

Ask Me Anything — July 2025

Video: <https://www.youtube.com/watch?v=LYch5lyvrpk> • 1 hr 32 min

Key Topics

1. [1:12] **How the room is coping with the intensity** — what people are doing to get through a chaotic stretch — getting present, gardening, watering, feeding people, showing up where support is being asked for, the edge practice, anchoring into the core and rooting into nature, and doing the work for others as a way of staying in tune; and why wet feet in a Northern California garden at six in the morning are worth the walk

[1:12] Coping With the Intensity — What Everyone Is Doing

[4:36] Gardening, Wet Feet, and Grounding Into the Earth

2. [7:40] **Anxiety as a symptom of too little energy** — why anxiety is lack rather than overwhelm, electromagnetic porosity and what merging with someone actually costs, the edge practice as the cornerstone skill and where awareness is placed, babies who use their edge until about eighteen months and then stop, and why most energetic healing is done from the edge of the electromagnetic field rather than the sacred anatomy

[7:40] Christine's Question — Anxiety and the Core Sheath

[10:19] The Edge Practice, and Using the Whole Structure

[13:11] Where Most Energetic Healing Is Done From

3. [15:48] **The chi field, and living inside electromagnetic disturbance** — keeping your own electromagnetic field strong, phones and microwaves and cars and cell towers, three months of meditation and the principle that all energy is intelligent and can therefore be spoken to, needing the chi field to lift a car off a baby, and what happens to it three days after the brain and the heart stop

[15:48] Your Personal Chi Field, and Living With Appliances

[17:43] Three Months in Meditation — Energy Is Intelligent

4. [21:32] **The golden rain** — a stop sign placed at the edge of the sacred anatomy, why it is communication rather than a shield and never done from fear, the electromagnetic rebuild a practitioner does first, the four apprentices who tested it, and wearing it into an MRI room, a mammogram and an aeroplane

[21:32] The Golden Rain — a Stop Sign, Not a Shield

[56:40] A Student's Question — MRIs, Mammograms, and the Golden Rain

[58:14] Sitting Beside the MRI Machine in Denver

5. [24:38] **The core sheath and the four aspects** — the core as a fragment of divine source that cannot be fragmented, broken or distorted, the sheaths that emerge the moment the core and the channel cross around the navel, the core sheath as the hub holding the blueprint for who and what you are, and the four aspects of the authentic self — physical, emotional, psychological and spiritual

[24:38] The Core Sheath — the Hub, and the Blueprint of Who You Are

[26:43] Two Divine Currents, the Crossing, and the Four Aspects

6. [29:15] **A family of women who did strange and wonderful things** — a grandmother who wrote on the kitchen chalkboard the hour her flowers would

open, a great-grandmother who read tea leaves, thirteen generations of it, and standing in a high desert garden at eleven at night while every rose opened at once

[29:15] My Grandmother, and the Flowers That Bloomed at Eleven

7. [31:05] **What a chakra actually is** — thirteen major chakras and ten reflective ones, and minor and insignificant ones besides, a chakra as what happens wherever two things cross, the great I Am meeting the great I Am and the individuation that follows, the incoming soul pathway and the outgoing chakra current, and the implosion and explosion that form the front and the back

[31:05] Mark's Question — a Definition and Function of Chakras

[33:24] Major Chakras, Reflective Chakras, and What They Reflect

[35:17] Individuation — the Great I Am Meets the Great I Am

[37:45] How Chakras Form — the Implosion and the Explosion

[40:05] The Chakra Current, and the Energy That Has Been to College

8. [43:24] **The chakras in the body, and how they are worked with** — the endocrine gland sitting at every chakra in the physical body, chakras as distributors rather than generators, intentionality at the front and receptivity at the back with the sides blending around, the throat that speaks the truth and also lies, the rosette almost everybody teaches as the chakra, and the dropped connector that is the real reason a vortex stops spinning

[43:24] Mark's Follow-Up — the Applied Side, and the Endocrine Link

[47:00] Intentionality at the Front, Receptivity at the Back

[50:19] Each Chakra's Own Journey, and the Two-Sided Coin

[1:00:40] Do We Really Clear the Chakras?

[1:02:53] What the Rosette Carries Out, and the Dropped Connector

9. [52:03] **Duality in the spiritual realm** — why the not-truth exists wherever truth does and not only on the material plane, the angelic being who can turn wrathful at any moment, chaos and obscurity and hiding as spiritual events, and the hardest thing there is — accepting that the person being impossible is also a divine being

[52:03] Mark's Follow-Up — Does Duality Exist Beyond the Material Plane?

[55:03] The Dark and the Light — Accepting That Both Are Divine

10. [1:04:55] **Where illness lives** — subtle energy arriving in the wider culture, why no single spot in the body or the sacred anatomy holds a disease, dis-ease as being out of easeful expression of your own soul's purpose, matter as congealed light, approaching illness in all four aspects at once, and why an energy worker who says they will cure your cancer is lying

[1:04:55] Subtle Energy Arriving in the Culture

[1:06:28] Where Do the Ailments Live?

[1:08:36] Where Do I Go to Release It? — No Magic Bullet, and Dis-Ease

[1:12:16] Cancer, Energy Work, and Two Hundred Years Ahead of Its Time

11. [1:15:58] **Colour, consciousness, and the mindset of the observer** — an auditor who trusted nothing until it was proven and what changed, why the colours assigned to the chakras are subjective and belong to the reflective layer, the star chakra and the divine gate and the chi pool that have no colour at all, a structure that shows you what you already believe, and a 1973 laboratory where the psychics could tell which assistant was in the room

[1:15:58] Chensun — From Auditor to Practitioner

[1:18:40] Diane's Question — the Colors Assigned to the Chakras

[1:20:33] The Star Chakra, the Divine Gate, and the Chi Pool

[1:22:35] Diane — a Collective Agreement About the Colors

12. [1:25:36] **Holding the light in a chaotic time** — how we approach the world and what we believe is possible for other people, everyone out there doing their damn level best even when it is awful, compassion as something that spreads, why empowerment rather than victimhood is the thing that is needed, and evolving past being fed and clothed into being allowed to open our hearts

[1:25:36] How We Approach the World Makes a Difference

Q&A

[1:12] **Coping With the Intensity — What Everyone Is Doing**

Desda: Does anybody else notice the upleveling of energy of late, like in the last month? The intensity is getting higher, more chaos. And even if you don't watch TV or go on social media, the energy, just the energy itself without any additional excitement is enough to really bowl you over. So how have you been coping?

[1:47] What have you been doing to cope? Just, I'm asking a que I'm asking you a question. Nobody's gonna say, I'll say, Barbara, what have you been doing?

Barbara: Um, I tend to just try to get present, like gardening, watering, walking, like feeding people, um, showing up where people are calling out for people to support. Like, just because if I think law, big picture, it's really dismal and overwhelming. So I just try to look at like what's around me that I can plug into.

[2:33] **Desda:** Yeah. Yeah. What's around you? You can plug into plug. That's, I think that's, yeah. Laurie, what are you doing?

Laurie: You know, making sure I do the edge practice. Yeah. And then yesterday, it was such a sweet group at the, uh, the rally. Mm-hmm. The, the good trouble rally here. It was just sweet, sweet people. Nice.

[3:04] **Desda:** Well, it's good to be surrounded by sweet people. Yeah. That's, I'd say that's number one on the list. And I know, uh, I know we, we attempt to attract that. So we're at, I just was asking, what are you guys doing to cope with the intensity of the energy? It's, it's a universal intensity.

[3:40] It's not just, um, it's, it's not just politics. It's not just governmental stuff. It's not bureaucratic. The intensity is energetic and the whole planet is feeling it. Everybody's feeling it. It's profound. And so the question is, what are we doing? What are we doing to cope with that? How are we coping? And the suggestions that have been made have been fantastic.

[4:09] So what else? One more person, what else are you doing to, to cope with it? Yeah, Diane

Diane: I'm really anchoring into my core, really feeling that the current's flowing down and spending time in nature, connecting with trees, really just rooting into my structure in nature. Connecting, grounding to kind of shift out of the whole, yeah.

[4:36] Gardening, Wet Feet, and Grounding Into the Earth

Desda: To, to really root in and ground. Yeah. I think, I think it's really important to keep your perspective, you know, and two of you have mentioned gardening and grounding into the earth and that, and then surrounding yourself by nice. With nice people. But, so I, I, that's what I'm doing. I'm, I'm gardening like crazy, you know, I'm just like, every morning I go out and water the babies, you know?

[5:03] And, uh, you know, here in here where I live in Northern California, it's, it gets hot. And so we water in the morning before the babies wake up, you know, wake up just to, to help them wake up in the, in the soft dew. And, uh, it's, it's, uh, it's great 'cause I, I wear my flip flops so my feet get wet, you know, and I'm, I'm walking around and my feet are wet in the garden and I don't know what the deal is with that, but it feels really good.

[5:34] So, so I'd urge wet feet in the morning. Walking outside. Is is, that's awesome. You know, we wanna think elementally, right? Yeah. Elisa, what are you doing in, in Gay Paree in the city?

Elisa: Um, I'm working a lot with sacred anatomy, energy medicine, actually. It's a moment where there's a lot of people who is asking for support and I'm giving a lot of support and it is helping me. I just remarked that doing work for others is, is helping me to stay in tune and balanced.

Actually, yes, I think, and I'm coping, doing work.

[6:19] **Desda:** Well, that's, that's also something that I'm doing. And I, I've always found, I've always found that to be true, Elisa, that when, when I'm feeling a little like, uh, you know, is life, okay, uh, if I just do a little bit of work on somebody else, even if it's just for a few minutes, or even if I just listen to somebody's story, you know, it, I feel fantastic.

[6:48] So Diane, you're saying the effects of grounding with bare feet on the earth is increased when the feet are wet? Oh, yeah. Wet grass is great. Concrete also works if dirt or grass isn't available because concrete is, you know, the Romans used concrete. It's, it's been around a long time.

Cheryl: A form of dirt.

Desda: Yes. A form of dirt. It is indeed. It is indeed. So, okay, I'm ready. I'm here. Ask me anything. Let's go. Is there a question? Cheryl? Is there one in the chat or not?

Cheryl: There's not one in the chat.

Desda: Not one. All right. There's Christine with their hand up. All right. And Mark. All right, we got a line going here. Go Christine.

[7:40] Christine's Question — Anxiety and the Core Sheath

Christine: Beautiful. Thank you. Um, I am really excited today because it became just super clear. I thought, oh gosh, ask anything. What? And I got, oh, core sheath and anxiety. So if you wanna speak with that around that, that would be just great.

Desda: Okay. Well, there's, those are two topics for me. So core sheath is one topic, and anxiety is another topic. So which would you like me to attack first?

Christine: Anxiety and fear.

[8:13] **Desda:** Alright, here we go. So, anxiety in the sacred anatomy is a symptom of not enough energy in the electromagnetic field. It's a symptom of electromagnetic, like porosity. And what that means is that if that's happening, if you're experiencing anxiety, and, and, and that can show up in a lot of different ways. Anxiety can be looping, excessive, uh, perseverating on something.

[8:54] It can be physical contraction, it can be heart palpitations. You know, anxiety is, you know, ranges from panic to mild irritation. You know, so it's, it's got a, a big spectrum. So if you think you might be experiencing anxiety, chances are you've been merging. Oh, so how do we merge? Hi, Illa, nice to see you and Donald. All right.

[9:23] And of course, I'm just so glad you're all here. Welcome to ask me anything. I, what can I say? I will make an attempt. So, so anxiety builds up as, um, as, as as lack. So it's actually about lack. Not too much. People have for years thought anxiety is about overwhelm, but it's not about overwhelm.

[9:49] It's about not having enough energy to meet the moment. So when we have, as much as we need to meet the moment of our life, we don't get anxious, we get excited, we get engaged, we get creative, we get thoughtful, we get provoked, we get involved, right? But when we don't have enough energy to meet the moment, anxiety is the symptom that shows up.

[10:19] **The Edge Practice, and Using the Whole Structure**

So how do we deal with that? Well, learning the edge practice, which is something we teach at the Sacred Anatomy Academy. Yes, it is, and it's the cornerstone skill for sacred anatomy, energy medicine. But it's really a cornerstone skill for living. You know, originally I called it the stance for living. It's, it's how we approach, how we use our entire energy structure to approach life.

[10:50] So if you are using the edge, you are already, you know, kind of got a leg up a little bit because you're, you're using your entire subtle structure to interact and relate to the world. And you don't normally do that. We human beings do not use consciously their energetic structure just out the gate.

Well, maybe out the gate, babies seem to be pretty good at it, but by the time they're about a year and a half old, babies are no longer using their edge, you know? So that would be you if you're not using your edge. And, and so the edge in and of itself is at the edge of the subtle anatomy.

[11:35] So I'll show you a picture here. So here's my picture of my book. So the sacred anatomy is all of this business. And around the edge is where we place our awareness. So when we place our awareness at the edge, we're encompassing the whole thing, all of it. So the excitement for us is that we can then, Hey Chensun, we can then incorporate the totality of who and what we are into our life experience.

[12:10] So a lot of the nervousness and, and fear and an anxious, I don't know, is because we're not really using the totality of who we are to interact. We have all we need. We are all we need, we have it all. But consciousness is required because the sacred anatomy is the anatomy of consciousness.

[12:40] So if you are not awake to your own conscious self, if you don't know that you have more than a physical body, that you are in fact moving through life in a sacred anatomy, you cannot even begin to look at the electromagnetic field. 'cause the, and this is, this is what's happened in, in most energetic healing.

[13:11] **Where Most Energetic Healing Is Done From**

Most energetic healing is done from the edge of the electromagnetic field. That's about, well, when people get really good at the electromagnetic field, it can get really big, it can go out 8, 9, 10 feet. The sacred anatomy is 20 feet out. It's much larger. But it's not about size, it's about where we have awareness.

So the electromagnetic field is this smaller field, and it's measurable. It is, it is there, it is the big green blob in the middle. That's a measurable field. It's used when we do, you know, EEGs and EKGs, and lots and lots of things use human electromagnetic field to reflect, because the electromagnetic field is in fact a reflective field.

[14:02] So it is a different energy than the sacred anatomy. The sacred anatomy is subtle energy. The electromagnetic field is electromagnetic energy. So when your electromagnetic energy is leaking because you've merged with someone, you've engaged with someone and interlaced with them, your electromagnetic field moving into another person's electromagnetic field, the subtle anatomy then has to cope with that.

[14:36] So two things happen. One is your electromagnetic field gets diffused, dispersed and becomes more porous. So you're more vulnerable. And the other thing that happens is that your subtle anatomy tries to process whatever it is you've engaged with. So you've engaged with another person. Let's say your subtle anatomy is trying to clear that other person.

[15:08] So healers who do other forms of healing that don't use the edge practice are in fact using their own electromagnetic fields to engage with and clear and heal other people. So it is my humble opinion, after 50 years of experience, my humble opinion is don't do that. Because what works, what's safe and what's healthy for you is to keep your electromagnetic field strong, because it's your personal chi field.

[15:48] **Your Personal Chi Field, and Living With Appliances**

And why do you need your personal chi? You need it to survive. You need it to be healthy. You need it to not live in anxiety. Alright? So keeping your electromagnetic field strong also means having a positive relationship with the electrical appliances, such as your phone or your computer, or your microwave, or your Tesla, or your Prius, or whatever kind of car you drive.

[16:23] All those things have electromagnetic fields that are machine driven, electrically driven. There's even electromagnetic energy, em emitting from the earth. There are cell towers that send microwave signals through the air. Now, do you really think that a cell signal doesn't harm people? Do you really think that, that that pointed stick that's moving through the air like a spear when it moves through your structure, doesn't hurt it and in any way?

[17:03] So what we found when people started using cell phones of, with any kind of frequency, which was, you know, really the late nineties, that's really when it got cells became more popular. And everybody had one, and everybody

was using the computer around the beginning of the, of the, of the, uh, nineties. But by the end of the nineties, there were phones and other things that were happening.

And living in the San Francisco Bay area, I knew a lot of people who were getting hit with huge amounts of electromagnetic energy working in the, in the, um, tech field.

[17:43] **Three Months in Meditation — Energy Is Intelligent**

So we had to figure out how to deal with it. And I went into meditation for three months and finally got an awareness. And here's the awareness. The awareness that I had was that electromagnetic energy, whether it's a disturbance or not, is simply energy. So there's a foundational principle of sacred anatomy, which is energy is intelligent, okay?

[18:10] So energy is intelligent. That means all energy is intelligent. No matter what kind of energy is, it's intelligent. Okay? So that's not human intelligence, you know, don't be silly. But it is, it is intelligent. And what it, when something is intelligent, it can be communicated with like an octopus, for example, or a, you know, a dolphin.

[18:35] You, we can communicate with them, right? I mean, how, how about your cat? You know, or your dog, you talk to them, you commun horses, we talk to all kinds of animals. The ants try to come into my house, I tell 'em to go out and they leave. So it, it's a matter of communication.

Okay? So here we've got these electromagnetic, huge disturbances and impulses coming towards us. How, how do we, how do we stop them from invading our space, which is our own electromagnetic field, our chi field, which is meant to be used. You know, I may need to lift a car off a baby, you know, I may need to run to get away from the mountain lion that's chased me down the hill.

[19:26] You know, I may need to be prepared in a, in a moment when there's an earthquake, I may need to grab my kid and, and run into an open field. So I need my chi field, right? I mean, come on. We need it to survive as we're animals. We're, we're mammals, and we need to survive.

The species needs to survive. So the chi field is about that. Now, when you die, what happens to your chi field? You think it stays, no, it's outta here because it's generated by the signals and the impulses from your brain and your heart and your cells. So when you die, it just goes, it vanishes it.

[20:16] The minute the brain stops working and the heart stops working, the body's already in deterioration. The body's already going back to the earth. And the, and the chi field, it has lifted. And the chi field will stay sort of hover around and kind of go like, well, I guess this is it. Uh, I think I'm, I think I'm gonna go now.

[20:41] And it takes about three days to dissipate. So when that happens, we are simply the sacred anatomy. So what do we do? If there's all these impulses that are moving through our bodies, and I'm getting more and more anxious because my electromagnetic field is losing more and more energy, my own personal chi is drifting out, and I'm trying to do a massage on somebody, and I'm merging with them, and my whole, the energy's coming up my arms and I can feel it in my shoulders.

You remember that, right? So, what do I do? Well, if you don't have the edge practice, you at least have to have the golden rain.

[21:32] **The Golden Rain — a Stop Sign, Not a Shield**

So the golden rain is a, is essentially a stop sign. And we, we first rebuild your electromagnetic field, sacred anatomy, energy medicine practitioners rebuild the electromagnetic field first. And then after they do that, they teach you how to bring in the golden rain. And what the golden rain is, is a direct transmission to me in meditation.

[21:58] After three months of begging for help, I got the download. And so I said, let's experiment. Let's try this. This is a crazy idea. Let's just try it. And so my, at the time, four apprentices and I tried it, and we found that it worked. And since then, I've taught this to hundreds and hundreds and hundreds of people all over the world.

[22:23] So the golden rain essentially is a stop sign. That's all it does. It doesn't protect you in a dark alley. You know, it doesn't help you do better on the SAT or the LSATs or the, you know, or your driver's test. It doesn't help with any of that. But what it, but what it does is, at the edge of the sacred anatomy, the golden rain says, stop.

[22:54] Because energy is intelligent and consciously being addressed, the golden rain says stop. And so here comes the disturbance, but, oh wait, there's somebody talking to me. There's an energy field around this person that is talking to me. Now, I wanna make it really clear, this is not a shield, this is not protection.

[23:21] This is communication. And that's the a big difference, because it's not done from a place of fear or victimization. Like I'm not, oh, I'm so scared of energy, okay? It's not that, all right? It's, ah, I'm telling you, don't come through here. So it's power. That's what we have to realize is when we start using our sacred anatomy and we start really interfacing with our own intelligence, with the universe, we're safer, less anxiety.

[24:03] So the golden rain is, is essentially a stop sign. And the only thing it stops is electromagnetic disturbances. That's it. 'cause that's the only thing that causes this problem. So if you know the edge, you got your golden rain, it's working, you're doing those two things. If you learn nothing else, you're good to go forever.

All right? Let's see. Now, there was, there was also a question about the core sheath.

[24:38] **The Core Sheath — the Hub, and the Blueprint of Who You Are**

Okay? So the core sheath is essentially a hub in the sacred anatomy. The core goes from 20 feet above your head. This is a very much an approximation. Everybody's a little different, blah, blah, blah. Your core may not be 20 feet above your head, but most people, it's 20 feet all the way through down your core, uh, central channel, which is of course, your spine, and goes all the way down and out and below your feet, down 20 feet.

[25:09] So it's huge. It's like 45 feet in length. It's big, big, big, big. Now, some people's, it's not that long. So don't, you know, don't focus on that. So it's about

20 feet long, approximately. And what happens is it's coated with a sheath. Now the core is in fact divine light. So it's pure, it's source energy.

[25:36] So the good news is, at your center, you are divine, at your center, you are perfect. You will never be, hi Clara. You'll never be injured. You will never be broken, blah, you will never be snapped in half, you will never be distorted. Your core is sacred. Your core is pure. Your core is a tiny fragment of divine source, which of course cannot be fragmented.

[26:10] Therefore, you are holy. And source, like at your core, at your core, around the core is a sheath. And that sheath, it doesn't really, it isn't really about protecting the core. It's about how do we use the core. So the core sheath is sort of the first conscious part that emerges after the core and the channel meet, because we have two divine currents.

We have the core, and then we have the channel coming through.

[26:43] **Two Divine Currents, the Crossing, and the Four Aspects**

The channel comes through, somewhere around the middle of your body, around your belly button comes right through your body and goes out the back. So it's a big crossing. You know, that's what it looks like. So this is the most primordial human experience right here. And we have a sheath that emerges almost immediately.

As soon as the core and the channel cross, they both get sheaths. And the sheaths are like this radiant energy that's around both of them. And then out of the core sheath comes the four aspects. And the four aspects are, they emerge from the core sheath. So if, if you wanna think of the, the real primary job of the core sheath is to hold the blueprint for who and what you are.

[27:35] So nevermind, d, NA, this is, this is it. The four aspects of the authentic self are the spiritual manifestation of the very beginning of, of humanity. That's where we begin. We begin with four aspects. And those four aspects are physical, which means manifest, emotional, psychological, and spiritual. So obviously, those four aspects are also divine in nature because they emerge out of the core.

[28:14] They actually come out of the core, and they sit in the core sheath. And those four aspects are what you might call your higher self. That's what, that's what, uh, I remember years ago, people talking about the higher self in the late sixties. That's when, first time I heard that before that when I listened to my grandmother talk in the fifties, it was the god self.

[28:39] That's how she referred to it. So it, it, but she was this, you know, my grandmother was a spiritualist. She came out of the, the twenties and studied with Paramahansa Yogananda and several other spiritualists. And so she was into, you know, spiritualism and, and she was so table tipping and card reading and tea leaf, my, my great grandmother read tea leaves.

So we go back about 13 generations in my family, of women who did strange and wonderful things.

[29:15] **My Grandmother, and the Flowers That Bloomed at Eleven**

My grandmother was very talented. She, she used to write on the chalkboard in her kitchen, the time of day that the flowers were going to bloom in her garden.

So if she wanted them to bloom in the morning, it'd be like 10:00 AM. And I remember going out there at, at, at 11 o'clock at night, and she'd say, the flowers are gonna bloom at 11 o'clock.

And I'm going, okay. So I'm a little kid, like seven, eight years old, and we go out in the back out in her beautiful big garden. And she lived in high Mesa desert, you know, so her garden was, it was all irrigated by, well, water. And, you know, it was, they were very, water was very precious.

[29:56] So little bit of water, but she had roses, you know, roses and jasmine and all these beautiful flowers. And there at 11 o'clock at night, I stood out there and everything opened. All the roses opened, and the scent was amazing. Just the scent, you know? And I looked at her and I said, how did you do that?

And she said, uh, well, you know, I was like, okay. That was about, that was my grandmother there for you? Oh, well, you know, but she taught me quite a lot. Um, but it was, it, the way she taught was a little intense. Anyway, all right. So, um, I think I've, I think I've answered Christine's question and, and I think Mark had his hand up.

So thanks Christine, for a great kickoff. Mark, what's your question? You are gonna have to come off your mute, sweetie.

[31:05] **Mark's Question — a Definition and Function of Chakras**

Mark: Yeah, this is my first question.

Desda: Uh oh, okay, go ahead.

Mark: Uh, would you please give definition and function of chakras

Desda: A definition and function for chakras?

Mark: Yes. Function in terms

Desda: Of, okay, well, first of all, anatomy,

Mark: Of course. So,

Desda: sorry, I missed that. Say again?

[31:30] **Mark:** I said, by function, I mean in sacred anatomy, of course.

Desda: Yeah. Well, yes. So chakras, okay. Oh, poor chakras. They have, they've really been given a lot of weight to carry for all these centuries. But chakra, we have 13 chakras. And, um, so there are, there are chakras in the physical body, there are the traditional chakras that you've heard of, the crown, the brow, the throat, the heart, the solar plexus, the Dantian, and the root chakra.

[32:10] Those are all the chakras that are located in the physical body. Now, there's many different types of chakras, right? There's major chakras, and that's what the 13 are. There are minor chakras, there are reflective chakras, and there are insignificant chakras. So there are lots and lots of chakras. This ultimately a chakra is what happens when two things cross.

[32:40] So I'm making a chakra right now. Okay? So that's why you have in Tibetan medicine, for example, something like 8,000 chakras. And you know, so when things cross, that creates a chakra. So it's an interaction. A chakra is an interaction. So if you understand that much, you have to say, of course, the next question is, well, what's the interaction?

What's happening? So when we are talking about major chakras, which are the ones that everybody is talking about when they're referring to chakras, they're talking about major chakras.

[33:24] **Major Chakras, Reflective Chakras, and What They Reflect**

Major chakras are located in the subtle anatomy. Reflective chakras are located in the refle, the, uh, the human electromagnetic field. So they are reflective chakras. And what are they reflecting? The major chakra. So we have 10 reflective chakras, 13 major chakras. They are essentially an interaction point when two energies cross. So when you have the core and the channel crossing, it creates this explosion of consciousness, which is essentially a place called the Grand Cross, which could be thought of as a chakra, but it's actually not, because what a chakra does is interact with the core and incoming energies that are attempting to join the core again.

[34:26] So what we have to go back to, what we actually have to, to understand is how the sacred anatomy is even formed in the first place. So I've talked about the core, I've talked a little bit about the channel, which you can think of as the father and the mother of the sacred anatomy.

So they meet and all this excitement happens, right? Oh boy, you know, and one of the things that happens is individuation. So individuation is when the energies that are triple current, because core is a triple current stream, moving into downward spiral, all three of those currents moving independently, but working together, the channel coming in is exactly the same.

[35:17] **Individuation — the Great I Am Meets the Great I Am**

And those energies intersect and something happens. The first thing that happens is a kind of internal explosion of recognition. And in that moment, there is a discussion essentially between core and channel, because core is the great I am, and channel is also the great I am. So the great I am meets the great I am.

[35:44] And it's like, well, wait a minute, wait a damn minute. 'cause I'm the, I am and you are the I am. That doesn't work. We can't both be the I am because that means we're split. So that doesn't work. So we've got the I am and we've got the, I am not, but what happens is the instant that they have separate identities, we individuate.

[36:12] So the core splits out and comes into single currents. And those single currents then create. Can you show the, uh, core individuation picture? The single currents create the core individuating. And that's the very beginning of the subtle structure. So the subtle structures forming and forming and forming. And the instant those energies separate from the core, what do they wanna do?

[36:42] They wanna go back. It's like the kid who says, I hate you, mom, I hate you, dad, I wanna leave. They leave the first second, their foot steps out of the door. They're like, well, I think maybe I need to go back and have breakfast. You know, I need to go back and look sleep in my bed again.

So there's this, there's this urge that human beings have of always wanting to go home, always returning home. And that's a actually a primordial urge that's primordial. You know, if we're from, you know, there we go. There's a picture of

the individuation. So this is the nascent sacred anatomy. We call this core individuation.

So the core is individuating, it's separating out, and those energies are moving out, and they're going into what ultimately will become the soul layer. But that's the very, very beginning of the sacred anatomy. So let's see a picture of the, of the chakras. Uh, any, any picture is fine.

[37:45] **How Chakras Form — the Implosion and the Explosion**

So chakras form, when the energies are trying to return to the core, that's, that's the impetus I wanna go home. And so we have, on the left here is what I call a incoming soul pathway. That's on the left, on the right is the outgoing chakra stream, because the core in the center, that's the, it goes all the way through the top and bottom.

[38:22] And you see the, uh, explosion of energy right here in the middle. That's, those are, those are the chakras right there. That's what happens. So just like the electromagnetic field is, is reflective, the chakra is reflective of the interaction between an incoming current and the downward moving spiraling core. Now, the core is more powerful in, its in its movement 'cause it hasn't separated out.

[38:56] But these are separated energies that have come together, and they're matching. The blue is going toward the blue, the red is going to the red, the yellow going to the yellow. And they're trying to mimic the core. They mimic the core. And as they're coming to the, to the core, so, uh, come back to me please, Cheryl.

So the first thing that happens is there's this crossing. So before anything, before there's even a chakra, there's a crossing of the incoming current. And it's like the little energies are going, oh boy, I get to go home. I'm so excited. I'm going back to school. I'm going back to my home, I'm going back to everything.

[39:39] My mom is gonna be there. Oh boy. And it gets, it goes into the core. And the energetic is so powerful that it essentially causes, uh, an implosion. So there's a kind of like sucking in, and then there's an explosion and a pushing out, and that's what forms the chakras at the back and the front of the core.

[40:05] **The Chakra Current, and the Energy That Has Been to College**

So there's, because the energies are coming in, they're coming in this way, and then they're coming down this way. You see what happens, it's a toroidal implosion. So, so there's an implosion that occurs and it, it, it interacts and explodes out. And then there's this, this conscious energy that's around the core. So some of the energies get through the core to the other side and are kicked out, and that's what we call the chakra current.

[40:40] So the incoming soul pathway has not been informed. It has not had the experience of being rejected by the great Father. The core and the back has had the rejection, has been informed, has gone to college. And now it's like, well, now I'm a heart chakra, boom, I'm leaving. I'm going, I'm taking the energy of the heart chakra, and I'm going back to the soul layer.

[41:07] I'm going back to the big container because that's all I know how to do. I, I know how to go back. And then when it goes back, it disassembles. So this is a very beginning understanding of what chakras are, but they're essentially a crossing point. And they're where one series of energies meets another series of energies.

[41:34] Something happens and creates a chakra. So this is, this is what I've been studying my whole life because I see it around people. When I was 14, I had the whack on the head that allowed me to see at a much more intense rate than I was seeing already. And I got to see chakras, and I began to dissect them to understand what was happening.

[41:59] And the one I wanted to really understand was the heart chakra, because, you know, I wanted everybody to love me, right? So I saw love radiating from the heart chakra, but there was all this other stuff going on after my accident when I was 14. Um, I couldn't see very well for about four years.

I was, I was struggling with what was in front of my eyes, and the chakras were so annoying. And I, and I was raised in a family with a, a lot of, um, there may have been love, but there was also a lot of anger. So when, when there would be anger exploding, it would, it would color everything.

[42:43] I wouldn't be able to even see. So I would, uh, a lot of hiding hide in my room, or go hide under the couch, sit down on the ground, because I would know that it was there. If I sat on it. The killer was, there wasn't anything wrong with my eyes. So everybody was like, well, you stop being so dramatic, you know?

No, that didn't care that. Anyway, um, I hope that answers your question, at least a beginning answering. Okay, mark, you have another question? Uh,

[43:24] **Mark's Follow-Up — the Applied Side, and the Endocrine Link**

Mark: No, uh, follow up for this one. You explain to us the, the nature of the chakras. And so this is the first part of the question, and second part of the question, the functionality in particular, which is known very well, relations to between chakras and the endocrine system, for example. So, yeah, so these, these are very standard things.

[43:52] So this is just second, uh, a follow up to, once you explain to us the nature of the chakras. Now, uh, a more, so this was a theoretical part, and now applied part.

Desda: Okay, so the applied value, let's, let's look at the throat, okay? 'cause the throat is, the throat is easy, it's small, it's right here. Everybody can touch it. Okay? So the throat has in it a thing called the thyroid. And the thyroid is actually where the chakra is located. So all of the chakras in the physical body are located near major endocrine participants, the adrenals in the kidney area.

[44:46] So here we go. So if you look, if you look here at all the different, um, glands and, um, all the endocrine glands that are related, you know, the thymus and the heart chakra, the thyroid in the throat, uh, pituitary and the brow, the pineal and the crown, uh, and, and on and on.

[45:15] And, and so it's, it's really important to realize that physically what chakras do is, is essentially harmonize the, the physicality with the, the subtle. So the material and the subtle are harmonizing through the joyous expression

of the endocrine system. So that is something that the, that the chakras participate in. But the chakras are more than that even.

[45:50] I mean, they're a crossing point. People think of them as energy generators, and that's not quite it. They're more like energy distributors. And what they do is take incoming focused energy, and it goes through the first part of the chakra, which you saw on the outside. Let's see, another chakra picture share. So the first part at the front is called the intentionality.

[46:19] So the right here at the front, you see that fuzzy part there in the blue, the red and the yellow. So there's an intention setting mechanism. The second the implosion has the implosion, the explosion has occurred. The explosion is where these, um, intentions are carried and set. So if the, uh, crossing point is at the, at the, at the thyroid, at the throat, then the intention of that center of the body, that center of the spirit is focused in intention.

[47:00] **Intentionality at the Front, Receptivity at the Back**

Now, the rear of the chakra is called receptivity because the energies have to go through the core. And once they do, they come into the other side and they're received. So they're, the intention is set, and then the information is occurring at the core, and the energy comes out the back. And in the back in receptivity, there's a loving blending of the energies.

[47:32] Now on the sides of the chakra that go around the right and the left of the chakra, it doesn't happen in the center, but on the right and the left, the yellow and the blue, what you see happening here is energies moving from intentionality into receptivity without going through the core. So in receptivity, these pure intentions blend into the energies that have gone through the core, and that are informed by the core.

[48:06] And in the back they blend. So the function of the chakra is to set intention and receive the knowledge, wisdom, presence, purpose, focus, love and clarity of that core at the center of who we are. It receives it and it blends it with what our purposeful intention is at a soul level. Okay, come back to me.

[48:44] So it isn't, it isn't about my electromagnetic field setting some kind of desire, 'cause that's where my ego is, that's where my personality is. And as much as we think those parts of us are just so spectacular, they're just not the most spectacular part of us is this four aspects and the beauty of our ability to attune to the truth of our, our our very purpose for being.

[49:17] So, our purpose for being is to create, that's it. To be co-creative. We are co-creative. We are constantly creating with divine source. So even in this moment, just these words are co-creative impulses inspired by the core, inspired by the four aspects directed by my soul's purpose. So it's extremely important to realize that each chakra, although related to an endocrine system, uh, spokesperson, you know, the thyroid in this case is, is actually fulfilling a higher purpose, which is to be essentially at the throat chakra, the voice, which is also happening in the throat chakra, the voice or the vehicle for truth from my most interior awareness.

[50:19] **Each Chakra's Own Journey, and the Two-Sided Coin**

So each of the chakras has its own magnificent journey and its own job to perform the heart, the giving and receiving of love and hate, which everybody

goes, no, no, no, no, no, no, no. Okay, that's also there. So everything is has two sides. There's always a two-sided coin when we're looking at the sacred anatomy.

[50:50] So the throat is about speaking my truth, but it's also about lying. It's also about telling a not truth. So we are multidimensional, we are duality personified because we have a core and a channel, and we are striving in every step to be one. We are always moving towards the one ga. We are always toward the one.

[51:30] So it's, it's really important to realize though, that in, in the manifestation of the chakra is not just all sweetness and light and peaches and cream, you know, we've also got, you know, a little bit of rot in there. You need the rot, you have to rot. We are all rotting. You gotta make friends with the rot guys.

That's the only way it's gonna go. Okay, mark, one more question, then I'm gonna have to let somebody else have a turn.

Mark: Sure.

[52:03] **Mark's Follow-Up — Does Duality Exist Beyond the Material Plane?**

Just could we follow up to this one?

Desda: Okay.

Mark: Uh, my understanding has been that, okay, you are talking about duality, right?

Desda: I sure am.

Mark: Okay. And my understanding has been, and correct me if I'm wrong, the duality only exists in the material plane. There's no in the space time frame, there's no d duality in beyond,

Desda: No, that's not true. Just

[52:32] **Mark:** Correct me if that's not true.

Desda: There's duality everywhere. You know, it's like the dark side of the moon. We everywhere there's, but

Mark: This isn't physical plane.

Desda: Yeah, in physical, that's what I'm saying. In physical, yes, in the physical plane, yes, of course, but spiritually there is also duality.

Mark: Can you please explain it?

Desda: Oh God. See, when you put ask me in, you gonna get Mark Pecker's gonna show up. Show up. Alright. Yes, I think I can, I can make an attempt. Mark. I'm making an attempt. All right, here we go. Putting on my seatbelt, wearing my tinfoil hat, I'm ready to go. So basically in on, in the, in spiritual truth, we always have the not truth.

[53:22] Spiritual truth is not just existing in the material plane. Spiritual truth exists in ev, ev everywhere. So whenever there is expression, there is not expression. Whenever there is, yes, there is no. So you might say, oh no, that's

just material. No, it's not. It's spiritually alive. So when you have life, there is death, you know, that's material.

[53:59] When you have spiritual awakening, you know, we're in the presence of great greatness and, you know, a holy being has manifested, they are there at any moment they can become not a holy being. So that's a material person, yes. But if you are in the presence of an angelic being, and this is something the Tibetans really got at any moment that angelic being can become wrathful.

[54:35] So you have extraordinary love and acceptance and understanding and capacity, you know, and Quan Yin, oh boy, I'm really, I, I hit the home run. I'm in the presence of Quan Yin and oops, who's this Durga person? What's going on? And all of a sudden death, destruction and chaos happens.

[55:03] **The Dark and the Light — Accepting That Both Are Divine**

So it comes to reason, it stands to reason. Oh, I hope that's a good expression here. But it stands to reason that chaos and confusion and misdirection and obscurity and hiding are also things that happen in a spiritual realm. It isn't just the material plane where those things happen. First of all, if it didn't happen in a spiritual realm, it wouldn't happen in a material realm.

[55:39] We are not separate from the material is not separate from the subtle. We are all part of the hole. And within the hole, there's the dark and the light, the good and the bad. The torch bear and the a*****e, you know, I mean, everybody is there. Everything is there. And one of the hardest things there is you guys, is to accept that that a*****e over there who's being so difficult is also a divine being.

[56:10] Ugh. Right? Who wants to believe that? But it's true because we are that. So I hope that, okay, that was an attempt. I hope my attempt was got like pretty close. Alright, who else wants to ask you question besides Mark? Yes, go ahead.

[56:40] **A Student's Question — MRIs, Mammograms, and the Golden Rain**

Student: Okay. Um, I've just started learning from reading your book and I'm just thrilled to be here. So I have a couple of questions from the questions that I've already been asked. And one of them is in regards to MRIs or mammograms or x-rays or any of those, how do you, um, remove that from your electric field?

[57:06] Um, do you put the stop on it? Uh, but does then the imaging work?

Desda: Boy, that's a great question because, you know, we have, um, we have lots of very earnest people doing lots of experiments on human beings right now, and they're very earnest and they're very loving and caring, and they're also wildly scientifically interested in what's, what's in there, what's, we gotta find out what's in there.

[57:33] And I'm one of those people, I actually am really interested in what's in there. So we have to allow that. These things will exist if you know the golden rain. And I would urge you to have a session with the Sacred Anatomy Energy Medicine practitioner and say, I wanna learn the golden rain.

And when you go in and that practitioner will do a electromagnetic field rebuild, we'll bring your electromagnetic field back to wholeness and then

teach you how to put the golden rain on and from. And then what you do is you wear your golden rain into your MRI or your mammogram.

[58:14] **Sitting Beside the MRI Machine in Denver**

I'm gonna tell you a story about my ultimate test for the golden rain. So, um, my daughter got really, really sick, um, about, um, 15 years ago. And, um, she had to have an MRI and so much weird stuff had been going on for her. She was, even though she was an adult, she was really scared to get an MRI and she was really scared about what was happening.

[58:44] So I had dropped everything and flown to Denver, and I was hanging out with my little girl, my sweetheart. And, um, so I said to the, um, I said to the guy doing the MRI, you know, I'm, I'd like to sit in the room with the MRI machine while she's getting the MRI.

And he looked at him and he said, you crazy. You know, why would you wanna do that? And I said, well, have you got some headphones? So he said, yeah. So he gave me a pair of headphones and I went in with my golden rain on. I went in and I sat near my daughter.

[59:19] She knew I was there when she got the MRI. I was perfectly fine. I had no negative effects. And I'm a person who's really sensitive to electromagnetic stuff, but I really was, okay. So the golden rain really protected me from this assault because just sitting in a room with an MRI machine, I mean, nevermind being inside an MRI machine, it doesn't stop.

[59:51] The MRI stuff doesn't stop in the machine, it just exudes right out. So that's why they have all these like special, you know, protective areas for the people who were doing the testing. So, um, it worked, it blew my mind actually, but it worked. And when I fly in an airplane, it's what I use when I get a mammogram, which I do because I'm, you know, living in a area where there's breast cancer.

So I get a mammogram when I do those things. I use my golden rain, I refresh it every single day. So go get a session and then have your MRI and complete confidence that you'll be okay.

[1:00:40] **Do We Really Clear the Chakras?**

Student: Beautiful. Thank you for that. And the last question is, um, I'm in a program right now where we're learning to clear chakras and, um, after your explanation, I'm thinking, do we really clear the chakras or not? I mean, no, it seems like a waste of time after your description.

Desda: Yeah, it is a waste of time. And, uh, the programs that are teaching you how to clear chakras are actually working with the reflective chakras. Cheryl, can we put up a picture of reflective chakras? The reflective chakras are the ones that almost everybody works with. They're the ones that are like, oh, your chakras not spinning, right?

[1:01:19] Your chakra stop spinning. Or the other one they'll say, is your chakras spinning backward? So this is a reflective chakra, rosette, how about a picture that shows the whole, the whole thing that's, uh, the rosette, but I see these things too. But, um, there we go. That's a, that's the picture I want.

So you see the major chakra there at the center with the nine different sections in the center is the core, and then on the sides are what are called the corridors. That's the whole chakra. But on the sides here, right at the point where the subtle in material meet, there's a kind of inspired awakening, and that's what I call the, uh, where is it here?

[1:02:03] Let's see, where, what's, what do we call it here? The POO of vortices. So it's a point of origin. So there, there's a point of origin, and then there's this, um, kind of pushing out of vortexes. And there are two vortexes on either side that meet in the front. It's like the cornucopia comes around, they meet in the front.

So come back to me. So one vortex is spinning this way, the other vortex is spinning that way, and they meet like this, and they form what we call the rosette. So the rosette is what everybody, most everybody teaches as the chakra, but there's one in the front and there's one in the back.

And those energies are going out like this.

[1:02:53] **What the Rosette Carries Out, and the Dropped Connector**

And their job is to bring, because they're reflective, they're reflective, they're made out of electromagnetic energy. Their job is to carry the message from underneath to carry that throat chakras message of this is my truth, this is who I am. Listen. So that job goes out and it goes out in a, like a kind of a, a funnel shape goes out like that, and it just goes out into the world.

[1:03:24] So it doesn't stop anywhere, it just keeps going. So it's how I express my deeper nature. So it acts as a kind of communications aid, but, and those vortices can stop spinning, and they need to, they need to be reconnected. But the reason that happens is because the chakra connectors of the major chakra, which is underneath, and actually in the physical body, weigh in at the core, uh, at the, the core and the the spine, it stops spinning because the connectors are dropped.

[1:04:02] The connectors are what connect the chakra to the physicality. So in the throat, those connectors are into the thyroid. So if I have one part of my rosette isn't spinning, it's because there's a connector dropped. So I replace the connector, fix the major chakra experience, then I reactivate the spinning of the vortex, which is essentially a delivery system.

It's a, it's like, oh, and here's what I've got to say kind of place. So yeah, it's, it's good to learn how to work with them, use all the systems that you need, whatever you're doing. Thanks. Thanks. Thanks be to the Divine that the doors are opening for people to understand more. It's very interesting.

[1:04:55] **Subtle Energy Arriving in the Culture**

This week I saw on, I never go on YouTube. I don't like, not YouTube. I, I never go on Facebook. Facebook is the one, I don't go on YouTube, I go on. But Facebook, I don't go on. And what I saw, I went on for like 30 seconds. Two things came up. I mean, maybe algorithm, who knows?

But two things came up. The first thing that came up was, um, was, uh, Donna Eden's class on Subtle Anatomy, on Sounds True. And the other one that came up was, Caroline Myss's Sacred Anatomy of Healing. So I thought, okay, and

Norm Shealy, who works with her or worked with her or whatever, he has my book.

[1:05:46] So I'm pretty sure something about Sacred Anatomy seeped into the juju around Ms. Ms. Myss, Reverend Myss, and maybe that's how she got the idea. Anyway, maybe, maybe, maybe, I don't know. I don't know. All I know I've been calling it The Sacred Anatomy for a long time. So here's, here's what we've got.

We've got an awareness in the culture, that Subtle energy has some kind of form that has some kind of use. We've got people teaching classes about how to interact and interface and how to fix it, right? There's a lot of fixing involved.

[1:06:28] **Where Do the Ailments Live?**

Student: Well, I guess part of it is also the idea of, um, where are these ailments really being housed? Uh, cancers or, uh, pain and joints or whatever emotional feelings we're having are, are they on the sheath? Are they on the chakras or are they on the different levels? Because I use the energy coming through me to do it, but I will say that at the end, probably an hour later, I'm drained for the rest of the day.

[1:07:00] And so clearly, of course, clearly I'm using my electric field and not allowing, because we're taught to bring it in and let it come out of us. But I'm finding that the more and more I do these healings, the more I'm losing myself.

Desda: That's because the way they're teaching you is, is what I would call kind of a primitive attempt. I mean, I don't mean to be disparaging, and I am not disparaging of any other teacher's work. God bless them. May they be, may they be successful. Even Caroline. Okay, everyone, I'm joking you. I, I hope you understand it's my weird sense of humor.

[1:07:42] But, but in, in, in truth, in point of truth, you are not meant to bring healing energies through your own body. You're not meant to do that. You're meant to witness other people receiving the divine source. You are meant to witness others receiving divine source energy directly, not you giving it to them.

[1:08:07] So the whole fallacy is the same fallacy that Western medicine is struggling with, which is I make it happen.

Student: Oh no, I definitely don't believe I'm making it happen, right? I'm asking for it to come through me.

Desda: Yeah, well, which is you making it happen? Because if it didn't come through you, well, I guess it wouldn't happen, but that's crazy. Of course it's happening,

[1:08:36] **Where Do I Go to Release It? — No Magic Bullet, and Dis-Ease**

Student: Right? So where exactly do I go then to release within myself then even if I don't wanna work on someone else? How do I release the ailments from my own physical body? What layer do I go to from it? How do you structure it?

Desda: Okay, so there's not a magic bullet. It's not like one part of the body or structure is holding a disease or problem. It's like when I have, I have seen

some teachers, the stuff I see from teachers just kills me. So like people say like, well, cancer's about the heart chakra, you know, it's like, no, it's not.

[1:09:16] Get a grip. No one illness is about a spot in anything, the physical body or the sacred anatomy. So if you have cancer, it has to do with your soul. It has to do with your physical body manifesting some sort of an imbalance at the soul level. And the most primordial imbalance is that you're not expressing your soul's purpose.

[1:09:53] It's really simple. That's the most primordial imbalance, all disease. So it's even right in the word in English, dis-ease. So it's, it's about being out of easeful expression of your own soul's manifest purpose. Like why are you in a structure to begin with? Well, I talked about it earlier, co-creative. We are here to co-create with divine source and everybody's gonna die some way.

[1:10:28] Okay? Everybody. We're, we're not meant to have eternal life in a physical body. Our subtle structure is the, is the eternal life. So if you can get really conscious of your subtle structure in this life, and your physical body ultimately fails, which guess what? It will, you're, you know, I don't, it, it can happen today, tomorrow, or a hundred years from now.

[1:11:02] But it's gonna go. And, and the fact of the matter is that the clearer you are about what you're here for, why you're here, and the more you are doing your your thing, the more you're putting it out there, the clearer everything is gonna get. So if you have a, a physical ailment that's manifesting in your physical body, it's moved to congealed light.

Paramahansa Yogananda said famously in, in 1920s, uh, matter is nothing more than congealed light. So if you are manifesting in congealed light a disease, it has already moved to the densest presentation. There is physical reality is dense. So what we have to do is realize that it needs to be approached in many, many different levels.

So you approach physical disease, you approach medically, you approach spiritually, you approach psychologically, you approach, you know, emotionally, and you approach spiritual, you approach it in all four of the aspects, and you must approach it that way.

[1:12:16] **Cancer, Energy Work, and Two Hundred Years Ahead of Its Time**

So disease is not located like, like if you have uterine cancer and you catch it really early, you're lucky because you can have a hysterectomy and you're good, you know, you don't have to take chemo, you don't have to have radiation, you don't have to, you know, suffer through that. But if you don't catch it right away, and it starts to metastasize, it may go into an organ, it may go into move outta the uterus and go into the intestines.

[1:12:54] It may, it may do all kinds of things because cancer is misinformation at a cellular level, sending a signal out and creating cellular malfunction. And the cellular malfunction creates tumors and sometimes loose movement of cells throughout the structure, the physical structure. And, you know, ultimately it is only trying to survive. So it's, it's killing the, uh, container to allow itself to, uh, who knows what it's trying to do over there.

[1:13:33] Cancer is a very interesting structure. It's like, it's trying to create a whole new body, you know? So we have ways that we treat it. We have ways that we treat cancer. We always say, you need to have a physical doctor. You

need to have a, a physician you're working with because you cannot pretend that energy work is going to heal, manifest physical problems.

[1:14:00] It can contribute to the healing, it may heal you, but you've got to be smart. And your energy worker is lying if they say that what they do will heal you of cancer or multiple sclerosis or diabetes, or cure your broken bone. You know, I like to think of it very basically, if you got a broken bone, you need to have it casted.

[1:14:36] You need to have it set. And then you can bring in all kinds of energies and work with it and do energetic casting and energetic mending and knitting, and you're gonna heal faster. But energy work will not be the only thing you need. I don't care what kind of miracle worker you're working with, you still need to consult your physician.

[1:15:03] So there's, there's truth, and there's what we know now, and there's where we're going. So the sacred anatomy is about 200 years ahead of its time. In 200 years, if we're still around, the sacred anatomy will be practiced in hospitals. But right now it's just us. You know, the a hundred thousand or so people, all right, all the practitioners raise your hands so they know who you are.

Look at 'em. They're great, aren't they? Aren't they cute? I love them. Okay. Yes. Now, uh, I think I answered your question and Chensun had her hand up, so I'm gonna move over to Chensun.

[1:15:58] **Chensun — From Auditor to Practitioner**

Chensun: I just want to mention to those of you who are new to Sacred Anatomy Energy Medicine, I began my career as an auditor. And the mindset that I had was really to not trust until things are proven to me. And I was introduced to energy medicine, um, by a modality that would, that has been approved by the American Nurses Association.

[1:16:28] And I thought, how fantastic taught by a local hospital, et cetera. But when I discovered this work, it allowed me to appreciate the cosmology of something so much greater. And I just want to mention that as a practitioner and working with fellow practitioners, working with the same map, not only the chakra system, but all seven systems and the ability for us to come to the same conclusion, it is just an incredible practice.

So, I, I hope it's okay, Desda that for me to just jump in.

Desda: Sure.

[1:17:12] **Chensun:** I just feel really, it's really important to know from someone that doubted everything, to be so grateful for everything that I've learned. And yeah, the gift, the gift of understanding not only how this works, but the, the expansiveness of possibilities.

[1:17:41] **Desda:** Thanks, Chensun. That's nice. Thank you. Yay. Thank you. Thank you y'all. A lot of the people that study with me are very sciencey in their orientation. I have geologists and chemists and, uh, you know, physicists who become practitioners. So it's really interesting to see people who are people of science with a real open, open mind, you know, and that, that's kind of what's, that's the requirement actually for studying something that's, uh, outside the norm.

Wow. Look at the time, it just flew by. I actually have time for one more question. Unbelievable. And Diane had written hers in the chat, which

Cheryl: She did.

Desda: Okay. What would you read it?

[1:18:40] **Diane's Question — the Colors Assigned to the Chakras**

Cheryl: Yes. Desda. What is your take on the colors typically assigned to the body chakras in most other chakra systems?

Desda: I think they're very nice. I don't see those colors. Like, I don't see the heart as green, for example, but to me it's anatomy, to me, it's anatomical in nature, and that means that there's a consistency. Um, the, I think color is very subjective, and the colors that I've seen in relationship to the anatomy, um, are pretty consist is what I see pretty consistently.

[1:19:30] When I first started to try to understand these, uh, cores and moving lights that I saw, um, I used to see the yellow current, what is now a, I think of as like a saffron yellow. I used to see that as green. I actually saw that as green for a long time. And so I thought it was, you know, red in the center and then blue on the right side, and then sort of a greenish yellow on the left.

[1:20:03] And what happened as I became clearer and clearer and clearer about what I was seeing is that green color dispersed. So I've always thought, well, gee, maybe that was what somebody was seeing when they decided that the heart was green. But I, I, I think, I think they're more subjective. And I also think that they have to do with the electromagnetic manifestation of the reflective chakra.

[1:20:33] **The Star Chakra, the Divine Gate, and the Chi Pool**

So one of the things is that because we have a 13 chakra system, we see chakras interacting with the structure that are outside of the electromagnetic field. So there's the star chakra, which is in the, um, spiritual layer, which is way, way above the head. And then there's the divine gate above that, and then the chi pool below.

[1:20:58] So those three chakras, chi pool, and the divine gate both located in the, in the, in the, uh, soul layer. So they don't have like a specific color. They're simply the anatomy functioning. Mostly what I see around everything I've, I've chosen to colorize the structure so people can distinguish things, but most everything is pretty golden.

[1:21:28] The light is, and to just even find a distinction, you kind of have to like ask it to show itself differently. So one of the things that happens when you're dissecting the sacred anatomy is you can interact with it. And if you really think that heart chakra is green, it will show itself as green to you because you're able to communicate with it.

[1:21:53] If you are talking to those things, especially the reflective chakras, you are reflecting your understanding, your ego, acknowledge your personality, your training, all the things you believe in as a, you know, religious person. You're looking at the world through that lens. So when you move outside of those predisposed notions and you start really looking at things clinically there, there's no, the colors don't come into the picture.

So Diane is there, did I answer that question well enough or do you need more?

[1:22:35] **Diane — a Collective Agreement About the Colors**

Diane: No, I don't think so. There, there may be a, a collective, uh, you know, agreement about the colors, and so everybody is maybe predisposed to see those and yeah, recreate, we're creators, so

Desda: We, we sure as hell are. We see, we sure as hell are. And, and the other, the other thing that happens is if you know that, that old adage of if, um, if the only tool you have is a hammer, everything looks like a, a nail, you know? So if the only tool that anybody's ever given you is the heart chakra is green, then it's gonna look green to you.

[1:23:13] So because of the subtle anatomy is pure consciousness, it inspires the response. So it gives you what you want, which is very interesting. It's one of the, it's one of the, um, principle understandings that is really essential to get before you try to scientifically prove anything. So you, you ca it's like the, uh, idea of going into an experiment with a preconceived notion of how it should end.

[1:23:47] That's what we found early in the, what was in the, in 1970? Well, no, it was in, it was 73. I was a lab rat for Stanley Krippner's work with, um, with Daikin Laboratories. And I was one of the people who sat in the room trying to move the dial, you know, and do all those, you know, look at the cards and all that s**t.

So I did that. And, um, we had a little group and, and there was another woman who was getting her PhD, lovely, lovely woman. And she organized all the psychics to get together, and there was gonna be a standardization of psychic abilities. And I started to laugh the first moment that I heard that, and I'm like, how in the hell are you gonna standardize that standardize smell?

[1:24:34] We can all agree that's a gardenia, but for somebody, it's not gonna smell nice, you know? So there's, this is the thing. It was like scientists, the scientists, and we saw this with, in fact, the, the psychics got together and had a conversation about the lab assistants who were running the studies. We said, that guy, you know, that guy?

Can you ever do anything? When that guy's in the room, it was like, Nope, we can't do a damn thing. When that guy's in the room and that guy believed that none of this was real, you know, so the, uh, mindset of the observers was affecting the experiments, and we were, the psychics were pretty clear about that.

The scientists were like, well, that can't be, you know, they were like, it's about consciousness. So it, it, it's, it's interesting to note that, um, awareness of what you're doing and how you are influencing the world, let's make this be our conclusion.

[1:25:36] **How We Approach the World Makes a Difference**

So how we approach the world makes a difference. The belief you hold about the potential and possibility for others makes a difference. How we inspire those around us is by being clear that we are looking at manifestations of divine

consciousness. Everyone is out there doing their damn level best, even if it's really awful what they're doing, they're, they think they're on purpose.

[1:26:14] And if we can see them with compassion, we can influence them to begin seeing others with compassion. So holding the light as high as you can in this chaotic time, critically important, not just for the other people in the world, but for you. So this helps us not live in our anxiety and our fear and our victimhood, right?

[1:26:43] This helps us be proactive. So proactive people know that peace is possible, love is profound and conquers all, but that evil also exists. And it's not a, it's, you can't close your eyes to it. You can't close your eyes to it. So I went to the rally yesterday, everyone there was over 70, I mean, it was like a thousand people over 70, you know, with their walkers holding signs.

[1:27:24] It was pretty entertaining. Anyway, so the speakers got up and talked about, you know, how horrible all this stuff is, and we gotta, you know, we gotta change all that stuff. And, and, and the energy of victimhood was so huge, so profound. Empowerment is the thing that you need. So the final speaker got up and she was a lot closer to that.

[1:27:52] But, you know, if we're really gonna change the state of the world, and I'm not, I'm not thinking just about our little country, but everywhere. If we're gonna change the state of the world, we have to evolve ourselves to understand that we are not just material physical beings who need to be fed and clothed, but we are spiritual beings who need to be allowed to open our hearts.

So there is so much more that we can offer.

[1:28:24] **Closing**

So that's my, that's my conclusion for today. It was really fun to see you and be with you. So, but check in, get one of our, take a get a session with one of our practitioners. All right, love you. Keep it real.