

Ask Me Anything — October 2025

Video: <https://www.youtube.com/watch?v=OsFYnJwTaSk> • 1 hr 31 min

Key Topics

1. [2:19] **The core and the channel, and why they are not male and female** — why calling the core the father and the channel the mother is a relational metaphor rather than a literal gender, the acceptance strata of the mental layer as the seat of the divine feminine, the divine masculine sitting at the edge of the structure, and why fifty years of one belief about women and enlightenment had to go

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[4:27] The Acceptance Strata, the Divine Feminine, and Getting Past the Patriarchy

2. [9:15] **The electromagnetic field at death** — the human electromagnetic field as the aura and as one of the two energies of the structure, why it separates and lifts away once the brain and heart stop firing, a family who kept a brain-dead man on breathing support for months, covering the mirrors and waiting three days, and watching a friend leave her body gracefully

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10. [1:17:33] **The caduceus and the balance of yin and yang** — the caduceus as the vertebral column of the core, arising and descending yin and yang crossing front and back, the crossing points supporting the chakra currents, two sealed currents that decide for themselves what they receive, and balancing active against passive in an ordinary life

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Q&A

[0:12] Welcome — Thanks for Hanging Out With Ask Me Anything

Desda: Thanks for hanging out with Ask Me Anything. I'm noticing more people are doing that, but I guess it's because there's a lot of questions right now, wouldn't you say? All right. Well, I'm really excited to get going and, uh, we've already had a number of questions submitted. Thank you, Mark. Thank you. Ridza got your, got your emails already lined up.

[0:42] And, uh, Cheryl is gonna, is gonna feed me questions so we can get started with all that. And, um, let's get started with those questions. Here we go.

[2:19] Ridza's Question — the Core as Father and the Channel as Mother

Cheryl: Thank you, Desda. Yeah, this is, this is a very foundational question from Ridza. If the core you've spoken of as the father of the structure and the channel as the mother, what does that really mean?

Desda: Well, it doesn't really mean anything. I mean, basically it just gives us something to relate to because the core is not masculine and the channel is not feminine. Um, it's, it's a little bit wider definition of, um, compatible energies. So I would say that the core is more solar evocative expressing, and the channel is more nurturing or, um, supportive and in at the same time doing incredibly important stuff.

[3:23] Both of them do really important things for the, for the evolution of the structure. Basically, we use terms like masculine and feminine in work because we're trying to relate to the experience of what it means to be human, which is in, at this time I'm in a female body. And it that, that at this time you're in a male body.

And so I'm trying to relate to the cosmic and the unseen and the unknowable from a perspective of feminine or masculine. But in truth, you know, it's like angels don't have a sexual identity either. So neither does the divine. So when we say the great goddess or the divine feminine, what we're really doing is we're elevating to a divine status that which, you know, sort of a biological imperative.

And, and, and it's, I mean, I think that's perfectly okay. If you wanna do that, it's fine with me. You know, I'm not gonna have a cow, that's fine.

[4:27] The Acceptance Strata, the Divine Feminine, and Getting Past the Patriarchy

But for me, I don't really think in terms of masculine and feminine, I try very hard to give people a place in the structure where they can understand that if they were to put a name like that on this particular frequency, it would be landing in this place in the structure. Like the acceptance strata of the mental layer is the seat of the divine feminine.

[4:54] Okay, I've said that over and over again. But what that means is that it's the seat of acceptance, which is the ultimate feminine frequency. If you take the idea of, you know, woman or girl out of it, and you simply look at that frequency, it's about arms wide open, accepting and allowing.

[5:25] And that really is what the channel does for the structure. So let's look at a picture of core and channel, Cheryl, and then the masculine of the core is simply let's give it a balance. Let's call one female, let's call one male. But it's really inaccurate to do because the structure doesn't actually have, uh, that kind of identity.

[5:56] If the, if the divine masculine has a location, it's at the edge of the structure, it's actually outside of the structure. And that's that ultimate expression, which is to connect with all creation. So is that a masculine thing? You know, maybe, you know, but I would say it's, it's, it's, it's gender neutral.

[6:21] You know, I don't really have, um, I don't really have that need to genderify the structure, but it is a question that comes up for people. And it is something that people over and over and over again ask about. Now, we have had, through historical awareness, we've had a period of the matriarchy and a period of the patriarchy.

[6:55] And I think it's about time we simply have a time for humanity and stop with the patriarchy and the matriarchy. I think we need to get over ourselves a little bit. And, and that's more, that's more along my thinking. So, you know, I, I try really hard not to put out there anything that's going to put a wedge between us, you know, because I think the whole, uh, value of analyzing and understanding and working with the sacred anatomy is to realize that we humans are more than we thought we were, that we're bigger, that we're more profound, that we have a bigger impact.

[7:38] And that, that impact is rippling out all the time. Every single time we have any interaction with anyone or anything, we are being felt by the whole species. We are somewhat like aspen trees or mushrooms, you know, we're connected. We're all connected. And so if we can approach life from that point of view, that we're connected, and that masculine and feminine are not really the determinant factor for, uh, spirituality, awareness, consciousness, it, it, it's time for that to happen in our species.

[8:21] I remember when I first started to study Tibetan Buddhism, which was now about 50 years ago, I was exposed to the idea that women were, were unable to attain enlightenment. And that was an early sort of Tibetan Buddhist, phil philosophical belief that has gone, by the way, thank goodness, as we've seen lovely, enlightened women manifest on the planet.

[8:46] You know, so, so, but uh, but that belief system was a limiting belief. And I think that anything that limits us in our human expression has to be questioned. I mean, we really need to live in the question of that. So, Ridza a long way around, but I think I got to it.

I think I answered your question, Cheryl. Mark is here. Is there a question he submitted?

[9:15] **Mark's Question — What the Electromagnetic Field Does When We Die**

Cheryl: Yes. Mark wanted to know what the human electromagnetic field did when we die.

Desda: Oh, what does it do when we die? Mm-hmm. Okay. Let's see a picture of the HEMF. So the human electromagnetic field is, um, what is commonly

thought of as the aura. Okay? And the electromagnetic field is, or electromagnetic energy is one of the two energies that the human structure has in its, um, in, in it.

[9:52] And the electromagnetic field is a reflective field. It's reflective of the physical body. The physical body is expressing electromagnetic energy because we have electrical firings in the brain and the heart, and in every soul, every cell rather. So our, our firing creates this electromagnetic field and the fields, it extends out around us from, um, you know, a few feet to out to six feet or so.

[10:24] So the sacred anatomy, which is outside of the electromagnetic field and underneath the electromagnetic field and in also inside of the physical body, it, that energy is called subtle energy. And I suggest it is a fifth quantum energy, and that it is in fact the energy of consciousness. And so we are surrounded by essentially a cosmic consciousness that encapsulates within it an electromagnetic presentation that looks like a physical body and looks like an electromagnetic field.

So when we die, the electromagnetic field separates from the sacred anatomy and lifts up and out of the structure as it begins to dissipate. So it starts to dissipate as soon as the brain and the heart stop firing, the electromagnetic field lifts up.

[11:29] **The Family Who Kept a Brain-Dead Man on Life Support**

One of the saddest things, saddest things I've ever experienced was a family who believed that as long as the heart was beating, that the person was alive, even if their brain was completely dead. And this guy was being kept alive on, you know, breathing support, uh, because his heart was still beating. And they kept him like that for months and months and months and months and months.

[12:03] And what was so sad was that it kept the electromagnetic field going, but only partially because the brain emits a lot of electrical impulses. And when those impulses had virtually stopped, it was only the heart field that was, um, radiating out. And it was this weak little electromagnetic field that was just kind of floating, uh, over his s sacred anatomy.

[12:38] And he was waiting to be released. So what happens when we die is the electromagnetic field has four layers and it overlays four systems. Um, so, you know, we have the, the bio layer, we have the emotional layer, we have the primal layer and the mental layer. Can you show us a picture of the layers, Cheryl?

[13:05] And then the same exists in the electromagnetic field. So those layers kind of inner, they inner lace like this. So those are the layers of the one body. And the electromagnetic field overlays the bio, which is the physical body, the emotional, which is the pink one, the primal, which is green, and the yellow, which is mental.

[13:31] So it overlays those four. And when somebody begins to die, when their body starts to shut down, the electromagnetic field pulls away like this, and it, it pulls away and it begins to lift up. And if you've been with somebody who's died, you've, you may have even seen a kind of lavender or light green, uh, sometimes it's blue or gray energy lift up and kind of float above the physical body, and it sort of stays floating there for a while.

[14:10] **Cover the Mirrors, and Being There When Someone Dies**

Um, in a lot of cultures they say cover the mirrors. You know, you don't wanna scare the person who's died 'cause they realize they're dead by looking in a mirror. I, I, I'm not a big, you know, proponent of that, but, you know, if that's your culture, great. And the the other thing people say is don't don't cremate a body or bury a body for three days.

[14:35] Give it time to release. And I, I tend to think that's a pretty good idea because you, you wanna give the, the electromagnetic field time to lift up. So lifting up, up, up, up. And the sacred anatomy starts to pull back, pull away, and there's this kind of distancing that occurs. So that's what happens to it when we, when we die.

[15:10] And the only reason I know this is because I've been with people when they've died. You know, I've watched this happen most recently, last year I, I was with a good friend when she died, and, you know, and I watched her electromagnetic field just detach. And, uh, as she, as she died, she, uh, a very peaceful death.

It was a very beautiful, and she just very gracefully left her body. You know, it was, uh, it was just a, uh, in many ways kind of an ideal death. And I wish that for everyone. Okay.

[16:23] **Kirsten's Question — Alpha, Beta and Gamma Substructure Geometries**

Cheryl: So next, okay, I'd like, uh, to ans here's Kirsten's question says, thank you for entertaining all of our curious questions. Can you talk more about the alpha, beta and gamma substructure geometries? Have you noticed any importance to the symmetry of beta and the gamma geometries? For example, if the left disc is vertical versus horizontal, or if it is the left or right disc that is diagonally crossing,

[16:58] **Desda:** I don't think in terms of left or right for either beta or gamma, can we see a picture of the substructures so people know what we're talking about? So the substructures are, um, the substructures are how we are kept up and open by the bones of light. All right. So, um, when you look at these three, uh, substructure there, it, it's hard to find from these pictures, but basically these are huge discs that run the whole length of the structure and go forward and backward as well.

[17:42] So there's a great big disc that goes all around and there's a, um, alpha, beta and gamma presentation. These are soul orientations. And the thing that's interesting about these, uh, soul orientations is that they, they're consistent from lifetime to lifetime. They don't change you when you form your structure maybe 100,000 years ago or something.

[18:11] When your structure forms your soul's purpose is what determines what your soul structure is. And as your soul structure is determined, you then move to fulfilling your soul's purpose. So the alpha, the beta and the gamma have different, um, orientations, different sort of focused, um, contributions to make to the human species. The alpha is a, a visionary and, um, tends to be a bit of a, a, a leader.

[18:46] But they'll, they do things like originate i, uh, work and they're, they're kind of idealistic in that way. Betas are, uh, very, very creative. And they're the artisans, the craftspeople, the creators of beauty, harmony, and balance. And then, you know, the gamma is pretty much focused on just bringing love and receiving love.

They're very focused on being loved as well as giving love. So there's a, um, there's positives and negatives for all of 'em. Not one is better than the other. They're all important. We don't function without all three.

[19:28] **Not a Student of Sacred Geometry — Substructures Seen as Trees**

The question she had was the geometry of it. I'm not a student of sacred geometry. I don't find it particularly, uh, enlivening for me, um, because I don't really see things as geometric patterns. I see things as fairly organic presentations. So I tend to sort of see the substructures like trees, you know, different species of trees or like the way one branches one way or branches up or down or across it.

[20:09] There isn't a left or right disc for either beta or gamma. They're just, uh, discs. And there happens to be a left and a right for the alpha because the discs are not touching. So that's the only thing. Kirsten, I'm not sure what you mean by a geometric presentation. It would, I would, uh, benefit from understanding a little more what it is you are talking about.

So if you wanna come online and tell us, that would be helpful. Otherwise, I'm just gonna move on to another question.

[20:47] **Kirsten — Left-Handed and Right-Handed Molecules**

Kirsten: Oh, I was just thinking in terms of biology molecules are left-handed or right-handed. And so there's certain processes that the body only wants the left-handed version of a particular protein enzyme or molecule. And it doesn't use the right-handed version. Just like if you look at 'em, you know, they sort of a mirror image of each other.

And I was just curious to know if that was relevant here. 'cause a lot of, um, other sorts of traditions do talk about left-handed versus right-handed angles of this or that and all this kind of thing. So I was just curious if it ever had come up for you as something of significance.

[21:26] **Desda:** Well, certainly it has come up in some ways, but, um, this is not one, so I don't necessarily equate, we can't always equate, um, physiological laws and rules and order to the sacred anatomy. It's kind of got its own extra physiology that is a little different. Um, and yeah, so I think that's where I'm going to end the answer.

[22:03] Thanks. Thanks for coming on and clarifying that you're always, you always bring an interesting perspective. I love how you think. Now is, you know, Mark, you had your hand up at one point, so what is your question?

Cheryl: He has put it in the chat.

Desda: Well, it's okay. He can just say it. Okay.

Cheryl: Yeah. So I can read it or whatever.

[22:30] **Mark's Question — Who Is the “I” That Does the Edge Practice?**

Mark: So it has several parts because I want to understand the phenomena. So okay, I start like this. Suppose I'm doing my edge practice. Suppose I'm doing now my edge practice.

Desda: Your edge practice, yeah.

Mark: Question number one. Can you see this I? Who is doing edge practice? No doubts, but see,

[22:59] **Desda:** Okay, I didn't understand what you said. Can you say that one more time please?

Mark: Sure, Yeah, yeah, sure. Just imagine that I'm doing my edge practice, yes. Practice. Yes. And then you watching me, can you see this I? Who is doing the edge practice?

Desda: Oh, can I see if, if it is you who are doing the edge? Well, No, I actually, I dunno.

[23:27] **Mark:** Who is you? Who is, I'm just asking because I'm saying I'm doing it because this is what I feel that I,

Desda: I can see if you're at your edge or not. If that's the question. Yeah, I can see that.

Mark: But what does I, when I say I to, what does it postpone in the sacred anatomy when they

Desda: Oh, okay. So would you think, are you asking about like identity?

[23:53] **Mark:** Yes. And extensive self, and then there's identity, right.

Desda: Okay. You can say that is,

Mark: but I'm just purely technologically because I know I I'm doing something. So the question is, so there is this I, at least the way in my perception

Desda: Yeah.

Mark: Is, is a meaning specifically for it in, in, uh, sacred anatomy, or can we see this I which is doing something and

[24:27] **Desda:** Yes, you can't. And what is the meaning of this I? And what is it functional content in sacred anatomy? What is it?

Mark: So what is the functional content of self-identity in the sacred anatomy?

Desda: Well, I, I hesitate using labels like self-identity. I'm just, I experience, I, so whatever you you want to call it, you, you decide.

Mark: But I'm not talking about my experience. I'm, I experience I too.

Desda: Okay. We experience a

Mark: you know what I'm talking about.

Desda: I do, I understand what you're talking about. I got, I got your question. I think, so I'm gonna go ahead and try and answer it.

[25:06] **The Four Aspects of the Authentic Self — That Is the I**

So the sacred anatomy has, um, uh, four aspects of the authentic self. Mm-hmm. And that is the I that is who we are. We have four sides to ourself. We have a physical, which is manifest. We have, uh, and, and you wanna think of these as spiritually defined. In other words, they're not, they're not, it's not like this is an I, it's, it's larger.

[25:37] And so it, it has to do with the authentic nature of the soul. And that is the I of the sacred anatomy. Now you have a sense of self or I, uh, as an electromagnetic presentation. And that's what we think of as persona, identity, id, ego. Um, and it, it has a lot to do with how you evolve and develop as a, as a person in this physical world.

[26:09] And that's your sense of I as an electromagnetic being. When we begin to use the edge, we are introduced to ourselves as being much larger than the I of this, of the electromagnetic sensibility. So the electromagnetic self is, um, fascinating and lovely. And we love, we like it. We wanna keep it, uh, we're going to use it.

We, we think it's helpful, but it isn't the end all be all. And it will die when your physical body dies. So if the electromagnetic field is the presentation of personality and identity in this lifetime, it dissipates, it goes.

[26:57] **Retained Mastery, and the Spheres of Influence**

But the sacred anatomy will retain levels of mastery. So if in this lifetime you have somehow or another managed to master mathematics, that's going to stay in your sacred anatomy as a, a future use tool. And there's a way that we store kind of, they're called spheres of influence, and they're little like balls of information and knowledge.

[27:22] And people have their own, it's not everybody gets the same ones. They're all different. And so levels of mastery are attained in a lifetime. When you die, that mastery isn't completely forgotten. It's retained. And so you may have even, some of you may have had the experience, it's most common really with, with.

So people have had the experience of putting your hands on someone and knowing exactly what to do, like knowing exactly how, how to move your hands or where they should be touching. And I used to have this great talent of like going directly to the, to the worst pain point and pushing, you know, it was real really great.

[28:05] So, but, but there's, but there's also people who just get concepts, you know, just like suddenly understand things. And that's a sphere of influence that's opened and is taking you back to ancient mastery. So we have that as part of the identity of the four aspects. The four aspects also are very interested in your soul's evolution.

[28:33] So how you're developing as a being and as you are developing, returning to the source. So the whole goal of the sacred anatomy is to be a co-creative manifest partner with divine source that ultimately in eventually dissipates and returns to the source frequencies, the source energies, and essentially becomes an energetic kind of like, we like to think about consciousness, you know, not manifest in a in a, you know, a person, but manifest as a larger idea.

And that's, that's kind of where we're going as an entity. We're going to a larger version of what the idea of I is. I hope that did it. Did I answer your question, Mark? I tried. I really tried.

Mark: Thank you. Just one little question for,

Desda: Okay, now we're gonna move on.

[29:37] **Mark — What Happens When Somebody Attains the Edge**

Mark: You said, what's the difference? You see if I'm at the edge or I'm not at the edge?

Desda: Uh, yeah. What happens when somebody attains the edge of the sacred anatomy? And what we're talking about here is a, is a, is a practice that's really a spiritual practice that I teach. It's five steps, and you do these five steps and you attain the edge and you do have to practice it to get good at it.

[30:05] 'cause it isn't a totally natural thing when you first start out. Sometimes, sometimes it is, but you know, you'll have to learn how to do it. And when you go to the edge, you are not dragging your electromagnetic field out to the edge. So the I, the identity, the persona stays more contained and next to your physicality because it's essentially your chi field.

[30:30] So it should stay close to this part of you. But when you are at the edge, you light up and there's a way that the sacred anatomy kind of beacons and says hello, and here I am and let's have a conversation. And I'm so glad you finally noticed me. You know? And, and there's a, there's a quality of awakening and awareness in, in the structure who has attained the edge.

[31:03] I can see it when I look at you, I can see the light around you. I can also see when people aren't at the edge. I can see when they're mostly at the edge, I can see when they're, they're at the edge in this little, little tiny area. But, uh, and, and a lot of how I've developed the practice of the edge over the years has been because I would, when I first started teaching the edge, it was just like, okay, go to the edge.

[31:33] That was kind of how I taught it. And people were like, huh, you know, legitimately so, so then I started to learn how to teach it. I mean, it really, the sacred anatomy taught me how to teach basically. It really did. I just had to look. So, all right, let's go to somebody else. Thanks Mark.

Thank you very much. Always, always good questions.

[32:05] **Cheryl's Question — Radiant Points, the Etheric Layer and the Template Strands**

Cheryl: The next question, Desda, what is the relationship dynamic between the radiant points karmic and information processing from the etheric layer and energies moving down the template strands and how they can travel too slowly before entering the star point for processing?

Desda: Who's asking this question? Is it Diane?

Cheryl: No, I am.

[32:30] **Desda:** You are? Oh, I figured it was one of you. Okay. Alright. Ask it again because it's so complicated. You're gonna need to show three pictures, I think.

Cheryl: Yes. So here we are. Here's the template composite.

Desda: Okay. So, So Cheryl is asking about the radiant points. And right here we can see 10 of them. There are these, uh, points that's in the template system. And the template system is basically the nervous system of the sacred anatomy. And the radiant points are these sort of spinning wheels that are in the nervous system of the template, which is the name that we call the nervous system of the sacred anatomy.

[33:18] And what they do, what they are is points where various types of karma are captured and then accessed. So when I teach in a, a fairly early class, actually in Med Bag, um, is I, I teach that you can slow down the delivery of particular types of karma so that you will not be in a position of being overloaded.

Um, now she asked also about the etheric. Say your question again.

Cheryl: Well, the radiant points are accessing information from the etheric layer, the karmic death, and recent strata.

Desda: Mm-hmm. So that information is coming for processing. And so It's going both ways.

[34:15] **The Etheric Layer as Your Own Library of Alexandria**

Okay. So the radiant points that are over the orange part, sort of near the little mountain range you see there, that's called the etheric layer. And those radiant points are in two of the furthest out strata of, of eight strata that the, the etheric layer has. The etheric layer is what we could think of as our own personal, uh, Akashic records.

[34:41] Akashic being a word that the great Cayce introduced. But it, it's basically our own personal little, uh, uh, library of Alexandria where we, we put all the information of our soul's journey. And there are two strata that are involved here is recent, which is current learnings. Current learnings, and then, um, the other one is karma and death.

[35:08] So the, so this is like learnings and experiences from karma and death learnings and experiences recently. And so those two places are actually radiant points that access and move into the etheric. Now the etheric, it, it basically holds your whole karmic journey, right? So when she says that the radiant points are accessing the etheric, that is true, we are accessing the etheric.

[35:40] Um, the radiant points look like they're on top of the physical body, but they're actually off the physical body.

Cheryl: They're out. And then you asked about the energies coming in.

Desda: Can you say that part of the question?

Cheryl: Yes. Uh, there's also energies that are moving down the template strands uhhuh, and if they travel too slowly before entering the star point conduit for processing problems ensue. And so I'm curious about this

relationship between karma karmic information download that's also in the template and the energies moving down the template strands that can also lead to a lack of energy and anxiety.

So I'm looking at how these karmic radiant points, points affect the speed at which energies can come down and nourish us.

[36:40] **Saying No to Abundance, and Energy Backing Up at the Star Point**

Desda: Well, a lot of times those, um, the issue that you're referring to is happening in another place. Like it actually sort of happens at the Yes! circuit. So it has to do with receiving. So if I'm bringing in, or the universe is giving me an energy called abundance, right? And it's coming in and I'm saying no to abundance, what happens is there's a way that that energy is diffused immediately and doesn't really enter the structure.

[37:15] If I in fact slow it down, like, well, I'll allow a little abundance, but not all of it, it's too much for me, I'll slow it down. And so it comes in, it comes in and, uh, less intense frequency, and it goes all the way down the strand. And right before it goes into the star point, um, it maybe starts to back up or it even gets into the star point in the conduit and swells because it's not being allowed to go in, it's not going fast enough.

[37:47] When we say yes to an energy like abundance, for example, the Yes! circuit brings it in and it speeds up to the point that it needs to get to, to go all the way through the processing of the e-stomach, which is where subtle energies that are sourced energies are processed and initialized.

This is really deep in what we call the temple. We're way inside of sacred anatomy, uh, and the energy. How does this work? So I apologize for all of you who are going, like, not my intention to do that to anybody, but the truth of the matter is all these pieces are related to each other.

They do work together and they do support each other in their, in their process. That was a little bit of an answer for Cheryl.

Cheryl: A little bit. I could, I could talk about that for much longer, but I'm afraid to do that here.

Desda: Fair point, fair point. Okay.

[38:49] **Kat's Question — Which Edge? The Third Skin**

Cheryl: Alright, well, we've got some other questions. Uh, Kat was curious, could you please point to what edge you are referring to, because maybe she's not seeing it.

Desda: Sure. Let's, let's see. The edge picture. The edge is the edge of the sacred anatomy. It's like the third skin. So your physical body, um, your physical body is, uh, has, has a skin. That's the first skin. Then there's the electromagnetic skin, which is overlaying these four intersections out to like the yellow, the edge of the yellow thing.

[39:32] That's where you see the electromagnetic field and the electromagnetic field has an edge. And then we have the third edge, which is all the way out at the, uh, edge of the sacred anatomy. And that is the edge we're talking about.

So what we're, what we teach in this five step, um, spiritual practice, it, it's really a metaphysical practice for functioning as a whole being.

[40:05] And the sacred anatomy is as much who you are as your electromagnetic field is, as your physical body is. So that's the edge we're talking about. Good question, Kat. You can find, uh, people teaching the Edge Express on my website. Uh, Cheryl is, has just taught a class and, uh, Tasha Weber has a class coming up, and I'm sure by the end of the year there'll be a few more.

[40:37] So please take, uh, a moment to look and see the edge practice. It's a, it's a, a really interesting spiritual practice. It's the ultimate in boundaries. It really helps you keep your boundary, it protects you as well as allows you to access all the wisdom of your sacred anatomy, which is, that's another like, really exciting part of the edge practice.

Okay. If we got another question.

[41:07] **Barbara BK's Question — Gobekli Tepe and the Deep Human Past**

Cheryl: Well, and we actually have two questions that are kind of related. Okay. Kat asks, you know, the sacred anatomy retains mastery and memory, which yes, it does. And then BBK asks, and now for something completely different, sometimes it is easier to deal with the present when we put it in context of the larger past.

[41:32] Do you have any knowledge to share about humans in Gobekli Tepe or other ancient sites from say 10,000 years ago?

Desda: 14,000? There's the first piece of information. Okay. First of all, 14,000. Um, well that is a really interesting question. I'm usually not asked to do, uh, psychic readings, you know, ever by people. I, but I did do it professionally for 17 years. And I found in the course of doing Akashic readings for people, I learned a lot about ancient history because it was right there in like a video scrolling across my head and I was able to see information about, um, early civilizations.

[42:31] Gobekli Tepe is a religious site, pretty sure it was a place where, um, different practices were carried out, and it was a place where ancient and, um, sort of the ancient people and more early civilizations came into contact. So it was, um, a, a place where people who had had civilizations before the, what's called the, um, it's the, the, the larger Dryas or the later dr.

Anyway, it was right younger Dryas, what is it?

Cheryl: The younger Dryas.

Desda: The younger Dryas, thank you. I couldn't remember the younger Dryas, which is the time, uh, of the great melting of the ice from the, um, from the, uh, the great frozen period of our planet.

[43:32] **Cities That Predate History, Edgar Cayce and the Bimini Road**

And all this ice started to melt. That's when we had a lot of flooding and a lot of things changed. And, um, before that happened, um, there were more advanced civilizations on this planet. Um, it was not uncommon, and it still isn't uncommon when I do etheric readings to go back 25,000 years with people, or

30,000 or even 50,000 years with people I've even gone back as far as over a hundred thousand years with, with, with someone.

[44:03] So it, it, there we have a much longer history and some of these artifacts that they're finding now using all this cool science stuff, you know, lidar and looking at, you know, like now they can map the cities of the, of the Amazon for example. And they've, they've, they've come to the conclusion that millions of people lived in the Amazon, that it wasn't just like a couple of tribes, you know, hanging out 50 people here and 50 people.

[44:34] It was like millions. And there were big cities. So there were ancient civilizations on our planet that predate what we think of as history. And, um, there were cataclysmic events that occurred. You know, we were hit by, we were hit by meteors and all the dinosaurs died, but we were hit by meteors again.

And there are, there is definitely geological evidence that a lot of this stuff happened. So rather than get into the, you know, like that stuff, which can be very subjective, um, what, what I can say absolutely with no question is that our species has been, uh, functional and civilized a lot, lot longer than we think.

[45:23] And that we've gone through multiple iterations of civilization. And we'll eventually figure all of that out. That'll all be found back in the, I think it was the forties, Edgar Cayce predicted that in the late sixties, that, uh, they would begin to discover the remains of Atlantis and that off the shores of Bimini.

[45:49] And sure enough, the, the Bimini Road was discovered in the late sixties, and many people who have studied what Atlantis might have been have suggested that this was somehow a connection to that, uh, more ancient culture. But, you know, we don't, we don't have enough, uh, scientific knowledge yet. And we have a whole science of archeology, maybe other sciences as well, but especially archeology that thinks they have figured it out.

[46:24] And there are a lot of people who are coming up with new ideas that are not accepted and shunted aside. But that's true in all science. That's pretty true in all science. It's true. It's, it is human nature to wanna know it, you know, and then we cling to what we know. So you have to watch that tendency, don't you? Yeah, I know.

I do have to watch the, I don't know it all. I'd like to think I do, but I don't know it all. Nobody does. Okay, so what else?

[47:00] **Nazy's Question — In Randomness There Is a Choice**

Cheryl: Thank you. Nazy asks, now we're gonna look at the mental layer. She says it contains thought patterns, beliefs, memories that organize perception. When you mention in randomness there is a choice, does that mean that out of random randomness, consciousness will select which possibility will turn into a usable thought even when we change our minds?

[47:33] **Desda:** I'm trying, I I think you're referring to a conversation we had in Nine Levels about randomness, right? Is that what you're initially thinking about there? Nazy?

Nazy: Yes. You said that in randomness there's choice,

Desda: There is, organization has choice as well. So when organization sort of, um, you know, organizes these thoughts and such, I don't know what else it organizes, probably beliefs and patterns, but, um,

Cheryl: Uh, concepts. Beliefs, attitudes.

Desda: Yes. Attitudes.

[48:11] **Nazy:** Where does this choice lie? Like, uh, I, yeah, the, when you talk about randomness, where does the choice of randomness lie? Is that, yeah, within, within the context of the mental layer.

Desda: Okay. The context of the mental layer, first of all, there are three strata. There's organization, which is concepts, beliefs, attitudes, uh, the invention of religion, you know, uh, sacred geometry. Those ideas come about in the mental layer. And then there's acceptance, which is, so the mental layer is, has these three sections. This is a, a drawing that I did that Kimmy translated into computer graphics.

[48:52] So the first we have, uh, organizational, which is the one at the bottom. And then there's acceptance. So acceptance is this place where we just, we allow for, uh, a kind of mental awareness of what is possible. So that's the strata of potential or possibility. And then we have the third, which is chaos.

And chaos is where the random occurs. It's one of the only things we can understand about chaos is that, is that it's completely random, but we have a choice as to whether to let that in or not. We can choose to accept the random possibility. And once we do that, we start to organize it.

So it kind of leaves chaos and goes into organization, but it has to pass through acceptance to do that.

[49:49] **The Randomness of Trauma, and a Redwood That Missed Two Cars**

So when you're, when you're confronted with the randomness of something horrible, the randomness of some, you know, disastrous occurrence, I'm, I mean, if any one of us has ever experienced real trauma or loss, there's a quality of just random chaos in it. You know, like why in the world did that happen to such a good person?

[50:16] You know, why did that guy get killed? Or why did you know, why did this 4-year-old child suffer like this? There's a random quality. There's an, there's a chaotic order to the universe. It used to say that the only order in the universe is chaos. That's, that's an old chaos theory idea. But what, what we, what we have really is access to random things.

[50:44] So random things happen a couple, like a couple of winters ago, and a redwood tree. You know how big redwood trees are? They're a redwood tree. I mean, they're like, we're talking a hundred feet, you know, at least this redwood tree fell down right in front of our neighbor's house, boom. And it missed both of his cars by about an inch.

[51:12] They would've smashed two vehicles and it missed them completely. It just fell like right there. And there was such a random, chaotic feeling when we walked over to look at this giant tree, you know, all the way across the frontage

of his property and the guy next door. And we went and we looked at it, the whole ground was like, you know, in a kind of chaotic state.

[51:41] And you got the randomness of the universe. Just from that experience, just looking at that, it brought me to this place of just in incredible appreciation, not just for this guy's luck. I mean, that was lucky. It would've been a pain in the neck to deal with that. But it didn't hit any people. It didn't kill any animals.

[52:06] You know, there weren't even any birds injured in the tree. They'd all left, you know? So there was a quality of randomness, and yet in incredible grace in that. So I think, I think it's important to realize that when something happens, and it's random, I mean, we really have the opportunity to look at the divine nature in action.

[52:33] You know, we look at war, you know, why does this building blow up and this building not, you know, we look at war. And, and so it's a, so it's an opportunity not just to dwell in the horror, but to actually dwell in the amazement of why, you know. And we as humans have to ask that question all the time, especially if we're walking towards peace.

[53:04] You have to ask why. And as we ask, why the grace, the beauty, the elegance of randomness starts to present itself. You know, it, it helps if you move away from the idea that the divine source, somehow or another, is your best friend and has decided that it has your interests at heart.

'cause that's a lie. It's not true. You are just as important as all the rest of us.

[53:43] **Standing in Partnership With Divine Source, Outside of Fear**

Next, when we stand in partnership with Divine Source, we're claiming something. We're standing up and we're saying, I'm sticking my head above the tundra here, and I'm no longer crawling on my belly. I'm going to have an impact. I'm gonna own my sacred anatomy. I'm going to have an impact. And I'm going to experience the randomness of life as one of the manifestations of divine harmony, beauty, and amazement.

[54:24] I'm looking at the attributes of God, essentially from this perspective, but I can't do it. I can't do it unless I allow myself to step outside of fear. If we live in fear, we die in fear. So one wants to allow oneself to step outside, appreciate the randomness and the chaos, to see the workings of divine source.

[54:58] I did say the word God, but I'm, you know, divine source. The creation, the unfolding, and watching it all happen, you know, at any moment we could be hit by a, a, an asteroid. At any moment the sun could explode and we could be gone like that. But would we be gone? I don't think so.

[55:26] I think we would become part of the random chaos of the universe. And I don't think we got here that easy. You know, it's like, even if the sun goes whammo, I don't think we're outta here. That easy. Alright, that was, I hope you, you know, it was a, I I ran at your question there, Nazy.

Mark, you got your hand up again? I can't hear you until you come off mute.

[55:57] **Mark — How Can This “I” Ask These Questions at All?**

Mark: Yeah, it's a follow up to what you just said.

Desda: Okay, go for it.

Mark: How can our I, which is electromagnetic field, ask these questions, which you, we were asking, it seems like sort of gap, the fundamental gap between

Desda: Did you, is that gap? You said

Mark: What, what I'm saying they seem to be fundamental gap between the nature of this I, which is electromagnetic. And the questions you are raising, you're asking, so how can this I, which is so limited, ask these questions? So something doesn't make this sort of,

[56:34] **Desda:** Well, I didn't say that the, that the electromagnetic identity was limited. It's human. It is, it is about the possibility of what we are. And when we begin to be aware of the larger potential of what humans are capable of, you know, the miracles we can perform, the ways that we can change things.

[57:03] In this case, we is still this electromagnetic field, electromagnetic entity. Well, we have electromagnetic presentations, therefore, when I speak about we, I'm including the idea of the electromagnetic field and the electromagnetic physical manifest reality. But we also include,

Cheryl: What else?

[57:29] **Desda:** Everything else, your four aspects and your soul's manifest reality. Your soul's evolutionary development is what the substructure supports, what the entire sacred anatomy supports, what all of this supports. It's, it's an incredible journey. It's a it, and, and in some ways it, people treat it like a race, you know, like a race to the finish.

It's an unfinished race. It's never going to end. And the truth of the matter is that if we were to be exploded overnight, we would still be on that darn journey. So it's, it's a matter of allowing yourself to step into this larger understanding of who and what you are. That that's how we get there.

[58:21] **Mark, You Are Me and I Am You — Name It and Claim It**

And that's how I, and we start to make a little more sense because ultimately, Mark, you are me and I am you. There is no difference between us. What we need to have differences because we need to call this Desda and we need to call that Mark, right? We need to name it because we're human and our brains are geared towards identifying and owning.

[58:50] But if you can name and claim your disturbance, your, your illness, your upset, your pain, if you can name and claim it and understand the emotions in it, you can also let it go. You can also release it. It also lets you move into a bigger version of who you are because you don't have to be stopped by that small identity.

[59:18] **Cheryl:** Thanks, Kat. She, what she said is a beautiful rant.

Desda: Well, that's what I do.

Mark: And it's oddly comforting to think if the star, our sun explodes, we still go on.

Desda: Yeah. That to me is a, a a, a deep unexpected comfort. It's comforting. It is comforting. And, and we struggle so hard with this electromagnetic

smallness of what we are, you know, we, and we fight with it all the time. And every, you know, it's, this guy has to be on top of, this guy has to be on top of this guy has to, this guy wants to kill all these people.

[1:00:06] And you know, like, it's like it's insanity. That's chaos. That's the real chaos. You guys loving each other and looking at Mark and saying, I'm you, you're me. We're a, we're humanity. And if we're, if we're able to do that for just even two seconds a day, can you imagine the energetic opening that that would be for humanity?

It's a potential, right? Don't we wanna live in that?

[1:00:35] **Saying Yes or No to a Random Event, and the Deity Strata**

So that's what I'm talking about, about randomness. And we can say yes to a random event, we can say no to it. We can look at it and say, that's not a random, uh, event. God has struck you down. That is, I was personally attacked by God. You, you're god struck me down.

You know, you can make that non-random or you can say, s**it happens. It's a, I find that more comforting than God struck me down. You know? It's like, really? What are you, Zeus? You know? So it's like, let's, let's get out of the, uh, rain, the, uh, lightning bolt thing. Let's move on.

[1:01:29] Oh God, somebody was talking to me the other day about the deity strata in the spiritual layer, and they were like, well, what does that mean? You know, deity, well, you've been alive for a hundred thousand years. You've worshiped like 50,000 different deities. They're all there hanging out, waiting for you to come back.

And you know, there's Zeus with his lightning bolt ready to strike you down. So it's like, you know, it's all about belief and consciousness, frankly. And that's pretty random when you think about it. Like, where'd that thought come from? You know? Alright.

[1:02:11] **Cheryl:** Well, and understanding this greater perspective does let you in on the biggest cosmic joke of it all.

Desda: You bet. You bet. And, and, and we can laugh or we can cry. We can laugh or we can cry. And

Cheryl: Luckily the sacred anatomy gives us a perspective that we can laugh.

Desda: We can laugh. That's only part of the deal. You know, whenever I've met an enlightened person, I, I have been lucky enough to meet a handful of enlightened beings on my journey through this world. And when I've met them, the only thing that I can do when I'm around them is laugh. And I can't, I can't get my s**it together enough to ask a question.

I just laugh the whole time. And the good news is that they're laughing too. So there you go.

Cheryl: Oh, oh, thank you for that delicious moment of lightness. Desda, I appreciated that.

[1:03:14] **Praying for Peace This Autumn, and Three Free SGAs**

Desda: Well, I'm, I'm looking for that. And, you know, I'm, I, I'm really feeling inspired this autumn to, uh, meditate on peace and to pray for peace, but not, um, not like location specific peace, but like peace for humanity. Like, let's all, let's all get on the peace train, you know, all of us.

[1:03:41] So I'm doing three SGAs, one in, uh, one this month on the 19th of October, one on the 2nd of November, and one on the 7th of December. And they're just like free little meditative SGAs. And they're only a half an hour. And the first one is finding peace in the midst of chaos, which, hello, do you think maybe that might be happening now?

[1:04:09] And then the second one is expanding the moment of peace. 'cause once you find that, once you can find that moment of peace, well, wouldn't it be nice to make it bigger? Wouldn't it be nice to make it longer? Wouldn't it be nice to just live there? And then the third is living into the freedom of peace.

And, and it's really about walking, walking the path. So I'm hoping we can, uh, all connect at those SGAs, they're all free. Come tell your friends. It's my little offering to the world. I'm hoping to make some kind of a dent in the chaotic manifestation that's happening now. I mean, have you noticed?

[1:05:00] **Diane's Question — What Is It That Is at the Edge?**

Cheryl: Yes, that's why we're here. And I'm happy to say we do have more questions. Desda, would you like?

Desda: Good. Let's hear it.

Cheryl: Yes. Well, Diane had, um, some of her question has been answered about the edge practice, and she wants to know when you attain the edge, what is that you, in terms of the sacred anatomy that is at the edge?

[1:05:30] **Desda:** Um, it's your consciousness. You could think of it as your meta consciousness, your overriding consciousness. When we think of the self, it's usually an electromagnetic self. You know, it's like I like, you know, um, really good European bread that that's the self here. But, um, when I'm at the edge, I don't care about European bread at all.

[1:05:58] And when I'm at the edge, I'm in the seat of compassion. In the sacred anatomy. I'm in the place of the largest understanding of who and what I am. I am in the most enlightened, awakened place that is possible to attain in my sacred anatomy the edge.

Diane: So Desda, when you say I am in my sacred anatomy, then what, how do you perceive that? Do you see that as source energy as it flows into the structure through the core and the channel? Do you see that as something larger than that that contains that flow of source energy? Like how do you see consciousness or super consciousness itself that's perceiving all of this phenomenon?

The individual of the sacred anatomy or larger than that?

[1:06:49] **Core Individuation, and the Splinter of a Soul**

Desda: It's the core individuation that gives me that

Diane: Yeah.

Desda: Sense of self. So as the, as the core individuates, different strands split off, and that's when the great creative journey begins. Okay. And that's, that's really what we are, we're in this creative manifest beauty. And as that's unfolding, you know, we, we can watch the sunset or the sunrise and start to experience our own sunset and sunrise within our structure.

[1:07:25] We can begin to feel ourselves as the enormity of the planet, and then we can feel ourselves as the enormity of, of space in the solar system. And then we can step outside and we can begin to feel multiverses and then beyond that. So that is your identity. Your identity starts to become a manifestation of your own individuated nature.

[1:07:51] So it's your splinter of a soul that, because at your core, you are the I am consciousness, which is the divine I am. So it is self-awareness that begins the process of cosmic unfolding. And so therefore, when I become a structure that's going to eventually create this physical presentation that structure's core and channel crossing with the Grand Cross at the center being this amazing explosion of recognition and awareness.

And when that happens, the individuation starts and the structure starts to very rapidly form after that. It's, that is what I am, that is the I that's at the edge consciousness.

[1:08:47] **Diane — Anchoring Into the I Am, and Which Piece of Chaos You Choose**

Diane: Can I, uh, ask a follow up question relating to chaos?

Desda: Of course you can. Of course you can. My goodness.

Diane: So I'm just kind of going with a flow of consciousness here. So we have, uh, chaos in the mental as a strata in the mental layer. We have the random randomness of the universe. So kind of what's coming to me is something that I've been working with for a long time, but I'm trying to refine this more as we anchor more and more into the I am and the purity and the force and the power of that.

[1:09:18] Do you, what I've been seeing is that we may, or this is a question, do you perceive that we then have more possibility of contributing to, I don't wanna say beneficial outcomes, but let's say on planet earth right now, where there is so much chaos going on. What I, how I see it is the more we're anchored into I am and that force of pure of originality, we have the potential to potentially shift that chaos into a higher level of beneficial order via our anchoring into that I am, and then the expression of that in a very skilled way.

Desda: Yeah. And the skilled way means that you cannot have an agenda.

[1:10:15] **Diane:** Right? Exactly. That's, that was my other, yeah, to have no agenda at all, but simply to anchor into that and ground that, and then express that. And that's,

Desda: That's skillful, skillful action is to not have an agenda, to not be attached to outcome or desire, and to simply be in the presence of the moment, right, of your beingness and your beingness. In your beingness. You can focus on the small, the minutia of the wound you're carrying, or you can focus on a

little bit larger electromagnetic presentation, or you can focus on the bigness of your structure, or you can focus on the divine at the core.

[1:11:01] You can do that. You have choice. You are an amazing being. Therefore, you can select what little piece of chaos you're going to extract and attempt to understand. That's what I did when I started working years ago after I had this enlightenment experience. It was like, well, now what really? So then I thought, well, I can, I can either choose to help people learn how to sense so they can feel life and they can have feelings, which is, you know, I see there's a big problem there, or, or I can teach people about the sacred anatomy and then they can understand how big they are, the more than they think they are, or, uh, you know, I can teach them skills, lots of skills so that they can function better and, and hopefully feel better about life and maybe not be so cruel.

[1:12:01] Right? So I decided to sort of focus on all of it, you know, and so I kind of mashed it all together and that's what I'm doing. Thanks for joining me.

Diane: Thank you Desda, for yeah. Bringing all of those things together.

Desda: Well, well, so are you, I mean, that's the thing. I it's not when I say me or I, it's us. You know? It's all of us. This work doesn't exist without you. Yeah. Yeah. You are welcome. You are welcome to join me.

Cheryl: Yes. Well, and still more questions would you like?

Desda: Oh, good. Okay.

[1:12:51] **Ridza's Question — Why the Light Body Is Not a Step of the Practice**

Cheryl: So, uh, we're, this is another one from Ridza, and it's a question about the light body. So in the edge practice, we establish a connection to the physical part and the electromagnetic part, and the subtle anatomy all on the way to the edge. And he was curious why the light body does not have its moment of focus in this five step practice.

[1:13:18] It seems to me he says that when I bring some attention to it, it helps me clarify the electromagnetic component.

Desda: Well, it very well may, Ridza, and, and you know, it could be that that's a development that we'll have down the, down the road. But, um, for now, simply knowing that there is a, a body, an sort of an echo body within you, uh, that is what we call the light body. And it's a way that you can begin to connect with the physicality.

[1:13:57] So the light body is this, you know, photonic presentation inside the physical body, and it has all the organs and all the parts of the physical body. So I can, you know, work with them. So if I'm gonna rebuild somebody's kidney, I can do it in a thought form and place it in the light body, condense it down, and it impacts the physicality and their, um, their numbers change on their tests, you know, so it's, it's an interesting way that we can get access at this point.

[1:14:33] It's mostly been being used in healing work. But yeah, I don't think that it's excluding, we're not excluding anything when we include the physicality on the electromagnetic field. We're really getting at the light body as well. It's

included, it's part of it. But yeah, that's a, it's a cool idea and it's great that you think about it.

[1:14:59] I mean, if you've had difficulty with, uh, something as simple as dyslexia, you know, if you can work your brain, uh, inside the light body, you can impact dyslexia, you can impact ADD, ADHD, you can impact anxiety, you can impact all of these psycho therapeutic, uh, diagnoses that are plaguing humanity at this time.

[1:15:32] **Mark's Question — Does the Sacred Anatomy Have an Analog of Neuroplasticity?**

Cheryl: Thank you, Desda. Alright, we have another question for Mark. He says, does the sacred anatomy have an analog of neuroplasticity?

Desda: Yeah, sure. It's incredibly plastic. It changes constantly. I mean, in some ways changes the order of what we do with the sacred anatomy. I mean, the whole reason we exist is because we're in the process of change. So yeah, neuroplasticity everywhere. Essentially, the idea of neuroplasticity in the brain, I mean, it's ignoring the rest of the body, which also has a quality of plasticity.

[1:16:31] I mean, if you've ever really worked on the physical body and you've worked on like an organ, like the bladder, for example, there's a neuroplastic component to the bladder, and it's not located in the brain. It's located in the bladder. And the neuroplasticity element may very well be the, the manifestation of subtle energy within the neurology.

[1:16:56] So it, it's a component that hasn't really been measured. It's non-measurable according to contemporary science. Consciousness is not measurable. When we try to measure consciousness, we don't go big, we go small, which is a problem because consciousness is outside of the boundary of what we consider consciousness to be possible in. So neuroplasticity, sure, yes.

The answer is yes. Okay. We got another question.

[1:17:33] **Ridza's Question — Balancing Yin and Yang in the Caduceus**

Cheryl: Thanks. Yes, Mark. That was a goodie. Yes. Um, again, Ridza had quite a list, so now he's looking at the caduceus.

Desda: Oh, good. I love the cadu.

Cheryl: When we Look at the balance of the yin and the yang energies and the descending and uprising energy paths within the caduceus, he's wondering about the importance at a bigger level to be aware of the necessity of this balance of the yin and the yang, I presume, and what can be done to cultivate it.

[1:18:12] **Desda:** Let's look at a picture of the caduceus and you'll see what Ridza is talking about. So there are just a few things in the sacred anatomy that manifest as triple current streams. One of 'em is the incoming chakra stream in the outgoing chakra stream that crosses the core. One of 'em is the core, one of 'em is the channel, and the other one is the caduceus.

And the caduceus is essentially the vertebral column of the core. So it supports and holds the core in, uh, a position. So the caduceus is moving up from below and then goes through the core in a quantum leap and comes down at the back. So it, it essentially is a front and back scenario.

[1:18:58] So you've got two of what you're seeing here. So it comes up from below and I call that the, the arising yin. And, and then it goes through and then it's descending yin at the back. And then we have descending yang at the front that comes and crosses the y the yin goes through and then arises at the back.

Now, I do not think of yin and yang as male and female, but instead yin is passive receptive. Yang is aggressive, expansive. Okay. So those two, um, ideas are being expressed in the caduceus. Now, here's a really interesting thing. Each one of the crossing points is supporting a shock current as it comes in, crosses the core and exits.

[1:19:53] So they're supported at the front and they're supported at the back. And then the other thing that's happening is they're crossing. And over here on the sides the um, the yin is touching yin descending. So yin arising is touching yin, descending and yang, uh, arising is touching yang descending. So they're touching their yin and yang pieces here and it creates this circular support.

[1:20:23] And out of those, uh, places comes an interaction with how the chakras are anchored into the physicality. So the physical body and the subtle structure are in conversation. And the caduceus is involved in how the chakras connect. There are 13 of them and how that they connect along the core. Those are major chakras.

[1:20:53] **Two Sealed Currents That Choose What They Receive**

Now, interestingly enough, we also have, um, an understanding of these two currents as being pretty much sealed currents. So they're not like, you can't like open them up and put stuff in or take stuff out. So you can bring an energy to them, but they choose whether or not they receive it. So they're pretty conscious.

[1:21:24] And as the energy is crossing and going up the core and then crossing as it comes down the core, you have a balance of yin and yang support. So think in terms of passive and active support. So it's equal. It's equal. And even, which is another justification for why we don't make it male and female.

[1:21:51] So if you wanna extrapolate male and female out of it, the, the idea here is that they are equal and there's ascending and descending energy in both. So there is a potential for pathology here. And um, it's part of the bones of light, the caduceus. So it's supports and holds the, um, amazing core in place.

And there is not a similar, um, caduceus for the channel. So just for the core, which is interesting, but that's, that is the case.

[1:22:33] **Balancing Active and Passive — Taylor Swift and the Audience**

So how do you work with it? How do you make it stronger? You try to balance in your life active and passive. You try to realize that listening is as important as talking. You try to realize that doing something creative is as important as sitting in the audience. You know, being the entertainer is as important as being the receiver of the entertainment.

[1:23:03] So all of these things are true. And you, you ask any great entertainers, somebody like Taylor Swift, she will tell you that without the audience, I'm nothing. You know, so does Lady Gaga. Anybody who's got any awareness of

what they're doing on a big stage knows that it is equally important. The energy of the audience is equally important.

[1:23:28] So when I say that you, you, this work wouldn't be here without you, that that's true. You know, it's just true. So how do you balance those two things? There's energies that you can use, but most important really is to realize, look, analyze your life and look at the places where you're overextended.

[1:23:56] If you're hyperextended, you're off balance. So you have to pull back and look at, well, alright, how can I be less hyperextended? How can I be more grounded and balanced? What is it that I could do to to, to accomplish that? And then do those practical things in your everyday life.

It all affects the sacred anatomy. The sacred anatomy impacts the physicality. The physicality impacts the sacred anatomy. It's a beautiful, you know, beautiful circle. Hope that's helpful. Okay.

[1:24:37] **Ridza's Question — Anchoring the Tail Into the Chi Pool**

Cheryl: Yes. And I think we have time for this. One last question, if I might. Desda. Okay. Again, Ridza has had some very powerful insights. And here's another question from him. When working the edge practice, when we anchor the tail into the chi pool, what type of energy do we actually anchor? It is not the physical body per se.

[1:25:07] I doubt it would be from the electromagnetic field. So what part of the anatomy do we actually extend When we anchor the tail into the chi pool and then extend the six layers into a rope and then anchor around the core sheath and anchor at the bottom?

Desda: We are using the energy of focused intention and conscious awakened awareness to interact with the universal so that we establish ourselves as a force in creation. That's what the tail exercise is about. At a much more sophisticated level. Bottom line, when I teach it, it's like, let's get grounded. Everybody knows I need to be more grounded 'cause I'm a flibbertigibbet, so I need to be more grounded.

[1:26:10] But in point of fact, that's what we're doing. We're stepping into a relationship and rapport with all creation by saying, I claim this for, I claim this my space, I claim this as me. And when we, when we do that in the very, very beginning classes, there's an incredible shift that happens for people.

There's a kind of openness and awareness that starts to move within the context of our own, uh, consciousness. You know, we start being able to sense ourselves in space and time. So space and time, which are just concepts, right? They're just space and time or concepts. And people say, oh, no, space is a force.

[1:26:59] Well, not really, it's just a concept. All of it is conceptual. And so when we anchor ourselves in space and time, and then we take up space, we take up time, we start to be a force to be recognized, recognized and witnessed and reckoned with. We began to live into our legacy, live into our inheritance, live into what we really are here to do.

[1:27:32] Live into, as we talked about at the very beginning, our souls orientation, our, you know, our reason for being a, you know, why are we, why

are we coming in the door at all? What's that about? Why are we here? So that's what the anchoring is about, Ridza.

[1:28:05] **Cheryl:** Well, those are the questions we have received so far today. Desda.

[1:28:10] **Desda:** Well those are good ones. What a good class. Everybody or whatever this was. It was a good thing what happened. Good gathering, gathering of brains and hearts and spirits. Thank you for being here.

[1:29:36] **Closing**

I wanted to say thank you. Thank you each for coming and I hope to see you again. This is always fun. And I miss you when I don't see you. I truly do. Thank you. It's really, really lovely to see you. Thank you for being here.