

Ask Me Anything — February 2026

Video: <https://www.youtube.com/watch?v=rabWh353PFs> • 1 hr 39 min

Key Topics

- [1:04] Holding a client without being pulled into them** — thought forms set an inch apart and away from where you sit, the difference between reading someone from the electromagnetic field and touching them from the edge, and whether a medicine attuned once stays attuned
 - [1:04] Elisa's Question** — Feeling a Signature in a Client's Thought Form
 - [12:06] Ghislaine's Question** — Reading Someone From the HEMF, or From the Edge
 - [16:00] Ghislaine** — Sensing Her Husband's Coworker, and Whether That Is Invasive
 - [54:34] Janice's Question** — Do You Have to Re-Attune a Medicine Every Time?
- [4:37] Soul, spirit, and the self that identifies** — soul as the creative impulse directly connected to source and spirit as the thing created out of the friction of I am and I am not, why you cannot identify with one and not the other, and why a strong ego is what stands in partnership with the divine
 - [4:37] Nazy's Question** — Soul as the Creative Impulse, Spirit as the Friction
 - [7:40] Nazy** — Is Spirit a Transient State, and Where Is Identity Anchored?
 - [1:04:14] Cheryl's Question** — A Strong Ego, and Deconstructing the Ego
- [19:17] The edge, the core, and the connection to the earth** — how far the core extends, the web of Indra, what happens when a grounding cord to the planet is given up for the edge practice, Edge 360 as a whole contained sphere, and walking in nature with the totality of your beingness
 - [19:17] Fred's Question** — How Far Does the Core Extend, and the Cord to Gaia
 - [22:36] Fred** — The Edge Practice Feels Like an Abbreviation of the Connection
 - [24:51] You** Are Connected to the Earth in a Million Ways, and Edge 360
 - [27:17] In Nature** With the Totality of Your Beingness
 - [30:57] Fred** — Is There a Misnomer in the Core Extending to the Earth?
- [33:12] The axis chakra and the human resonating chamber** — the chakra eighteen inches below the feet, the chi pool beneath it, the chamber that stretches out through the earth and connects us to our own species, and the tsunami and the earthquakes people felt in their bodies
 - [33:12] The Universal Human Resonating Chamber**, and the Tsunami People Felt
 - [35:04] What You Are Wishing For** Is Already Built In
- [37:59] What is unseen, and what leaves the body** — ghosts, angels, fairies and the little lights around a mother trying to conceive, the light body as photonic and subtle light together, the outline of the organs left in the template, and the three strata of the cognitive layer
 - [37:59] Janice's Question** — Do You See Other Non-Corporeal Structures?
 - [40:44] Chensun** — The Light Body, and What Lifts Away at Death
 - [43:01] Chensun** — Does That Reside in the Cognitive Layer? The Three Strata
- [46:15] Consciousness, and its relationship with love** — consciousness as the mind of the soul and the substance the universe is made of, presence and spirit

and essence as one thing, love that carries an agenda against compassion, and why the word love is used more now than it once was

[46:15] Chensun's Question — Is Consciousness the Culmination of Spirit and Soul?

[48:45] Chensun — The Expansion of a Client's Conscious Capacity

[51:06] The Relationship Between Consciousness and Love

[53:00] Chensun — Why Love Is Named More Often Now

7. [55:47] **Death, cremation, and the passage of the soul** — why the soul is not invested in the how of death, three days before cremation, a piece of a field left where a trauma happened, the cloud of unknowing, rainbow lights at the moment of death, and why you cannot work on anyone without permission

[55:47] Elizabeth's Question — Does the HES Care How the Body Is Dealt With?

[59:15] A Piece of the Field Left Where the Trauma Happened — What a Ghost Is

[1:01:24] Elizabeth — Does a Stuck Field Affect the Passage? The Cloud of Unknowing

[1:05:41] Elizabeth — Rainbow Lights for Someone We Consider Evil

[1:08:10] You Cannot Work on Anyone Without Permission — Sending Meta Instead

[1:10:00] Diane's Question — What Exactly Are We Interacting With After a Death?

[1:11:43] Your Sacred Anatomy Is Not Contained by the Earth Field

8. [1:13:32] **Sitting with the dying, and being visited afterwards** — a mother who took her hands off her daughter's neck at death, a friend kept in her bed for three days who smiled, a sister seen in the bardo, and hearing a voice after someone has gone

[1:13:32] My Mother Took Her Hands Off My Neck

[1:17:17] Christine — Three Days in the Bed, and the Smile

9. [1:20:17] **How far consciousness travels** — the edge as consciousness rather than something that goes out and grabs, the four aspects as the faces we carry into the cosmos, psychic travel as distinct from space travel, and the remote viewing programme Desda was recruited for in 1969

[1:20:17] Jasmine's Question — How Far Can We Stretch the Edge?

[1:24:07] Remote Viewing, and the Men in Black at the Door

10. [1:27:09] **A difficult time, and holding the torch through it** — Saturn and Neptune at one degree Aries on the 20th of February, the revolutions and wars that fell under the same alignment, the Naadi palm leaves of India and the prescription of prayer, solar flares and the squirrels, and being a beacon rather than a target

[1:27:09] February 20th — Saturn and Neptune at One Degree Aries

[1:30:26] We Must Be the Center for Peace on This Planet

[1:31:46] Elizabeth — The Naadi Palm Leaves, and the Solution of Puja

[1:33:30] Hold the Torch High — You Are That Light

[1:34:37] Christine — Solar Flares and the Electromagnetic Field

Q&A

[10:44] **Welcome — Ask Me Anything, Such an Audacious Title**

Desda: So welcome to ask me anything, which is a, a rather, uh, audacious title. But I, you know, I always make an effort, and we do hope that the, anything you're asking me about is sacred anatomy.

[1:04] **Elisa's Question — Feeling a Signature in a Client's Thought Form**

All right? And here's, here's Elisa saying we practitioners, let me just open up what you've, you've written your thing here. Okay? She says, we practitioners use energy generators to support clients. Is it possible when we have a client's thought form on our altar to feel in our structure, the presence of, for example, a signature or an astral moving in the client's thought form as a signal to proceed with removal?

[1:37] If we have multiple client thought forms close together and open, can it happen that they influence each other energetically? Nobody's ever asked me that. That is such a cool question. Wow. I love it. Um, you can, when you tune in to the thought form, you can feel them. I mean, you can feel if somebody's got some activity moving.

[2:05] Um, for me, I purposely set the thought forms, uh, in an area of my office that I don't like. I don't sit by or stand by, so they're away from me so that I don't feel all of them. But when I know somebody's in trouble, like, you know, we have a mutual friend with a broken leg.

[2:32] So when, when you have someone like that that's in trouble, and you have a thought form running for them, I, I stay more connected with somebody who's in a crisis. And that is, um, when you might feel an incursion of an energy or signature pop up or, or something. But generally, I try to keep myself really edgy around all of that so that I'm, I'm, I keep my edge really strong so that I don't pick up all that miscellaneous information that may or may not have anything to do with me.

[3:12] You know? Uh, because sometimes people have signatures that move through, or they even have, might have an entity that moves through, but it, they're not staying. It's like, it's, it's, it's moving. Or they might be in an argument with their husband, and you might feel like heat coming off of them, but if you have enough distance from them, you don't have to go through the argument with them.

[3:38] You know, you don't have to experience that. So I try to encourage people to stay really clear about, uh, the edge. When you're working with thought forms, it's, it's important to remember that, you know, you don't necessarily wanna engage with that. You know, stuff that's happening in their own world, at their own, in their own time.

When you set up thought forms, you do need to leave a few inches between them. Like I, at times, I'll have so many thought forms on, on my, uh, my thought form altar that, you know, they're about an inch apart, but I never, I never have them touching, you know? And that's precisely for that reason, so that there's a distinct field that I'm interacting with.

So, so there you go. My bat cape on.

Elisa: Thank you very much.

Desda: You're welcome.

Elisa: It was really useful.

[4:37] **Nazy's Question — Soul as the Creative Impulse, Spirit as the Friction**

Desda: Okay. Now, I think there's also a question from Nazy here.

[5:28] **Nazy:** Soul is the dynamic creative impulse that is directly connected to the divine source. And spirit is the thing that is created out of the friction of I am and I am not. Okay. Full stop. In anchoring self identity with either of the definition, is it fair to say that soul is the continuous, um, source connected creative impulse that we should identify with the source rather than with the spirit?

That's my question. Is it fair to say that,

[6:06] **Desda:** Um, I, I don't think it's fair to identify with one and not the other. Okay. Because we, we need, we sort of need both components to be able to move effectively in the world. So we need to remember that we're in touch with the one, the all the great, the I am. We need to remember, we're in touch with everything that is, that we are in fact a element of creation, right?

We need to remember that. But then we also need to remember that we're a co-creative partner with creation. So spirit is emergent movement arising from I am and I am not. And that is the, it's sort of the thing that drives us. It's a thing. Our spirit is what makes us say, why am I here?

[6:51] Our soul is not, our soul says, yeah, we're idiots. You know, you don't remember the spirit is the part of us that's questing and seeking, you know, and soul is often the one who's answering. So it's important that we ask the question, but it's also important that we listen to the answer. And ultimately, we, we are, you know, neither of those things.

[7:20] Eventually we become part of the great vastness of all. Eventually when you grow up, we get to be, when we grow up. Part of the great unknown, the great vastness. Um, and that's, that's funny. The,

[7:40] **Nazy — Is Spirit a Transient State, and Where Is Identity Anchored?**

Nazy: The reason why I ask is I, I, I sense that the state of spirit between the fluctuation between I am and I am not sounds like a transient state, meaning I'm neither this or nor that, or it's something that's fluctuating.

Desda: No, it's the friction. It's, it's, it's the, so whenever you have change of any kind, there's a kind of a friction. So you could think of the spirit as the driver of change. You know, that in us that wants to reach out and be part of more, or that wants to be in service, that wants to share.

[8:26] That part of us is our spirit moving in us all the time. All the time. So when we embody our presence, essence, spirit, when we embody that, then that essence of who we are, that essential energy that is our own personal spark, gets a chance to shine. You know, it, you, you don't get to do that unless you're in a body.

And when you're in a body, you know, you've got to take that opportunity to shine. That's your, that's it. You're, you're on. Let's go. You know, the overture is finished. This is it. So sing the opening song.

[9:09] **Nazy:** Um, I love that answer. And just to be clear on this, the anchoring of the self-identity, you are saying sometimes it is with the soul, and sometimes it's with the spirit. It's not one or the other. Is that what you're saying?

Desda: No, what I'm saying is that it, we are both. And so when we identify as you know, that's who I am. That's me. That's my identity. It's an electromagnetic event. You know, it has to do with the ego. It has to do with, you know, kind of, uh, you know, I own, I own this dowsing rod.

[9:48] You know, it's, it's not my soul that's saying, I own this dowsing rod. It's my, it's my egoic nature. And the ego, egoic nature in the spirit work together to bring soul's purpose forward. So the egoic nature is also very important. We have to have a strong ego to stand in partnership with the divine source.

If you don't have a strong ego, you, you really can't show up. And that doesn't mean you have to behave like a jerk. It means that you are strong in the truth of who you are. And, and that's extremely important. 'cause why else are you here? You know, you're here to work. You're here to get stuff done.

[10:37] You're here to grow, you're to expand, you're here to give thanks, to share blessings. You're here for good reasons, lots of good reasons, you know? And you're not here to collect money necessarily. I'm proving that. No, it's a joke. It, we obviously need money to live, but it's not who we are, is it?

[11:09] Yeah. It's something we have. It's not who we are. Egoically. We may think it's who we are, but then we're kind of off track. So as soon as you realize that you're not your possessions, you know, you're not your beauty or your unattractiveness, you know, you're not your face particularly, then you can really start showing your true face, which is, which is the face of peace and compassion, awakened awareness, the face of your four aspects, the face of your enlightened being that can begin to be there.

[11:48] But you don't get there without going through the, uh, manifestation of spirit, which is yes, your true self, your i your identity. Does that make sense? Okay, good. Okay.

[12:06] **Ghislaine's Question — Reading Someone From the HEMF, or From the Edge**

Well, we've got a question from Ghislaine from the Netherlands. I'm so happy you're here. One of our practitioners, Lauren has her, her daughter has moved to the Netherlands with her kids, and she is going for a visit to the Netherlands. I should connect you with her. Hmm. If you're interested in meeting an actual sacred anatomy, energy medicine practitioner in person,

[12:36] **Ghislaine:** I have my own, I have Cheryl as my practitioner.

Desda: Cheryl's your practitioner.

Ghislaine: Yeah, she is.

Desda: Oh, great. Well, if you'd like to also meet Lauren, she's gonna be there. Um, let Cheryl know and Cheryl will hook you up.

Ghislaine: Thanks.

Desda: But stick with Cheryl. 'cause she's brilliant. She truly is. So your question, when tuning into people to read their energy, how do I know I'm doing this with my HEMF or from the Edge? I guess I've always done it with my HEMF. How do I do this from the edge, and how can I sense I am doing it?

Right? Have you taken the edge class?

Ghislaine: Yes, I have.

Desda: Excellent. Okay.

[13:18] **Ghislaine:** So I'm doing my practice every day, but I'm puzzling this one. Yeah.

Desda: How do you know you're doing it from the HEMF or from the Edge?

Ghislaine: So, yeah, because it happens, I just, it just happens when I speak to someone and

Desda: Then you tune into their energy.

Ghislaine: Yeah. Yeah.

Desda: So you have to be cautious to keep your electromagnetic field pulled in. It's one of the things that will help you control it. If your electromagnetic field is reaching out, stretching out to connect, oh, there's somebody I'm interested in, I'm gonna reach out and grab them, then, you know, you end up being in a situation where you, you know, I guess the way I would put it is you're, you're constantly letting yourself be dragged hither and yon by other people's needs, you know?

[14:17] Mm-hmm. They need you, they need to express something they're demonstrating and you're going there. So it's, it's the equivalent of being like directed off course by bright and shiny objects, you know? So the edge practice allows us to use the seat of compassion in our energy structure, which is the edge. That's where the greatest sense of compassion is.

[14:47] Whereas the electromagnetic field is more like, I'm curious, let, let me see what's going on there. Or, oh, look at that. That's a pretty dress. You know, something and you get kind of pulled off. Or, oh, they're dealing with something really heavy right now, I can feel it. So that's not the edge.

But when you're, uh, touching them from that place of real conscious compassion, it, it's almost like there's nothing there. But the peace of that place. So even when people are distressed, you can feel their potential and you can sense their, the possibility of who and what they are truly. You don't have to read them reading it.

[15:42] You know? I, I know a lot of people do it. I mean, they do it unconsciously, and some people have learned to do it. It's actually kind of invasive, you know? Yeah. And, and so when you do it with your HEMF, you are truly invading their space.

[16:00] Ghislaine — Sensing Her Husband's Coworker, and Whether That Is Invasive

Ghislaine: I don't know, because when I talk to my husband and he tells something about the coworker, then I just sense the, the character of the coworker, what they're dealing with. And then it seems logical because it's helping him, him to, to understand what's happening in this situation. But I'm thinking, what am I doing?

Because I do not want that, but it just happens. Um,

Desda: Well, you can get psychic information at the edge.

Ghislaine: Yeah. I'm looking for,

[16:28] Desda: and it's generally filtered through a lot of compassion. Like it's not a judgment. No. If it, if it turns to be like, well, that's a bad person.

Ghislaine: No, never. Yeah.

Desda: Anytime you're going there, that's real electromagnetic.

Ghislaine: No, normally it's for him to understand what's happening, and that, that's normally a beautiful thing because he tends to get, um, more loving about this person.

[16:56] Desda: Well then that, then you're helping him from a compassionate place, and that would be the edge. So that's the distinction one feel one is invasive and judgy. The other is not invasive and compassionate.

Ghislaine: Okay. Okay. Yeah.

Desda: I mean, that's the power of that particular part of the anatomy is that it allows you, you know, whether you know what to do with it or not, it allows you to experience compassion. Yeah. It sounds like you're trying very much to help your husband see the bigger picture, which is very admirable.

[17:37] Ghislaine: Yeah. Yeah. And normally, I, I can also see the, the spark in people. So normally it brings me to their best sides when I look at them, so,

Desda: Well, that's wonderful. Yeah. See, there's nothing wrong with actually seeing people and feeling them and having an experience of them. There's nothing wrong with that, you know?

Ghislaine: Okay. I thought so, because I thought, okay, I'm doing this wrong.

[18:03] Desda: Right. No, there's nothing wrong with that. The, the only time it gets creepy really is when you're at the, you are, when you're in the HEMF and you don't have permission, you know, and you kind of invade their space. And that, that usually has a lot of judgment with it.

Ghislaine: And how do I know I am doing that?

Desda: Well, you have, you have to assess where it's coming from in yourself.

Ghislaine: Okay. Yeah. So it's difficult.

[18:31] Desda: Yeah. Well, nothing worth really understanding is easy, particularly, I mean, that's one of the things about sacred anatomy, energy medicine is it's not easy. I mean, you have to learn how to do this. And, and the

people that are attracted to it are, are generally pretty, um, motivated to change their lives in such a way that they're living in a happier place.

[18:58] And sometimes you have to travel through difficulty to get there. I mean, that's just kind of the way, way it works. And it's, it's not, there's nothing wrong with the, the path. It's just the path, you know? Yeah. Okay. So here we are with Fred. Thank you, Ghislaine. Thank you so much.

[19:17] **Fred's Question — How Far Does the Core Extend, and the Cord to Gaia**

Fred: How far does the core extend beyond the edge?

Desda: Well, we don't know. We don't know, Fred. It, it, it may go into outer space. I'd have no clue. It just goes, it's, it's out there somewhere. And also at the bottom it goes. So, you know, but it tends to dissipate. So like, I don't see it beyond a certain point beyond about five or six feet above the, a person's structure.

[19:49] I, it, it dissipates so much that I don't really see it. But if you look at the, um, concept, okay, Cheryl, here's a graphic, the web of Indra. If you look at the web of Indra, which is this ancient, ancient writing, maybe as old as 10,000 years old, coming from the Rigveda. And they basically said there were elements of time and space that crossed, and at the crossing point was a jewel hanging in space, and the crossing and, and the lines that crossed created a massive web.

And so we have an interesting graphic to share with you in a minute.

[20:41] **Fred:** Well, thank you. And I very much appreciate the answer. The previous answer too, as far as further defining compassion as part of the edge, my reason for asking the question is, is that by stopping my connection to the earth, within my sacred anatomy, and, you know, right before the edge, there's, there's, there's a sense of incompleteness there for me.

[21:06] And I don't know if that's a habit or it's just an awareness. Um, so that notion of it seems somewhat satisfying on an basis thinking, well, core is extending through beyond my edge to planet. I was thinking, I was mainly focusing on my connection to, to Gaia to Earth. Um, but again, my mind is getting in the way of questioning all of that and wondering how it works in my ignorance.

[21:35] And so I'm, I'm going with how I'm feeling about it, but I'm also looking for some clarity.

Desda: Well, I think, I think our connection with the planet is not dependent on extending any part of your structure into the planet, even though if you're standing on the planet, the whole bottom half of the lower hemisphere is in the earth. But if you are conscious of your edge and you're aware of your edge, your edge is being accepted into Gaia, and you are there.

[22:16] Did you, are you not finding that picture, Cheryl? Isn't that funny? I wonder where it is.

Cheryl: I only can find the jewel.

Desda: Just the one,

Cheryl: Huh?

Desda: Okay. Too bad. We have a nice picture. It's, it's somewhere. Show us the jewel anyway, so you can see. But,

[22:36] Fred — The Edge Practice Feels Like an Abbreviation of the Connection

Fred: But before the edge practice I had, I was doing connection to the core of the planet, and I got a sense I was stopping that with the edge practice, and it felt, shall we say, from habit or just from a feeling sense, it, it feels incomplete to me. So that's why I was looking for some resolution to that.

Desda: Yeah, I, I heard you, I heard you. I'm actually meandering to the answer here. Okay. So, so there's a picture of the jewel as we think of it. Wow. But if you can imagine those lines stretching out and crossing other lines in space. Yeah. Every time there's two lines crossing, there's another jewel.

[23:17] This is the ancient, uh, va Vedic understanding of souls in, you know, that are not embodied. So this is, this is, this is kind of where we're going with this. And I was talking about this, and then one of my students said, have you ever read the Rigveda? And I said, no. She brought it in.

[23:42] And it was this quote that just outlined exactly what I was describing. So, thank you, Cheryl. Thank you. Alright, so let's talk about, you are bereft because you're not touching into Gaia in that way. And, and, and you've, you've removed your cord, essentially from the core of the earth, and you're containing yourself at the edge, and that's all happening, right?

Fred: Yeah. Okay.

Desda: So you are lonely for that connection that you felt before

[24:24] Fred: Lonely, or, I'm feeling, I, I dunno.

Desda: Loneliness sounds is one way of describing it.

Fred: I'm feeling expansive beyond that. So

Desda: Expansive beyond,

Fred: I'm, I'm feeling a connection and I'm trying to sort it out, uh, and honor the edge practice.

[24:51] You Are Connected to the Earth in a Million Ways, and Edge 360

Desda: Well, I think that it's, I mean, I think that it's hard to say you're not connected to the earth. I mean, we are connect, we're on the earth, you know, we are earth people. Hmm. Some people think they're from outer space, not recently. I mean, you know, we we're here. And so of course, you're connected to the earth.

You're connected to the earth in a million ways. That's what, that's what baffles me about putting a single grounding cord into the planet. First of all, it's, you know, she's a different species, so that's not a good idea, huh? But, but we're connected through every part of every molecule in our physical body.

And every single part of the subtle structure is connected to the earth.

[25:40] **Fred:** Well, see, I, I feel that, and the concept of just containing with the edge seems to be, uh, I'm unable to resolve that so far on a feeling sense. So,

Desda: Well, it could very well be that you're just, um, going to the edge in part of your structure as opposed to the entire edge. Okay. That was something I used to see with people. They would, they would put their hands out and they would like, visualize themselves going to the edge, and then they would be at the edge in an area about that big.

[26:16] Huh? Here and here, you know? And, um, that's why we started saying Edge 360. So when you draw the Edge 360, you're literally drawing this whole huge circle around yourself, front and back, left and right, kitty corner and kitty corner. And then you're kind of like filling in the orange wedges. And at that point, you are a contained sphere, so you're not, um, disconnected in any way.

So I think that might be what's going on with you.

[27:00] **Fred:** Okay. Well, I'll continue to pursue it. It just is curious. 'cause I feel definitely connected to the planet. Um, and it somehow seems, the edge practice seems to be an abbreviation of that in some way. So I'll,

[27:17] **In Nature With the Totality of Your Beingness**

Desda: Well focus on the 360 part more. You know, the truth of the matter is when you walk in the woods, okay, so let's put ourselves in the woods, and we're walking down a path in the woods, or even tromping through an area that isn't a path. We're just in the, in nature. Hmm.

And when you're in nature, are you only in nature with your feet? No. Right. So you're in nature with the totality of your beingness. And that's what the edge is. It's the totality of your beingness. It's accepting that you're more than a physical body. You're more than an electromagnetic field, which is the focus has been on for about a hundred years.

[28:05] On that, you're the subtle structure as well, which is your soul structure. So your soul is interacting and connecting as a whole, being with nature, which is a whole being. So when you're interacting with a tree, you're interacting with the wholeness of your being. You may put a hand on a tree and a foot on a root, but your whole being is there with the tree.

[28:43] So there is no separation between us and, and nature. So the fact that you have an edge does not take you out of the universe or take you out of the natural connection. The fact that you have an edge gives you the opportunity to have a stronger relationship with those things. Mm-hmm. Mm-hmm.

[29:08] So you, you can come, you can come at a tree with the wholeness of compassion for what that tree has experienced and what that tree is and what it's doing in the totality of the forest and what it's holding. And you can talk to it. So talking to trees, talking to plants, talking to cats, you know, we can do that.

[29:37] And it's way improved by the edge. Oh, yeah. You know, I mean, your animals will take you seriously. I mean, usually they're like, oh God, here comes the food machine. You know, maybe it'll pet me. But if it, if it's important when you're at the edge to realize that they see that and they make a connection with you, that's totally different.

[30:09] I mean, you can go to the zoo at the edge and make a connection with caged animals and bring them compassion and love, and, and they'll, they'll do things that are just completely out of the ordinary. They'll walk towards you and stand a hippo walking towards you and standing and staring at you.

Wow. You know, at the edge those things happen. So it's, I think it's extremely cool to realize that this compassionate nature that we have the capacity to experience doesn't have a limit.

[30:48] **Fred:** That's helpful. That's very helpful.

Desda: You don't, when you're grounding into the earth, man, that's the limit. There's a limit there.

[30:57] **Fred — Is There a Misnomer in the Core Extending to the Earth?**

Fred: Well, if I may, uh, ask again, back to my original question, is there I was getting some satisfaction, and again, it's more mentally, um, trying to understand what I was feeling that well, at least that divine asset being that core was extending to the earth and beyond, and connecting maybe at that divine level with the earth.

Is there some, is there a misnomer in that? Or, here's,

Desda: Here's the deal, here's the deal.

[31:22] **Fred:** And to the cosmos for that matter too. So

Desda: Cheryl, can you show us a picture of, uh, the blended energy system composite? So, here's the thing. We have a chakra that is, that is devoted to our relationship with the planet. It's called the axis chakra. It's about 18 inches to 24 inches below our feet. Mm-hmm. You see, look at those roots coming down out of the lunar.

[31:50] So roots come down out of the feet, and there's the lunar between the ankles, and then roots come down to the feet, and you see that next, next bubble. It's, it's, it's the, the second one up from the bottom, the bottom is the chi pool, then there's the axis chakra from the bottom.

Mm-hmm. And you see all that stuff that's kind of running through it. Yeah. It's, it's the way we connect down into our chi pool and the chi pool is storing very, sort of concentrated qi that allows us to, to move energetically through the world. It's important to realize that the axis chakra connects us to not just the planet, but it connects us to other people, to our community.

[32:46] So that chakra, which is below our feet, and in the earth, if you're standing on the ground of the, the planet is, is like a, a matrix in the earth. So there is a connection, and you do have a connection to that place. Now, right below that, and Cheryl, can you show the picture of the, um, universal human resonating chamber?

[33:12] **The Universal Human Resonating Chamber, and the Tsunami People Felt**

So there's a chamber that's located right below that chakra, and that chamber stretches outside of the structure and all throughout the earth. And it goes, it, and it is how we connect. Mm-hmm. But it isn't just the earth, it's how we connect to our, our species.

Fred: Yeah. Yeah. And I'm working, so we're kind of in working with Cheryl, that, that has come up with issues. So I, and I, I appreciate the chamber more, but,

[33:44] **Desda:** Okay. So see the cloud thing there, that's what it is. Mm-hmm. And what we're looking at there, that, so you see that little blue guy's ankles, and then down below it, that's the axis chakra. Hmm. So if you're looking at that, you are seeing the uni human, universal resonating chamber, and that chamber is chock-a-block with interconnectedness.

[34:10] And we have the ability to enter that chamber and connect with people all over the world. So how many of you experienced, uh, when the, that huge tsunami hit in, in Indonesia? Do you remember that? So long ago? Now? It's about 10 years ago. People felt it in their feet. People felt it in their bodies. People could feel it coming.

[34:41] And, and that's the same with really big earthquakes. You know, when we have these seven point earthquakes, like when there was the, what was it, 7.8 earthquake in Mexico City. I mean, you can feel that stuff because you are tuned into the species. Mm-hmm. Thanks, Cheryl. I'll bring, come back to me.

[35:04] **What You Are Wishing For Is Already Built In**

So, so the structure has built into it that thing that you're wishing for, it's already happening. And the edge gives us the ability to use those parts of our structure intelligently capably, so that we're not losing ourselves in the process. Because that's one of the things that's really important for people to realize, is that spiritual evolutionary development doesn't mean you're losing yourself.

[35:41] Spiritual evolutionary develop means that you are learning who you are, what yourself is. And as you learn more and more about who you are, you begin to realize that you didn't, don't need the defenses. You don't need the, the judgments. You don't need, you don't need so many things. And you can begin leading from your heart.

[36:08] You can begin not just using your head to connect, but using your heart and your gut. You can begin connecting with people because that's who you are. You are human. It's the next evolutionary development for humanity is to realize who we are. You know, it's not just happenstance. And believe me, you are not here just out of dumb luck, you know, you know, it is not just a biological imperative that you're here, you're here for a reason.

[36:47] You're here to do something specific. And maybe it only is gonna affect you, but it's also possible that it'll affect many others. Chensun, one of our wonderful practitioners, you'll see, you see her down there in the lovely pink Chensun, developed an amazing piece called Mending Reconnection. And that is a amending connection. And that piece deals with the human universal resonating chamber.

[37:15] And she leads people through a process to heal their own connection with humanity. It's a very beautiful piece that she created. We, we worked on it for a long time, a couple of years, and boy, she's out, and she's, maybe she'll teach it again really soon. I hope you will. Chensun, maybe Fred would like to take that class.

[37:40] 'cause it's a really, it's a great class. And the thing that's wonderful about having such wonderful practitioners is that they begin developing procedures at

a certain point. And then I get to say, Hey, go check it out, because it's cool. It's really, really neat.

[37:59] **Janice's Question — Do You See Other Non-Corporeal Structures?**

So, um, let's see there, there was another question here from Janice. Um, you have said that you see structures of a new baby lurking around a pregnant mother, and that you see our structure floating away after the electromagnetic field collapses. Do you ever see other non corporeal structures floating around all a lot?

Yes. Yes. I see ghosts, non corporeal people. I, I, I definitely do. I can tell you ghost stories. I mean, those are fun. But the main, the main thing is to realize that angels and fairies and ghosts and spirits and spirit guides and teachers and all of these unseen creatures, unseen beings, that, that there's so many of them that it's surprising more people don't see them because there's so many of them.

[39:03] So babies, when they're, um, creating a body stick to the edge of the mother's structure, and when somebody is trying to get pregnant, you, you hope you see little, little lights floating around the mother. So it'll look like little lights. And, and that's the baby trying to, trying to get in, you know?

[39:29] And, uh, then when people die, the electromagnetic field releases, it collapses, it begins disintegrating almost immediately. And the, um, the subtle structure separates from the physical body and the electromagnetic field. So the two things separate. So some of you may have seen, if you've been with somebody who died, you may have seen a light rising to the ceiling and maybe a lavender energy or green energy.

[40:01] Some people see lavender or green floating in the air above a dead body, or someone who's just died, you know? Um, and then other people see like golden light leaving, leaving the body. And that's the subtle anatomy, letting go and leaving. And there's a disconnection process just as there is a connection process.

So there's a thing called ensoulment that happens, and then there's a death, which is a dis-ensoulment letting go of the body, no longer ensouled in the body and moving on from there, which is a wonderful thing. Truly a wonderful thing. But the

[40:44] **Chensun — The Light Body, and What Lifts Away at Death**

Chensun: Light body also leads with the soul,

Desda: The light body. There we are. Let's talk about the light body. So the light body is, is the only part of the sacred anatomy that's made up of both electromagnetic energy and subtle energy sort of equally. And the light body is inside of the physical body. It's like a cardboard cutout. It's kind of flat, you know, there's the light body and it's, it's just photonic light, which is generated electromagnetically, but it's combined with a subtle light.

[41:27] And subtle light and photonic light create the light body. So it's what, uh, healers work on. When you're working on the physical body, you're actually working on the light body. If you're doing subtle work, if you're doing physical work and you're pushing into muscles, that's different. But if you're working

with the light body, you're generating focused energy to enter into, let's say, an organ in the light body to help it function better.

[42:01] And that's where people work. They work in the light body. And so that's why in sacred anatomy, energy medicine, we rebuild stuff. We rebuild a missing kidney, we rebuilt, you know, women's uterus after they've had a hysterectomy. And then we place it in the light body so that the light body kind of holds the integrity of the physicality.

So when people die, the photonic influence of the light body lifts up and goes with the electromagnetic field. But what remains in the subtle structure is a kind of outline of all the organs and parts of a physical body out of subtle energy. So that it's like a template or a pattern for when another human body wants to incarnate into this particular soul's structure.

[43:01] **Chensun — Does That Reside in the Cognitive Layer? The Three Strata**

Chensun: And does that reside in the cognitive layer?

Desda: The light body? You mean when you, when you talk about the organs and so forth that remain? No, that's not, that's not in the cognitive layer. That is literally in the physical body. But when the physical body goes, it stays in the template. So it's like a cutout in the template, whereas the cognitive layer, let's go ahead and look at a picture of the cognitive layer, Cheryl.

[43:35] So with the cognitive layer, we have three strata that are devoted to being able to talk to the bodies, the, all the bodies, the physical body, the subtle body, every part of us. So there's a part of this structure, if you will look here, you'll see the bottom. That's organs. And, and these are fanciful.

[44:02] I mean, we don't look exactly this way, but it's fun to see the organs floating in space. So there are organs and there are like little caves, and you go in within the structure, and you go into the little cave, and you can talk to the right lobe of the lungs, for example, or the left lobe of the lungs.

And you can help people find, uh, greater health and wellbeing. The second one is structural. So that would be bones and the skeleton and skeletal muscular system. And it also includes the bones of light. It also includes things like the caduceus, which you can see floating there on the left and the skull, which you can see floating there, and the spine, all those things.

[44:48] And then the next one is systems. So, um, the organs in the skeleton have systems that they work with, for example, the cardiovascular system, or, uh, so you wouldn't just work with heart and lungs, you'd work with the whole system, the cardiovascular system, but it also includes things like the layers or the blended energy system.

So the subtle systems are, are accessible in this little series of caves. And, and there's, it's not so little. It's, it's pretty good size. The last one is point of transmutation, which is where, uh, change takes place within, um, the structure to move from idea into material reality. So there's actually a location in the structure where that is, um, augmented and focused.

[45:43] And there's a lot of parts in the point of transmutation that we work with in sacred anatomy, energy medicine. Okay. Is there another question? Anybody wants to raise their hand and speak up, Janice. And then Elizabeth,

Cheryl: We have some on the chat also. Desda,

Desda: What?

[46:09] **Cheryl:** We have questions in the chat.

Desda: Uh, uh, really? I tr I I didn't see them.

[46:15] **Chensun's Question — Is Consciousness the Culmination of Spirit and Soul?**

Cheryl: Yes. The next question is from Chensun, and she asks, is consciousness the culmination of the spirit and the soul embodied in presence? What is the relationship between consciousness and love? So, two questions, and then a third one, how does the essence of love impact consciousness?

[46:40] **Desda:** So, three questions, let's go back to is consciousness the culmination of the spirit and the soul embodied in presence? Okay. And, and I feel bad that I called on Janice, can you wait a second, Janice? Is that okay? Alright. And Elizabeth wanna answer these chat questions, and then I'll, I'll jump on the two of you.

Okay. Is consciousness the culmination of the spirit and the soul embodied in presence? I think of spirit as presence. I don't think you separate the two. And I think that essence, spirit and presence can be thought of as the same thing. Uh, so when I say embody your presence, I'm saying embody your spirit.

[47:34] Embody your essence. Um, and, and so I wouldn't, I wouldn't say that that's what consciousness is. Um, consciousness is the mind of the soul, you know? And, and it's also the mind of the totality, the all the isness. And we are not really separate from that. We are part of that. We are part of the consciousness of all creation.

[48:07] We, we are that. And so, um, you, you can't really separate it out into different things. So soul is the all and the totality. And your presence is the way that you, you know, generate a relationship with that soul. That presence is, is, is you're generating essential connection with your own soul. Does that make sense? Did that, did that land?

[48:45] **Chensun — The Expansion of a Client's Conscious Capacity**

Chensun: That's, that's really helpful because as a practitioner, I tell clients that our work is about the expansion of their conscious capacity. And so the inquiries of, okay, well help me understand consciousness and SAEM. So I want to make sure that as we continue to improve, it's not that hard.

Desda: Yeah. It's not that hard. The subtle structure is a structure of consciousness. Okay. Our subtle structure is consciousness. It's focused and intention used with consciousness. The subtle energy of all creation is the energy of consciousness. Consciousness is what the universe is made of. It's not made of anything else. It's made of consciousness.

[49:43] I mean, in many ways, that's what energy is. Energy is consciousness, and the universe is consciousness. Whereas the spirit or the divinity, the, or the embodiment of presence is also consciousness. But

Chensun: It's individuated.

Desda: It's individuated, Yeah. So we have the totality and the individuation. And the individuation is your take on things, your bringing into material reality, your experience of the divine, like just as much as you can. So when we're little babies, we start out fully formed. Babies don't need to be fixed or developed. Babies are, they're all there.

[50:37] You just basically have to stay outta their way. Wouldn't have been nice if your mom and dad would've stayed outta your way. It's, it's, I mean, loving someone means really allowing someone. And obviously there's guidance that's required, you know, but it's, it is necessary.

[51:06] **The Relationship Between Consciousness and Love**

When you talk about the relationship between consciousness and love. The heart is the center of love in the physical body, you know? And it's also the center of hate in the physical body. And at one point, years ago, I used to tell my practitioner students, which who were apprentices at that time, I used to say, don't love me.

Whatever you do, don't love me. Please don't love me. Because love, unfortunately, often has an agenda. Consciousness as it exists, does not have an agenda other than expressing. But if, but if we start getting into consciousness and conscious, when we become conscious, we begin to be capable of understanding consciousness. And that's that moment of awakening.

[52:10] So when you reach awakening, that's like a stage. You awaken, oh, you, I'm getting up, you awaken. And then you can begin to experience the beauty of your own consciousness when you awaken. And that helps you become conscious. So then you can think of yourself as a conscious being that you know, it, it's a, it's a journey.

[52:42] It's a journey. And I know people have gone on and on about love is all there is. And love is the answer. And, you know, love conquers all. And, and I agree. I agree. It's true. And it's not true.

[53:00] **Chensun — Why Love Is Named More Often Now**

Chensun: No, I'm asking this question because I noticed it during, over the past year, you've actually made more reference to love as our essence. So I'm just trying to connect that. I think,

Desda: I think love is kind of a, it's a good word, because we all kind of have an idea of what love is, where it was, very few of us understand what presence means or consciousness. But love, we got love. We can do love. We know what love means. I love my cat. You know, you have love.

[53:32] And, and so I began to use it more and more frequently, but for years I stayed away from using it too much because love has such an agenda attached to it for most people, you know, I love you if you love me.

Chensun: So that's unconscious love, right? Versus conscious love.

Desda: Yes, conscious love is a different story because I would put that more in the bucket of compassion. So when it moves from, it moves from love, a neediness into compassion, which is a oh, accepting ness, an accepted place, then I think we have a greater capacity to help and, and care for others.

[54:21] I really do. So now I'm gonna pop over to Janice. Yes. And I wanna apologize, Janice, I didn't mean to thank you so much. Sorry. Oh good. Thank you, honey.

[54:34] **Janice's Question — Do You Have to Re-Attune a Medicine Every Time?**

Janice: Okay, well, my question is pretty easy, probably. Um, you've showed us how to, um, um, oh, what's it called? Accommodate your bo like attune, I'm sorry. Attune yourself to medicines or things that are implanted in your body so that you're, they become part of attune.

Desda: I I taught you how to attune the medicine mm-hmm. To be in alignment with you.

[55:03] **Janice:** Right. So it's health, more health, so

Desda: You don't change the medicine changes.

Janice: Yeah. Okay. It's frequency. Frequency,

Desda: The, the frequency. So

Janice: the question is, if you've done that once in your life for a medicine, do you have to do it every time you take it? Or once you're attuned, are you attuned?

Desda: Once you're attuned, you're attuned.

Janice: Okay.

Desda: Every now and then somebody falls out of attunement if the dosage is changed dramatically.

Janice: Okay.

[55:32] **Desda:** You know, and then you'd re attune. That's all. Okay. Good question. It was a good question. I liked your question. Alright, Elizabeth, it's your turn. And then I'm gonna go to Cheryl.

[55:47] **Elizabeth's Question — Does the HES Care How the Body Is Dealt With?**

Elizabeth: Hi. Um, so this question is, seems to be related to things we've spoken about this week and, and also what happened last week where we were talking about birth and coming into being. So my question is, upon death, upon the dissolution of the, um, of the HEMF and the biolayer, does the HES care at all about what happens to the biolayer if you cremated or buried or some other cultural thing?

[56:21] Does it care at all and does it change anything? What happens for the next incarnation? And a specific question about that is, I believe the dissolution of the biolayer and the HEMF can take a while. So for people who choose cremation, does it matter when they're cremated or is that even relevant to the larger HES structure of consciousness?

[56:48] **Desda:** So here's, so here's the answer. It is really straightforward. No, the HES does not care. I mean, you can be eaten by crows in the desert, you

know, you can, you can evaporate in the sun, you can, uh, be dematerialized by a ray gun. You can be blown up by an atom bomb.

The structure is the soul isn't invested in the how of death. Okay?

[57:21] **Elizabeth:** So part of that is, suppose one dies immediately with an atomic blast or something unfortunate. Yeah. But the HEMF has not quite, and perhaps the part of the light body has not really had time to come out of the HEMS or, uh, what is the word? The fabric is rent. The, the, there's not time for Yeah.

[57:47] **Desda:** Or whatever. Um, it doesn't matter. It, it can happen separately. The, the body, the bio, the biolayer does what it does, and everything else just continues and couldn't, right? Because the thing that's being destroyed by the atomic blast is the bio the body, right? So not the soul and the electromagnetic field is blown apart by an elect, by a big blast like that.

[58:14] But it comes out very quickly. So it, in that case, the experience of the electromagnetic field, leaving the physical body would be instantaneous,

Elizabeth: Right?

Desda: And it would take parts of the light body with it. Now, ordinarily in normal life, it would be good to give the body three days to let go of the stuff, the electromagnetic field. And it's a way to, uh, you know, allow the physical body to kind of make peace with everything. And there's lots of different religions that do different practices.

[58:57] And if that's your religion, follow the practice, you know, that it, it do, the soul is so large and so capable that it, it isn't really attached to the, to the way the body is dealt with.

[59:15] **A Piece of the Field Left Where the Trauma Happened — What a Ghost Is**

Now, if somebody has had a terrible trauma and their electromagnetic field has registered it, they may leave a piece of their electromagnetic field in a location where that trauma occurred. That's called a ghost. And usually ghosts walk a circuit, they have a specific place they appear. They don't just appear wherever you are.

[59:48] They appear very specifically in a very specific place and would have to do with their own personal life trauma. And a little part of their electromagnetic field is left behind, and it's kind of activated in that place. So it, so it's the trauma within a place and the electromagnetic energy of the place interacting with the electromagnetic energy of the person who's had an upset.

[1:00:16] So that's the, that's what a, a ghost is primarily. Now, if, if you've ever had, like your grandmother died and the picture of your grandmother was knocked off the wall, have any of you had something like that happen, you know, or fall, you know, the picture falls over, or, you know, a particular thing that belonged to your grandmother falls to the ground.

[1:00:42] These, these are ways that people say goodbye. They're letting go. They're going. And there's, there's lots of different ways that happens. Sometimes people appear to you in your dreams, or you'll even turn around quickly and they'll be standing there, you'll see them. And you know, a lot of

that has to do with your own sensitivity and your connection with that person and how strongly they're connected to you.

So, um, I think I answered more than your question there, Elizabeth, but,

[1:01:14] Elizabeth: Um, that was all part of the question. But, um, I couldn't type it. My machine wasn't being Thank you.

Desda: You're welcome. You're welcome.

[1:01:24] Elizabeth — Does a Stuck Field Affect the Passage? The Cloud of Unknowing

Elizabeth: Okay. So, and just I have a follow up on that. Okay. Which is, if the part of the electromagnetic field is stuck as a ghost or as some other sort of attachment or tie or link that we've learned about, does this affect that person's electromagnetic field or whatever, um, does it affect their soul making it through the veil?

[1:01:56] Desda: It kind of, it kind, it can't. It can't. So there's this thing that St. Teresa of Ávila wrote about a long time ago called the Cloud of unknowing. And it's this sort of energetic sickness that has occurred between where we are here in this physical reality. And in, in her language, it would've been between us and heaven.

[1:02:25] So it would be like in purgatory, there would be this cloud of unknowing. And I have seen this thing, and it, it's definitely there. So when you leave your physical body, the cloud of unknowing can catch you and absorb your, your sort of, your knowledge. So your structure is returned to sort of an empty state.

[1:02:53] And then you come right back in, you incarnate almost immediately, instead of getting the value of having died, which is you get to go to the temple of wisdom and the temple of healing and, you know, you get to hang out with Socrates, right? So it's, it's really better if, if you can avoid the cloud of unknowing.

[1:03:18] But the people who tend to get caught in the cloud of unknowing are unconscious. So there's a level of consciousness that's required, um, to make it make it through the cloud of unknowing. And that's why we encourage spiritual practice for one of the reasons, one of the many, many reasons. But, you know, spiritual practice helps you do your practice all the way through death and all the way over.

[1:03:48] It's also why I teach my students to do a thing called the rainbow lights. So the rainbow lights if done at the moment of death, will carry you forward. So they're valuable, they're very valuable. Some of these things I've taught people are very, very valuable. So I think, Cheryl, you had a question here?

Cheryl: Yes.

Desda: If we need, do you wanna say it or you want me to read it?

Cheryl: I'll say it.

Desda: Okay.

[1:04:14] Cheryl's Question — A Strong Ego, and Deconstructing the Ego

Cheryl: If we, you, earlier today you said we need a strong ego to partner with source. How does this relate to the idea of deconstructing the ego by removing a life pattern or an HEMF signature?

Desda: Well, we need a strong ego, but it needs to be free of garbage, you know, and patterns and stuff we've collected. I mean, that's, that's garbage. And so when we remove a life pattern, we deconstructing the ego. But what we're doing is we're allowing the authentic self to emerge, which is the real egoic nature, the authentic self.

[1:04:59] And that's the soul self. So that begins to be the host of your egoic nature at a certain point. Okay. And, uh, e Elizabeth, you, you did ask that, you did ask that question. Yeah. So I would advise you guys to wait three days before cremation. That's, that's my personal advice to people.

[1:05:24] It gives you a chance to make peace with the person's death. It gives you a chance for, for them, if they're gonna run around visiting people, it's easier for them to do it. If there's a physical body that's still intact. Okay. Elizabeth, I think there's one more part to that question,

[1:05:41] Elizabeth — Rainbow Lights for Someone We Consider Evil

Elizabeth: Right? It it is related to what you said and Cheryl's excellent question. So when, um, when people we might consider evil or bad politicians, if when they die, is there any way we can do rainbow lights for them or anything to encourage them to continue their journey up so they don't come right back in?

[1:06:08] Desda: I think though, the best advice I have for how to support somebody like that who hasn't asked for your per, you know, you haven't asked for permission to work with them. So the best thing you can do is, um, turn 'em over to the angelic army, basically turn him over to Archangel Michael.

[1:06:33] I just let him deal with them. And Michael, you know, removes astral entities and does all kinds of things, and it's, he's the guardian of energy workers. You know. So if you, you know, if you, uh, have the experience of finding out about someone who's died, who was a, not a nice person in this life, you can ask that they're guided by the angelic realm, you know?

[1:07:04] And, and that in and of itself is not invasive. Right. And it's also not religious, which is another religion's invasive. So you, you don't wanna bring your religion to bear on somebody's death, but if you call on the archangels or the angelic realm to help them in any way that they can, or, you know, chances are they already are.

[1:07:34] But all you're doing is just sort of letting go of your animosity, your anger about that person, and you're turning it over to the angel, to the angels. And believe me, they'll handle it correctly. You know? 'cause you don't, they don't want that person coming back in either. But we shall see.

[1:08:04] Elizabeth: Thank you. That gives us all hope, especially the younger people. It's a

Desda: Little hope. Yeah, a little hope.

[1:08:10] You Cannot Work on Anyone Without Permission — Sending Meta Instead

But the, the main thing is you don't wanna, um, electromagnetically send energy or, you know, try to fix anybody in public office. You know, unless you have permission to work with them, no matter what kind of jerk they are, you know, basically that's karma. That you're creating karma with them. God knows you do not want karma with somebody like that.

[1:08:35] Right. Although we may all have karma with somebody like that. So, you know, just, there's a, there's an expression sending, metta sending like spiritual benefit, you know, from years of spiritual practice, you have benefit built up and you can share that benefit if you wanna send your benefit to someone. So if someone's really ill that I love, I might send metta to them.

[1:09:06] I might send benefit to them. So it's, you know, it's a little bit spiritual is me, but, but it is something you can do. And people need things they can do what without permission, we can send it without permission. You can send benefit to people without permission. You can't have an agenda for them. Hmm.

[1:09:31] Like, I'm sending you my metta so that you can, you know, come to the bosom of Christ. You know, that's, you can't do that. So that, that's illegal. But you can definitely send, it's like sending goodwill or doing Ho'oponopono. Those are good things to do. Does that make sense to everybody? Okay.

Diane Peterson has patiently had her hand up.

[1:10:00] Diane's Question — What Exactly Are We Interacting With After a Death?

Diane: Um, just a quick follow up question on, um, death. So when someone's died and they're kind of running around visiting people, and, um, so what, what if we're interacting with them, are we interacting with the totality of their HES and light body? Or are we interacting with a portion of the totality of them at that point?

[1:10:25] I'm just curious, what exactly are we interacting with in the day in the few days after death, if they are sticking around a little bit?

Desda: It's the electromagnetic field. So you're interacting

Diane: Oh, okay.

Desda: With kind of their, um, their personality, their, their and their love for you, you know, and your love for them and your desire to complete with them and their desire to complete with you. That's all an egoic event. The elect, the, the sacred and the subtle, the soul really doesn't need that. You know, it's like, have you ever had the experience of somebody dying that, you know, and it's like, done and they're just gone.

[1:11:09] That, that, that's a person who really didn't have a lot to complete. They were, they were done. They were just done.

Diane: So if, if they are interacting, so we're interacting with their HEMF, is their structure still, um, on the, in the earth realm, or has it already continued on and, you know, gone on to the, you know, just basically split from the earth field? Like how does that work? Or does it wait until their HEMF is completed?

[1:11:43] Your Sacred Anatomy Is Not Contained by the Earth Field

Desda: Yeah, here's a, here's the thing. This is a little bit like, woo. So buckle your seatbelt. So, so here's the thing. Your sacred anatomy is not contained by the earth field. Okay? Yeah. So, so when, so right now, your sacred anatomy is not contained by the earth field. It's, it's contained by the universe, by the, the isness, the allness of all existence.

[1:12:18] And when we touch into it, we're touching the divine. It's the divine you, but we're touching the divine. The individuated soul structure is not limited by the earth field.

Diane: Yeah. Okay. That makes sense. So the one other question, uh, so if we're doing, uh, so my experience is there's a, a short window after death to do some further support for someone, um, as long as they're accessible. So that appears to be only as long as their electromagnetic field is still intact and hanging around.

[1:12:59] But then once it's done, then you know, that's it in terms of supporting their HES in any way.

Desda: And it's usually about three days that they're Yeah. You know, kind of available. And, um, and, and they may not be available to you. That's the thing. They, right. They're gonna be available to the people that they really need to be available to and after they die, if, you know, I had this experience, I'm gonna share my own experience with my mother's death.

[1:13:32] My Mother Took Her Hands Off My Neck

So my mother and I had a, um, an interesting relationship. It, it really got less and less and less as she got older. It was like, at a certain point I was like, I guess you're my mother. But, you know, at a certain point it just real, I didn't really have this giant like, oh, my mother heart thing going like I have with my daughter, but I didn't have that with my mother.

[1:13:57] And, um, and, and she was really angry at me for long periods of time, and I never could figure out why. So it was, you know, it was a very interesting relationship. And I, I just practiced loving her, just loving her, just without agenda, just having compassion for her. When she died, she came to me and she pulled out of my neck like a, like, she took her hands off around my neck.

[1:14:33] She had been choking me for years, and she pulled, she took her hands away from my neck, and all of a sudden I was like, thank you, you know, but this was a living person who had been, you know, trying to hold me, repress me in some way, keep me down. And when she took her hands off of me at death, I, I felt an incredible amount of freedom and, you know, wished her well on her journey.

[1:15:11] That can happen. That can happen. People can be doing all kinds of strange stuff, especially if they have a little information. You know, people that have studied, taken a class, read a book, there can be a little psychic information, and they're projecting their electromagnetic field. So it was her electromagnetic field. And I'm very experienced at releasing ghosts and demons and all this stuff, and I've had empowerments to do that, but man, I couldn't get my mother's hands around my neck to save my life.

[1:15:57] So her death was, you know, I was really happy when that ended. Isn't that, isn't that wild? Uh, come on. That is wild. It was definitely wild.

Elizabeth: So how old were you when your mom died? Um, how many years ago was that ballpark?

Desda: She died. She died in, uh, 2022.

Elizabeth: Oh, that's really recent.

Desda: Well, yeah. You, you, you knew me when my mom died.

[1:16:24] **Elizabeth:** Oh, that's right. There were so many, so many people died that, that year or two?

Desda: That year.

Elizabeth: Oh my gosh. So many for you.

Desda: When my mother-in-law died, my mother died, and my grandson was born, and my aunt died. And, you know, it was like everybody was dropping dead. They were all ancient. I mean, they were all super old. They had a lot of opportunity to take their hands off of my neck.

[1:16:51] She, she died at 95. Yeah. That was something. Well, you wonder how people get where they get when they become who they become. Right. There's always interesting information in there, in there about each of you. Yeah. Christine,

[1:17:17] **Christine — Three Days in the Bed, and the Smile**

Christine: Uh, I feel to share this because it's so extraordinary. Um, a friend, Suzanne, uh, was a Buddhist and she died, and the people around her kept her, um, in her bed for three days after, so she could transition. And, um, I was sitting there, uh, one day with her, and I was just sitting looking at her, and she freaking smiled at me.

[1:17:48] Her body went into a total smile. It was just like, oh my gosh, woman, you know? And the same with my sister when she passed too. She was, I could see her in the bardo. She goes, there's nothing here. There's nothing here. I'm like, it's okay. You know? And then she came out and was just, you know, so anyway, just wanted to share. Thank you.

[1:18:15] **Desda:** Thank you. That's wild. Yeah. Scientists would have a lot to say about that, but there's none here today. So there, cool. And you can hear people's voices after they go, you know, because their electromagnetic energy is still here. So you can, you can hear their, um, their voice speak to you sometimes. Any more questions? Any questions?

Yeah. So you have no more questions. That's amazing.

[1:19:11] **Cheryl:** This was a very deep and powerful conversation, Desda. I so appreciate it. And thanks to everyone with their questions that kind of continued us down, this deeper understanding of our relationship to the cosmos.

Desda: Yeah. The big old cosmos, right? Yeah. I like Star Trek. Do any of you watch Star Trek? I really like it. It, I, I really would like to be a member of the federation. You know, I think they're very nice people and they're all different

species and they're getting along so nicely. Every now and then somebody has a problem, you know, but everybody tries to work it out.

[1:20:03] I love how they work everything out. And by the end of the show, they always have worked it out. It's truly amazing. My favorite TV show. Jasmine. Hi.

[1:20:17] **Jasmine's Question — How Far Can We Stretch the Edge?**

Jasmine: Hello everyone. Just so that you bring that point, my question is, how far can we extend the edge? Like, can we extend it to the 256 galaxies of our sector? Like how, how far can we go with the edge? Or do we use another structure just after a certain level or something?

[1:20:47] **Desda:** Well, the edge, so the edge is consciousness. So you can go as far as your consciousness will take you, you know, if you'd like to visit the Pleiades, you can make it happen. Your edge isn't going there. Your consciousness is going there. Your relationship with cosmic consciousness is taking it. So the edge itself doesn't extend, you know, doesn't go out and find things.

[1:21:25] That's an electromagnetic field trick. That girl likes to just get out there and grab things. But the edge is more refined. It will stay in place. And, um, and the truth of the matter is that when we, when we go to these, um, magnificent journeys that we take, you know, if we take a journey and we go to the upper realm, or we go to the lower realm, or we go to the middle realm, or we go to another planet and we have a vision of something that isn't your edge taking you, that that's the sum total of your consciousness.

[1:22:09] And the four aspects are in touch with, I mean, they have the four balls at the top of your structure, that when we see a picture that, that are outside of the, of the edge, they're in the universal, and they have the capacity to encourage that kind of travel, you know, psychic travel, if you will.

[1:22:34] It's one of the reasons that the, um, yeah, there's the four aspects. See, they're outside, they, they're like actually in the core. So the front and the back, they're in the core. They stick right out in the back. There's the four aspects, physical aspects in front of the blue current, which is the function current, and then emotional and psychological are in front of the purpose current.

[1:23:05] And then the wisdom current is where the spiritual aspect sits. So those four aspects are the authentic self. So we, so like, we have different four different faces that we, we put out into the, into the cosmos. So when, when we travel anywhere, really we bring, we are those four faces. So, you know, you, you look a lot like a, a Hindi goddess, you know, with four faces traveling into, into the stratosphere. So

[1:23:43] **Jasmine:** We can travel, do psychic travel of our pure consciousness. But that is different than space travel.

Desda: It's completely different than space travel. I would, I would like to do space travel, but here's the, here's the other thing you

Jasmine: Like with a light body ex, except, yeah.

Desda: Well then there's people that do astral projection, you know?

Jasmine: Right. Or the remote viewing.

[1:24:07] Remote Viewing, and the Men in Black at the Door

Desda: Remote viewing. And a lot of the, the folks who were in that remote viewing class, the, the first two classes of remote viewers that did a lot of the spying and stuff, many of them have committed suicide. So it's really difficult to, to, and not something I would encourage you to do. Remote viewing is not, it's not necessary.

[1:24:34] It's not necessary to do it the way they did it. I was, I was prospected by men in black suits who came to my door in 19, what was it, 1960, I think it was 69. They came to my door and they asked me, you know, we understand you're a medium psychic medium.

And I'm like, well, maybe who are you? And, and they said, well, we're, we're forming a program where you could use your gifts and benefit the United States. And I said, all right, well, tell me about it. And they said, you know, this, that, and another thing. And then, then, then they, and he said, so you would have to join the army.

[1:25:19] I was like, okay, done. We're done with this conversation. 'cause I would've had to go through basic training, which no way in hell would I ever go through basic training. Not even at age 19. I wasn't doing it. Actually, I think I was still 18 then. But I was helping a lot of, uh, Vietnam families.

Families who had guys in Vietnam who were missing or perhaps dead. I was helping them find bodies. So that's how I beca I got noticed by the powers that be at the time, who knows what they're doing. Now, have you ever been to Mendocino? Because if you haven't been to Mendocino, you gotta go to Mendocino.

Where are you? Ja. Jazz.

Jasmine: I live to Mendocino

Desda: Psychic. You are a Mendocino psychic.

[1:26:18] **Jasmine:** No, no. I said, you are the psychic. I live in Mendocino.

Desda: Thank you very much. I I like Mendocino a lot. And that's where you are. Very cool. See, now that was a situation where I was open to Jasmine and I picked up information about her, but I wasn't probing her. I wasn't looking for that information. I just knew it. So where are you the person who asked that question?

[1:26:53] Oh, there you are. Thank you. So it happens, right? You just know something about someone. It's okay. You just can't let it matter that much.

[1:27:09] February 20th — Saturn and Neptune at One Degree Aries

Sorry, y'all, are y'all prepared for February 20th? Everybody know what's happening on February 20th? Well, two major planets that move very slowly. Saturn and Neptune are going to be at one degree, Aries on the 20th of February. Not to mention a bunch of other Riga, mega rigamarole happening. Astrologically, a lot of stuff is happening between the 17th and the 20th.

[1:27:44] And maybe even after that, the 22nd or something. It, my advice to you is spiritual practice. Spiritual practice, spiritual practice. It's whatever spiritual practice you do, do it a lot during that period because it's, it's going to be the

last time. It was like, that was the beginning of World War I, the time before was the beginning of the Civil War.

[1:28:09] And the time before, that was the beginning of the revolution. This is serious. So meditate, pray.

Elizabeth: So Desda, there's something like that which should be universal.

Desda: So here in America and maybe for part of Europe, it was particularly meaningful to us. And our particular wars

[1:28:39] **Elizabeth:** Did French revolution. Okay. Okay. I was gonna say, and in the other parts of the world, were there big going ons as well?

Desda: I dunno. Yeah. I'll ask a historian. Mexico, there was a big brouhaha about the same time as the Civil War. You know, right around the time of the revolution, there was revolution that was beginning to occur in, uh, in France. Um, and England wasn't in distress at the time. In, in, in the early part of the 20th century, we saw the Russian revolution.

[1:29:19] So there, these things are impacted by astrology. That's all. Not to be, you know, dramatic at all, but just to suggest that on a day when Aries is so focused, it, it's a good idea to be peaceful as opposed to be pissed about something. So how's Canada Ridza? Is Canada distress about that shooting?

[1:30:01] **Ridza:** Uh, yes. I mean, everybody's stressed. Yeah. The just, I, uh, we haven't seen a shooting like that in Canada in a long, long, long, long time. Yeah. My sister lives in BC and I happened to call her up just, just when they'd heard that news on the radio and she couldn't even speak to me.

It was so upsetting.

[1:30:26] **We Must Be the Center for Peace on This Planet**

Desda: Yeah, well, we're so numb at this point, but do you rem we remember Columbine, right? We all remember those kind of events, right? So we must be the center for peace on this planet. And that's each one of our jobs. We can't all get together in the same room, but we can certainly get together in the same heart space and love our fellow man, you know, feel compassion for their distress and their difficulty.

[1:31:01] Understand that the things that are happening right now are just outside of reality. They're crazy. The stuff that's going on right now is nuts. So the only way you can cope with it is to not become one of the nuts, but to step outside to look at it and say, I hold compassion for all beings into distress.

[1:31:31] That's the best, that's the best way to go at this point. Do anybody else have any other ideas? Seems good.

[1:31:46] **Elizabeth — The Naadi Palm Leaves, and the Solution of Puja**

Elizabeth: Um, I just wanted to add that the Naadis, um, which are these, uh, palm leaves in India has also predicted this event. Um, a lot of people refer to the, the Naadis and, um, and I think the Naadis, uh, predictions stopped by 2030. So between now and then, there's gonna be a hell of a lot happening.

Desda: Yeah, well, it's, it's about a four or five year period of, of great difficulty.

[1:32:17] **Elizabeth:** What is interesting about it is that not only they predict, but they also provide solution. Their solution is to do puja. Well, and

Desda: There you go.

Elizabeth: So we can change the outcome of whatever that may be, um, by doing pray a lot of prayers as a collective. So, um, just, you know, what you just described. So yeah,

[1:32:45] **Desda:** I think, I think it's incredibly important to realize that every time you're doing spiritual practice, there's benefit that goes out into the human field. There's benefit, just like at the beginning of a sacred anatomy event, I always open a field. We're in a, in the sacred anatomy field right now, but there is a human field, there is a global field, there is our shared species field.

[1:33:10] And that field is benefiting every time you align yourself with divine source every time. And it just, that's really the only thing we, we have, you know, is our connection with that incredible beauty.

[1:33:30] **Hold the Torch High — You Are That Light**

And remember that each one of us have a core at our inner that is whole. We are complete. We are in union with divine source at our, at our center. So hold the torch high guys, hold the torch high. You are the torch. You are that light. And you can light your neighborhood, your city.

[1:34:01] You can light up wherever you are. You can light your Trader Joe's. You can light it up just by holding your connection to the source as being your primary focus. Hold that connection and hold the light high, hold it high so it shines out. It won't make you a target, it'll make you a beacon.

It's a way to go kids. Christine, you wanna add, add something here?

[1:34:37] **Christine — Solar Flares and the Electromagnetic Field**

Christine: Um, I, I kind of hate to not stop here because that was so beautiful, but, um, I'm feeling directed to ask you about the EMF situation. Um, for us,

Desda: Well, we've been experiencing radically large solar flares and electromagnetic field that the, um, planet suffers from, you know, suffers the damage rather. And so there's, there's been a couple of blasts from the sun that have been pretty overwhelming, pretty huge. We developed a while back, a protocol for protecting ourselves from solar radiation.

[1:35:25] Um, and I haven't taught it in a long time, but maybe I'll do a course on it. Just a, you know, an hour. It does, it doesn't take a long time. But it is a more sophisticated version of simpler procedures that allow us to stand up to electromagnetic radiation pretty well. But, you know, everything is being affected, the plants are being affected, the trees, the animals are running around in circles.

My squirrel population is, is demonstrating electromagnetic influence.

Christine: Yes. Yeah. Thank you.

[1:36:11] **Desda:** Well, there was one morning about it. I don't know. It was, it was the day of a big solar flare. And I don't remember if it was a week ago or a

month ago, but we, I I, I woke up in the morning to ha ha ha ha like that. And it was three squirrels lined up outside my bedroom door, facing my door going, ha ha.

[1:36:36] I dunno what they were telling me. But it was, you know, squirrel magic. That was a squirrely day, for sure. Yeah. So talk to your animals friends, you know, talk to 'em, share the love. What can we do? It was so nice to be here with you. I really do take care of your sweet selves, blessings and love and joy.

[1:38:50] **Closing**

So blessings to everyone. Blessings and love. May your life be filled with work and heart and joy and spiritual practice.