in, painting with your feet when you have no arms, why you cannot be a little bit embodied, and a working artist describing what changed when she realised she could expand her structure

[18:23] Why This Work Must Be Embodied

[22:02] Kate on the Creative Process

4. [24:07] **Mothers, children, and the edge** — the subtle structure clinging to the outside of the mother because it is too big to fit inside her, the cord carrying karma and family lineage into the forming body, mothers reaching for children with the electromagnetic field, why merging costs a child some of their autonomy, and meeting a two-and-a-half-year-old as one soul to another instead

[24:07] Olivia's Question — A Mother and Her Children

[27:29] Merging, Autonomy, and the Personal Chi Field

5. [29:41] **Angels, the angelic strata, and the spirit river** — the six strata of the spiritual layer from deity down to guards, guides and guardians, the spirit river as the way in and the gateway or dock you open onto a strata, why every culture on the planet has its own version of the unseen mystery, concentrating on one archangel until rapport builds, and why you must assume they answered

[29:41] Adrian's Question — Angels and the Angelic Strata

[33:01] How Angels Help — You Have Only to Ask

6. [35:59] **Energy vampires, and clearing a home or a piece of land** — why Desda will not label an unconscious person an energy vampire, surviving without

becoming the victim of other people's needs, space clearing and clutter clearing as their own art, how much you may clear when you rent rather than own, gamma radiation and vortexes coming out of the earth, and why the Druids' method of taking toxicity into your own body is against the law in her book

[35:59] Donna's Question — Energy Vampires, and Refusing to Demonize

[38:13] Mark's Question — Spiritual Hygiene for the Home and the Land

7. [42:04] **Grounding — and why not into the earth** — the earth as a different species processing lava and nuclear waste you have no business processing, grounding into your own sacred anatomy instead, what happens to a grounding cord at thirty thousand feet and why frequent flyers come home disoriented, and the edge practice and energetic hygiene as what keeps a sensitive person consistent and in flow

[42:04] Fiona's Question — Grounding, and Why Not Into the Earth

[44:05] Grounding Cords at 30,000 Feet

[55:35] Fiona's Question — Staying Consistent and in Flow

8. [45:43] **The e-stomach, and how source energy is digested** — a seven-foot organ wrapped around the core with function, purpose and wisdom sections, the villi at the edge attracting energies and the receptor site telling them what to attract, the yes circuit where you have the purview to say yes or no to universal love and light, the quantum leap into the soul layer, and the drains through the chi pool that make the fuel you live on

[45:43] Kirsten's Question — The E-Stomach

[47:30] The Villi, the Receptor Site, and the Yes Circuit

[51:42] The Chi Pool, the Drains, and the Soul Layer

9. [57:14] **Dowsing** — the titanium and anodized aluminum rods and the Sanskrit prayer embossed on the red one, reading the core down the shaft and the layers from the spin, sensing with one hand and dowsing with the other so both sides of the brain are working, why a pendulum has flown across a room and hit someone, and body dowsing as extraordinarily subjective

[57:14] The Dowsing Rods, and the Prayer Wheel

[1:07:45] Mark's Question — Pendulum Versus Dowsing Rod

10. [1:04:40] **Core meridians and the chi field** — the chi field as electromagnetic and the core meridian as subtle energy, network chiropractic tuning the points along the spine, the golden core meridians attached to the core sheath against the blue cognitive ones inside, what Chinese medicine is actually working with, and space that is not empty and neither are you

[1:04:40] Naomi's Question — Core Meridians and the Chi Field

11. [1:12:00] **Old vows and the etheric layer** — the etheric layer sitting between the soul layer and the spiritual layer with eight strata of its own, recent events in the Himalayan mountain caves and every lifetime catalogued below, death and karma, maturity, youth, childhood, infancy and inception, the council of elders where you state your purpose, and why you unplug from a vow by saying you are not doing it anymore rather than by going back a thousand years

[1:12:00] Christine's Question — Old Vows and the Etheric Layer

[1:15:21] You Do Not Have to Carry the Vow Forward

Q&A

[2:07] Welcome — The Origins of Anatomy Friday

Desda: So this class, this thing that I'm doing started out of a class I called Anatomy Friday and I taught it live for years, uh, in a local Unity church. And, um, oh, there's Anna. Hi. All right. And, uh, people would come and, you know, sit in a big circle and we'd talk about the sacred anatomy.

And they asked a lot of questions and I never knew what I was gonna teach. I never knew what was gonna happen, but it was so much fun. So now that we're on the, in the online format, I can offer this opportunity to sort of pick my brain, ask me anything you want.

[2:50] 'cause some people have encountered my book, you know, this thing, we call it The Door Stop, you, they've encountered the three pound book. And they're like, what about this? Um, and just recently my, uh, Jeffrey Mishlove, uh, interview was released again. So I've been getting all these new calls, which has been so great, so wonderful.

[3:18] I did this interview with Jeffrey Mishlove who had this, uh, uh, what's it New Thinking Aloud, I think is the name of his, his web podcast. He's been, he's been doing like this webcast forever. He is like one of the old web casters, you know, and his specialization has always been the new and unusual.

He has a PhD in, um, PhD in, in, uh, the study of psychic phenomenon from Berkeley, if you can even imagine that. He's the only PhD in that. So he's, he's kind of got some cred, you know, in the, in the educated folk circles. And what's wonderful about, about, uh, Jeff is that he knows a lot.

[4:09] So he asks really super intelligent questions. So we did an interview based on the book. He liked the interview so much, he said, you know, could we just do another interview? So we kept going, we did a second interview, and after the second interview he said, I never do this, but could you do another interview on the book?

[4:30] So we did three, you know, long interviews on this book, and he's just rereleased uh, some of it. So I've been getting all these neat emails from people who were seeing it for the first time. But that was really great. And I wanna thank Cheryl for pursuing Jeffrey Mishlove and getting me on an appointment to talk to him, which was great.

[5:45] Alright, my work is called Sacred Anatomy. Sacred Anatomy. Energy Medicine is the name of my healing modality that I've developed over, um, many, many, many years. I was just talking this morning to somebody saying, when I taught my very, very first class was actually in 1976. That's when I taught my very first class.

And it was called Demystifying the Psychic. And it was because I had this idea that psychism should not be mystically separate from what human beings are, because we're all very sensitive and we all perceive, hello everybody, welcome. And, um, and so that was my very first class and I was kind of reminiscing about it this morning and thinking, wow, look at where it's gone.

So amazing. So the way we do this is you ask your question in the chat, Cheryl tracks it to make sure that I answer your questions. And, um, we just get, we just get started lately.

[6:54] **The Four Aspects of the Authentic Self**

I'll tell you what I've been thinking about. I've been thinking about the four aspects of the authentic self. Cheryl, can we see a picture of the four aspects and, um, the four aspects of the authentic self are the, uh, anatomical description of what everybody kind of thinks of as the higher self. Alright. Hi Casey. Oh my God. Hi.

[7:19] So great to see ca I've known Casey since she was a wee one. So here's the four aspects of the authentic self and they're way at the top of the sacred anatomy. So let's see a picture of just sort of the, the wedge. Maybe show us the wedge picture. So there's a, there's a perception of the sacred and the subtle that it's very foggy and, and very hard to define.

[7:48] And some people have done a little bit of that, but, but I'm the one who's spent 45, 50 years now over 50 years, um, mapping the sacred anatomy. And so what we're talking about today is how the sacred anatomy functions, but also how we function in the context of the sacred anatomy and what that means and what we can do with it.

[8:13] Because as my practitioners will tell you, we can do stuff with it. Here it is. This is, this is the layers, which is one of the seven systems. And if you look here, this is a sense of kind of what I see around people. And, um, the pers the, the, um, uh, perspective's a little off.

'cause we had to, we had to make it fit on a page. So the little guy is actually much littler, and the whole size is much bigger. So what I see around everybody all the time is 20 feet out. If I'm in, say I'm in a stadium or an open field with a bunch of people, I see these huge spheres around people that are about 20 feet left, right up, down front, back.

[9:07] And that's sort of an idealized version, what I actually see around people. Thanks, Cheryl. You can bring that down. Um, what I actually see around people is much messier than that. People are pretty messy. And I see this kind of like, like amoeba esque kind of thing around people. And it, um, it pulls in and adjust itself.

[9:41] So if you have like 15 people in a small room, you don't have these big 20 foot structures. You have smaller versions of those because people morph like Gumby, you remember Gumby from the sixties. Gumby turns and twists and morphs and changes how you need them to be. And that's what our structure does.

Our structure comes in, it expands out, and it, it sometimes has to do with how you're feeling about things, but mostly it has to do with what space has allowed you. So if you're, um, if you're in a, in a very tight space, you'll be smaller.

[10:25] **Robert Van Stanton and the Closet**

One of the most interesting people that I've ever met in my life was, was Robert Van Stanton. And Robert gave me permission to speak about him before he died. Robert was when I met him at 77, and he was experiencing a resurgence of cancer and was wanting to clear up as much karma as he could before he died, because he knew this was going to take him out.

[10:51] So, uh, Robert and I worked very intensely together for about a year and a half. And we did that. We worked very hard on his karma. And during the

course of doing that, I learned Robert's story. And his story was that during World War ii, Robert lived in Holland. Van Stanton, very Dutch name.

[11:16] He lived in Holland and he was also Jewish. So he and his younger brother at age 17 and 15 hid in a closet that was covered over with siding and made to look just like the wall. And they hid in the closet, and they had, they, they got out, uh, every now and then through the, through a like a hole in the closet down into the basement of the house.

[11:49] But he lived in that closet. And Robert and I talked a lot about the subtle anatomy, the sacred anatomy, and living in such close confined space. And Robert said that the only way he survived was by getting out of the closet. And the way that he did that was that he expanded his awareness into the sacred and the subtle anatomy.

[12:17] And he listened to the direction of his higher self. So the four aspects of the authentic self is what I call the higher self. And his authentic nature kept him safe. And he lived in that closet for close to two years before, um, the Nazis finally discovered him and took him to a concentration camp.

But it was shortly before the end of the war. And he was, he was not harmed and neither was his brother, other, other than being traumatized by that experience. But he was a phenomenal guy because he had developed sensitivities that most of us don't develop because our lives are kind of, kind of, okay, we're not being put in a closet.

Right? But he had to learn how to get out of the closet. And that's essentially what I had to do when I was a little girl.

[13:18] **The Box in the Barn**

Um, I was put into a box in the barn, and the box in the barn was a feed box. If you've ever seen a feed box that generally looked kind of like a coffin, you know, kinda long. And, and, um, my grandmother, who was profoundly gifted as a psychic, wanted to increase my abilities.

So she explained to me she would put me in this box in the garage, I mean, in, not in the garage, in the, in the barn. She would put me in this box in the barn. And in the barn I would, I would have to get out of the box. I would have to figure out how to get outta the box.

[13:53] Now I was eight years old when she did this, and so I was locked in the box. And, you know, it was, it was frightening. It was, it was terrible. It was traumatizing. But I learned how to get out of the box. I actually learned how, and later on, years later, I learned that, uh, this tribe who lives in the high Andean mountains, who call themselves the older brothers, have any of you heard about these guys?

[14:21] They, during, uh, the conquistadors, taking of Peru, these guys went high, high, high, high, high up, you know, way up into the tips of the mountains. And they created a community there for themselves. And they closed the gate, the gateway, they closed the door, they let the forest grow over it. They let plants grow over it.

[14:46] They rolled rocks in front of it and nobody could go through. And they were kind of discovered, I don't know, sometime in the 20th century, they were discovered and they decided they didn't want everything to do with people

because they were the older brothers. And they knew better than what was going on.

But one of the things those older brothers do, eventually they decided to have a relationship with the the other, and that was us. And when they did that, we learned some of their training methods for shamanic training, one of which was in closing a child at about age eight in a cave. And there was a hole.

[15:32] They slipped food through and there was some communication, but the child was essentially alone in the cave. And their job was to learn how to get out of the cave. So with these examples in mind, what I suggest is that it's too late now for us to be locked in boxes, put in caves or in closets.

And so we must learn how to get out of the box, which is this physical awakensness into the larger energetic consciousness. And we must, we must learn how.

[16:15] **Getting Out of the Box — The Edge Class**

So I've devoted the bulk of my life really, to trying to figure out how to explain to people how to get out of the box. So I have a class called the Edge. And the edge is about learning to be at the edge of your sacred anatomy and interact and interrelate with the world from that place.

And that class is being taught tomorrow by Cheryl. Cheryl's gonna teach it. We're starting a whole thing where some of our practitioners are gonna be teaching. Cheryl, is the rocket launch. She's the first one out of the gate. So the edge class will be tomorrow. And what it teaches you is a, is a stance.

[17:00] It teaches you a state to accomplish, to achieve, and then a way to place yourself in that stance so that you're at the most compassionate part of yourself. Because one of the things that happened for me when I got out of the box is I was no longer afraid in the box. I was scared, I was scared.

[17:26] But when I got out of the box, I was no longer afraid. And this is what, uh, Robert Van Stanton had told me when I was able to get out of the closet energetically, I was no longer afraid. And that's one of the things they cultivated the older brothers con cultivated in their shaman, was the ability to work with the unseen, the unknown, the mysterious, the scary, and not be afraid.

[17:57] So fear is, uh, the thing that keeps us from owning who we are. So with that little blo of insight and awareness, I'm ready to start answering questions. And we'll either go down one of those roads or there'll be a new road altogether. So whoever's got a question, Cheryl, do we have any in the chat?

[18:23] **Why This Work Must Be Embodied**

Cheryl: Well, yes. I wanted to know, 'cause we have this question come up. You often say your sacred anatomy, energy medicine modality is an embodied work. Why is that so important when doing spiritual healing?

Desda: Oh, I love that question. I really love that. The thing of it is that we are in physical bodies for a really good reason. And that is because creation needs to manifest. How many of you are creatives? Yeah. Make stuff, paint stuff, sculpt stuff, write stuff, okay. One of things, you know, right from doing that is

that you go into kind of an altered state when you're creating, you're in tune with something amazing.

[19:19] You are in tune with the divine. You're in tune with all creation. You're in tune with the divine creative force or source, and it's moving through you, and you are being inspired. Pure inspiration comes from this really incredible place. Yeah, yeah. It feels good, right? You can't bring it out into the world unless you're in a body.

[19:48] You can't invite the world into your own creative hands or into your own creative eyes or your brain. You've actually got to write it down to paint it out, to sculpt it, to bring it forth, to write the poem, whatever it is that is your particular creative inspiration. You can't bring it into the world unless it you are in your body in some way.

[20:20] I'm always so incredibly amazed by those people who have no arms and yet paint with their feet. I always think that's so incredible because the divine creative force is the impetus, the energetic of all creation. And it's moving from like this, the universe, from the cosmos, and it comes to us and we are co-creative partners with defined source.

[20:52] So to do sacred anatomy, energy medicine, we must be embodied. We must be fully embodied. You can't kind of be a little bit embodied. And there are places where everybody gets hung up and stuck. You know, their belly's too big or their foot hurts, or you know, they got an earache or there's something.

There's always something, right? But if you can embody your essence, your presence, your spirit into your physical body, if you can bring that divine creative force in and out, right? Magic happens. And it maybe even gives you a career. So this is an exciting manifestation of soul purpose, isn't it? Now, I know Kate Zhenter has spent a gazillion years making art, and she is an extraordinary painter.

Um, I love Kate's work, and here she is, right here. Kate, tell us about that creative process.

[22:02] **Kate on the Creative Process**

Kate: I wasn't expecting to be Well look out. Yeah, right. Um, one of the things about being an artist is that it comes to you. It just follows you around until you recognize the fact that you are capable of finding out what you are made of. And one of the things that I found most, I was always waiting for the opportunity to learn how to bring in or send out and expand my structure.

[22:43] So it made a big difference when I realized, wow, I'm a lot more than I thought I was. And it was very satisfying. I I played with it a lot and finally realized, wow, it's always just there. I don't even have to call it anymore. It's part of me and who I am.

So Des Desda, that's Yeah. Good enough.

[23:09] **Desda:** Yeah, baby, thank you. That was, that was some beautiful language. I loved that. I love what she said. Especially love the part about expanding your structure and really doing art from that expanded plate. I mean, that's, that's where we have to be, to be completely in our power and in our alignment. But that doesn't happen without a physical body, you guys, this is, this is why we need to have sacred anatomy, energy medicine, be an embodied

work because it's a real creative act when you're supporting transformative action in some way, that's extremely creative for them, for you and for the space you're in.

And so if you're not embodied, you can't hold that space for their transformation. Right? All right, Cheryl, have we got more?

[24:07] **Olivia's Question — A Mother and Her Children**

Cheryl: Yes. Olivia asks a very interesting question. How does the sacred anatomy of a mother and her young children interact?

Desda: That's a good one. Let's just say it. It, well, but, but here, but here's the thing. When, when a woman is pregnant, she, um, is making a baby in her uterus. The thing that is in the uterus is with the baby, is the electromagnetic field. It has to be because human beings, we have electrical impulses that are generated in every cell in the brain, in the heart.

[24:55] So all those parts of our body are forming and creating, and, and we have this electromagnetic field. But where is the sacred in the subtle structure? See, that's a whole different thing. The sacred in the subtle structure can't go into the mother's body because it's too big. So what it does is it clings to the edge, it clings to the edge of the mother.

And it, there's a cord that goes down. You've all heard about the silver cord, right? So this cord goes down. Information is delivered into the little forming body about karma and interesting things that family lineage is holding. And, you know, the, the relationships that are gonna continue in the new life. And, you know, all this stuff is happening.

[25:43] Now, if you happen to have more than one kid, and you got, you got like a little crew, there's the one inside the belly sometime. I mean, think in terms of the youngest ones inside the belly, and you've got maybe two others running around creating havoc, and you've got these two little creatures.

The way that they interact with you is the way that you interact with them. So if you are interacting at the edge with the most compassionate stance, the most awakened awareness, if you're interacting there, you, you have a leg up from interacting at the edge of the electromagnetic field, which is where a lot of healing work takes place in this evolving, uh, modality called energy work.

[26:41] Lots and lots and lots of people use their own electromagnetic fields to shift things in people. And mothers often use their electromagnetic fields to shift things within their children to interfere with their children's wild development. Like get off the sink kind of stuff. Like, you know, I'm gonna pull you, I'm gonna keep you up there till I get there.

You know, so the children, there's always like an element of danger, you know, but, but this is often the way mothers interact with electromagnetically. It's also how we interact with each other. It's how we interact with spouses. It's how we interact with healing work. What if we're healers? Often we touch from the elect edge of the electromagnetic.

[27:29] **Merging, Autonomy, and the Personal Chi Field**

In my work, I teach people not to do that because your electromagnetic field is your personal chi field. If you are interacting with young children, with your

personal chi field, you're doing a thing called merging or a measurement, you're taking away their autonomy to some degree. And then you have to backpedal and you have to work on it psycho therapeutically, which is just boring.

[27:55] So it's so much easier and better and more exciting to treat each little person as a completely manifest soul being a being of light and wonder. And you may think that way, but if you don't know how to use the sacred anatomy, this is kind of the missing piece. So that's what's wonderful about what we've discovered, is that there's a way to be.

[28:26] And I have, I have a, a daughter and I also have a grandson who's two and a half. And it's so cute. And, uh, you know, there's nobody who's more electromagnetically me than a little two and a half year old, you know, climbing all over you. And you know, gam, I love you, you know, very cute.

But if I allowed myself to electromagnetically merge with him, something of his power would be lost. And something of mine would be. But instead, meeting each other as two souls connecting, we are developing the most extraordinary respect for each other and love. So it's never too late to learn a new way to be.

It's never too late. I have lots of people in my classes who are in their eighth decade, and they're amazing. Some of my favorite people. I, so, uh, thank you for the question, Olivia. I hope, I hope I was helpful. All right, Cheryl, what's our next one?

[29:41] **Adrian's Question — Angels and the Angelic Strata**

Cheryl: Alright, Adrian asks, do we connect to the angelic realm through the angelic strata in the spiritual layer? Yes. How angels may assist us in our earthly lives. Now, I'm not sure, uh, maybe that's a question. So

Desda: It is. I know Adrian. Very good. That's his question. So, so Adrian, yes. We connect through the angelic strata of, of the spiritual, uh, layer. Cheryl, let's look at the spiritual layer picture. So there's, there's six different strata in the spiritual layer. The spiritual layer is about 15 feet approximately out from your physical body.

[30:30] If you're in that open field, I talk about. But here it is. And you have a deity strata way up at the top. Then there's the angelic strata, then there's an intuition strata, uh, fairy folk strata, elemental strata. And finally, guards, guides and guardian strata. So from the outside, from the outer to the inner, we're going down.

So that's the farthest out is the deity. So angelic strata is, is next. And then there's this, you see this thing going through that's called the spirit river. And the spirit river actually moves through much of the, of the structure. But the spirit river is how we enter these realms. So it's like you get into the spirit river and you, you take like a boat to to, to the dock in that strata.

[31:25] So it's a meditation and um, it's an amazingly good time. When I am teaching a class later this year in September called Awakening the Nine Levels of Sensing. One of the things people will learn is how to travel the spirit river. And it's, you know, it takes hours to explain it and to do it effectively.

[31:52] But it's super cool because you, you have the ability to open the gateway and you know, you can call it a gateway, you can call it a dock, I don't care what

you call it. But you open the place that allows you access into this other realm. And many of us, many of us talk to angels and have an experience of angels.

Uh, even more of us have an experience of our ancestors, and even more of us have an experience of sort of unknown presences around us that we feel impact us. And that runs through every culture on the planet. It's everybody has that going on from the Celts to the, you know, American Indian, you know, South Dakota, Lakota Sioux.

Everybody's got their own version of the unseen mystery. And this is the sacred anatomy access point. And what's great about the sacred anatomy is we, we can learn how to use it to facilitate our connections with all kinds of things.

[33:01] **How Angels Help — You Have Only to Ask**

Now, your question is angels. So how can angels help human beings? How can they do that? Well, simply by asking them, simply by asking. And you're dialed into the sacred anatomy angels. So the sacred anatomy are surrounded by, we have angels. We have so many angels around us, and it started out as one angel.

[33:32] Now there's like a hundred thousand, there's so many, I can't count them. Maybe a million. There's so many angels. And so what we do is we call those angels in, and then those angels can be asked to do things and they will respond. So the question is, do you have an opening into an other worldly realm?

And that, and that's the way that you build rapport. And it, it takes a while. But I would suggest concentrating on one angel, probab, maybe an archangel like Michael is a good choice. 'cause he seems to be very available. And, and concentrate on that angelic connection and ask for him to come to you.

[34:22] And anytime you ask an angel to come to you, you must assume that they do come to you. In other words, this is not a science course. This is, we are not, we are not weighing in measuring angels. What we're doing is we're inviting an angelic intervention. We're inviting them to come to you.

We're inviting them to help you, but then you must assume they have answered and be grateful for their use. So that's a big part of being able to connect with unseen teachers, guides, guardians, angels, fairies. The book that I wrote, um, called *Magical Beings of the Natural World*. I'm gonna write another one called *Mystical Beings*.

[35:08] But this one's magical. And, um, this one has, uh, instructions of how to talk to fairies, elves, devas, nature, spirits, and elementals who are magical beings of the natural world. So, you know, I have all my personal stories about seeing fairies in there. So, you know, it's kind of a fun book. It's, it's meant for any age. It's meant for all people.

And if you read that book, Adrian, you can begin to realize that there's, that there are these gateways, these doorways, and the, and the angelic, uh, strata gateway may open. Thanks for the question, honey. Thank you. Give my love to Hungary. Alright, Cheryl?

[35:59] Donna's Question — Energy Vampires, and Refusing to Demonize

Cheryl: Yes. Uh, Anna, uh, new to the broadcast asks how, uh, oh, excuse me. This is Donna. Excuse me. Donna asks, does anyone know well how to protect yourself from the vampires that can show up in our lives?

Desda: Okay, so there's this whole new age thing of energy vampires, right? Not a big fan. And, and I tend to not, uh, demonize people who are simply, um, unconscious. I, I try not to do that. So I don't label anybody an energy vampire. I don't say I ra well, okay? I'm not gonna say, I don't say some things are evil because there is evil, but I, I, I try to stay away from that.

[36:58] But yes, we do know how to survive on this planet without becoming the victim of other people's needs. Okay? Whether it's vampirism or, you know, blood sucking or just energy scamming, you know? And, and I think that the edge class is, is where you learn that. Yeah, that's my, that's my cornerstone work in a lot of ways.

[37:30] 'cause what I realized early on was the problem with, uh, most energetic modalities was that they taught you what to do, but they didn't teach you how to do it. So people didn't learn how to be with the energetic. And that's what this very, very first opening class for sacred anatomy study is.

It's just a three hour class. I mean, it's not a big no skin off your nose, you know, it's not gonna take much out of you, but it will teach you the five steps to the edge. That's what you need, Donna. That's what you need. Alright, who else I saw Mark, a question from Mark go by.

And also one from Fiona. I'd love to answer this 'cause they're brand new to the,

[38:13] Mark's Question — Spiritual Hygiene for the Home and the Land

Cheryl: Okay, so Mark asks a simple question, could you please talk about spiritual hygiene with respect to our house? Its contents, surroundings, role and meaning of cleanliness. This,

Desda: Well, I think cleanliness is a moving target for most people, but, um, yeah, I mean that's basically the art of space clearing, the art of clutter, clearing the art of earth work, and all of those things are things I know how to do and that I have done and taught. Um, but, um, sacred anatomy, energy medicine is not about clearing the space in your home.

[38:59] It's about clearing the space in your head, in your heart, you know? But, um, yeah. Okay, so how do you clear, how do you clear a, a site, let's say when you take the energetic hygiene class, which is after the edge class, which by the way, the free introduction of that is on Monday.

So you're right in, you're right on time here. So on Monday, I'm gonna talk a little bit about what it means to essentially apply a clearing process, not just to you and your structure, but also at least one system of your structure, but also to your home. And, um, so I do teach in energetic hygiene, how to clear your home of, of debris.

[39:52] And that can easily extend to clearing your property. Um, and there are rules, you know, you, you, you have to, if it, if you don't own the property, there's ways you anchor the property. You can't, you can't anchor it as deeply

as if you own the property. If you are the caretaker for a piece of land, it's different than, you know.

And in other words, if you have paid money and bought a piece of land or inherited it, it's a different connection than if you're renting. If you're renting you, you get to clear it. But you, you can't clear it as deeply as you would if you, if you owned it. So, so there's rules, there's ways to do it.

[40:33] There's, it's a whole art form. And earth work is another thing that comes into play because, uh, the planet releases energies all the time. So this isn't even toxicity, this is just natural occurrence. There's microwaves that come out of the earth. There's gamma radiation that comes out of the earth. So, um, there's ways to recognize that's happening and actually move vortexes that are coming up to move them and to do those things.

[41:03] Some of my earliest studies, when I decided I wanted to learn how to tame the, the wild beast of my psychic abilities, I, I went, I went to England and I studied with the Druids. There. Somehow or another I connected with the Druids. I literally didn't even know that's where I was going, but there they were.

And so, um, the, i, I learned what they do and I learned why I shouldn't do that. One of the things that people do when they clear land is they take the toxicity into their own bodies. And that's completely against the law. In my book, don't take the toxicity of the earth into your body.

First of all, you're a different species. You know, when you're gonna clear an elephant, you're gonna take the elephant's energy into your body. Not a good idea. So if you're clearing land, you want to clear it at the edge of your structure, once again, realizing that the edge is the way to go. Good.

[42:04] **Fiona's Question — Grounding, and Why Not Into the Earth**

Cheryl: Uh, well we did hear from Fiona and she says, when I ground myself after a healing or energy session with a client, I don't feel 100% grounded. Do you have any tips,

Desda: Fiona? When you ground yourself, where do you ground to?

[42:30] **Fiona:** What was that? Me? Sorry. Um, I, um, uh, the center, center of the earth, basically, I go, I, I use, I use, yeah, the earth's surface.

Desda: Okay, number one. Yeah, No, Okay.

Fiona: Stop it. It makes sense. 'cause it doesn't feel like it, it, I don't, I feel I feel worse.

Desda: So here's the deal. The earth is a different species than you are. Yeah. When you ground into the Earth, you are grounding into, you know, lava nuclear waste, the stuff that the earth processes you do not wanna be processing. Yeah. Mm-hmm. We're of the earth, we're from the earth, we're part of the earth, but we do not want to ground into the earth.

[43:21] So in the edge class, you will learn to ground into your own sacred anatomy and you'll have to stop grounding into the earth.

Fiona: Okay. That, that makes sense. Okay. I'm, I'm doing on Monday, so, um, yeah, I know, I'm so excited. You're you're doing it tomorrow. That's happen. Yeah.

Desda: So, so here's, so here's the thing that's really interesting to note. We are the first, possibly the first humans generation, uh, or a couple of generations now that fly.

[44:05] **Grounding Cords at 30,000 Feet**

We get into airplanes and we fly or we go into, into outer space, or we, um, get, get in an elevator and we go up 50 floors. What happens to your grounding cord if you have grounded into the earth? When you go up 30,000 feet, what, what happens to it? I'll tell you, you drag it, it through the whole landscape that you're, if it's staying intact or it snaps and you're ungrounded, and people who do this ground into the earth, uh, when they fly, they, they're very disoriented and they have a lot of difficulty coming back from flying.

[44:51] And they have to kind of reprocess all these things and do clearings and all these, you know, this crap. And basically the whole problem is solved if you just ground into your structure and there's a way to do it. There's a place to do it. That's the thing about knowing the anatomy of the sacred anatomy.

Mm-hmm. And the book I wrote is basically encyclopedia. And so when you, when you know where you are going, it's easier to get there. So I'm glad you asked the question and I think you're gonna, um, I think you're gonna really dig the class tomorrow with Cheryl. No,

Fiona: Looking forward to it. Thank you.

Desda: Yeah, it's, uh, 45, 50 years in the making, so there's a lot of work that went into that class. Alright, who else has a question? I wanna hear more questions. All right.

[45:43] **Kirsten's Question — The E-Stomach**

Cheryl: Kirsten asked, she wants to hear more about the e-stomach.

Desda: All right, Kirsten, one of our practitioners, and I'm so happy to see you today. Kirsten, thank you for coming. So, the e-stomach, let's see a picture. Uh, why don't you show a picture of like the, um, the template maybe with the e-stomach in it? So, the e-stomach is fascinating. It's about seven feet long.

[46:17] You see this sort of like slug like looking thing in the middle. That's the e-stomach. And it goes from above your head to below your feet. It's, it's about seven, maybe eight feet in length, nine, uh, something like that depending on how big you are. And it wraps around the core. It's inside of the core sheet.

This is a little larger presentation than you would normally have. Cheryl. Let's see another picture of the e-stomach. If you have the newer e-stomach pictures, that would be the ones to show. Um, and the e-stomach. Yeah, that's perfect. The e-stomach is, this is the interior of it. It has, um, three different sections, function, purpose and wisdom section.

And here you can see the red, which is the purpose section, the blue, which is the function section, and the yellow, which is the wisdom section. So there

three sections within it. And the function of the e-stomach is to personalize and initialize energetic that comes from the source.

[47:30] **The Villi, the Receptor Site, and the Yes Circuit**

So, uh, let's see a picture, like, we'll come back to this one, but let's see a picture now of the edge. So the edge is right at the edge of the sacred anatomy, and there are these Villi that reach out and the villi attract to themselves sacred source energies. So energies are attracted, and the green ones attract more than one energy.

[47:58] The purple ones attract one energy, and they go in, they go through a receptor site, which is at the edge of the structure, part of the bones of light. And this receptor site is the part that tells the villi what to attract. So the villi's skill is just in attracting, but the receptor site tells it what energy to attract.

Let's look at the Yes! circuit picture. I'm showing you a bunch of pictures in sequence, so you can get the idea of the movement for the e-stomach. So the Yes! circuit is located, um, you can see the villi here at the very top in that little triangle section. So the villi are attracting in energies, they go in through the receptor site, and then those energies actually go into a thing called the Yes! circuit.

[48:50] And the Yes! circuit is like billions of little tiny threads. And in those little threads, source energies, which are very strong, very harsh in a way, harsher than what you can metabolize energetically spin in this, in this amazing place. And it's, we call it the Yes! circuit, because you have the purview to say yes, your subtle structure, your soul structure can say, yes, I will receive universal love and light, or no, I will not receive universal love and light.

[49:28] So this is where you say yes to the whole thing. And then the energy goes down. You see these little funnels. This, this gold part here. These are, these are separating membranes, part of what's called the framework of the bones of light. And then it goes down into these little funnel. They look like upside down dixie cups.

And the energy comes in and before it goes into this wildly swirling soul layer, the soul layer is basically like a, a fuel tank. And so before it goes into the fuel tank, it quantum leaps across and goes right into the inner edge of the soul layer and then goes down, down, down, all the way down through the layers of the structure, through the, the nervous system of the structure, past the elimination system of the structure.

[50:22] And it goes all the way down to, now let's see the e-stomach picture again. Just the, just the e-stomach. Yeah. So it goes all the way down, goes through a thing called a star point that's actually po pooches out of your physical body. And it goes down a conduit. And then the conduit releases through a thing called the template heart.

It releases right into the e-stomach. And so source energies travel down the strands. The strands are all those places where the energy has leapt across. And it goes down the strands and the strands basically, um, bring source energy to the e-stomach. And the e-stomach takes it in. And then these little tiny villi that are inside the e-stomach, it bounces over the top of it.

And by doing that, it, it, it goes top to bottom, it goes all the way through the whole thing. It gets down to the bottom, it goes back up to the top, it comes

down to the bottom. And it may go through the e-stomach multiple times. It goes all around the core sheath.

And then finally, when it is personalized and identified as yours.

[51:42] **The Chi Pool, the Drains, and the Soul Layer**

So the thing is, is if I'm receiving universal love and light, which is a beautiful source energy, I'm receiving it, it goes into my e-stomach and I personalize it for my use because it goes out these drains, see the drains at the bottom, the brownish things, golden brown, there are four of them.

And it goes down. The drains go down, they go through another part of the anatomy called the chi pool. Maybe we could see that illustration. You guys are getting a tour here of the, of the elimination and nervous system combined together creating a digestive system. So it's quite interesting how these two systems work together to digest source energies, which essentially makes the fuel that we live on.

[52:33] So anyway, the drains go down through this, this chakra down at the bottom of the structure, we have 13 chakras. The one at the bottom is called the chi pool. And the energy goes through the chi pool. And then there we go. Here we go. So the drains are no, there's no drains there, Cheryl.

[52:58] Shoot, there's the tail, the grounding tail, there's the roots coming down. We don't have the drains, damn it. Anyway, forget about it. So the drains come down, they go into the chi pool, they go through filtration, then they go out into the soul layer. And the soul layer show us the jewel, the big jewel.

So then the soul layer swirls and glistens and glitters. And it's all different colors because the colors come from the core. So the core releases at the top, all of this individuated source energy that comes from the core, which is the totality within us, the divine within us, and then the individuation, which takes place right by those four aspects up at the top.

[53:46] And then it goes out into the soul layer. And that's what we look like. So that's what we look like floating in space. That's what human beings look like to me. When I look at you, that's what I see. And the rainbow energy in, in the Tibetan culture is called Jalu. It's called the rainbow body.

[54:12] And that's what they're talking about. They're talking about this rainbow body. We call this the jewel 'cause it's quite beautiful. It's written about in the Rigveda, but that's how the e-stomach functions. Yeah, thanks to Cheryl for the quick activity on the changing the pictures. So it is really fun to, to have all those pictures to be able to show you because there's just like no way that you could, like, you'd have to climb inside my head to see it.

[54:45] So I'm, I spent a lot of time drawing these pictures and then working with a graphic artist, Kim Glass Chu, who was, I've been cultivating her since she was 16. I've been working with her now. She's in her forties. She's just a spectacular, you know, computer graphics gal. All right, do we have another question? Thanks, Kirsten.

That was super No,

Cheryl: no more questions in the chat. I believe otherwise I have asked, well, we only have a few minutes left, but is there one we can take from the floor here?

Desda: You got a question? Anybody wanna raise their hand? Anything you want? All right. Fiona's got her finger up. Oh, and then Elisa, go ahead. Fiona.

[55:35] **Fiona's Question — Staying Consistent and in Flow**

Fiona: Hi. Hi there. Um, thank you. Um, I hope it's, I'm, I've got your book and I'm on my own journey and so this is, it's lovely to be here. Um, I've, um, a few months ago I had what I can only describe as a visit from another realm with my ears are very sensitive, and it was like a radio wave and I heard a message come through and, but that's not happened for a couple of months.

[56:09] And so sometimes things happen and visions happen, and so I want to know what, what, what is good in the anatomy wise to keep yourself consistent, grounded in order for it to be in flow.

Desda: Well, the edge practice is numero uno, you know, that's the first one. And then energetic hygiene, which kind of kicks off on Monday with the free class, um, is it's really good to learn how to take care of yourself. Yeah. So that's what that class is about. And you know, to be honest, I've taught these classes in si over six weeks.

I've taught 'em over one day. I've taught 'em over hours. I've, so now the, uh, edge class is three hours, and the energetic hygiene is a six week commitment. You know, you come once a week, um, and uh, during that I teach you how to dowse, you know, if you don't know how to dowse already, I, I sell these dowsing rods that we've had machined.

[57:14] **The Dowsing Rods, and the Prayer Wheel**

They're sort of the finest dowsing rod made, made. What did I made of? Made of titanium. Titanium, okay, so they're very light. Yeah. And this is anodized aluminum, so it's also very light. And as a result can be the different colors. What was the other one? Yeah, so I have an, like, I have a green, a green one.

[57:39] We have a blue one, a green one, a red one, and a a silver one. At different times. We only have one available or, you know, but those, all those different colors are available. And on the side of the red one, this one, um, we have embossed on the anodized aluminum, um, Gate Gate Paragate Para Sam Gate Bodhi Svaha, which is, you know, toward the one, right?

[58:06] And, and it's, it's in Sanskrit. And so every time the dowsing rod turns, it's like a prayer wheel. Okay? Something, you know, onward, onward toward the one, which is what that prayer basically means. So you learn dowsing in that class, you learn, um, how to bring in energies effectively. But mostly what you learn is how to be at your edge and do things.

[58:34] You learn to clear the layers, which is the first clearing that I teach. And oh, just so much more. I can't get into the everything you're gonna learn. You come on Monday and, and hear the, the whole thing described, you know?

Cheryl: Um, there was another question. Yeah. From a couple other questions. Mark was asking about the pendulum versus the dowsing rod. And Naomi had a question about core meridians. I don't know how much time we have left.

Desda: Oh, I'm just gonna answer all the questions, so I don't care about time much.

Cheryl: Okay, well then let's, so

Desda: I'm going until I'm done. So, so, uh, but Elisa had her hand up first. Yes.

[59:16] **Elisa's Question — Interacting With the Four Aspects**

Cheryl: Elisa asked, how do you interact normally with your four aspects? How do I do that? Or how does one do that? What is your question, Elisa? Which one is it?

Elisa: You do that?

Desda: Oh, how do I do that? Oh, I just talk to him all the time. Okay. I always say what, say that again. I, I, are you sure? But basically, when you interact with your four aspects, it does put you into a slightly altered state. You know, there are many different states of consciousness, and in awakening the nine levels of sensing, I work with nine different states.

[1:00:00] So when you learn the edge practice, that's a state, that's a, that's a, an altered state. And, um, the thing is, when you get good at being in altered states, and some of you are in altered states, maybe even right now, and, and, but you're not maybe good at it, so you gotta get good at it.

So you can come in and out of an altered state without losing your cookies, you know, you gotta be able to keep the cookies intact. So one of the things that, um, I started doing when I was younger, so I, I don't know, it seems like I've been alive a long time. But anyway, in the sixties, um, I used to do psychic readings because it was, what do you do with psychic abilities?

[1:00:47] You do readings, right? So I did psychic readings. I started doing them when I was 19, that was in the sixties. And I kept doing them for about 17 years, and I became very well known as a psychic reader. The only problem is that people relied on me, and I became like this crutch.

And so I started teaching things like, you know, the class about demystifying psychic abilities and that kind of thing, because I just, I just didn't, I didn't want people to think that they didn't have that. I wanted people to understand that all human beings are psychic, all human beings are sensitive, all human beings are empathic.

[1:01:34] It's not any great big deal being an empath, you guys, it's, it's part of the human condition. So I think it's really important to get this stuff down to earth, you know, and start treating ourselves with the respect that we deserve. I think I got off topic. Elisa, where did you go?

Elisa: Here?

Desda: Did I answer your question?

[1:02:00] **Elisa's Follow-Up — Angels as Experts, and the Archangel Paintings**

Elisa: Yes. I was curious about difference between interacting with the angel, asking question to angel, calling a angel and interacting with the four aspect.

Desda: Oh, it's quite different. Angels. Um, the four aspects are, uh, understand my soul's purpose. They're invested and Oh, there's Devin, how pretty you are. It's nice to see you. So they're invested in, um, my experience. They want to see me fulfilling my soul's purpose. They're doing everything they can to set me up so that I will be able to do that.

[1:02:39] And that's true for everybody, not just me. It's true for everybody. The angels are experts. They come in to work with you on something very specific. There's one of, one of our number of this amazing is an amazing painter. And she, um, she did these incredible paintings of the archangels, and when she did them, she asked the archangel to inspire her so that the painting would be as close to the frequency of the archangel as it could get.

[1:03:23] Do you wanna see one of them? I'll go, I've got 'em here. Yeah. Okay. So this is how she talks to her, four aspects. You know, she's a painter, she's being inspired, but then she needed an expert to come in and give her the insight. So hang on, I kind of love these paintings.

They're, they're super beautiful. This is Archangel Michael. A lot of really good frequency in that. And the artist is Jen Zorich, and you can look her up online. She's very talented and she's, she doesn't do people as much as she does like clouds and landscapes and, but, but this is, this is Archangel Michael, and his face is constantly morphing.

[1:04:13] Like when I look at him one day, he looks one way, and when I, he looks feminine one day, maybe McKayla, and then one day it looks really masculine, maybe Michael, you know, so he's constantly changing, and that's a quality of the angel. Anyway, thanks for sharing. That's an example. Thank you very much. Okay.

But we had some other people lined up in the, in the questions here. Yes.

[1:04:40] **Naomi's Question — Core Meridians and the Chi Field**

Cheryl: Naomi asks, how does the core meridian relate to the chi field? Does the human energy structure use chi outside of the HEMF?

Desda: Yeah, but it's different. So the chi field is electromagnetic in nature. The core meridian is not electromagnetic in nature. It's subtle energy. If any of you have ever had an adjustment from a network chiropractor, it's a pretty interesting modality. And they are tuning in to the spine and to these points on the spine that have, uh, that radiate out.

[1:05:29] And what they do is they adjust you by tuning into those points and allowing those points to expand. So it releases the spine, and you have an experience on the table of, you know, kind of doing like a snake motion. Your body just sort of does this. It's pretty cool. It's one of the most interesting forms of healing modalities that's kind of out there right now.

[1:05:54] It's I think, very inspired form. But, um, the core meridians we've mapped, and they're all along the spine. So the core meridians are the golden ones that go out from the core. So we have at our center, this big, big core, it's a triple current stream, and it's surrounded by a, a sheath, which is not evident in the picture.

[1:06:22] And you can see the core meridians, they're attached literally to the core sheath, and they move out into, into the, into the world. The cognitive

meridians are the ones that are, uh, blue and more inside. And that has, that's a different kind of meridian, but these are the meridians that in Chinese medicine we're essentially working with.

[1:06:47] And Chinese medicine, it's about the chi flowing through the body, and there's a certain amount of that chi that's electromagnetic and a certain amount of that chi that is not electromagnetic, that's subtle energy. So chi that flows through our physical body related to the core meridians are, is, is actually subtle energy, the energy of the universe really, which is quite intelligent and awake.

[1:07:17] So when we think about the universe, we think about the vastness of space, and we think about space as being empty. I'm here to tell you it's not, not empty guys, and you are not empty either. And what's happening in your energetic structure is essentially the cosmos. You know, you're your own little universe.

All right, we got another question.

[1:07:45] **Mark's Question — Pendulum Versus Dowsing Rod**

Cheryl: Yeah. Here's a short one from Mark. What about a pendulum versus a dowsing rod?

Desda: Well, the problem with the pendulum mark, is that when I work with a dowsing rod, it's like that. And I've had pendulum snap and fly across the room and hit people in the head. So I don't recommend pen because they're dangerous. The dowsing rod really works for me. Also, when I do, um, it, it becomes kind of an extension of my sensing, so my physical sensing.

[1:08:22] And so when I use the, the dowsing rod, and I'm getting, I'm getting a, a read, I'm reading all the way down the shaft. So I'm reading the, this is essentially the core of the sacred anatomy. I read down it and then the energy, the, the, the, um, wire that spins through or, or goes in a pulse like motion.

[1:08:51] I'm getting information about the layers, which are concentric circles, kind of going out from the interior. So I can read the interior, I can read all the chakras down the shaft with my hand, and then I can also feel into the health of the layers. So I have sort of immediate snapshot of what's going on when I use the dowsing rod.

Now, that's somebody who's been dowsing since 1974. So I'm good at it by now. I would say I've reached a level of mastery with the dowsing rod. But the, but the truth of the matter is the pendulum you can feel into, you can use and they can be really, really super delicate. But it's just, it, I just have never found it to be as effective.

[1:09:44] Um, but in a pinch, I can dowse with my earring, you know? So there's also body dowsing, you know, this way. Yes, no, that kind of thing. So you can do all kinds of things. I mean, there's, all reflexology is built on body dowsing, you know, so some of it's accurate, some of it's not.

If you're doing body dowsing, you have to realize it's extraordinarily subjective. If you really learn how to, if I teach you how to dowse, you learn how to dowse differently because we sense with one hand and we, um, dowse with the other. So we're basically using both sides of the brain because this, this is basically the left side of the brain.

[1:10:29] This is the right side of the brain. My sensing hand is, you know, in the woowoo and the sensing. And then how do I feel? And over here I'm getting, you know, 20%, or I'm getting an exact and exact quantity of energy to bring in, or a quality of energy that I will be bringing in.

So I'm getting, if I'm working with bringing in a cosmic energy. I can't just feel it coming in because if I do that, I'm taking up a lot of my juice doing quantity and quality. If I use the dowsing rod to bring in a subtle energy, I'm having a relationship with it. But over here in this hand, which I'm hardly paying attention to, it's showing me to keep bringing that energy in.

[1:11:20] It still needs to come in, but I don't have to do that with my sensibilities. So really learning how to sense and how to apply the, uh, capacity of sensing, the dowsing rod can really help you, uh, kind of organize it, delineate it, and give you distinctions that you might not get with a pendulum.

So, there you go. That's my answer, mark. Great question. Thank you, sir. All right. Okay. What else have we got? Who else are we next? We have Christine. She's raised your hand. Please take your, there she is mute. She always comes a little late, but she's always here.

[1:12:00] **Christine's Question — Old Vows and the Etheric Layer**

Christine: Busy, busy, busy. Love you, I tell you. But I made it, um, at de you are so fricking brilliant. I'm just, ugh, off the charts with you. Anyway, I have a peculiar question for you about the subtle energy anatomy, which is, if we've made old vows, say that have been kind of sacrificial or things like that, where, and these old decisions in the structure are, is there anywhere in the structure where we can pinpoint these kinds of things so we can Oh

[1:12:38] **Desda:** Yeah, totally. They're in the etheric. They're in the etheric, and the etheric layer is not right next to your physical body. The etheric layer is way the heck out there. It's, it's actually at the, the distinct, the separation between the soul layer and the spiritual layer. There's the etheric layer, and the etheric layer is really big.

It's got eight different layers, eight different strata. So all the way at the top, you see is recent, recent events are categorized, cataloged, stored, and what, what they're stored in is what I call the Himalayan mountain caves. So they're in little caves, they're like in little cubby holes. And your recent events are, are all categorized there.

[1:13:28] Every single lifetime you've ever had is captured in the etheric layer. It's your personal Akashic records, it's your personal, it's the Smithsonian Institute with nobody removing things because they have emotional problems. Then there's the death and karma, which is the next strata, and that holds all your death experiences and, and karma that's active.

[1:13:53] It'll hold that. And then there's maturity, which is hopefully we've all reached that point. But then there's youth right below that, and that's often a very, uh, long time for people. Some people are in youth till they're 75, and then there's childhood. Some people are in childhood until they're 75. So there's the childhood memories.

So this is every single lifetime divided into all these different phases of experience. And they're, each phase is devoted to, uh, an entire strata. And then there's infancy. And then the first phase, first phase would be, uh, uh,

conception gestation in utero and birth. And that's the first phase. Then there's inception. And inception is when you choose to incarnate.

[1:14:44] It's the meeting with the council of elders. It's the experience of you stating what your purpose for this lifetime is, how you wanna make a contribution or what you wanna learn. And that in inception is just as important as your recent experience. So this is where that information is held. Christine.

Christine: Oh, wow, this is so helpful. And, and can we change the, um, the inception? What, what we

Desda: No, you can't, no, you can't change it once it's going, you know, it's like you're in process.

[1:15:21] **You Do Not Have to Carry the Vow Forward**

So in inception is, you know, yeah, no, you can't change that. But just like, you can't change like a past life event. You can't like go back and go, I don't wanna make the vow of being a martyr anymore. I don't wanna, yes. Okay, but here's the deal, Christine. You don't have to make it in this lifetime.

You already made it once. I already all this b*****t that people get into about, oh, I'm gonna fix your karma. We're gonna go back a thousand years and unplug you out of the martyrdom circuit that, I mean, come on guys. That doesn't happen. So what does happen is that you bring forward into this lifetime.

[1:16:01] There we go. The truth of who you are, what you wanna do, and you have memories from past lives. Like you are a rememberer, Christine, I, I know you are. You remember stuff from the past. So what you have to do is you have to say, that's in the past. It's not happening. Now. I am not a martyr this lifetime.

I am not in poverty this lifetime. People take a vow of poverty and then it sticks. So you wanna unplug yourself from your vows, and that's all you have to do is just say, I'm not doing it anymore. Okay. So it's not about specific structures at that point. I don't think so. I don't think so.

[1:16:39] And you know, I've watched people heal from those kinds of things, so I don't, I really don't think it's, it, it's something that has to stick forever,

Christine: You know? Yeah, me either. I know that.

Desda: Yeah. I mean, you make a vow of poverty in one lifetime. It's not gonna necessarily be there. The next right, there is the Bodhisattva vow, which is something that the Tibetans are like extremely good at manipulating and maneuvering the realms. They're, they're, they're the most knowledgeable culture on how to do that. And, um, that's why the Dalai Lama has been able to come back 14 times into the same function, the same service.

[1:17:18] So that's, that's a pretty high skill. But, um, you know, you have the ability, even if you're a Tulku and you're coming in again to do, you know, a certain kind of work, you have the ability to not bring forward negative agreements or ev vows or experiences you had. You have the ability to bring them forward.

[1:17:45] You have like a clean slate. So you just have to give yourself permission to have a clean slate. Does that make sense?

Christine: Yes, it does. Thank you. Desda. Yeah,

Desda: Yeah. But, but don't get all tripped up and it's not a waste of, it's a waste of time and it takes you off your purpose. I mean, come on you guys. Exactly. Why are we alive? We we're not here to all this esoteric crap that happened a thousand years ago. Yes, we're here for right now.

[1:18:17] **Christine:** Yes. And that's, that was the thing with the vows. I realized it just a few days ago. I'm thinking, okay, so we have made vows and, and where can that be? How can we really shift those energies through the, the system? So

Desda: Yeah, just say that's the end. Yes. And say it from the point of view of your personal power and your awareness of who you are and why you're here and what you're doing. I mean, doing that, if you're struggling with money, which is a, a very common problem for people who are spiritually oriented and trying really hard to be a good person and all of that, often money problems kind of like happen, you know, so what they're about, what money problems are about you guys, is they're about energy flowing.

[1:19:09] And, and you can't hold on to energy flowing. You have to, you have to accept abundance in every area of your life with open heart and hands you an open mind. You, you may not get what you think you need, but you will get what's right for you. So it's, it's a matter of with open heart, minds and hands, you know, allowing abundance, allowing good, allowing happiness, allowing a partner, allowing all those things, allowing them to come to you without an attachment.

It, it's about releasing attachment and not having attachment to a, to a result.

[1:20:01] **Closing**

Well, I think that might be the coup de grâce. It's really great hanging out with you guys. I, I, I love it. I enjoy it. I hope I haven't offended anybody's sensibilities, you know, or, uh, belief system. But, um, we're in a time of great transition and change. And I pray in this moment that each of us realizes the gift we have to bring and that we share that gift.

Unreservedly with open hearts, have a beautiful, beautiful month. I'll see you next time.