

Ask Me Anything — January 2026

Video: <https://www.youtube.com/watch?v=B9rr9roDmH8> • 1 hr 30 min

Key Topics

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[59:07] Entity Removal — Several Streams, and Thirteen Generations of Celtic Magic
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[1:21:39] Christine's Question — Getting Off the Incarnation Wheel

Q&A

[0:35] Welcome — Another Ask Me Anything, and We Are Ready to Rock

Desda: And we've got another ask me anything set up to go. We're ready to rock. So, um, if anybody's got a question right off the bat, I'm happy to start there. Oh, yes. There's one from the ever questioning Elizabeth Poole, who I adore. Elizabeth went to France with us. We, we had fun in France together. We did.

We had a really good time when I taught the class in France.

[1:08] Elizabeth Poole's Question — Fertilization and the Human Energy Structure

All right, let me go to the chat so I can read Here. Elizabeth asks, can you please explain what the relationship is between the successful fertilization of a human egg leading to formation of a fetus and the presence of the human energy structure? That's a good question. That's juicy. Good. Good start there.

[3:39] Well, it's good that you're all here and joined by Cheryl and Bobby is always behind the curtain, but he's here too. And, um, let's get going on that first very interesting question, Cheryl, would you read it again?

Cheryl: Sure. From Elizabeth who works with babies in her practice, can you please explain what the relationship is between the successful fertilization of a human egg leading to formation of a fetus and the presence of its human energy structure

[4:13] The Structure Arrives at the Moment Fertilization Occurs

Desda: While the human energy structure arrives at the moment that fertilization occurs? So before the egg is fertilized, it's just sperm and egg separate and they're related to their respective humans. But when there's a fertilization, the sacred anatomy notices immediately, and an entire structure in a miniaturized form will attach to the edge of the mother, and it'll be at the way out at the edge.

[4:58] And at that point, a silver cord goes directly from the human energy structure, the umbilicus is in the human energy structure, which is along the channel, and it goes directly into the fertilized egg. So essentially, when conception appears, So when that occurs, you know, that's the beginning. That's the very beginning. And the whole time that the fetus is developing in the, in the uterus of the mother, the structure is on the outside of the mother's structure.

[5:46] It, it will not enter the mother's physical structure until right before birth. Because if it does, the mother, uh, is totally overwhelmed by the presence of this other large structure, which can help in delivery, but is not optimum for the eighth month or the seventh month. Right? So, so when the baby is forming inside of the uterus of the mother, it's getting a download constantly from the sacred anatomy.

[6:24] And there are templates in the sacred anatomy of this is what this soul's version of a physical body is like. And it gives downloads of that into the physicality that's inside of the mother's body. And it begins to develop this extraordinary thing called a human being. We have electromagnetic fields around us, inside of the mother's body because we're emitting electrical signals from every cell from the brain.

[7:00] And this the evolution of the heart and the brain. Um, there's immediately electromagnetic energy. And so that creates a increasingly larger electromagnetic field around the mother, uh, inside of the mother. I mean, and sometimes outside of the mother, depending on the point in the evolution. But when you have, uh, when birth occurs, the structure has moved into and has taken possession of the, the physical body.

[7:36] **Ensoulment — When the Subtle Takes Possession of the Physical**

So when the subtle takes possession of the physical, there's a kind of lining up that the 10 chakras of the electromagnetic field due with the 13 chakras of the sacred anatomy. So these, these line up, and when they line up there, it's what we call ensoulment. So ensoulment occurs and there's a sort of a, a, a shift energetically, there's a kind of a downward movement of the energy.

[8:21] So there's a downward energetic that comes. It's kind of anchors the human person, physical human person, and the subtle human person. So it anchors them together so they become really sewn together. They're not going to separate until death. And at death the, uh, electromagnetic field dissipates, goes up, moves away, releases, and the physical body deteriorates.

[8:57] **What Remains After Death, and the Light Body as a Placeholder**

So the what remains behind is the sacred and the subtle within the sacred anatomy is held a thing called the light body. And the light body is, has two kinds of energy that it uses in a kind of homogenized field. So you get, um, a blend together of electromagnetic energy and subtle energy before, before conception.

[9:31] The light body in the sacred anatomy is essentially made of subtle energy with a kind of mirroring of what a human body would contain. So it has, you know, almost like a, it's like a cardboard cut out of, of everything. It's not fleshed out. It's not 3D it's not, it's not actionable at that point, but it's holding space.

[9:58] So it's a placeholder for an eventual physical body. So then when conception occurs at the same time that the, that the, the physiology is forming in the uterus of the mother, it, there is a coordinated effort between the light body, the other systems of the sacred anatomy and the physical body along with its electromagnetic field to duplicate the information that the light body holds.

[10:31] So the lightbody and the template both work together to hold a kind of space for the evolution of a human body within, um, the context of, of the development of, of the physical. Right. So as that happens, it gets closer and closer to being able to be released from the mother's body. The weight gets too much.

[10:58] It usually is about three hours before birth, or sometimes as much as three days. I used to say three weeks. I think I said just about everything there was to say about that. Any questions from that e Elizabeth?

Elizabeth: Yes.

[12:15] **Elizabeth — A Third of Fertilizations Are Lost, and So Are Twins**

So my questions are many, um, uh, what about at least it, it is estimated that at least one third of all successful fertilizations and before the parent may even know that, um, uh, there has been a successful fertilization.

Desda: Mm-hmm.

Elizabeth: And just because an egg is fertilized doesn't mean it gets successfully implanted, et cetera, et cetera, et cetera. So that's sort of what I am thinking about. And what about things like lost twin, lost twins?

[12:54] **Desda:** Um, well, okay, so there's, I think there were maybe three questions in there. So the, the first one would be about, um, you know, what happens if a zygote dies or leaves, leaves the party, you know, the structure releases and that's it. They're done. So if there's, if there's no, um, if there's no download, essentially if there's no physical connection, and the, and the structure doesn't start to develop as a unification, a unified event, right?

[13:35] If that isn't happening, then the mother is no longer attached to that, that energy. However, if that energy is decided this is the mother that it wants, it will hang around. And that's, a lot of women will say, you know, that that baby that I miscarried is still here. I have no idea why, but it's still here.

[14:00] And I had to speak from personal experience, you know, it was about five years before I, my daughter actually made it in know. But she was like, around for the longest time. And that may have been true for you. You know, you may have been hanging around your mother for a really long time waiting to come in to have just that exquisite torture of childhood.

[14:25] So it's, it's, so anyway, so so that, that is what happens. They just, they just dissipate. They leave. And a lot of times, um, if, if, if the soul is basically disconnected from the physicality and has left, it may not stay at all. It may, it may go on to something else, someone else, it may not wanna wait for the woman to get pregnant again.

[14:58] It may be just really on the, on the mark on the make for a, a new house. It can be really looking to move into another situation. Um, I think that that happens probably more frequently than the other. But anyway, then there was another question that you had that I don't remember.

Elizabeth: Um, well, there's a few more. Each one of course brings up another question. Um, well

[15:27] **Desda:** Just try to go with one question at a time and then it'll be easier For me.

[15:30] **Elizabeth — A Full-Term Baby Who Never Arrives**

Elizabeth: So what about like, um, a full term, what do they call it, a full term, um, baby who's dead?

Desda: A a lot of times those babies have not ensouled. They, they didn't, even though they full term, they didn't make it here, even though they're full term. And they tried, they tried, but the, but the energies didn't line up. So if the subtle and the physical don't line up, you don't have ensoulment.

[16:05] So I've, I have worked with people who literally are not ensouled. Like there's a part of them that just isn't there. There's maybe a part that is, but then there's a part that's not. And helping people come into their bodies. If any of you are body workers, you, you will have seen this because there are many, many people who are not all the way in their bodies.

[16:35] They're walking around on top of their knees or at their hips or something. They're just not all the way in. And so when you help them ensoul, then, then they can become healthier and stronger. But they might have been people or babies that, you know, they could have died. They could have not come in, you know, so that's, that's always up in the air.

So what's your next question? You had one about twins.

[17:11] **Elizabeth — Multiples Are Far More Common Than Come Out**

Elizabeth: Um, right. So, um, it is well known in the pre and perinatal fur, um, field that multiples are far more common, uh, than are occur far more commonly than come out. That is one will

Desda: mm-hmm.

Elizabeth: Perhaps be absorbed by. I mean there's all kinds of amazing mysterious things that happen there. So I'm guessing that's the same answer. It starts out, let's say with two HESs hanging out about the mom.

Desda: Yeah.

[17:46] **Elizabeth:** And one of them doesn't make it for one reason or another.

Desda: Right

Elizabeth: Now you have the complicated thing where sometimes the living twin absorbs some of the material of the other twin. And they see that in DNA. It's very interesting in crime scenes when they check the DNA of of a person, A DNA may have a person who had a lost twin, might have two kinds of DNA.

[18:16] So it's hard to prove. Yeah. So, so that must be very interesting about the HES is, I'm just thinking of what it might be. It's like weird to think about.

Desda: Okay. So your question is, how does the HES deal with absorbed twins?

Elizabeth: Yeah. Okay.

[18:39] **One Soul, Never Split — What Happens With an Absorbed Twin**

Desda: Um, The HES is always and forever only one soul. There's only this idea that we are split souls or twin souls or multiple souls, or, you know, somehow or another your left arm has a different soul than your right arm. This, this is not what happens. There's one soul. And that soul is the sacred anatomy.

[19:08] That soul is this huge energy structure that is, remembers everything your soul's journey has ever experienced and is awake and aware to your needs

as a, a, a being with purpose. So it's, it's really, it's impetus is to bring the soul's purpose forward. So if one twin is being absorbed, they have died.

[19:38] So their soul has pulled away. And the other soul is just like cleaning up the, uh, surroundings by absorbing this other twin, having a little notch, if you will, picking up a little bit of their, a little bit of their twin. And, uh, the truth of the matter that, um, they're not carrying the twin's soul with them.

[20:03] It's still their soul. And so it's a, it's a matter of that twin has left, has dissipated, has gone, it, its structure is now looking for another home. And, and, and fact, it may even wait around the mother to be a sibling later on. But, um, the having, having two different kinds of DNA or more does not really mean that you have multiple souls, is just one soul.

[20:45] I hope that answers your question and I think we should move on. 'cause there's lots of questions coming.

Elizabeth: Thank you.

Desda: I know you have more, right, Elizabeth? It's okay.

Elizabeth: That's basically the main thing. Thank you. Okay.

Desda: So keep the others in the back of your head. Okay. Or write 'em down or something. Layla, hi. You have a question?

[21:10] **Layla's Question — Blood Pressure Swinging, and Resetting the Nervous System**

Layla: Yes, I do. Um, so I've been having issues dealing with all the influx of energies that are coming in, and my blood pressure has been going up and down, up and down

Desda: Uhhuh.

Layla: And I've been in the hospital to work on my, my, my blood pressure. How can I reset my nervous system because I feel like I'm in continuous flow.

[21:49] **Desda:** Okay. So this is actually a fairly complex question. When we have, uh, a physical problem, something that's really manifesting as physical, we need to determine sort of what the root cause of it is. Is it emotional? Is it psychological? Is it spiritual? Is it physical? If your sensitivity allows you to be aware of lots and lots of different things happening energetically on the planet, let's say cosmic awareness, uh, maybe you're even aware of planetary events.

[22:38] Some people are, maybe you're aware of governmental shifts, some people are maybe you're aware of all kinds of things. There are more people that are more aware than we know. So it's not abnormal at all to be tremendously affected by what's going on energetically on the planet. Not at all. But if your blood pressure's going wacky, it's going up, but it's going down and then it's going up and you gotta be in the hospital to deal with that.

[23:15] Your first, your first, um, attention must be paid to the physical source. So they're trying to regulate your blood pressure with drugs.

Layla: Right,

Desda: Right. And probably some diet and maybe maybe walking, exercise some, something like that too. Right? And you also, I am sure I am fact, I know

for certain have a spiritual practice. So you're following your spiritual practice practice while you're doing all of this. Right? So resetting your nervous system is not really what needs to happen.

[23:54] Not the Nervous System — the Cardiovascular System Needs the Support

You need to reset the cardiovascular system.

Layla: Oh, okay.

Desda: So that it's, so that it's because your nerves are actually okay. You, you look to be and feel to me to be relatively calm person, but the, the blood pressure is reacting and responding. So it's the, it's the cardiovascular system that needs support. So in sacred anatomy, energy medicine, we deal with a few energies.

[24:24] One of them is organ vitality of the cardiovascular system. So, or the heart or of the lungs. And, um, you need to, you know, kind of understand like what kind of blood pressure issue you have. The clearer you can be Layla on what exactly is going on with your body physically, the clearer you can be with your, um, you know, your spiritual addressing of that problem.

[24:54] Um, it is my feeling that the best, um, healthcare is when, um, the, um, integrative approach is followed so that when we, when we listen to doctors, we take in their information and then we listen to, you know, people that do energy work or we listen to acupuncturists and body workers, or we, we listen to lots of different sources and we try to come up with the sort of magic combination that's gonna work for, for our body.

[25:34] Um, that might include something like psychotherapy. It might include, you know, color therapy. It might include sound baths, it might include lots of things. But my feeling, Layla, is when I tune into you, and please just stop me if I'm not right on the money here. Okay? Mm-hmm. Okay. So, okay. My, my feeling is that you're a fairly calm person.

[26:00] You, you take life in stride. You have, um, a sense of, you know, love and commitment to your community and home and family. And, um, it, it would, it, it is shocking to you for your body to kind of go haywire. It's a little shocking. So one of the things you could try doing would be to remove the signature of shock from your body.

[26:30] Okay. Because it's shocking to get a diagnosis. Like you have high blood pressure when you didn't think you did at all. Or maybe you've kept it under control for years, but all of a sudden it's not controllable.

[26:44] Pull the Signature of Shock Out With Your Light Fingers

So you can literally pull out of your energy structure, your physical body, you can pull out of your physical body, use your light fingers, reach into your physical body, reach into your sacred anatomy, reach into your electromagnetic field, and pull out the signature of shock. 'cause when we think about it, you know, like what's high blood pressure about for us?

Like our animals as in our, you know, our native our native environment, you know, what is it that high blood pressure is about? It's a warning. It's like, get ready, something's happening, you know, pay attention. Our blood pressure

goes up, you know, our heart's pounding and we know that we have to watch out for that tiger that's coming in the cave.

[27:32] So in a way, the shock of the diagnosis is the tiger coming into the cave. And, and it's important to, uh, get that out. Alright. But the problem started before you got to the doctor. So the problems sort of ongoing, it's something that's been developing over time, is that right?

Layla: That's right. Yeah.

[27:58] **Desda:** So it could just be a function of the way your DNA is aging, you know, your body is aging this way. And, and I, I hate to say that, but as I rub the liniment on my joints, you know, it, it's, it happens that way for everybody. So everybody's got something right? But I think pulling the shock out of your structure, and, um, then you can ask Layla, you can ask the sacred anatomy angels to help you.

[28:32] You can say, help me, please help me control my blood pressure. I have had the experience of bringing blood pressure down for people who are like afraid to go into surgery or, uh, terrified after a cancer diagnosis. You know, I've helped bring their blood, blood pressure down just by calling the angels, just by calling the sacred anatomy angels.

And anybody can do that. Whether you've had any training with me or not, anybody can call on the angels to help. So those are some things I would recommend to you, and please get back to me and let me know how you're doing.

[29:11] **Layla:** Okay. Thank you so much.

Desda: Yeah, absolutely. All right. Let's see. There's some other questions. I know. Let's go. Oh my goodness. Let's look at The chat.

[29:19] **Nazy's Question — What Does SAEM Mean by a Quantum Leap?**

Cheryl: Yeah. So the next question from the chat is from Nazy. And she's quoting, and she might be able to tell us where she pulled this, but she puts it in quote, how does the SAEM create a quantum leap by stabilizing divine coherence until it becomes the system's new baseline? Or she asks, is it simply reorganizing stability added as it is done in the field?

[29:54] **Desda:** Okay. Quantum lead by stabilizing divine coherence until it becomes a systems new baseline. But where did you get, is this something I, did I say this nazy?

Nazy: No, you haven't. Um, it, actually, let me rephrase the question. You did mention in Nine Levels something about quantum leap. You know, can we just focus on that? How does SAEM, um, explain quantum leap?

[30:24] **Desda:** Oh, okay. Being in two places at once. That's the, that's the cheap and dirty explanation of quantum leap. You know, so in, in the context of the sacred anatomy, we have various locations where there's a quantum leap that occurs. Cheryl, can you show us a picture of, um, I think the Yes. Circuit is a great picture to show, to explain this.

[30:56] Anyway, so a quantum leap occurs, um, when energy has to transit the soul layer, because if it doesn't do that, it gets caught in the soul layer, the soul layer is moving lickety-split, it's got more activity than anywhere in the

structure. And the energies are swirling and spinning, and some are traveling in straight lines, some are blobbing up, and, you know, they're just, it's just constant movement.

[31:30] And, um, the quantum leap has to occur when source have been initialized in the Yes! circuit. So they've gone around, they've been received. So first they're, it's like they knock on the door, they're received, the door is open, they're in the mud room.

[31:52] **From the Edge Into the Yes Circuit, and Across the Soul Layer**

So the information leaps from the, uh, so the interior of the edge into the Yes! circuit. And then from the Yes! circuit, uh, it goes across the soul layer and into the beginning of a template strand where it's going down into the e-stomach and personalized, initialized and absorbed. And that's where our nutrition comes from.

[32:28] So there's, you see the villi up here at the top, the purple and the green. And so they're coming in to these, um, receptor sites. And then they come down and into the Yes! circuit, actually right here at the, at the break between the bottom of the receptor sites and the Yes! circuit, there's actually a little place where there's kind of a little, a little delivery, and it's a specific energy that comes in and goes directly into its own Yes! circuit.

[33:09] So each energy that comes in, and there's maybe a billion energies, they all have a Yes! circuit to travel in. And then they come in and they, they don't just travel in a, like a circle or an oval. They, they travel like this all the way around. So they're co they're constantly moving.

And what, sorry, what happens in the Yes! circuit as the energies they're traveling is, is they're getting up to the proper speed so that they can jump. So they're getting into an alignment with where they're going to go. So they're gonna go, the energy is gonna go from right here. You see this little like dixie cup looking thing down here at the bottom of the Yes! circuit, that's a membrane.

[34:07] And then the, so that's a, a sort of a delivery system. And that's where it quantum leaps from it. Quantum leaps from there across this rainbowy, um, soul layer and goes right into the, uh, template strand. So green goes into green, and the pink grows into pink, or it's lavender is supposed to be, and, and when it goes in, it then travels down all the way down into the e-stomach.

[34:40] We don't need to worry about that. But the quantum leap is always in places in the structure where the information needs to be more in alignment with where it's going than where it is. So it's, it's at the, at the underneath part of the Yes circuit where it's sort of lined up to jump it, it has achieved a certain, uh, i, I am gonna say speed, that's probably the wrong word to use to describe energy, but it's a kind of a speed, and it's right there.

[35:24] And then it jumps across the soul layer to that strand. That's because it can't be in the soul layer, if it's in the soul layer, it's lost. So it has to get to the speed that the strand is vibrating at. So it gets to the street, the speed that the strand is vibrating at leaps goes in and then goes down.

Okay.

[35:58] **Nazy — Is the Soul Layer the Only Place? The Caduceus Leaps Too**

Nazy: Um, is the soul layer the only place this quantum leap happens? Is there any

Desda: No, it also happens in the caduceus. And that's another time when the energy has to cross something in, in this case, when it, it has to cross through the core. The caduceus you see here is the caduceus, and up at the top and also at the bottom, uh, the energies meet and then have to cross through.

[36:34] So the caduceus is the vertebral column of the, of the core. And it has one current that is descending and one current that is ascending. So you can think of them as yin and yang. So at the front of the structure, the yang is descending. And we can think of that as the one with the, with the kind of lighter color.

[37:02] And it's descending that one. Yeah. And it goes all the way down to the bottom, following along, supporting the chakras at the cores, supporting all kinds of interactions. Then when it gets to the bottom, it, it actually has to go through the core to the other side where it then climbs up. So it ascends at the back, descending at the front, ascending at the back.

[37:35] So that would be the yang circuit. And it's a closed circuit. And so at the top it does the same thing. It quantum leaps across the top. It goes from one side to the other and then goes down. And the same thing happens to the end circuit, which is rising from below and then descending at the back.

So you have, you have actually two circuits that each have a quantum leap at the top and at the bottom. And that quantum leap is for all the energies that are in the circuit. So there are three energies in the circuit, and they all jump through. This is very much in the weeds.

I hope you guys are not just glazing over.

[38:25] **Nazy — Quantum Field Theory, and Why It Is Movement Rather Than Two Places**

Nazy: No. And anytime we apply the term quantum, we are making a reference to quantum field theory. And there's a number of superposition entanglement types of, and, and, um, tunneling functions that have been tracked by physicists that are working in this quantum realm. So there are established science papers in, in research projects that have identified this.

[39:01] And so we see this phenomenon in the human energy structure with the subtle or quantum energies that feed us.

Desda: And when it leaps, when the energy leaps from one place to the other, it's, it's maintaining the speed that it needs that is going to be receiving it. And that's, and that's how it does it. But it doesn't stop in the core, and it doesn't stop in the soul layer. So those, those are the, the two main places where you see a quantum leap in the,

[39:35] **Nazy:** In essence, when the energy needs to climb happen in more than one location, that is what necessitates the leap. So it could be present at different locations simultaneously, is that correct?

Desda: No, No, it's movement. Movement. It's always, it's always movement. Movement.

Nazy: Oh, movement is happening.

Desda: It's not, it's, it's in two places at once because the movement is so fast. But if we slowed it way, way down, it would just be like transiting.

[40:09] **Nazy:** Oh. So it's just a certain momentum, Uhhuh right to occur. Okay. Thank you so much.

Desda: And it's like, as it's rising, the caduceus is rising, it's speeding up, so it gets to the right momentum to jump to the, to the other side through the core. And then it, it comes down at the back at the right speed to get through to the bottom, and then it goes up again.

And same thing. Same thing. So it goes round and round. So goes round and round and round. And it's two closed circuits. So you can't actually open the circuits and intervene with them. You can bring things to them, but you can't muck about with them. Okay. And that's, that's also true with the Yes! circuit.

[40:51] You can't muck about with it. It's, it does what it does. And then it sh it brings that one little strand and it, so if you tried to get into the Yes! circuit, like pull one little strand out or something, that would not be possible.

Nazy: A sealed container, essentially. Hmm. That's beautiful. Thank you so much.

Desda: You are welcome. Okay. So what's our next exciting question? Alright,

[41:20] **Chensun's Question — Does SAEM Work Affect Neuroplasticity?**

Cheryl: Chensun asks, please comment on how SAEM work impacts neuroplasticity, for example, when we work with brain gut alignment. Would that be an example of neuroplasticity?

Desda: Yeah, yeah. You know, true, that's true. When, when we align brain and gut, we're, it's like we're tuning the whole vessel, you know? And so the plasticity of both gut and brain are famous. You know, it, it, what's wonderful about the brain is that, you know, being sort of the control center for the physical body, it, if something goes wrong in one part of the brain, the whole rest of the brain tries really hard to reroute around the problem.

[42:15] It, it tries to not fix the problem, but go around it. And so we see neuropathways being created and, uh, different connections being made, different parts of the body doing different things than what they normally do. And, and that's one of the miracles of the human brain as it is the plasticity. And so neuroplasticity is spectacular.

[42:42] The gut has a kind of neuroplasticity as well being made of the same material as the, as the brain. The interior of the gut is the same kind of tissue as the brain is made of. Yeah, I know. That's a good one, isn't it? But the, because of that, the brain is, um, it's in the gut.

I mean, we all, we talk about the head brain and the gut brain because we have two brains.

[43:08] **Two Brains — the Gut as the Same Tissue, and Letting Go of Attachment**

And the, the gut brain is, um, that instinctual and reactive gut that you feel intuitively right? But the gut brain is more than that. It's also the ability to absorb nutrition and, and, and to release what's not needed. So it has this amazing capacity to, to release acceptance, to let go. So it accepts and then it, it processes and lets go.

[43:38] And, and that's this ability to let go of attachment attachment. And that's, that's happening in your gut. That's happening. That's brain happening in your brain. So at a s spiritual level level, when we release attachment, we're, we're moving on from something that we have have kind of admired. We've been stuck in, we haven't been allowing ourselves to let, let go of at attachment that has that maybe, maybe been to torturing us at some level, right?

[44:06] So when we let go of the struggle and we let go of, of the difficulties, the gut, lets go. So the gut has the ability to align with the elimination system of the sacred anatomy, which is based in the principle of the wonderful, you know, capacity to release attachment. So when we release attachment, we can, you know, not just poop, but we can change our minds.

We can think differently.

[44:45] **Cheryl — Does the Heart Have Neuroplasticity? Everything Affects Everything**

Cheryl: So is so heart, um, neuroplasticity

Desda: Is, is what?

Cheryl: Heart. Heart Does. The heart have neuroplasticity, less neuroplastic?

Desda: Mm. It's less neuroplastic. It's something about, I believe it's something to do with the tissue. And the heart tissue is like muscular, whereas the interior of the gut and the brain is different. It's gray matter tissue. So, so it's different tissue. Tissue. So yeah. This, you don't have that same tissue in the heart, unfortunately.

I mean, really great if we did. Right? Well, we don't,

[45:31] **Cheryl:** Research has shown with meditation and so forth, having that impact on neuroplasticity of the brain. But many of the SAEM procedures, whether it's a release of the elimination system you were talking about, that that has a quality of creating more spaciousness in so much of what we do. And, you know, similar to meditation, I would think that these procedures, clearings techniques are also impacting the neuroplasticity, perhaps of the brain and the gut.

[46:09] **Desda:** Well, I mean, that is to say that we are holistic creations, you know, everything affects everything. Yes. If your brain is rewiring itself, your gut is responding, your heart is responding, your lungs are responding, your blood pressure is responding, you know, so it's, everything works together. That's the elegant machine, you know, of the physical body.

[46:39] We're so elegant. It's, it's quite beautiful. And the subtle anatomy is, is the same. Same. It's also has an elegance about it. And, and, and, and I'll admit that I, I'm like the first one to go wow. At the sacred anatomy. 'cause every time

something new has been revealed to me, and I go to check it out with 50 different people and scientists and books and my own meditation practice, I find that it's working, it's functioning, it's functioning.

It's something that we can definitely call useful.

[47:33] **Studying the Sacred Anatomy Is Itself What Keeps the Plasticity Going**

Cheryl: And I would also say that simply studying the sacred anatomy with its complexity, with its beauty and elegance and detail, that itself helps neuroplasticity. Because engaging the brain to learn something new is how we keep that plasticity going. So that has been a, a joy for me to keep my brain healthy is there is so much to learn.

[48:03] Mm-hmm. And, uh, it also, working with it, you know, helps me stay healthy. But just simply, you know, looking at the pictures is effective. Studying the work challenges you, opens your brain into a new way of seeing, looking at the paradigms you've been holding and maybe letting some of them go more space for new ideas.

All of this gets that plasticity.

[48:29] **Desda:** It does. It does. And it, it, we've seen over and over again, people's, um, abilities shift through the years of study. You know, people who've had strokes and people who've had brain events of other kinds. But people who've had, you know, been born maybe with dyslexia or ADHD or ADD or compulsions.

[48:55] We've seen a lot of these things change. And, um, you know, I don't have a scientific paper Yes, madam, but I see Rita over here waving her hand. She is Rita. Rita, would you like to, oh, you're frozen right now. Maybe when you're not frozen, we can ask you to share something about your experience.

But we've, we've had so many people come through the work who've had these problems that it, now she's unfrozen. Okay. Go, go ahead Rita.

[49:29] **Rita — So Much Better, Thirty Years After a Stroke**

Rita: I am. No, we, uh, I'm so much better. Uh, you know, I've had a, a stroke almost 30 years ago, and I'm so much better than I was even when I started with you, Desda.

Desda: Yes. You know, and so, I mean, it, it, it shows that, you know, that you can do it. You can, you can come back. Yes.

[49:59] **Rita:** You can come back. You have to have a lot of determination.

Desda: Oh, ab no, absolutely. Yeah. Absolutely. Like

Rita: You can come back, you know?

Desda: Yeah. It, it's not a death sentence, you know, it's not the end. It's just a different, uh, a different way of being for a while. As you continue to come back, you find that you continue to keep growing. Right. Yeah. Thank you. You, Rita. Thank you, dear. Rita is a lovely, lovely woman.

[50:32] She's been, been around a long time. Okay. I, I think we'll maybe move on to the next question.

[50:42] **Chensun's Question — Is Sacred Anatomy a Tibetan Buddhist Practice?**

Cheryl: Sure. Uh, the next question is also from Chensun. She says, you had shared in the past that sacred anatomy energy medicine is a Tibetan Buddhist based practice. Whether if it is so, or whether if it is not, can you please share the philosophical basis of the ancient wisdom that permeates SAEM?

[51:15] **Desda:** Okay. So not wanting to speak about it for the next hour. I think I will, I'll make this condensed version. Um, it basically, if you, if you look at the Four Noble Truths, that's a good place to start with sacred anatomy. And also the Heart Sutra is really something we, we take to heart.

[51:50] Form is nothingness. Nothingness is form. That's the, um, the Heart Sutra that all Buddhists, uh, adhere to and pay attention to. And it is indeed, what is happening in the sacred anatomy form is nothingness. Nothingness. That is a profound primary Buddhist teaching. So the, the Four Noble Truths, uh, I would say, you know, the, the eliminate the release of attachment to release suffering, to release desire, which, which is another, like, not great translation, but it's, it's really suffering and struggle.

[52:45] So release, releasing, struggling releases, attachment releases, pain. And, and that's, that's kind of the general idea. If we can follow those principles, those ideas, um, we can get our head around, you know, waving our hands in the air and calling on energies and doing what seems like, you know, looks like to the outsider, looks like we're doing something weird, but actually is very grounded in, in a spiritual truth, which is we are not separate from the divine.

[53:32] We are that. And that, I would say that that is the, that is the profound teaching. That was a short version.

[53:45] **Cheryl — Why Tibetan? Padmasambhava, and the Bön Medicine He Found There**

Cheryl: So that's Buddhist space or why Tibetan Buddhist?

Desda: Well, the Tibetan Buddhist are, uh, they're a little bit, um, newer along the continuum than the original work of Gautama Buddha. You know, it, it, it's, it, to first it had to go to Tibet and it's Padmasambhava who took the teachings of Buddha to Tibet when he arrived, the Tibetans were cannibals and doing all kinds of wild magic.

[54:17] And they already had a form of healing called Bön medicine, which is still practiced. And, um, much of it was based in, uh, understanding the power of gemstones and plants. And it was very shamanically based. And, um, he, when he arrived, when Padmasambhava arrived, he came from India and he arrived in Tibet.

[54:46] Um, he took up teaching the Tibetans how to be Buddhists as his challenge. And in doing so, he be, they actually began to incorporate some of the principles of Bön medicine and some of the earlier understandings. Um, for example, the Tibetans had a huge, um, really a cosmology of many different goddesses and gods.

[55:22] And they were all very, uh, pantheistic in, in a sense the goddess of the lake, you know, the goddess of, of compassion, the goddess of love. And they

had all these things. And, um, when Padmasambhava came, his first task was to convert the gods and goddesses of the Tibetan faith to Buddhism.

[55:52] Cool. Huh. So he converted them all, and then they became wrathful manifestations or peaceful manifestations, and they became all manifestations of the one, because even though the, even though there were many facets to the jewel, there was still just one jewel. And so, as you know, Vajrapani and Palden Lhamo and Green Tara all converted to Buddhism.

[56:28] They agreed they were all one. And so there was a divine agreement. Padmasambhava called the Lotus Born because he appeared one day in the center of a lotus at age eight. And the king had no son. So he adopted Padmasambhava, who then was raised in, uh, his splendor in as an Indian king, actually it was in Northern India.

[57:00] So he, he came to Tibet and everything changed. So the influence on me is Padmasambhava, and, and the influence on sacred anatomy energy medicine is Padmasambhava. So Padmasambhava, who's also known as Vajra Guru or Guru-ji sometimes.

[57:33] **Cheryl — Is This What the Dalai Lama Practices? Eighth Century Against This One**

Cheryl: So it's not as if, if we were to inquire about the energy medicine, where currently the Dalai Lama that in that space is not necessarily similar, but philosophically it's derived from that source.

Desda: Philosophically it is. And, um, and they don't do the same kind of things that we do because their work is based in, you know, 800 AD and it all dates from then, whereas this work is based in the 21st century.

[58:16] **Cheryl:** Mm-hmm. So it's like an updated, what's needed now.

Desda: It's what's needed for this time in the evolution of human consciousness. And what began as a, a terma implanted has been opened now and is a teaching that is manifested this time.

Cheryl: Hmm. But I feel that some of the astral or EPA work we do is very much in alignment for some reason with some of the practices currently that is practiced by the Dalai Lama or i, I don't know, but maybe

[58:58] **Desda:** That entity removal, the entity removal and astral removal. Um, that's kind of a hodgepodge a little bit.

[59:07] **Entity Removal — Several Streams, and Thirteen Generations of Celtic Magic**

You know, the entity removal that I teach is, um, a combination of a, a several different streams. One is the, the Celtic Stream that I carry as well, because my family is, traces back 13 generations of women who practiced Celtic magic. Yeah. So I carry, I'm, I I'm my DNA is. I see. And the teachings I've received, um, in my structure and what I've studied is Tibetan pretty much.

Okay. Yeah. But really Buddhist, you know,

[59:47] **Cheryl:** A strong Tibetan tie for some Reason.

Desda: Yeah. I also studied to be a religious science minister. I studied for four years to be a religious science minister, and I decided not to be because the, um, well, the political thing was stupid. So I don't like the, I don't like the religion politic. I don't like any religion, politics. I don't like them in any religion.

[1:00:13] Politics are, don't belong in religions. But, um, but they're there in all of them. So I studied that. 'cause I was really inspired by Louise Hay back in the early eighties when she was working with AIDS patients and doing this amazing stuff, you know, and miracles were happening when she would, um, suggest particular, uh, uh, uh, affirmations.

[1:00:38] I have a book by her that I, I love. Um, You Can Heal Your Life. It's a great book. But, uh, between the teachings of Catherine Ponder and, uh, Emma Goodwin and, and, and, um, Ernest Holmes and Louise Hay, I understood something about what was called the New Thought Movement.

[1:01:03] **The New Thought Movement, and Trusting What I Knew Intuitively**

And it was a, a movement out of, uh, the 18 hundreds really outta the 17 hundreds, started with Mesmer and mesmerism, and it came up and there was just this growth of mind power, like we can heal with our minds now in the same breath, I'm also studying Buddhism and I'm meditating every day, an hour and a half to two hours.

[1:01:29] So I'm having an experience of the mind evolving that way also. So there was a kind of interesting interplay, and I came out of it realizing that what I knew intuitively and in my heart was more important than anything that I had read. And that there was, um, there were jewels and nuggets of power that I could take from all of these places as well as from my childhood training from my grandmother and my mother.

[1:02:03] **Cheryl:** Yes. Because it does feel very big. And I, this helps.

Desda: Well, it's big, it's ridiculous. It's just ridiculous. I mean, we've got huge, I don't know how, I don't even know, do you know Cheryl, how many terabytes of information

Cheryl: Bobby was talking about something on the order of 10 terabytes of digital information, of video, of Desda teaching, for example. Yeah.

[1:02:34] **Desda:** I mean, it's crazy. I mean, all I wanted to do when I wanted to sing rock and roll, I just wanted to, I just wanted a good gig in a band, and I just wanted to play the tambourine.

Cheryl: Thank you for sharing.

Desda: Glad to help. I hope, I hope that was helpful. And is there another question?

[1:03:04] **Ridza's Question — Practitioners Who Witness or Assist a Euthanasia**

Cheryl: Yes, Jessica. And thank you for that too. This question come from, comes from Ridza.

Desda: Oh, great. Hi, Ridza.

Cheryl: Yes. Would you have suggestions from the SAEM perspective to healthcare practitioners who have to witness, assist or perform euthanasia?

[1:03:29] **Desda:** Oh, this is great. Yeah. Actually, this is a, um, it, it's wonderful. Uh, euthanasia is, um, of all, it's nothing new euthanasia's been practiced as long as there's been people, there's been euthanasia because, um, you know, it used to be in, in the Inuit tribes, they used to put the old people out on an ice floe, you know, out they would go.

[1:04:08] And that's a quick death actually. And you freeze death and then boom, there you, you know, you got a nice view and you stop feeling much after a certain point and you just go, kind of go to sleep.

[1:04:20] **The Rainbow Lights, and Where They Came From — Dr. Gail Pierce**

So, um, I recently was, um, there with an assisted suicide. I was, um, present. And what I did for this person was to bring in what I call the Rainbow lights, which is a wonderful, um, teaching that I received from a woman named Gail Pierce, who was, um, the first Medicine Buddha empowerment in the United States.

[1:04:49] Was done at her house for six people. So His Holiness came, stayed with her and did this because she had met him when she, he was a little boy. She had met him in Tibet at, he, she was, uh, walking through Tibet in her, you know, twenties or I guess, and, um, just time that he had been discovered and brought, and there he was with her in Tibet and he never forgot her.

[1:05:22] And so when he came to the United States, he called, contacted her and came to stay at her house. And, um, Dr. Gail was the first one who exposed me to the rainbow lights. And I took one class with her, and after one class, she said to me, that's all I need to teach you.

You're done. And I went, really? She was a chiropractor and a radionics person. She had an enormous, like, wall-sized thing that was a radionics machine. You'd spit on a piece of paper and then she'd put it in the machine and it would read out all this stuff. It was pretty, you know, it was, it was from the 1920s, this machine.

[1:06:12] It was really interesting. So she was, she was a, a crackerjack healer. And, um, I just loved her. I loved her very much. And the rainbow lights is what I did with my friend who asked me to be there when she died. And, um, I brought in the rainbow lights and, and that's what I teach in, uh, Medicine Bag.

[1:06:39] The class that, uh, is precedes practitioner training, if that's something that you wanna do.

[1:06:47] **A Transmission I Am Authorized to Give, and the Energies for Dying**

And it's a, it's, it's a, it's a transmission which I am authorized to give. I, in fact, I'm the rain rainbow lights lineage holder at this point. And so it's, it's, um, something that we can share. And, um, you learn how to do, you learn how to bring it in, you learn the words to say and the movements to, there are certain movements.

And, and Dr. Gail learned this when she traveled through Tibet in the, uh, late thirties. So yes, there are things we can do. There's also some energies we can bring in. There's one called Good Death that is a really powerful energy, and it helps us, um, it helps us remember the good and let the bad go.

[1:07:40] And it helps us not be, so, um, there's another one called Holy Orders that's really good for, for dying. So there's specific energies that we use to accompany and support dying. So yeah, so contact me if you need any support with that. Okay.

Ridza: Okay. Will do. Thank you very much.

Desda: You are welcome, Ridza, and again, keep, keep your flag planted in Canada.

Ridza: Try, Sorry.

Desda: Anybody else?

[1:08:19] **Elisa's Question — Do the Four Aspects Hold Our Highest Version?**

Cheryl: Unless somebody has their hand raised, which I don't see, I'll continue with the questions in the chat. And this is from Elisa, whether she's Paris or Italy, she's coming across the pond, contributing this question. Do the four aspects of the authentic self hold our best version to walk our path, our soul purpose in this lifetime?

[1:08:48] I mean, the best in the highest version we can express in this lifetime, which is not perfection, it is just related to our soul path.

Desda: Yeah, they do. And, and, and the cool thing here, Elisa, is that they do hold perfection. They do hold it. They do hold complete enlightenment, complete awaken them, awakened consciousness. They do, they hold all of that. And it's something that we aspire to and move toward. And as we do more and more processes that release us, we become freer and freer and more awakened.

[1:09:34] And we can step into stronger relationships with our physical body, our emotional aspect, which is not just the emotional self, but the divine emotional self. The mental, which is not just our mind, but it is actually the divine mind. And then also the spirit, which is not just our spiritual orientation, but the authentic spirit.

[1:10:03] Because the four aspects are called the four aspects of the authentic self. And that, that is truly what we are. We are authentically complete. We are authentically in union with the divine. We are, we are little pieces of the divine. We are authentically in complete union with the divine. But that's at the interior, that's at the inside of who we are.

And we have to get to that.

[1:10:36] **The Policeman Who Carried a Shell, and What Lifted When It Came Down**

We have to take away the, you know, I just, I did a session the the other day with a young man who I, I really am a fond of. Um, but he spent some harrowing 10 years as a policeman, you know, and he'd seen really horrible

things. Terrible, terrible, terrible things. And he had a kind of shell around him, a kind of encased shell.

[1:11:06] And it was really a wall to protect himself. And now that he's left the police department, we, we took the wall down and he lifted up, which is pretty exciting, pretty exciting to see that lift in somebody because then they have access to, to the glimmer, the glimmer of hope that we can reach this internal awareness that we can touch it.

Do you have more about that, Elisa?

[1:11:47] **Elisa — Soul Purpose and Life Purpose Are Two Different Things**

Elisa: Yes. So the four aspect, all our divinity, I mean, uh, the divine in us, um, so the potential, um, of perfection

Desda: Absolutely. Of the World. Yeah.

Elisa: But at, but at the same time, when we, when we, uh, come into life in, we embody, uh, we have a soul purpose because it depends from where we are in our evolution. So in this lifetime,

Desda: We have a life purpose and a soul's.

Elisa: Yes, yes.

[1:12:31] **Desda:** There's two things. So the soul's purpose is kind of constant. It's always gonna be the same. Yeah. The soul's purpose. It's like your orientation, like your, like your, um, substructure. Yeah. Yes. And, and then you have a life purpose. Yes. Like what are you meant to do this lifetime? Yeah. Okay. I think there's really two.

And you know what? That life purpose can change over time.

[1:12:59] **Elisa:** Yes. But the soul purpose won't. Okay, that's great. The

Desda: Soul purpose is always gonna be the same.

Elisa: Uh, four aspects too will be the same always.

Desda: They are, they are the same. But they will, they will show you yourself. Like if you tune into your four aspects and, and you wanna see what they look like and they present themselves to you, you may see an emotional four aspect that's a 3-year-old and she wants a pony.

[1:13:30] **Elisa:** Yeah. But in, in this lifetime that, that's my question in this,

Desda: In this lifetime. So you give, you give her a pony, you tell her she's a big girl and ask her to grow up and she can do it like that.

[1:13:47] **Elisa — Do the Four Aspects Hold the Life Purpose Too?**

Elisa: Yes. But my question was they hold the soul purpose and they hold the life purpose. So the limitation of my lifetime at the same time mm-hmm. They hold both, they hold.

Desda: Well they, they don't really hold the life purpose. The life purpose is manifesting in your every move. It's, it's you, you, you are living your life purpose.

Elisa: Yes.

Desda: Your structure is your soul's purpose.

[1:14:19] **Elisa:** Yes. But we are connected with our four aspects.

Desda: Absolutely. Yeah. We're connected. We're connected. And you almost can think of the life purpose as an electromagnetic event. Okay. It's present time. Yeah. Current. And it's gonna dissipate at some point. And you can think of the four aspects as a subtle energy event.

[1:14:46] **Elisa:** Yes. Because in my, I mean in my mind right now, I, I'm thinking about life purpose as limited, but soul purpose is really expanded. That that's

Desda: Soul purpose is completely expanded. Yeah. And life purpose is limited to this lifetime. It's limited to this lifetime. But it doesn't have to be a limited purpose. It can, can be a very expanded purpose and you can change that purpose.

[1:15:13] **Elisa:** Okay. During my life. Yes.

Desda: Okay. More awakened, you become the broader, your purpose becomes.

Elisa: Okay. Yeah. I was trying

Desda: Your initial, your initial purpose at age 20 might have been, I just really like to be more conscious, you know? Yeah. And then at 30 it might be, I'd like to be more directed in my intention. Mm-hmm. And then at 40 it might be, you know, I'd, I'd like to be able to really love somebody.

Is there anybody that I could love? You know? Mm-hmm.

[1:15:49] **Elisa:** So that's mean that in, in each lifetime I can, I can, I mean, achieve perfection,

Desda: You can. Okay. And you can decide if you wanna stop being in a physical body, you know? Mm-hmm. Being coming. What I mean is you can get off the wheel of karma. You don't have to keep coming back. You can get off the incarnational wheel. You can, you can.

[1:16:17] **Elisa:** Okay. Thank you very much.

Desda: You have to be really clear about it. You have to be clear. You can't be like, oh, I'm really bored today. That's not gonna do it.

Elisa: Okay. Thank you very much.

Desda: You're welcome. I just wanted say a quick hi to Nathalie who I haven't seen in a while. It's good to see you, Nathalie. Hello.

Nathalie: I met you years ago. That's so nice to see you. Thank you. Hi Desda. Absolutely. And studied with you for many times and love your work. And I'm off in Arizona here.

Desda: Well, that's great. We, we have, uh, Leslie Shade, who's also in Arizona.

[1:16:58] **Nathalie:** Yeah, I do. I do have a concerning question if there's time for that. Well,

Desda: Since you're, since I just spoke to you, I would say go for it.

[1:17:08] Nathalie — My Heart Is Breaking About Minneapolis

Nathalie: Okay. The urgency, my heart is breaking about Minneapolis. So I'm from Minneapolis and I've been doing, oh my God. And all my friends, several of my friends live close to those areas. Everybody's in serious dire trauma. It's really horrible. And the, the hearts of the Minnesota people are that they go help people.

And um, when this first happened I thought, wow, don't piss off a Minnesotan. 'cause there's Minnesota nice. And then there's like, if you push 'em to the wall about injustice, they will go and fight no matter what and put themselves in harm's way. So as you see, it's escalating. It's getting worse and worse and worse.

[1:17:43] Um, I did do like a seven day meditation, um, with, uh, Tulku. He's fantastic. I don't know if you've heard of him. He is a Tibetan, uh, master, uh, in uh, Minnesota. He's actually got such healing capacities at the University of Minnesota. He is been studying him for 10 years and he is got a school, all this stuff.

And he did this chanting, beautiful chanting with six Tibetan monks seven days. Oh, sorry. I missed it. Oh my God. They do it every year. They do it every year in the first part of the year. And I repeated it like five or six times a day. So I am sending, I know to send love and send all that to deescalate.

[1:18:18] Is there anything that you can, else can suggest because they're in dire straits. It's really sad what's happening and the cruelty is just going on and on and on.

Desda: So, yeah. I'm, I'm aware. Yeah.

[1:18:31] Speaking as a Teacher — Hold the Torch High and Do Not Make a Fist

Um, here's, here's what I'm gonna say. And this is not, I'm speaking from my position as teacher Yeah. Not as a citizen of the country. Okay. So as a teacher, we must hold the light high. Yes. So, our job and our purpose here at this time in this place, is to hold the torch really high, the torch of truth, peace, love, and possibility.

[1:19:04] Yeah. Not to hold that high. We cannot succumb to fear and terror and the horror of it all.

Nathalie: Right. So I'm, I'm just wondering like, what, what at, you know, can we just keep sending love and keep sending, you know, truth, light visions. I keep sending, you know, I've even the meditations you bring in everybody, surround 'em with love, you know, do all that. I mean, is that

Desda: Yeah. I don't see anything appropriate collectively.

[1:19:33] Nathalie: Okay. 'cause I mean, there's always the boundary issues about, well,

Desda: Well, you from Minnesota, you're, you're from Minneapolis. Yeah. Yeah. So, so you to, in some degree you own the city.

Nathalie: Alright. Okay. Yeah.

Desda: So you can set up a thought form of Minneapolis and you can just bring all the love you want into Minneapolis.

Nathalie: Okay. I blow out into all the people. Sure.

Desda: But don't, don't bring in, uh, energies to people unless they have given you specific permission. Right.

[1:20:04] **Nathalie:** You certainly bring in collectively city.

Desda: You can bring it into a city, you can bring it into, uh, public buildings and spaces, you know, when, when we, we are the owners of those places. Yeah. So we, we can inter interface with them. Okay.

Nathalie: That's good. Yeah, because I just, it's, they need help. I mean, my friends are saying, we need help. We need help from people around the country. You know, there's just, they do, it's just, yeah. Yeah.

[1:20:31] **Desda:** They do. Okay. And that, so that's from this perspective. Okay. That I can tell you.

Nathalie: So I can send e you know, to the buildings and the, those place. Yeah. Okay. Super. Yeah. Yeah.

Desda: And we have to hold that light high because it's really easy to drop. It's easy to drop the, the torch and make a fist. Sure. It's really easy to that. Oh, absolutely. Yeah. Yeah. So it's extremely important to not make a fist, but to hold the torch high, to follow the teachings of Martin Luther King, who was, you know, his birth, his, his, his, his day is coming up and we always wanna remember the teachings of King because he was such an incredible pacifist.

[1:21:13] **Nathalie:** Yes, absolutely. Yeah. Thank you. I thank you. Oh, and great to see you Desda. I miss you, miss your teaching.

Desda: It's great. Yeah. It's great to see you, sweetheart. Yeah, yeah, yeah. You should get on the, uh, get on the website and check it out.

Nathalie: Okay.

Desda: Your, yoursacredanatomy.com.

Nathalie: Super. Yeah.

Desda: So I'm gonna take one more question, and Christine is right there and got her hand up, so go for it, Christine.

[1:21:39] **Christine's Question — Getting Off the Incarnation Wheel**

Christine: Oops. Oh, yes, I'm on. You're, thank you. And oh gosh, um, Minneapolis, that's, I've been, I yeah, I've got ties there. Um, anyway, when you're talking about getting off the incarnation wheel, this is something that's been in my, uh, purview for a while here. And I'm wondering if, when you're talking about that, if we're talking about going to more of the, um, higher astral fields instead of the earth incarnation, or can you just say a little bit more about that?

[1:22:19] **Desda:** Well, when you, when you stop in, you have an opportunity. When you die, you have an opportunity to, you know, clean everything up that happened. You have an opportunity to, to complete, you have an opportunity to

set your intention for what you wanna learn during this period of, of, we would call it time, but it's really space that you are, um, on the other side.

[1:22:49] And it's during that time that you would decide to leave the incarnational wheel, it's during that time that you would take teachings and study about what you need to know or learn and what the value of being on the incarnational wheel is for you. So it, there is great value coming back around again.

[1:23:15] And, um, it, the, the, the, um, the desire to, um, be on an another plane and not do this anymore, it is, is high for people, you know? So I wanna get outta here, you know, but, but the truth is, you have to, you have to really get to the place where you absolutely love life and it brings you such joy.

[1:23:46] And so when you get, when you get, when you're pinning the joy meter consistently, and you're, and you're feeling the beauty of this place, that's when you're getting ready to get off the, the circle.

[1:24:00] **You Get Off by Being Filled With Joy, Not by Being Sad**

If you're walking around, You're nowhere near you don't get off by being sad. You get off by being filled with joy, bliss, and ecstasy. That is how you get off. And I, and I don't mean arriving at it through sex.

Christine: Yeah. Well that's Christine, that's Well,

Desda: I'm, I'm kidding. I'm kidding. I'm joking around.

[1:24:26] **Christine:** Yeah. Yeah. Well, that's, you know, what you're just saying makes absolute sense to me. And so I'm, I'm urging myself to really become that unfettered of opinion and discharge and, uh, blaming what's happening or, you know, any of that stuff.

Desda: Yeah. You, you can't really live from an agenda. Yeah. You have to live from the heart of the divine. Yeah. And that, and that's where the shift takes place. If you're living from an agenda, like, I've gotta do this, this, and this, and this and this, and, you know, I need to make more money, and why can't I be more successful?

[1:25:10] And if all that is Oh, that's your thing, you not, yeah. Yeah. But if you step into the joyous, uh, place and, uh, and it's not easy to do, you know, I mean, it's, that's hard work. It's really hard work to be joyous all the time. First of all, people think you're nuts.

And then still be authentic too. Like if, if the screaming wants to go, you know, it's like, okay, do it. Alright. Right now, what's next? Yeah, my, um, my grandson is there. He's just there and, and, um, when he, he's a nursery school now, and his, his parents had a parent teacher conference on, um, yesterday.

[1:26:03] My daughter said that he's so excited and happy about everything, that sometimes he just stands in the middle of the schoolyard and goes AHHHHH just at the top of his lungs. And they said, he's just like, just so happy. And, and, and they're like, they were a little worried at first, and they went over and said, what's going on Bodhi?

[1:26:31] His name is Bodhi. What is, what's going on Bodhi? And he looks up and he goes, I'M HAPPY! and, and that's kinda, I mean, that's kinda what we have to remember. Like, we have that in us. Yeah. We were all three and a half once,

and we all, at some point during that early childhood, we experienced unlimited joy.

[1:26:57] And it may have been associated with candy, but, but we had it. So I'm gonna have to close, and I'd like to share a couple of things with you. This has been delightful. Thank you very much each of you for being here. It's been wonderful to see you. If there are questions I didn't get to, so sorry.

It's just what we had.

[1:29:46] **Closing**

Kids, kids and grownups. It's good to see you guys. It's wonderful to be here with you. Blessings and love surround you all the days of your life. And may you experience joy today. Bye bye. All.