

Ask Me Anything — August 2025

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Key Topics

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[35:15] Diane — Bringing Numbers In as a Frequency

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7. [47:06] **The instrument and the music** — the system as the instrument and the working within it as the music, a Stradivarius being no use if you cannot hold the bow, whether the number one is the container or the sound, elephants reading the drum of the planet through their feet, dolphins splashing to call a hunt across distance, and taking the dams down so the salmon come back

[47:06] Chensun — The Instrument, the Music, and Frequencies as Codes

[48:53] Chensun — Is Number One the Music or the Instrument?

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8. [54:18] **Where the chambers sit, and whether the past can be changed** — the blended energy system lying right next to the core sheath, everything crossing the core at all times, rewriting a childhood as a deception rather than a healing, falling in love with the perfect horrible parents, why there is no predeterminism, and clearing childhood pathology as the honest way a future gets changed

[54:18] Christine's Question — Where the Chambers Sit, and Whether the Past Can Change

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9. [58:46] **Biodynamic craniosacral work alongside sacred anatomy** — the yin to sacred anatomy's yang, pure potency rewriting a perinatal pattern into a higher order, why the electromagnetic shift can be felt with the hands while the subtle one cannot, consciousness-driven rather than result-driven work, and the tradition of Jim Jealous, Franklyn Sills and Michael Shea moving away from agenda

[58:46] Diane — Biodynamic Craniosacral Work and the Shift in Patterns

[1:02:32] Diane — Pure Biodynamic Work Has No Agenda

10. [1:04:25] **Resonance as a healing gift, and the cost of being a sensitive** — forty-two years of asking a client what needs to happen and having it happen, a singer's tonal frequency as the source of her healing power, giving something of yourself away in a desperate attempt to help, the tsunami that became a gentle pool once the edge was held, sensitives as the canary in the coal mine, and needing each other to survive a period of transition

[1:04:25] Christine — Forty-Two Years of Asking What Needs to Happen

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11. [1:12:20] **Dowsing, the edge, and why a practice is not a measurement** — why you have a hundred percent edge all the time and attaining it is what takes practice, the edge 360 and the open bottom of the structure nobody imagines, the monkey mind that wants to quantify, dowsing as an intellectual game where the edge is concerned and as brain training everywhere else, and asking a specific enough question about the integrity of the soul layer

[1:12:20] Mark — If I Dowse My Edge at a Hundred Percent, Do I Skip It?

[1:14:05] Mark — Then What Is the Correct Question to Ask?

[1:18:01] Mark — Is There Guidance on When to Use Dowsing?

[1:18:58] Mark — Dowsing the Soul Layer at a Hundred Percent

12. [1:21:46] **The anatomy drawings, and who the edge is for** — a picture that is not in the book, the channel crossing the core and the echelons of the channel, the witnessing chamber and the satellite matrix that forms both the bones of light and the physical bones, reading a cutaway of the soul layer and the etheric and the spiritual layer, and the edge as something discovered for survival and needed most by sensitives

[1:21:46] Mary — A Course With Elizabeth Poole, and Grasping It Today

[1:23:26] A New Picture — The Channel, the Echelons and the Witnessing Chamber

[1:27:47] Mary — Is the Edge for Sensitives?

Q&A

[0:03] **Welcome — Good to Have a Few People to Talk To**

Desda: Hello? Hello, hello. Good to see you here we are again today. Together, we got a couple of you here. It's nice to have a few people to talk to, so I hope you are doing well.

[0:45] **Where Math and Science Are Catching Up With Spirit**

All right, you guys, have you got some questions for me? I'm interested in anything you have to say, and I've been, um, opening my mind to some very interesting things and curious to hear what you've been up to. I've been digging into some, uh, very pieces around math and science and how they intersect with spirit spiritual.

So it's, uh, the scientists and the mathematicians seem to be getting closer. They're on our heels. They're, they're yapping at our heels, like little, little doggies.

[1:36] **Elizabeth's Question — Why the HES Needs the Biolayer at All**

Hey, there's a question in the chat. Let's get going already. Uh, from the point of view of the HES, as I understand it says Elizabeth, the HES is formed, and eventually the biolayer is populated with congealed energy, otherwise known as human beings as you and I. Then after we expire, the HES goes to the house of healing for its own healing.

[2:03] Eventually, the biolayer is once again populated by congealed energy and the recycle repeats itself. Why does the HES require to have the biolayer populated in order to heal? Um, well, it doesn't really. The HES uh, goes to the temple of healing after we die, but it doesn't need to, um, have the house of doesn't, it doesn't need have a physical body to heal.

[2:41] The reason we have a physical body is to learn. So the physical body to, to implement and to bring into material, form spiritual principles is evolving the species. And so the more we bring the principles of spirit present in our physical lives, you know, principles of kindness and compassion and conscious focused intention, awareness ideas, such as, you know, form is nothingness, nothingness is form.

[3:17] You know, these, these what we can think of as esoteric ideas, the more we begin to live into those esoteric ideas in physical form, the more sophisticated the species becomes more, we raise the frequency of the species. So the whole reason to bring the sacred anatomy into physical form is to continue the evolution of the human species.

[3:44] Because as, as beings, we're in light, we're in light body form, but then we take physical form and there's an evolutionary process that's taking place in physical form, and it has to do with manifestation of the creative principle. So as we're bringing our selves into life here on this plane, we're really embodying the creative divine principle that life continues, life goes on, life is the spark.

[4:21] And, um, as we bring it into congealed form here, it's, it's another form of human beingness. When we're in the light body form, that's yet a different form of human beingness. So it's an expansion of human capacity and ability. It's an, it's a, it's a growth into what we can think of as, um, awakened materialism, you know?

And so there's a, there's a quality of light that's entering the human being that's entering human life.

[5:00] **Babies Are Filled With Light, and Then They Forget**

And you know, we see this in infants when they're first born, they're filled with light, and they, there's a way that they just radiate and, uh, lift the spirits of all who witnessed them. You know, I imagine it's not every single baby, but all the babies I've seen certainly have that going on.

I mean, I imagine there's some babies that are dark little energies, you know, but I have yet to see one. And, um, most of them are just so light and so beautiful. And then because they're in material form, they tend to sort of forget that. So it's this ability to remember who we are that matters, and it's the remembering of that core truth of who and what we are.

[5:51] That is what material life is about in many ways. So when we, you know, when we look at each other and say, all you need is love that there, there's a ring of truth to that in all beings, you know? And, and so there's, there's a way that, uh, art and music and dance and all these creative endeavors mirror that greater dynamic, which is human manifestation into physical form, has that quality, that that quality of light, that quality of connection with the creative impetus.

[6:36] And so, um, manifesting in physical form is a, it, it's, it's a, a marvelous learning experience because it pushes us right up against this persona thing. So when we combine electromagnetic and subtle energy, oh my god, you know, it gets a lot harder because the electromagnetic frequency is different, energetic than the subtle.

[7:05] So the subtle frequency, it's easier, you know, we can always remember who we are, we never forget. But then when we become electromagnetic beings, which is what human beings are physically are, when we integrate that, we're integrating, uh, one of the five quantum energies. So, you know, strong force, weak force, electromagnetic gravity, and I claim subtle energy as a fifth quantum energy.

[7:33] So, so when we're integrating those things, what we're doing is we're manifesting the creative spark or spirit of the universal consciousness. And so

it, as we, as we weave this together, this electromagnetic beingness, this, uh, subtle energy beingness, as we weave this together and bring consciousness to it all, there is a way that we, we transcend that, which is the small idea of what humans are, which is we're on this planet, we live for 92.3 years, and then we're nothing.

So that, that's a, you know, that's a very limited vision of what human beings are capable of. I hope that answers your question. Do, do you have a follow up, Elizabeth?

[8:26] **Elizabeth's Follow-Up — Why Does the Sacred Anatomy Need Us?**

Elizabeth: Uh, yeah. Can you hear me? Yeah. Okay. Because I'm having trouble with sound. Um, so basically what you're saying is that I'm asking this question from my very limited point of view, uh, of a nine. Well,

Desda: I didn't say that.

Elizabeth: This is what I, this is, this is how it's falling on me. Um, and that when I think of the HES, I mean, when I think, when I think of how the HES has been described as having the channel and the core meeting each other and then exists, and lots of things happen until we get to us.

[9:07] Um, so I think of that as not being connected to human beings. And what you're saying it, it's an energetic manifestation of us that happens before we go into physicality, basically. I mean, I'm just trying to figure out, because when I think of the HES I think of this huge structure from source energies, which is basically perfect.

Um, and on time, well,

Desda: It has, its, it has its moments.

[9:46] **Elizabeth:** Does it have its moments populated by HEMF stuff that comes from us? That's what I'm trying to figure out. I'm sorry. Just why is, from the point of view of the HES, why does it need us at all? Why does it need, why does the sacred anatomy need the bio manifestation at all?

That's Can you just explain?

[10:19] **Desda:** Okay. I missed, I missed all of that. You cut out. Oh, can you say it? Can you say it again?

Elizabeth: Yes. Oh.

Desda: So Just the last sentence there.

Elizabeth: Why the HES needs us at all,

Desda: Um, because it's a continuum. It's, it's, it's the bringing forth of cre of creation. So human beings in a material form are creative act there, a partnership between the HES that is individuated soul and the wholeness of the divine source, which just expresses, all it does is express. So we are standing in partnership with that divine expression, and it's our turn to express.

[11:19] And so the way we do that is to come into physical form. It's an expression of creative principle to come into, to come into physical form. And when we do that, we are, we are bringing into a different form of energy, the consciousness of the HES. So we're, we're saying, I am fully, fully awake.

[11:45] I am fully aware, I am cognizant that I am the totality at my center, right? But now I'm going to, to manifest as a persona, which is an interesting wrinkle. You know, I mean, that's what a creation that is. So I'm a persona, and I have likes and dislikes, and I have sensate reality.

So I am feeling and knowing, and I am learning how to be a human being for, you know, hundreds of thousands of years. I am learning how.

[12:24] **Awake to the Reality That I Have a Sacred Anatomy**

And so now here I am in the 21st century, maybe, you know, that's where we are. And, and here, here I am, and I am awake to the reality that at my core, I'm in, I am the totality. I am awake to the reality that I have a sacred anatomy. I am awake to the reality that I am in partnership with divine source, and I'm awake to the reality that I can impact others, not only with my actions, but with my thoughts and my feelings.

[13:00] So now I am holistically coming forward to say, here is this magnificent creation that I have made. We have made ourselves, and we are in the process of evolving us, either that or killing us, you know, we could do that too, but one would be hopeful that we are awake enough now to not, I mean, when you think about Genghis Kahn, you know, if he'd had the, uh, nuclear bomb, well, would we even still exist?

[13:41] You know, would what about, you know, what about King Henry viii? You know, would France even be there? You know? So I think, I think we've come a ways, hopefully we're doing better, but, but the whole idea is to come into manifest physical form is actually a new thing. It's a creation, and it's a creation of human beings.

[14:07] We are that, and that is because at our core, at our center, we are one with all creation. Did that, did that get there to you for you? A little bit.

Elizabeth: It's approaching it. Thank you. I'm approaching. Okay.

Desda: Well, good to know there, Elizabeth. Um, yeah, but the whole idea that the whole idea that we are, that which creates us is, that's a little unusual. That's, that's kind of like, oh, that's a different one. But, but the, but the idea that that's really what's going on is quite liberating.

[14:50] **Chensun's Question — The Nine Resonating Chambers**

I see your hand, Diane, but I also see Chensun put something in the, in the chat here. Um, is your question in relationship to what we've just been talking about or something different, Diane. Okay, then I'll, I'll go ahead and I'll take Chensun's. Are the nine resonating chambers the central areas of attunement within the HES where resonating frequencies are created and harmonized.

[15:19] And can you explain the mechanics of how the nine resonating chambers impact the HES? Okay. Hi, Holly, how are you doing? And I didn't say hi to Mark. Hey, mark. How are you? It's good to see you. Nine resonating chambers, the central areas of attunement within the HES. Hey, there, can we see a picture of the nine resonating chambers, Cheryl, that you do the fancy one, antsy one, the splashy picture, and she asked if this is where resonating frequencies are created and harmonized.

[16:02] It's where resonating frequencies are created, not necessarily harmonized. So this is the flow of the nine resonating chambers. And, um, they're different colors, so you can distinguish them in truth of, in, in, in fact, they're all the same color. Uh, this kind of golden, you know, saffron color. That's what the colors of all of these places are.

[16:32] So there's nine resonating chambers. Um, and these are eight of the resonating chambers that create the, um, resonating frequencies or the harmonizing energies that harmonizing and balance the sacred anatomy, the harmonizing network, which this is part of. Um, it basically holds us together. So we're held together energetically by sound. And these resonating chambers are sound chambers where, um, different tones are sound sounded, and it's not where they're harmonized, it's where they're sounded.

[17:17] And each of these resonating chambers has a primary tone, and then it has overtones and undertones. So essentially, like all possible tones are being sounded at, at the same time by our subtle anatomy. We're a little cacophonous, but we get a little Schoenberg like. But we're also, um, very, very much in harmony because these frequencies seek out the harmonizing blend.

So the mechanics of the nine resonating chambers and how they impact the HES. So there's another resonating chamber, which we'll show you a picture of in a, in a second here. Cheryl's gonna pull that up.

[18:07] **The Ninth Chamber — Human Universal, Below Your Feet**

And this is how, in many ways, this is how we connect with each other. There is a ninth resonating chamber, which is located beneath your, beneath your feet, and then below, even below that, about 24 inches down. If you're standing on the earth, it's in the earth. If you're in a building, it's just 24 to 30 inches below you.

And this is called the human universal resonating chamber. So all these resonating chambers, they each identify with a system except for the universal resonating chamber. And then there's another frequency called harmonizing the surrounding universal. And that is outside of the structure. And there's a resonating chamber there that is quite impactful. So the mechanics of how the nine resonating chambers impact the HES is that they essentially blend out through every part of the sacred anatomy, and they essentially, by their frequencies, will hold the subtle energetic together, because we're made of subtle energy, we're made of energy that is essentially consciousness.

[19:31] And it is, um, sound that holds one bit of consciousness with another bit of consciousness. So what we can think of is frequency. So the frequency of the harmonizing energy of the bones of light, for example, will, um, hold two parts of the bones of light together. And you can actually feel the presence of that.

[20:03] I mean, you might say that's electromagnetic as well, but, but you can actually feel your fingers touching, and there is a resonance that travels down your bones, fingers. So just try this, just try touching two fingers together and be, think about the harmonizing resonance of the bones of light, and you'll feel it traveling down your arms.

[20:31] It literally vibrates down your arms. So there's a way that like attracts like, but also there's a way that this harmonizing frequency that's between all the different elements of a system, it it's all vibrating in a particular way. So if

we sing, so it increases the stamina. So there's a tone. It's, I think it's the Sa "G" for bones of light, if I'm not mistaken.

[21:10] But there's a, there's a low frequency that causes the bones of light to attract to each other. So that would be within system. Why do these systems work together, and how does the resonating chamber allow that to happen? The resonating chambers are here. Okay, so here's a picture of the human universal resonating chamber that's that white there.

[21:40] And the white, um, energy just goes right outside of the human structure. It goes all the way out, and it, it resonates out into, um, into, really into space and into other beings. So you and I are in constant conversation in our human universal resonating chamber. We're in constant conversation. And the resonance of that chamber, the sound of that chamber, is the sound of universal harmony everywhere on the planet.

[22:18] So when you and I are in a harmonious relationship, we, we will feel that connection. We'll also feel a disharmonious connection. So the harmonizing chambers, the universal resonating chambers create the tone, but they don't do the job of harmonization. What they do is create the tone and bring it, they bring it to the party, essentially.

[22:47] **The Chambers Make the Tone; Harmonization Happens Between Systems**

And the harmonization occurs between the systems. So when you have the bones of light harmonizing with, you know, the blended energy system. So I take my finger and I place it like in the incoming current of my purpose, current, going into my throat chakra. I'm in the blended energy system. And what I'm feeling here is an inner relationship between the bones of light represented by my fingers and the blood energy system as it enters my throat chakra.

[23:28] And I can feel a resonance there, because in all of the systems, there's a little bit of some of the other systems. So for example, in the blended energy system, the bones of light appear as membranes that surround things as, um, suspending ligaments for the, the, um, top and bottom chakras, the, the divine gate and the chi pool.

[23:57] So there's all these sort of supportive energetics that are available, um, and, and, and, and it's woven together. It, it isn't like the resonating chamber or the harmonizing network is doing the whole thing, because it's not, it's, it's like a drum, Chensun. When you, when you have a tight skin over a frame and you hit it with the mallet, then you have a tone, or you hit it with your hand, is that tone that resonates out, but the membrane of the skin over a frame.

[24:41] Now that's a system, right? So the system allows for the tone to escape, and then that tone that's created by hitting the drum or different tones that are created by hitting the drum in different ways, um, radiate out into, into space and their waves, and they move through and they impact us. Okay? So the same thing is happening in the sacred anatomy and the systems each are their own instruments, essentially.

[25:18] **Us as a Symphony, and Beethoven's Ninth Adjusting Your Spine**

So we're essentially, I think you could think of us as a symphony, you know, where there's lots of instruments that are playing and some are playing a theme, and some are playing a different theme, and some are the rhythm. And some, you know, some are working with a chord kind of structure to support everything else.

So there's, there's a way that, that symphony is an expression, and really in many ways, an ultimate kind of expression of human structure, symphonic reality, which is why Beethoven's ninth can adjust your body. I mean, that's what's amazing about really profound music and, um, not all creative, um, people are able to do that.

[26:06] And, but, but Beethoven, in his ninth symphony reached some kind of pinnacle. And there is a way that if you sit in complete meditation or lay down in meditation, listening without falling asleep to his entire symphony, it will adjust your spine. So there is, there is profound information available. Um, John Coltrane, when, when he had, um, his song, hello, merry robin.

[26:38] Hello. Hello. So, um, Coltrane's Love Supreme, Supreme women used to listen to him and literally have orgasms while they were listening to this, to this music, because it was, the frequency was so powerful, primal. It, it is possible for music to completely transcend and as, as it can be with transcendent art. I mean, if you have ever seen the red in a Renoir, for example, you've ever looked right at it.

[27:14] It's like no red ever anywhere. It's the most incredible red there is. And he captured something combined, different colors to create something. And, and we are that we are creative expression, the unfolding. And so I go back to the answer to my first question, really, which is, we are that right? And, and our experience of the resonating chambers in the human energy structure is one of an extraordinary symphonic presence.

[27:52] **Chensun's Question — Past Trauma, Karma, and Time as a Spiral**

How does the resonance of these chambers interact with one another? And the frequencies imprinted in our HES from past trauma and karma. It's just, it, the, the subtle anatomy doesn't think of time the way you and I do. So every, it's, it's a spiral. It's all happening at once. You know, my past life 500 years ago is happening right now for my sacred anatomy.

[28:23] So it's, it's awake to what's going on, which is why we can time travel and find things out. And it's why we can read the etheric layer. It's why we can, what it's, why we can see what our historical truth is, because it's right now, it's not past. It's happening last minute. And, um, so how do they interact with one another?

[28:48] The chambers interact with one another. Like, you know, the string section and the, and the brass section interact. They're coordinated, and sometimes they're in direct opposition. It, it's, I talk about the art of sacred anatomy, energy medicine. There is also an art to the sacred anatomy itself. And the sacred anatomy's art is one of expression, which is exactly what the divine source is doing.

[29:21] Expressing, expressing, expressing. No agenda. Expressing, expressing. And here it is, the minute you have self-awareness, you begin expressing. And

so, therefore, we are expressing the truth of all of that cosmic awareness. It's constant within us, and we have the ability to catch that. It's, you know, catching a firefly. You know, we have the ability to capture it in a jar for just a few moments, and then we have to let it go.

And it's that quality that is, is most extraordinary in human beings, really.

[30:03] What We Have That Elephants and Octopuses Do Not

I mean, elephants have compassion and love for their children and the ability to talk to each other, uh, across vast distances. But they don't have what we have. We are different. We are a unique species on the planet. Octopuses, love and connect, don't eat them, by the way. And they, they love and connect.

[30:34] They're kind, they are caring cats and dogs love their masters, but they don't have what we have. And it's important to realize that that doesn't mean that those other creatures don't have something to contribute, because they do. What would this world be without dogs and cats? We'd miss them terribly. You know, what would this world be without octopuses?

[30:59] Hello kitty person? What would it be without all these other creatures that share this place with us, even the historical creatures like dinosaurs. So many little 4-year-old boys would be disappointed if there were no dinosaurs to talk about. We need the history, right? And now there's a, we're living in a time when archeologists are digging everything up because of lidar, and they're finding it all, and oh my God, there's cities being discovered in the Amazon.

[31:34] They had no, oh, it must have been millions of people in the Amazon instead of 10 little drives, you know? Now it's, so, there, there, it's a great awakening that we're experiencing right now because of tech, but also because we're ready for it. You know, our, our symphony is full on right now.

So I think the way that these frequencies connect is that we resonate against life. We, we resonate against life. It's like when you hit that drum boom, out it goes. And if you're in a small space, it's gonna be contained there. If you are in a great opening boom, that follows every little bit of air as it moves out and all around the entire area, again, the truth is we resonate against life.

[32:28] And it's the force, the spark, the joy, the excitement, the power of life that we resonate against. And that's what holds us together. It holds us together. D and and that spark comes from the source within us, and we are creating ourselves. Does this make any sense to anybody but me? I think it does.

I'm, I'm holding on. All right.

[32:57] Chensun's Question — The UHRC, and Chaos as a Passing Phase

So let's keep going on this fairly long thing here. What is the significance of maintaining the health and effectiveness of these chambers now, especially the UHRC, universal human resonating chamber? Well, the significance is that it helps us be more, it helps us be more better, right? Better, better, better, better. It helps us be awake.

[33:22] It helps us walk into circumstance with our eyes open so that we are able to see the chaos and confusion, the hatred and the strangeness as simply a passing phase. It's just a phase. You guys, we are in a phase. It's a little like the

terrible twos, but we're in a phase and we can survive this because there are people like you and like me, and like everybody here today, right?

[33:56] There we are here, we're awake, we're looking around, and we're going, well, this isn't it. You know, this isn't it. The human universal resonating chamber is what's resonating between all of us. You know, like it or not, I can feel Donald Trump, I'm sorry to say, I can feel that guy. And you know what? He's sick.

He's physically sick, and you know what else? He's not happy. So I can feel that. I know you can too. We all can, we can feel these things and, and we can feel into the sadness and the upset pain of the poor people on earth who are being confronted with violence when they did nothing to deserve it.

[34:47] We can feel that, and we know how wrong it is. So it behooves us to contribute to the universal human resonating chamber by saying, no, this isn't okay with me. I wanna see a different way. And holding the vision of the Garden of Eden, holding the vision of, of what we can make this earth be.

We can wake up. It's possible. All right.

[35:15] **Diane — Bringing Numbers In as a Frequency**

Who had their hand up? It was Diane.

Diane: Well, I wanted, I, what I wanted to say was way too long to type, but it, I'm seeing it all these threads with this conversation right now, and how you opened with the intersection of math and, um, spirit. Um, on occasion, once in a while, not as often as I'd like. I've brought in one of the numbers as a frequency.

[35:45] And what I've seen, because I just brought it in for a client, um, this past week, Uhhuh was, oh God, I've just got chills all over. What I keep often, or usually we'll see when I bring it in, is, um, you know, in the Matrix, the first matrix where there's the master coder of human reality, and the guys there at the desk and when they, like, when the, uh, good guys would go back onto, you know, the earth, uh, uh, slave earth, and they needed something to be different, the guy would go in and recode something to uhhuh something in that

Desda: I vaguely remember this. I I saw it a long time ago.

[36:29] **Diane:** Yeah. So there's all this code, streams of code, and then he'd go in and he'd change the code, and like, if they needed a cat to appear, suddenly a cat would appear or something like that. Okay. What I've seen when I brought what I see when I bring in the number frequency is a recoding of that reality.

And this feeds into, you know, it, it is all happening now. And I see a, a recoding, and my sense is that the reality for this person's experience, and then likely to some level for, for, for everything else, is actually being recoded and shifted to the better. And as you're saying what you just said, you know, I know that whatever we're doing right now is impacting the whole, that we can change the programming here on earth at any moment.

[37:18] And seeing what I see when I bring in numbers, which mm-hmm. Are a form of math

Desda: Mm-hmm.

Diane: That it, I mean, it truly can happen so fast and so powerfully. Mm-hmm. The more each of us make a choice in every moment to do something more creative, bigger, more from love, whatever it is. And also it can be affected by perhaps bringing in math somehow, for example, being via the frequency of the numbers.

[37:48] **Diane's Question — Math, Spirit, and the Trajectory of Human Experience**

Mm-hmm. So these are all just ideas floating around. And I was curious to hear more about what you're seeing in terms of the intersection of math and science and how that might, I mean, math and spirit, and how that might tie into the increasingly the increasing possibility of significantly impacting the trajectory of human experience at this time.

[38:14] **Desda:** I think, I think when we look back at, um, Pythagoras and, you know, the great mathematical minds of history, the first thing they were was a philosopher. So there's a, there's a, a, a intersection between mathematical theory and concept ideas and philosophy. And, and it's, we could think of it as higher math or more sophisticated math than addition, but really one plus one is, is, you know, pretty exciting.

[38:50] So when you really get down to it, um, the understanding, and I, I love Mark to come back on. Mark is a mathematician, so it'd be great to have him pop in here. But the excitement, he's, he is the one who's turning me onto these ideas and I'm seeing some really cool stuff, um, that are, some of which is explaining how sacred anatomy works, which is really exciting.

[39:18] I don't know enough yet to talk about it intelligently. I'm working on that. But what I can say is about the, the power of numbers, the power of frequencies, you are right in that numbers are energies. 1, 2, 3. They all have different frequencies, just like universal love and light, and sanctuary and mana all have different frequencies.

[39:50] So everything is basically energetic frequency originating from source expression. And when we start to really understand that numbers are this internal, almost like pathways in, and you call 'em a code, but they're like a pathway in to understanding sort of the workings of the geometry of life, the, uh, ideas of compassionate truth and things that are very esoteric in nature.

[40:29] The, the concept of love, even in its great depth and variety can be explained with numbers, just as anything can be. I mean, you can break everything down into sacred anatomy, explanation, number, explanation, biology, explanation. You can find all these different explanations, right? So all of it is indeed connected. And there's this incredible through line, which is the intelligence of the universe.

[41:07] So this through line is universal consciousness, which is what we are, we are made of that. And our universal consciousness can understand what zero is, what one is, what two is what 10,000 is. And we can understand how numbers break down in that way, but we can also feel the impact. For example, the number one has a particular resonance in frequency that is quite different from all the other numbers.

[41:43] It is in fact a unifying number. It is a number that, I mean, you know, there's people that study sacred geometry and, you know, all this stuff. And I

am a person who has studied consciousness. And so when I look at the number one, which you know, definitely is your realm of study, Diane, when you look at number one, you see the through line.

[42:12] And this core here is number one. I mean, this is the resonance of number one and what is in the harmonizing network. Those are different numbers. Those are ways that we find, you know, maybe we're in base 25. I don't know. I mean, I remember studying base seven in like sixth grade or something, and it was so confusing, you know?

[42:38] So base two was much easier, and yet it was much harder. So there's, there's ways that when we look at numbers, we, we can actually find ourselves. And, and I think that that's what you're pointing to with this idea of your internal vision clicking into like, this is a code. 'cause yes, it is a code.

So is sanctuary, so is universal love and light, so is the red rose light of love, you know? So these are nice poetic names for something that's a frequency, you know? And, and we could give all the frequencies numbers, you know, but I think that that would be very boring.

[43:26] **First Grade, 1956, and Getting Stuck Between One and Two**

So I remember when I was a little girl, I was, this is the last story, and then I'm gonna shut up here. But when I was a little girl and I was in first grade, we had to count to 10, you know, this is 1956, we didn't have all those highfalutin educational styles.

It was just like, now you're gonna learn to count. And so I could not get my head around the difference between one and two, and I didn't know how there could be a one and then there could be a two. It just didn't make any sense to me at all. And I was completely stuck on it for the entire year.

[44:13] So much so that they thought it was like maybe mentally deficient. So there was a, and then, and then I got, like, when I finally realized there was zero, well, I couldn't see how there could be one if there was a zero. So that screwed me up even more. So I would zero one and two just stopped me in my tracks.

And I pretty much stayed there for the rest of my life. I've been, I've been there for a long time. So anyway, that's neither here nor there.

[44:47] **Mark's Question — Thought Forms Versus Astral Travel**

Okay. Now, um, mark has a, a, a question he put in the chat. I'm gonna take that first before Chensun, regarding long distance healing. Is it accurate to say the main difference between one using a thought form and not using a thought form? Is it you do not use a thought form if you then use instead astral and astral travel?

No, I don't recommend astral travel for anyone. I think it's incredibly dangerous. And, and not only that, but it's not the same. It hasn't got the same value. A thought form means that I have taken the extra potential of subtle energy around me, which, which I mean is like above and beyond the beginning.

[45:37] Before the beginning. So I take raw, energetic, and I create a thought form, and then I empower that thought form with my idea of what that person

is. Then I connect that thought form to another person. And as I'm bringing in an energy to that thought form, that other person feels the energy.

And then what happens is that they become that energy. So they, they in, in essentially activate the energetic of the thought form. If I'm astral traveling, I'm simply an observer. I don't have the ability to interact. I can actually put my light fingers inside of the thought form. I can blow the thought form up to life size if I want.

[46:22] I can make it really tiny. I can put it in my pocket, I can put it on an altar, but I can't do that when I'm astral traveling. Not to mention the fact that it's dangerous for you. So there you go. It's not an either or situation. Thought forms are infinitely preferable. My favorite is to be with somebody.

I mean, that's my favorite. But it's, it's pretty great that we can work with thought forms, because we can work long distance across great distances. Like, you're in Alabama and I'm here in California, you know, and I can, I could work on you. I can feel you. Okay. Chensun, you're next.

[47:06] **Chensun — The Instrument, the Music, and Frequencies as Codes**

Chensun: Thank you. And I appreciate the explanation of, or the analysis analogy to the instrument. Sorry, I'm, I have a little cold, so, oh, no. Yeah, so sorry about my voice. And that's really helpful. So the chambers are like an, a representation of an architecture creation that is constructed, let's say, as a drum or other instruments.

[47:36] But also I think what I'm hearing is that frequencies of numbers, or it could be equations, it could be codes are also created in a way as instruments. So that it, I'm just trying to connect the understanding of instruments versus frequencies, and that, how all of that interplays.

Desda: Well, the instrument is the, is the vehicle, essentially. I mean, you can have a Stradivarius violin, but if you don't know how to hold the bow and where to place your fingers, good luck. Mm. You know, so it's the, it's not the instrument. It's the, it's the, uh, it's the playing of the instrument.

[48:20] It's the understanding and the learning how to use the instrument. So if we think of the system like blended energy system as the instrument, right? How we work within that instrument is the music of that instrument. It's the harmony of that instrument. And then the harmonizing network is that which informs the totality of the system, how to resonate together to create beautiful music so that it isn't out of resonance.

[48:53] **Chensun — Is Number One the Music or the Instrument?**

Chensun: Okay. So for example, the number one frequency of one is like a okay, sound, right? Or is it's the music, it's not necessarily the instrument. It,

Desda: Number one is maybe, maybe both. It might very well be the container as well as, so it one is a concept, right?

Chensun: Mm-hmm. One is a concept, whereas, uh, the

[49:19] **Desda:** harmonizing nature of music may be a concept, but it's also a physical reality. So one is, is essentially a concept that can be like, I have one

pen. So it can become something. It can be, but it's a designator. It's a modifier, it's a, that is that, so it's a describer as opposed to the thing itself.

[49:47] So when you identify one as the thing itself, it is one, it's like the sound of hunnnnnnnnn meditation. It's one, it's the sound of the spheres. It's the wholeness, it's the oneness within. So when you begin to tune into that, you begin to realize that it is both the instrument, the concept, and the thing, you know? Did I answer that?

Chensun: No, it's very profound. I think I, I

Desda: Really, oh, it felt like I did.

[50:27] **Chensun — Elephants, Octopuses, and Communicating Through Frequency**

Chensun: Yeah. I really appreciate that. When you gave examples of the elephant or the octopus, they're communicating through frequency. Yeah. So they have some sort of sound chamber that allows,

Desda: Oh, they, they, they have the earth, the elephants with their, with their feet against the earth. There's a resonance that the other elephants feel. They're so attuned to the heaviness of the beat on the drum of the planet. That's what they feel, you know? And then the, the octopus, I'm not sure how the octopus works.

It's very complicated. Octopuses are, octopi are very different. Very, very sophisticated.

[51:13] **Chensun:** So almost as if the elephants have a UHRC type of matrix as well through the earth.

Desda: Well, they have the, they have the ability to hear and feel their sentient, you know, they can feel, and what they feel, science has determined what they feel is the thundering of other elephants coming towards them. So they can tell when elephants are a hundred miles away, they can feel them walking towards them.

[51:46] And that's the resonance of the planet. So they're using the earth, they're using everything they've got, you know, which is a real sign of intelligence. Mm-hmm. Dolphins do the same thing when they jump out of the water and splash down. That's how they communicate with other pods to say, hunting event, come and join us.

So dolphins are also using vibration to communicate across distances. Dolphins are pretty incredible. And they have deep needs. Like they really need to swim free in the ocean. They, they get very depressed in caged tanks. And, and that's just a fact. That's what they've discovered. You know, people who study dolphins know this.

[52:38] So, so we are animals that live on the planet earth that understand the planetary elements of, you know, wood and metal and earth and fire and water and wind. And we understand these elements, but we don't necessarily always know how to use them effectively. You know, like we've finally taken the dams down in northern California and southern Oregon.

[53:12] We've finally taken the dams down, and now the salmon are coming back, you know? And so we finally figured out that damming those big rivers and

stopping the transit of the salmon was bad for salmon, which would then be bad for people. We finally figured, I mean, that was kind of slow learning, but we did, it took us about 50, 60 years more than that, actually, 70 or 80.

[53:39] But we learned, we learned. And so we're undamming many of the rivers that have been dammed. And, and that's us understanding the transit of water, the, the necessity of fish, the, the need for harmony and communication between species. You know, all these things. This is, we're, we're very slow learners. And that's the thing that has to change.

That's why there is this escalation of human consciousness right now. 'cause we can no longer be such slow learners. We have to learn faster.

[54:18] **Christine's Question — Where the Chambers Sit, and Whether the Past Can Change**

Uh, Christine says how far out from the core there's sound resonating chambers. Well, um, the blended energy system is actually right in next to the core sheath. So it's right close to the core that they're in different locations. You know, some are, some are out here, um, by and large. Yeah, there we are. So by and large, the, um, blended energy system, one is the one that's right around the core, and it's actually too far out in this drawing.

[54:52] It should be closer in. And this the location of the eight resonating chambers. And what they are is like tubes where information, data is essentially moving through. Yeah. Um, so the bigger ones cross the core. I mean, everything crosses the core. Everything has a relationship with the core, the layers. One is, is out all around, but it still crosses the core.

[55:29] So everybody is relating to the core at all times. Can the past and the future also change at any time in the human systems? Sorta, you know, the, the, the past is, is, um, yeah, I mean, we can go back and we can rewrite our childhoods. We can say, I was raised by loving and kind people who gave me that dollhouse that I wanted when I was seven, you know, and the, those people really loved me and they took really good care of me.

[56:15] And I was never in danger. Yay. And I got chocolate every birthday. Yay. And you can rewrite it, but it's a deception, you know, because in truth, what really happened was what really happened. And it is important to acknowledge it and to either move on from it or fall in love with it.

[56:40] You can fall in love with your horrible parents. Parents. They were the perfect, horrible parents. Exactly who I needed to become, who I am today. So, I don't know, uh, yeah, you can change the past, but you can definitely change the future. And there isn't such a thing as predeterminism, you know, there's this, we're in a constant state of possibility because everything is changing constantly.

[57:09] So the past, the present and the future are all malleable. Everything shift all the time. And it's, it, at first when you realize that it's like standing on quicksand, you know, and you're like, I'm going out, you know, I can't relate to anything. And, but then there's a way that you can find your ballast within it, you know?

And realize that past pros future are all now. And that, that is what matters is the now. So if you're in the now completely in the now, past, present, future, align in in, in tremendous harmony, actually, Cheryl.

[57:51] **Cheryl — Changing the Future by Addressing the Past**

Cheryl: Well, to Christine's question about changing the future by addressing the past, I mean, that, that's a big kind of philosophical conundrum. And the truth of the matter is when we do use sacred anatomy tools and protocols to address the pathologies that started in childhood or in our adolescence, or that first stinky marriage or whatever it was, we can remove the patterns, the congestions, the pathology, so that your future is brighter, happier, less bogged down by that emotional baggage from your past.

So in that way, we do change the future.

Desda: Yeah, we can, we can indeed. So how are you guys doing? Oh, here's Diane. She's got a question. Let's hear, let's hear from Diane.

[58:46] **Diane — Biodynamic Craniosacral Work and the Shift in Patterns**

Diane: I just wanted to tag on to what Cheryl just said. So in biodynamic craniosacral work, which I've always kind of think of as the yin to the, a bit more yang of sacred anatomy work. So when this, when the stillness and the silence comes in, let's say we're working with, uh, perinatal issues, birth issues, which are frequently so much of the ground of our experience in life, and there's a shift there.

[59:18] Patterns come up, and then there's a shift in those patterns. And the pure potency that was holding that pattern opens up and it shifts everything actually physically within that person's system. It is truly as if not only are the adaptive patterns released in that moment, but there's a surge of pure potency that rewrites that experience into something of a higher order.

Desda: Yes.

[59:50] **Diane:** And as a result, from that point on, that person's experience is quite different. No longer informed by that actual very physical pattern in the, in the neurology, in the tissues. No longer so much informed by that. And so their life shifts as a result because of how they are in the world and how the world meets them.

So to me, that that's actually a physical physiological shift.

Desda: Mm-hmm. That is entirely possible.

[1:00:22] **Diane:** And we see it over and over again in biodynamic craniosacral work. And I, so I just wanted to add that, because when we're working in sacred anatomy work, sometimes it can be more challenging to really get a, a grip or a handle on the fact that there is actual real tangible change. But in biodynamic cranial work, we feel it with our hands, we feel it with our physical bodies, we witness it on a very physiological, um, in a very physiological way.

[1:00:50] **Desda:** Yeah. Primarily because it's electromagnetic in nature. Mm-hmm. So when you have these two different energies that you're working with, the electromagnetic impact of biodynamic craniosacral work is you're literally tuning in to the resonant frequencies of that electromagnetic presentation.

Whereas in sacred anatomy, we're tuning into the subtle consciousness that is holding the electromagnetic presentation.

[1:01:22] So it's, it's, it's two sides of the same coin. You know, you kind of can't have one without the other in a way. At least you can't be here and have one but the other.

Diane: Yeah, that's true.

Desda: And, and when we, I mean, a lot of times people, like, I remember a woman who was a nurse came to me one time, and she was like really distressed with her life, and she was disappointed and upset and in pain. And she was like, I want a result today in this healing.

[1:01:55] I wanna, you know, and I was like, okay, we'll try. But the truth is that, that this is not a result driven work. It's a consciousness driven work, and it's not so much about the result you get as it is about the awareness that is achieved. So that's the shift. I think that might be the difference between physical modalities and subtle modalities too, is that we're working in different types of energy.

What do you think, Diane?

[1:02:32] **Diane — Pure Biodynamic Work Has No Agenda**

Diane: I would say it depends on the modality. Many, many, uh, physical modalities are driven by that. Uh, pure biodynamic work is very similar to sacred anatomy. We're in its pure form. We're not driven by any kind of agenda. We're open to the expression of the breath of life and how that mm-hmm. And everything is perfect as is.

And if there is something that is ready to shift and change, and it's elicited by the breath of life, then that unfolds. And our job is to open to that, listen to that, and attend to that and support it, but not try to drive change.

[1:03:10] **Desda:** Yeah. I think that, I think that that is a, a very important, I mean, that's what makes biodynamic the work of Jim Jealous. That's what makes it different mm-hmm. Is that he moved away from agenda, you know,

Diane: And was Yeah. And also Franklyn Sills and Michael Shea, there's many others. Yeah. Mm-hmm.

Desda: It that I I, I see it in many ways, um, like, uh, deep meditation. Mm-hmm. And what is accomplished in the different meditative states that one can attune to and return to over and over again. And it's, uh, it's, it's like entering a realm of consciousness, which is kind of what we feel when we enter into the spiritual layer, and we go into different realms of consciousness.

So there's a, there's an equate a way we can equate these different things, I think. And that, that's exciting actually, because it, it shows us that we're all onto this. We're onto something, you know, we're onto something good. Christine, you got your hand up here.

[1:04:25] **Christine — Forty-Two Years of Asking What Needs to Happen**

Christine: I do. I am so inspired. Oh my heavens, Desda, you are just off the charts.

Desda: There's no charts. Um, but anyway, um, gimme

Christine: Off those charts.

Desda: You need them. Um,

Christine: but this, this whole thing has been really fascinating for me because, um, you probably know as, um, when I started working, it's been 42 years, was just that all I did with a client was say, gee, what's, what's going on? And, um, what needs to happen? And then it would happen. So I didn't have to go into anything, you know, I didn't have to know anything about things, you know, it was just like, oh, well, gee, this guy had a, you know, broken arm or something.

[1:05:14] And I just said, well, cannot get fixed or something. And then it got fixed. And I'm sitting there going, okay, you know, so I'm, I'm just trying to understand more about my work. And it's like, at times, yes, absolutely. Let's go and look at the core, like your work and, and do those kinds of things.

[1:05:41] Um, but would you just describe that as a, a consciousness level kind of working, or connecting isn't even the right word. I don't Any comment?

Desda: Well, I mean, I've always thought that your work was a lot about frequency. You know, because you being a singer, you know, you have this tonal frequency that you reside in, kind of, you know, so when I see you coming, you know, I hear you coming. 'cause you're, you're resonating. You, you resonate.

[1:06:20] And, and that's I think where your healing power comes from, is the ability to resonate with other people's needs and to resonate in, you know, by some sort of intuitive knowingness to resonate in such a way that healing results,

Christine: Oh my God, that is so helpful. You know, it's, it's very illuminating for me. Thank you.

Desda: And you're welcome. Yeah. The, um, and so the,

[1:06:52] **Christine:** if I'm resonating then my resonating chamber must be good.

Desda: Well, I think, I think you're resonating chambers are all operational, you know, to support you and have at different points in your life been, you know, more or less balanced.

Christine: Right.

Desda: But the fact of the matter is, remember when I was talking about how we resonate against life itself?

Christine: Yeah, Yeah.

Desda: So there's a way that you found a doorway into doing that with other people, but do you resonate your own energetic against their energetic and, and that's your healing thing.

[1:07:39] **Christine — Going to the Resonating Chamber When You Are Not Well**

Christine: Okay. And then if I or a person like myself, um, with that kind of background, so to speak, literally or a core, um, then if I'm not well, would I go

into the resonating chamber to, you know, ask to really understand that so that I could get

Desda: Well, I, I think if you are not, well, what you need to realize is that there's some part of you that's missing perhaps. Mm-hmm. And, and some part of you may, you may have in a desperate attempt to help someone else, you may have sort of given something of yourself away. So yeah.

So I think it's important for you to get better at the edge. Oh gosh. 'cause I think that, that, that will help you be less vulnerable when you're in your healing state. And I think that that's the thing that's certainly helped others a lot.

[1:08:47] **The Edge Practice, and the Tsunami That Became a Pool**

The edge practice is the thing that, you know, discovered years and years and years ago when I used to be at the effect of the tsunami of information that was overwhelming me constantly. And I was sick all the time. Ah, so when I stopped interacting with the tsunami and I started acting at the edge mm-hmm.

[1:09:17] With the tsunami, the tsunami stopped being a tsunami and became a very gentle pool that I was now swimming in. Mm-hmm. So it, so it, you can either be under attack by life or, you know, you can blend with life. You can, you can move and harmonize with life, or you can be distant from life.

[1:09:42] Mm-hmm. And unfortunately, a lot of sensitives go to the distant, I'll be distant, I will hold everything at arm's length. I will not interact, I will not engage, I will be separate from, or they go to the other extreme, which is I'm gonna throw myself into the middle of the river, you know?

Mm-hmm. That's the only way I can do it, is to be 100% part of it all. Mm-hmm. So it, it's hard for sensitives because you're kind of like the canary in the coal mine. I mean, the, you know, you're dropping off when the CO2 gets too high, you know, you're, you're falling over.

[1:10:23] So, so being the kind of person that you are, Christine, there's uh, a need for you to have more quiet time, more peaceful time, more time of, um, inner spec, inner, you know, really inner dynamic rest and quiet. Mm-hmm. You, you need more of that than you're getting

Christine: Yes, yes.

[1:10:48] **Desda:** On this planet. Very clear on this plane. Yes. You know? Yes. It's hard for people like you, like me, like Diane, like Chensun probably like the rest of you to, to exist on this plane. It's hard, literally. Mm-hmm. It's really hard. And it's why we need each other. It's like we can hold hands and go, this worked for me.

[1:11:13] What'd you find? You know, Diane found biodynamic, you know, the craniosacral that's holding her together, you know, I've got sacred anatomy, you got something else, you know, and we need each other. We need each other to be able to survive this period of transition, which is very intense.

Christine: Very much so. Yeah. Everything lots breaking down and stuff. Yeah. And the edge, as you know about me, has always been difficult. Yes. And I still do my best to practice it. And I don't know if I'm missing something with that, if there's any, any last thing you can say about That.

[1:11:50] **Desda:** Well, you, you know, yeah. You, you have different issues, but you know, this isn't the right forum for that.

Christine: Oh yeah. No, I just thought maybe there was a more universal kind of thing.

Desda: Universally, you need to be more in harmony with yourself to be in harmony with life. And Mark has his hand up. So many.

Christine: I love that. Thank you.

Desda: You're welcome. Mark, go ahead, mark. Come off your mute.

[1:12:20] **Mark — If I Dowse My Edge at a Hundred Percent, Do I Skip It?**

Mark: Yeah. I feel a very basic question. Okay. Which is the following, uh, I check, let's say in the morning, I check my edge and uh, I get a hundred percent question. Uh, can I draw a conclusion that I don't need to do it now, and maybe some other time when I check it's less than a hundred, then I should do it.

[1:12:49] **Desda:** Mark, you just need to do it every day. Don't check to see if you're a hundred percent at the edge.

Mark: Why? So are you saying just

Desda: Do it, it's a practice.

Mark: Hmm. It's a practice. It's not quantifiable particularly. So if it shows me a hundred percent, it doesn't mean anything.

Desda: No, it doesn't mean anything. You have a hundred percent edge there all the time. Whether you're able to attain the edge and stay there depends on practice.

[1:13:21] **Mark:** Okay. But if I ask the question, okay, maybe I ask wrong question. So I should ask, am I now at the edge or have I have I attained the edge? Is this should be, should what should I,

Desda: You're mostly at the edge. You're mostly at the edge, but you, you need to practice the edge to attain it 360, to really get like the whole structure at the edge. Most people are able to like go to the edge sort of here, you know, they got, they're here at the edge, but to really attain the edge means the entirety of your sacred anatomy needs to be at the edge.

And, and because if you're not, you're not whole.

[1:14:05] **Mark — Then What Is the Correct Question to Ask?**

Mark: Yeah, I understand. So yes, I understand. So what would correct question to ask,

Desda: There really isn't a dowsing question to ask. There is only the doing of the procedure of the, of, of the, the practice. So there's just doing the practice and what you learn from every day, you know, embodying presence, first of all, you learn that you have one and that it can be there.

[1:14:37] And then every day dropping anchor, you learn that you can, you know, ground into your own structure that you are contained. And then you learn your

electromagnetic field. You learn to feel it, to sense it, to know it's around you. And you can control it. It doesn't have to be flopping all over everybody.

You can control your electromagnetic energy. You can bring it in, use it as your personal chi field. So Christine, that's really your thing. So bringing it in as your personal chi field. And then when you go to the edge, you go to the edge 360. But that's what takes practice because you can, you know, imagine you're at the edge and imagine you're at the edge and imagine you're at the edge.

[1:15:28] Imagine you're at the edge, but the whole bottom of your structure could be open. So you really, you really have to bring imaginal thinking in alignment with practicality, with, with knowingness, understanding, awareness, intention and attention. And you align all those things. And that's the edge. So then you have the monkey mind, which you need to put outside yourself.

[1:16:05] And the monkey mind is the one who says, I want to quantify what I'm doing. The quantification of a practice has not really any value, which I know is hard to understand, but it's, it just,

Mark: I want to understand it better.

Desda: So you, you what?

Mark: I hear you, you are saying that when I dowse it, then it's imaginary, so

[1:16:33] **Desda:** It's unnecessary. It's an unnecessary use. It's like academic, you know, which of course you're an academic, so you know, hey, that's probably why you're doing it. But, but there's, but there's a, it's like an intellectual game that you're playing. The, the edge practice is visceral and embodied, and it has to do with how well we inhabit the totality of who we are.

[1:17:04] And, and it isn't, you're not, you're not actually able to, like, I can't pick up my dosing rod and go, mark is, you know, 30% at the edge. Uh, Cheryl is 92% at the edge. Christine is 170% at the edge. You know, I can't, I can't do that. I won't do that because it's useless.

[1:17:29] The edge is like one, right? The edge is like one, if you can understand one, you don't really need any of the other numbers. You got me?

Mark: I gotcha. Alright. This is not fair.

Desda: That's not fair, is it? No. Well, you and I are gonna have a lot of fun with, uh, this dynamism that you're, you've got under your hat.

[1:18:01] **Mark — Is There Guidance on When to Use Dowsing?**

Mark: Yeah. So maybe the last follow up question. Okay. Is there any guidance when I can use my dowsing and when not, or, because

Desda: Dowsing is, dowsing is fun. Okay. Dowsing is fun. And dowsing will train your brain to use the right and the left side at the same time. Because if you're using your dowsing rod to get, um, you know, quantifiable information, how much and the texture of it kind of, and then I'm over here and I'm sensing, I'm feeling emotion, I'm feeling content.

I'm, I'm using the right and the left side of my brain. I'm crossing the midline constantly. And it can literally heal dyslexia. I mean, I was really dyslexic there for a while and now I'm not at all. So it, it helps. It helps.

[1:18:58] Mark — Dowsing the Soul Layer at a Hundred Percent

Mark: Okay. A very simple question for a while, uh, I check my soul layer and my pendant gives me a hundred percent. So do I need to, to work on it or not?

Desda: What are you checking? Why you checking your soul layer?

Mark: Or, or of course, I so to, to decide do I need to work on it or not?

[1:19:28] Desda: Well, the soul layer, you don't have, you don't have the ability to work on your soul layer yet. What you have the ability to do is do a basic clearing of the entire structure,

Mark: The procedure which you showed us.

Desda: Yeah, that's what I mean, of course. Right? And you also have the ability to strengthen the integrity of the soul layer, you know, bring in universal love and light. Yes. So you might, you might say, you know, do I need to strengthen the integrity of the soul layer? And you're gonna get Yes, no, yes, of course, but should I work on my soul layer that's

[1:20:04] Mark: Like, no, I didn't ask clearly. No. Too big question. Okay. I'm sorry. I actually ask a question. Is integrity of my soul hundred percent or is it less than a hundred percent? That's what I ask actually, sorry, I wasn't clear.

Desda: Yeah, that's what, that's what you should be asking. Very specific.

Mark: Yeah, of course you asked. I didn't say so. If it tells me yes, I have hundred percent means I don't need to do anything about it.

[1:20:31] Desda: Yeah, if you're a hundred percent, you don't need to strengthen the integrity of the soul layer. It's fine. Move on.

Mark: Okay. So the, the only exception is the edge here. I should dowse it.

Desda: You can't dowse it.

Mark: You Can't do it. No, I can't. But I mean, it's not,

Desda: It's like, it's like dowsing. If somebody loves you or not, what a stupid thing to do. I mean, go on. Does my husband love me? Yeah, kinda. Well, most of the time you, sometimes he is a little pissy, but I was like, whatcha whatcha doing? Okay, well, I don't even know what time it is.

Oh my God, it's almost time to stop. That's amazing. That was an hour and a half that went so fast. That I have, I have no, Hey, Mary, how about you? You got a question? Do you wanna ask me anything?

[1:21:46] Mary — A Course With Elizabeth Poole, and Grasping It Today

Mary: No, I'm just, I actually was really, um, it was very helpful. All the questions, all the answers that you gave to the questions, that was all very helpful. Um, so I've taken one of your courses a couple of years ago and I can't remember the name of it with Elizabeth Poole. She introduced me, but I, I found today very, very, I was able to really grasp it.

Desda: Oh, that's great. That's great. Where are you on the east coast?

[1:22:16] Mary: I am, yes. I'm also in New York.

Desda: All right. Well say hi to New York for us. Is it as hot as all get out there today?

Mary: Actually, today is absolutely beautiful. This is like, yay. And it's sunny and it's really exquisite.

Desda: Well, that's good to know. That's good to know. Well, Elizabeth was here a minute ago.

Mary: Yes, yes, yes. I'm, I, I I think it was, I don't remember the name of the course it was, but it was, um, but today I was able to really grasp it.

[1:22:52] **Desda:** Um, alright, well good. A lot more. So that was great. It it, this is a, a very esoteric study and um, there's a lot to it. Um, it's also very, very simple.

Mary: Yes, yes. No, I've taken, you know, I've been, uh, uh, trained as a cranial in cranial sacral and polarity and, And Healing, uh, modalities. Um, so, and I find your pictures absolutely stunning. The colors are so beautiful.

[1:23:26] **A New Picture — The Channel, the Echelons and the Witnessing Chamber**

Desda: Oh, thank you. Let me show you a new picture that's not in the book. Isn't this one nice.

Mary: Wow. Yeah, it looks very cosmic.

Desda: It's very cosmic. It's this is, this is the channel which crosses the core, and these are called the echelons of the channel.

Mary: Oh, I thought those were, I thought those were, you know, the, the, the rings in the notebook. Okay.

Desda: No, you know the notebook being opened up and then, yeah.

[1:23:56] **Mary:** Okay, I got it. Yeah. Yes, I see it now.

Desda: Now these are membranes that cross the channel.

Mary: So these membranes that go around the channel. So isn't that the channel, um, vertical? You have it horizontal?

Desda: No, That's the core that does that. But this is the channel. Channel is horizontal.

Mary: Okay. Yeah. It's crossing the core. Yes, Yes, yes, yes.

Desda: Okay. And this is where the witnessing chamber is. That's that blue color there.

Mary: Yes. Pale blue. Right.

[1:24:32] **Desda:** And then satellite matrix is also there, which is the creation of the light that forms our bones of light, also forms our physical bones.

Mary: Uhhuh. So all, all of the information that said this gray thing on the top, the silver, uh, that's the umbilicus.

Desda: That's the umbilicus.

Mary: Oh, okay. So it comes all the way in.

Desda: You're only seeing a cutaway. This is just a tiny little, right. This is the soul layer. You can see all the, the rainbow. And then right next to it is the etheric. And next to that is the, is the spiritual layer. So this is the layers with the

[1:25:13] **Mary:** I see. I now I see it now I now understand this is a cutaway of the side of the, of the, the big drawing. And this

Desda: The big, big drawing. Exactly.

Mary: I got it. Uhhuh. Okay. So the pictures that were coming up now with are even more detailed in there. You're really fun. Thank you.

Desda: Mary's nice to, to meet you. See you again. And

Mary: Thank you.

Desda: Welcome.

[1:25:40] **Mary:** I've, I, the, the edge looks very interested. I'm sorry, I have a cat who's going absolutely crazy here and knocking things off, so I have to watch her. But, um, the edge seemed very interesting.

Desda: It is when You're thinking it might be, It might be good for you.

[1:27:47] **Mary — Is the Edge for Sensitives?**

Mary: Oh, I'm sorry. Pardon me. I was just wanting to Is the edge because I heard you speaking with, I don't, was it Mark or some, you know, other people, um, of the Edge would be for sensitives.

[1:28:06] **Desda:** Oh yes. And for everybody. But I think sensitives need it more than most. Yeah. It's, it's was, it was discovered so that I could survive, basically.

[1:31:04] **Closing**

Alright. Thank you so much for joining me today. Pick up your own copy of your Sacred Anatomy. If you don't have it, check it out. It's, uh, it's worth, it's worth having. There you go, Holly. You got it. And um, you know, we're working on a second edition that'll probably take another year.

So get this one. In the meantime, it's worth having and um, it's been great hanging out with you. Come back on September 19th for the next one. I look forward to seeing you. It's been a lot of fun. Thanks for coming to ask me anything. I've enjoyed being here with you. We'll see you guys later.