

Friday Anatomy — July 2024

Video: <https://www.youtube.com/watch?v=1YIKLh0krGA> • 59 min

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Q&A

[10:19] Welcome — The Energy Is Just Flying

Desda: We are gonna have some fun today because the energy is just flying, isn't it? It's just flying. So I don't know about you, but I feel like I'm on a bit of a rollercoaster ride, you know, up to the top and then down to the bottom. But that little butterfly in your stomach that you get, it doesn't have to be painful and it doesn't have to stop you from growing and expanding, developing and reaching out.

[10:49] So the sacred anatomy is definitely something that can support that. And I am excited to be here with you and I'm ready to answer any and all questions that come up. I saw there was something that already came in.

[1:08] Nazy's Question — Radiant Points, Karma and the Greater Mind

✿ **Cheryl:** Oh, that, yes. Just let me read. This is from Nazy Baygani. Great. She says The radiant points work to align historical information retrieved from storage, karmic information. Mm-Hmm. How is the sphere of influence connected to this karmic information and does the greater mind through the template connect them in any way?

[1:35] **Desda:** Whoa. I mean, how are they influenced? So, we're diving in deep right on that. Nazy, Nazy, you just, I mean, come on. Just, I mean, you know, you just like hit that ball. It went way up into the stands. I'm not even, it's not even in sight anymore. I'm gonna have to have you read the question again, Cheryl, because by the, about halfway through my mind was blown.

So let's go ahead.

[2:07] Cheryl Reads the Question Again

✿ **Cheryl:** Sure. We'll start with the radiant points. Okay.

Desda: That much we got,

[2:09] ✿ **Cheryl:** They work to align historical information retrieve from storage karmic.

Desda: They're, they're there to manage karma, right?

[2:22] ✿ **Cheryl:** So she wants to know how the sphere of influence, which is in another system connects to this karmic information.

Desda: Great question.

[2:33] ✿ **Cheryl:** And does the greater mind, which is embraced through the template strands, connect with them in any way.

Desda: So, radiant points the template and spheres of influence. Woo-hoo. I Knew I liked you. This is a great question 'cause she's touching on multiple systems.

[3:00] A Little Backfill — Seven Systems and the Template

So there's a couple of new people here, so I wanna just like fill, give a little backfill. So, so the answer isn't gonna seem like it's from outer space. So let's, let's give a little backfill. There are seven systems in the sacred anatomy. One of those systems is a subtle nervous system called the template.

And that is the location of radiant points and also the location of the greater mind. So you might ask, what are those things?

[3:32] The Greater Mind Is Not Only in Your Head

So let's, let's start with greater mind. So the greater mind is, first of all, your mind is not actually only located in your head. Your, your mind is expansive, your mind moves around. Your mind is able to leap tall buildings. It's definitely superhuman. And it doesn't stay only restricted to the brain. And the, the amazing reactivity and response of the brain, the actions of the brain don't necessarily create consciousness and the mind.

[4:12] So the mind is, um, is most of us find our mind is, is restricted by the space of our skull. And I have an exercise called the greater mind that actually takes us outside of the skull. And we step into the sacred anatomy and into this larger mind, which I call the greater mind, which is the place of genius.

[4:41] It's the place of, uh, great inspiration. It's where you have those aha moments, the expansion and sort of electrical moments of in inspired creativity that we all have.

[4:56] The Template Web and the Star Point

Here's a picture of the template web, which gives us a little bit of a look at, um, kind of a, kind of an organized version of the template. Those little strands or like nerve fibers in a way. And, uh, they all come into a place at the center of the body called the Star point.

And at the star point, it's called the star point because it has so many things entering. So it looks like a exploding star at the center of our body. And that star point is, um, critically important because it contains and holds and focuses all the information that's coming in on these, on these strands.

[5:41] Now here's the thing where the template system is different than our nervous system. The template is also part of the digestive system of the sacred anatomy. So it absorbs and receives subtle energies that come from source.

[6:00] Source Energies, and Saying Yes to Them

So source energies are pure, there's no agenda. It just is the rose red light of love or universal love and light or green light of growth. And those energies are just expressed and in the universe. And it's about us to say yes to them. It's about us to say, I want them, I need them, I'm going to use them.

And so we bring in these energies and they, they come in, they go through the star point, then they go into the e-stomach, which personalizes them for us. They go out through drains into the soul layer, and then in the soul layer they're used. So the greater mind takes up all this space that that template is taking up.

[6:48] So the greater mind is constantly influenced by source energies that are, that are pure and that are kind of radiate out of these little strands that they're traveling in. So we have this tremendous influence when we allow ourselves to step out of the limits of the head brain and just move into this larger idea of the greater mind.

Okay? So the greater mind is this profound thing that anybody can do.

[7:17] **We All Have a Genius to Us**

It's not just special people or geniuses because we all have a genius to us. We all have the ability to find this like hyper intelligence and super focused ability that that geniuses have in, in a maybe an easier access point. So, so if, if you and I are able to expand into the greater mind, then we're also able to understand what karma is.

[7:47] We're able to understand kind of what the download that we're, we're getting all the time from our karmic experiences.

[7:54] **What Karma Actually Is**

Alright, let's talk about karma. Now, this is a very multifaceted answer, Nazy, because that question was, whoa. I mean, it was a grand canyon of questions. So, so anyway, when we, when we start talking about karma, basically we were, karma is action acts, things that happen, but it's also what you are thinking when you are doing something.

[8:22] **The Soldier, and Who Carries the Karma**

So if you're filled with hatred, when you cut someone's head off, there's a way that that's karmic and that stays with you. But if you're a soldier on the battlefield and you, and you kill somebody with by shooting your gun at the other side, there's not necessarily karma related to that. So it, so there, because it's a, it's an action that is, you're instructed and you're acting under the auspices of other people's guidance and direction.

[8:52] So who gets the karma of that? The people that told you what to do. So it's the same thing with, um, with all things. So, you know, parents are responsible for their children. You know, we, we get, we pick up karma. If we tell the kid it's okay to talk to strangers and then they're kidnapped, that's karma.

You know, so, so there's, there's all this stuff that's roiling around in the sacred anatomy because it contains absolutely everything from, uh, soup to nuts, uh, of the human experience.

[9:29] **Everything From Soup to Nuts Is Stored in There**

It contains all the languages that humans have ever spoken. It contains all the scientific advances that we've made in every single millennia of the experience of the human species, which is way older than everybody talks about. So we have all this information stored in our sacred anatomy and where is it stored? Okay, so now we're at karma.

We've talked about karma a little bit.

[9:55] **The Radiant Points — Where They Are**

Let me, let me tie that in to something called the radiant points, which are located in the template. And here's a picture. So the radiant points are those purple circles, and there's, there's more than that. There's a couple of 'em missing from that picture, but that's only because they're at the back. So the radiant points are really significant because what they're doing is they're holding information that is related to the type of karma that you have stashed in your structure.

[10:33] Now, it's not stashed in the radiant points it, but the radiant points are the access, the access place. That's how we grab them. So here's what they are.

[10:46] **Two Etheric Points — Recent, and Karma and Death**

Um, there are two etheric points that are suspended in the etheric layer on the left of the human energy structure. And the etheric, um, is in the karma and death strata. So each of these layers here that you're seeing has strata. And the orange, uh, layer is, has eight different strata. One of the strata they have is called karma and death.

[11:12] And the other is called recent. So at the right side of the shoulder. So that would be over here on your left, that's recent. So recent karma would be accessed through that point. And then on the other side, the opposite side would be, uh, karma and death, which is logged there. So you might say, well, what karma and death, what, you know, I haven't, I haven't died.

[11:42] How could I my death be logged there? It's every death you've ever had is logged there and karmic agreements, karmic, um, entanglements, all those things are kind of logged there, but where are they actually? And, and this is a good thing to be looking at because in the orange strata here, right there in the eighth strata of the orange layer, which is called the etheric layer, we have basically a historical record of everything that our soul has done, been through, gone through.

[12:18] And there are little, it's like little caves. They're like, I used to call 'em the Himalayan Mountains because it's like a mountain range. Cheryl, do you have that layers picture? Uh, Cheryl's so amazing. There's like, I, I don't know how many drawings we are. We're up to over a hundred drawings and she's accessing them, you know, at the last minute here.

So give her a second and she's gonna show you a picture of the etheric layer.

[12:44] **The Etheric Layer, Inception to Recent**

Okay? Alright, so here's the etheric layer. So, um, the, the way this is organized, let me talk you through the org. So at the bottom is what, uh, is a layer called inception, and the next one's first phase. So inception is before you're born. It's when you're discussing with the council of elders who you're gonna be, where are you gonna come, who's your parents.

[13:11] And then first phase is actually conception and, um, gestation and even birth. And then infancy is the next one. And then you move from infancy to childhood. And then you move from childhood to youth. Now, youth can last a really, really long time. Sometimes people are stuck in youth until they're 60. But then there's maturity.

[13:37] We finally reach maturity and there's, um, knowledge and, and, uh, a kind of a deeper access. You can see how the mountains are a little different there. And then you go to karma and death, which is the next one. And karma and death is one of the strata where the radiant point is located.

And then there's recent, which is at the very top. And that's another place where the, the radiant point is located.

[14:07] Temple, Scapular and Shoulder Points

Okay? So those are just two of the radiant points. So we have two temple points. We have, um, so, and the temple points have to do with, um, following your bliss, your pathway, your calling. So those are the temple points, and they're, they're right here. And then you have two scapular points at the back, which are not in the picture, they're just by the scapula.

[14:33] And they have to do with karma about receiving support, knowing you're here for a reason, and that you can make a contribution. Then the two shoulder points or the outside of the collarbone just down in front of the shoulder, uh, joint on either side. And those points have to do with holding steady on your course and being guided by your inner voice.

So you can hear that the, that what these points are doing, uh, is kind of, are kind of global, you know, so they have like a global impact and they're holding access to types of karma that we have accumulated through who knows how many lifetimes. Some people have lived thousands of lifetimes, other people have lived fewer lifetimes on this plane.

[15:17] Maybe they've been on another plane working and doing things. So it it, it's interesting to understand what is packed into the sacred anatomy. Alright, we're still on the same question. So radiant points, that's where they're located. Then the, there's the greater mind. So the greater mind moving through the template is definitely influenced by the radiant points.

It definitely hears the, the whisperings.

[15:51] Soothing the Points

So one of the values of knowing these radiant points is that we can do a thing called soothing the points, which is determining which point is overloaded and overdelivering. So for example, if one of the calf points at the back of your legs, the rear of the calfs is overloaded. That would be around karma, around standing your ground, around reaching, belonging, your, uh, beyond your limits, sticking to your soul's path as it, uh, unfolds.

[16:22] So if you're having a lot of trouble standing your ground, taking a stand for who you are, if you're having a lot of trouble even walking your soul's path, those radiant points would be extremely important to soothe so that you could get a download from those points that would be more in pace with your life unfolding and all the things that you're working with.

[16:49] So you see the radiant points are really important. They're very powerful, uh, access points to deeper karma and deeper understanding of sort of your soul, how it's been impacted by the many lives you've lived.

[17:05] The Spheres of Influence

Okay, now we come to the spheres of influence. Nazy has woven together multiple systems that actually influence each other. And she is so smart, she has landed upon the pieces that are, you know, always waiting to talk to each other. So let's go to the picture of the spheres of influence. The brilliant Cheryl has now got our harmonizing network composite.

[17:34] Okay? So don't get... do you have just the spheres of influence picture, sweetie, this is a lot of information in this picture. Don't let it dazzle you too

much. This is a lot going on. I know she's got it somewhere 'cause she's got 'em all. So you see those circles and the thing that looks like a snowflake and the blue one, the red one, the green one, and then there's one that looks kind of spiky and has a, has a blue kind of loop there.

[18:09] These are different kinds of spheres of influence. And these spheres of influence are accumulated and pulled out of the, uh, memories that are stored in the etheric from lifetimes where you have established mastery in something. So we, we can go now.

[18:36] **The Goat Cheese Story**

So, so for example, you're, uh, you, uh, love goats and you have become a, a, a goat owner. You have a herd and, and you have decided you're gonna really get good at goat cheese. So you start making goat cheese and you're fumbling around and then one day, all of a sudden, you know how to make goat cheese, like amazing goat cheese.

[19:07] And your goat cheese comes out better than anybody's goat cheese. And everybody's clamoring for your goat cheese, okay? That's because a sphere of influence, probably a blue sphere, which has to do with functional activities, opened and delivered to you the memories of making goat cheese. Have you ever had an experience? Some of you may have had an experience where you just knew where to touch somebody when they were in pain.

[19:39] Have you ever had an experience where, where you just knew how to do something and you, you, you don't really know how you learned or where it came from. And it was just this intuitive knowingness, and there it was sometimes child prodigies, people who, you know, kids who just sit down and start playing the piano or playing the guitar.

Like my little grandson under two years old picked up the guitar and started strumming it. It was like, this is strange. Where did he, where did he know how to do that from? You know? So kids demonstrate these things really early and um, sometimes their parents are cool enough to pick up on it and sometimes they just miss the point altogether.

[20:28] But we've got these moments in our life where we remember expertise and awareness and knowledge, and that's what a sphere of influences. So, oh, thanks Cheryl. Here, she's got the, she's got the picture of only the spheres.

[20:47] **Teardrop, Kidney and Snowflake — Purpose, Function, Wisdom**

So there's a teardrop sphere that's a purpose sphere. There's kidney shaped sphere right here, that's, um, blue. It's a function sphere. There's a snowflake shaped sphere, which is a wisdom sphere. So you see all, there's function, purpose and wisdom. This great big one. Up at the top is a, a purpose sphere. And depending on the size of the sphere, the amount of information that's in there, and the moment when it opens, you can bring forward into your world, into your life entire works.

[21:26] **What Happened to Me in 1996**

So that's what happened to me, you know, in, in, in many ways I was developing as I was living my life. But in 1996, a sphere of influence opened and all of a

sudden the started, and within just a few years, I had all the information that's in YSA, your sacred anatomy and just come.

[21:56] And it was like, I had no idea it really quite what it was, what was going on. So I had to start analyzing what part of the anatomy I was getting this from, where it was coming from. And I started to see in other people spheres of influence. And I started to see people that I saw as very, very creative.

So finally, to pull this all together, Nazy, the greater mind absolutely cultivates and is a part of the ability to pick up on those spheres of influence. Usually people who have spheres of influence have cultivated something. Like I sang professionally for 26 years. I studied singing for 20 years. I taught singing for nine years.

[22:48] So I was extremely masterful at singing. And so I had done that. I had created something masterful. So when this opened for me in 96, I was getting ready to retire from singing, doing the kind of gigs I was doing. And all of a sudden this other level of mastery opened except that it, it wasn't like I had to learn from the beginning, it was like full, fully formed and it just landed.

[23:20] Others Who Have Had a Sphere Open

So this has happened for lots of people. Marianne Williamson has experienced this with the, you know, the work that she's done, you know, the people that brought forth the Course in Miracles had that open like that. I mean, there's a lot of works that have been downloaded or delivered, and people figure out kind of for their own minds what it is that's happening.

Oh, God's giving me this information, but I'm telling you it's in your subtle anatomy. I'm telling you that you've always had access to it, but you just, it just hadn't opened for you yet. So that means that anybody here in this chat room here, anybody here in our zoom could very well open a sphere of influence.

[24:06] It could happen, it could happen at any moment. It could happen. So the exciting thing about that is that as you do sacred anatomy, energy medicine, healing work, you develop your greater mind and your ability to feel into your structure. You experience the evolution of spheres of influence and possibly the opening of them.

And your radiant points are always working and hopefully working in such a balanced way that the karma download you're getting is not blowing you out of the water and causing dramas every left, left, right, and center. So hopefully I answered your question at least somewhat Nazy, and I bet you we've got a couple of more now.

Cheryl, what have we got?

[24:52] Diane's Question — Wisdom and Purpose Spheres

📌 **Cheryl:** Yeah, well, Diane has a bit of a follow up on this. Can you Give examples of wisdom and purpose sphere as in spheres of influence?

Desda: Absolutely. So the sphere of influence that opened for me in 96 was a wisdom sphere, and it carried wisdom, it carried knowledge and information that, um, hadn't been available to others until then. And so that, that's a wisdom sphere. Um, what did she say was the other, was the other one purpose she wanted to know about?

[25:30] 🌸 **Cheryl:** Yes. Yeah. Purpose and, uh, function, I guess.

[25:34] **Purpose Spheres, and Function Spheres**

Desda: Yeah. So purpose is, um, is the, is a, a sphere that would open about your direction, you know, being drawn to inner politics, you know, to unscramble the mess, you know, to go, to go there, uh, being drawn to, um, study medicine because you, you have ideas and feelings and know knowingness within you that are purposeful and are pulling you there.

[26:07] So that, that would be, that would be something that would open there and it would give you, um, perhaps inspired ideas a about medical treatments and things you could do. A function would be something like, like making goat cheese or doing something very concrete that had a beginning and middle and an end.

And that's usually what function spheres are about. Okay, hopefully that's answered your question, Diane. All right, so is there another question sticking? Yes.

[26:40] **Juliana's Question — Template Echo, Attuning Versus Merging**

🌸 **Cheryl:** And so here's Juliana. She says, Oh, well, if you wanna stick with the template system, can you talk about template echo and attuning with people versus merging?

[26:53] **The Template Echo**

Desda: Oh wow. These, these are such good questions, I love them. All right, so the template echo is really amazing. So you know how, you know how you can feel when people are behind you, right? And you can feel, uh, if you're a mother, the children are too quiet, you can feel like they're into something.

[27:18] But where is this coming from? Where is this information arising from? Is it just your intuition? Maybe, maybe not. Is it your instinct? Possibly, but probably what it is is a thing called the template echo. So the template echo is a survival skill. It has to do with being able to feel behind you, around you to the left, right center, back forward, everywhere above you.

[27:44] And it helps you survive in a world that's not safe at all. So for example, the primary thing that intuition is for instinct and intuition, both are for, is to keep the species alive. That's what it's about. And so we have expanded on that, but truthfully, those are the things. And what is the template echo?

[28:10] **The Baby at the Mouth of the Cave**

The template Echo is the ability to feel into a space, to feel behind you, to know if the baby is crawling into the fire pit or starting to crawl out of the mouth of the cave where God knows what could eat it. So your, your knowingness as a, as a mother in that time would be very much driven by your instincts and your, your intuitions and your knowingness about what's happening.

[28:42] And the part of the structure that that is, is the template echo. So it's the nervous system and it is the echoing in the system of other people's needs. The other thing is that we had to know why the baby was screaming catter walling, why is the baby in pain? What is wrong with the baby?

And we have to be able to feel into the baby so we can know what it is the belly is aching from or why, and then we know what to do about it. So it's totally about survival.

[29:19] **Fast Forward — Feeling Your Pain as an Echo**

So now fast forward a couple of billion years, and here we are. When I'm with you, I can feel your pain, I can feel your upset. I can feel your anguish, your stress, your um, your sorrow. And that is my template echo that is sensing it. Now I'm not feeling your pain at the level you're feeling it, it's not effective for me.

[29:48] It would harm me and make me less capable of supporting you. So the template echo makes sure that I get an echo of it. I just get an echo, I get a little taste of it. So, so if you are having agonizing, you know, a a app appendicitis attack, I'm gonna feel a kind of aching in that region of my body.

[30:16] So the template echo is that felt sense experience that we have when connecting and relating to other people. Is that everything you wanted to know or is there more to your question that I forgot?

[30:34] 🌹 **Cheryl:** No, I got it. Yeah. Okay, good. All right. Now

[30:41] **Celine's Question — Free Will and the Spheres**

Next is from Celine. And this circling back to the spheres of influence, part of our earlier discussion is free will one of the things that decide which sphere of influence gets opened up or has it predetermined?

[31:01] **Not Predetermined — Will and Self-Understanding**

Desda: Well, it's definitely not predetermined and it's free will only in that you are the one who's managing what you allow yourself to understand about yourself. So as you are growing, as you're evolving, as you're developing as a human being, as you're healing the wounds of childhood and the difficulties in your life that's driven in some ways by your will, because you know, I will not suffer anymore from childhood sexual abuse, I will end this.

[31:42] This is, I am the end of this in this generation. How many women have said that? And we say that because we, we truly are using our will for the good of, of all humanity. And that is a direct willfully directed decision. And then we set out to find a therapist. We set out to unravel our own abuse.

[32:09] We set out to understand it, we set out to heal it, and maybe we join groups and so on. And all these things are willfully directed. You cannot will a sphere of influence to open. They only open when your structure is capable of handling it. It has to be ready.

[32:34] **Six Hundred Pages, and Then It Opened**

I should tell you, before my big sphere opened in 96, I had spent two years writing about a period in my life that I had never analyzed. I had never talked to a therapist about that I'd never sort of resolved. And I wrote down the story of that time of my life, 600 pages.

I got it done, I set it aside, I closed the computer and bam, the sphere opened. It was wild. And I literally went into like an altered state, and I was in that

altered state for, it felt like years, probably 10 minutes, but it was an extraordinary moment in my life. And that was the opening of the sphere.

[33:24] So I didn't will it to open, but I did have the will to unravel a a time in my life that had been really chaotic and difficult.

[33:36] **Nobody Puts the Dot on Your Head but You**

So It's not predestined, it's like somebody doesn't like put a dot on your head and say, you know, there's predestination and, and you will manifest, uh, enlightenment in this lifetime. Nobody can do that for you. You are the only one who can put the dot on your head. So you're the one who has to say, I am choosing, I am choosing to work for this goal in my lifetime.

[34:09] If your goal is enlightenment, I am choosing to work for enlightenment in this lifetime. And I'm gonna do whatever it takes to get there. I'm gonna do that. You know, I choose to lift the frequency of the human species. That's not easy, but I'm on it. I'm doing it. That's my life work.

And so I'm choosing to do things like put myself out there and talk about my personal life, which is being a private person, that's a crazy thing to do. But I'm willing to do it because my role, my goal, my desire is higher and stronger. So I'm using both will and my sense of empowerment from the opening of the sphere of influence.

[34:53] I hope that answers your question, Celine. Oh, good. Okay, great. And so good to see your face too. I'm glad to see who you are. All right. Is, is there another question or, or should I just talk about something else?

[35:06] **Diane's Follow-Up — An Overactive Template Echo**

✿ **Cheryl:** Diane wants to follow up. If our template echo is overactive, how do we turn it off? Is there a way to retrain it in addition to expanding the template?

[35:23] **Expanding the Template Controls the Echo**

Desda: Um, part of expanding the template is controlling your template echo. Because the echo, if it's, if it's really active, your echo will begin to contract, your template will begin to contract. Your nervous system will begin to, um, go into a kind of shutdown. And what will feel like, um, hyperactivity is actually a lessening.

[35:50] So expanding the template is the exercise to do, uh, Diane. And, uh, for those of you who don't know, there's a way to tell the template to expand. And it's, it's extremely simple. It's an easy exercise with just three steps and we can, um, control the, the con compression, the expansion of our template.

So when we're walking through life and, uh, doing our stuff and we experience something frightening, a car almost hits us, we contract. And that's a normal reaction. That's a survival technique we pull in. We don't wanna feel all that's surround us, we're just focused on staying alive. And then as we walk down the street a little more and things are calming down, our template starts to naturally move out.

[36:41] Again, it's relaxing. Our nervous system is calming down. Maybe we have a nice cup of chamomile tea and the whole thing calms down because your nervous system, all of your nervous system, your physical nervous system and

your subtle nervous system are all connected. They work together. So as you calm and expand your um, your template, you don't activate it more.

You simply relax it.

[37:11] **Relaxed in the Midst of the Storm**

So by doing that, by relaxing it and letting it go to an expanded state, you stop being so reactive and involved with the stories going on all around you. It's really easy to get sucked in. Isn't it so easy, especially right now when everybody's got these huge stories about whatever. So you're, you're now in a place where you can stay relaxed in the midst of the storm.

[37:42] And that's, that's the value of that, that exercise to be honest. Is, is there another question? Diane usually have like a series. I wanna be sure we gotcha. Okay, good. Alright. Thank you sweetie. Okay. Anybody else got a question? To clarify, here's Juliana.

[38:07] **Juliana's Clarification — Safe Sensing and Entanglement**

📌 **Cheryl:** Yeah. She says to clarify template expansion and echo is safe sensing where an expanded human electromagnetic field or HEMF causes entanglements.

[38:22] **The Electromagnetic Field Is Where We Enmesh**

Desda: Oh, that's right. That's right. Somebody asked me about entangling or enmeshment. It's exactly the electromagnetic field is where and how we enmesh with other people. And usually what happens is people who are enmeshers, you know, they haven't really learned how to hold their boundary of their electromagnetic field. They actually extend part of their electromagnetic field out.

And they can do things like plug into the electrical socket or plug into the light or plug into the cell tower, yay. Or plug into somebody else, or, or, or push in to somebody else and merge with them.

[39:06] **Two People in Love, and Five Years Never Apart**

And if you've got two people who are in love, you've got this enmeshment, right? I remember my husband and I for about five years, we were never apart, never apart. We were totally madly in love. We were crazy in love for each other. And at about five years it was like, I think I need a break.

I need, I think I'm gonna go to the store without you. And we started to do things separately. And that was such a nice thing, such a nice thing because I went, oh, phew, huh. And I realized I had been ve enmeshed with Bobby, and, and as much as I love him, which is boundless after 50 years, it's endless.

[39:51] There's a, there's something that happened when I remembered that I didn't have to be part of him. And when I stepped aside and when I became me, you know, fully me, and now we have this moment every day where we kinda look at each other and go, wow, you're an amazing person. Look what you're doing. Look at the guitar playing that you're doing.

[40:18] Look at how you're, you know, you're in two bands and you're just going for it. And look at the work you're doing, honey. Look at all the stuff you're

doing with your students. So we appreciate each other now. And it's not in a meshing, it's an acknowledging of the distinction and the separation that we have.

[40:36] **Two People at the Edge, Not Enmeshed**

And so two people together at the edge, way more powerful than two people enmeshed, unable to figure out whose idea was what or whose movement was, was why why'd you do that? I don't know why you did that. You know? Oh boy. And your feelings can get so hurt when you're enmeshed. I mean, just like crushed.

You can be like, you didn't think of me first. No, as a matter of fact, I didn't. That can be, that can be really painful, right? So it's nice to be able to separate and say, yeah, you think about you, it's good. I appreciate that. So, you know, maturity comes eventually. Do we have another question?

[41:25] **Cheryl's Question — The Villi and the Bounty of the Universe**

✿ **Cheryl:** Yes. Desda. Alright. So with with the template and at the very edge of our energy structure, the template goes out to the little villi or relationship to all of these source energies that the universe is expressing all the time with great alacrity. How does our relationship and capacity to receive the bounty of the universe change when we are aware of our villi are at the edge, have this conscious relationship there?

Desda: Did you make that question up? 'cause that's really good one, Cheryl.

[42:07] ✿ **Cheryl:** I'm curious.

Desda: She's curious. I love it.

[42:12] **Awakening to Your Soul's Structure**

So, so the, the thing that happens when we awaken to our own sacred anatomy, it's, it's a revelation because we're awakening to our soul's structure. Like we go through life with this idea that we have a soul, but who knows what that is? It's this amorphous kind of like thing that maybe, maybe belongs to a church.

[42:37] We're not sure, you know, we have to reclaim it. Maybe it belongs over here, we're not sure to take it back from some great teacher or something. Where's my soul? What happened to it? Where did it get lost? And then you have these ideas like my, I'm, I feel my soul is drawn to you, or my soul is drawn to this work, right?

But really what is drawn to it?

[43:01] **Mapping the Soul**

So when you begin to analyze the sacred anatomy, at a certain point I realized what I was doing was mapping the soul. And it was like, is this chick audacious or what, you know, it's like, who, who goes around saying they're mapping the soul? But that's what I was actually doing. And so, so as I was becoming aware of mapping the soul, I begin to realize that we had parts of the subtle anatomy that connected to all creation.

[43:40] So we have a way that our own soul, the individuated soul, that is me, or you can connect to the totality that is all life, everything, every planet, every sphere, every asteroid, moon, we are connected. And how does that, how does that distinction happen? How do we become awake to that and conscious about it?

[44:13] The more you know your sacred anatomy, the more you know who you are and what you're capable of. And the more you strip away from that soul, from that structure, traumas, injuries, accidents, issues, negative experiences, and you, you strip them away over time. It's amazing because your own awareness starts to increase. You become a more and more capable of actual partnership with divine source.

[44:57] **Shoulder to Shoulder With Divine Source**

So I like to say that we're standing shoulder to shoulder with divine source, that we're in partnership with all creation. That we are literally co-creative beings. And that's really what makes us human. That we're co-creative with the source. And we direct and use source energies, source material, if you will, to create not just material things, but ideas, concepts, beliefs, attitudes, knowingness, awakened, awareness, availability, opportunity, possibility.

[45:43] And that all comes from this awakened awareness. So we have moments in our life where we flahave a flash, oh, oh, oh, I just realized the possibility of filling the blank. And then you forget about it, you kind of slip back into my, I'm doing my life, you know, I'm doing my life, doing my, I forgot that I had that awakening.

[46:09] And then a little while later, you have another one. Maybe you have a creative inspiration that comes about. Maybe, maybe you remember all of a sudden a, a, a, a melody that you heard in your sleep and you, you play it on the piano or you sing it out.

[46:32] **The Grandson Who Sang Back**

You know, I had an experience when my, my grandson was born. I got to meet him just when he was just hours old. And I went to the hospital. It was during Covid, so only one of us could go at a time. So I went and there he was this little new being who looked like an ancient Tibetan monk.

It was like right there. And I, I looked at him and I being a singer, I sang to him. I just went, Ooh, Just a little soft, gentle, little soft. He sang it back to me, he sang it back to me, and everybody kind of turned and went. Did he just sing? It was like a moment of amazing awareness and connection that he and I had.

[47:29] And I realized in that moment that this little guy and I were gonna be good friends. You know, that we had an alignment already that was at the soul level, a memory and an ability to tune in to the sounds, the spheres of the universe perhaps. So it's just, you know, these things just come about in our lives, don't they?

[47:56] They happen. I bet you could all share something like that that happened in your life, an amazing moment when something blew your mind, just blew your mind. And you thought, this is, I'm, I'm touching, I'm touching God right now. This is it. You know? And when we have those moments, we wanna, we wanna nurture them, we wanna care for them, but we don't want to forget the

impact that they have because that's a way that the sacred anatomy is actually entering your life and awakening to you.

[48:29] So it's an awakening process and becoming awake to your own soul's journey, your own soul's power, your own co-creative capacity brings you into, um, a way of being that allows you to be in total co-creation with divine source. I think I answered your question. You guys have to let me know if I strayed off the marks about, all right.

[49:02] Are there any... Thanks Cheryl, for asking such a, such a, a fun question. Anybody else got a question?

[49:10] **Jeanmarie's Question — How Practitioners Hold the Field**

✿ **Cheryl:** Yes. Jeanmarie asks, as practitioners we hold the field, how is that field related to the template system? What other systems are involved and how is the field held?

[49:29] **What the Field Is**

Desda: Oh, lovely. Okay. So you're probably wondering what the heck is she talking about the field? What is the field? So the field that we as practitioners hold practitioners of this work, hold, hold an energetic field, an energetic container, if you will, that is supported by the sacred anatomy angels. So, okay, whether you believe in angels or not doesn't really matter.

[49:57] It's the sacred anatomy vibe. And we're holding it and we have help. We have help from beings that are not incarnated into physical bodies. And those beings, we call the sacred anatomy angels for lack of, you know, individual names. We call 'em the sacred anatomy angels. And we hold together a field, an energetic field that is the field of the work in the world.

[50:27] And we are holding that field. And this is such a great question, is we are holding that field with the totality of who and what we are. So when you hold another person, let's just make it really simple. So you have someone who's going through an important event in their life, and you wanna be there to support them, but you don't wanna get in their way, you don't wanna be annoying.

[50:54] So you just wanna hold space, you just wanna be there. So when we say hold space, what does that really mean? You know, are we, I literally holding the space around them? Well, kind of, because what we are doing is with the totality of who and what we are, we are in compassion holding the space that we share because we share space with other people, with other beings, with other thoughts and ideas, with other concepts and beliefs.

[51:30] **The Field of the United States**

Believe it or not, we are sharing the Republican and Democrats, we are sharing them all, believe it or not. So there's a, there's a field that we could think of as the field of the United States, and that's something that we're all holding. What part of the structure is holding that? Everything that we are, all the seven systems, all the anatomy, the thousands of parts of the anatomy, they're all holding that because it's the totality of your awareness that's holding.

[52:07] **Awareness at the Edge Holds Without Agenda**

And the awareness placed at the edge gives you the capacity to hold energy in a really expanded way, an exciting way, a way that is not driven by a personal agenda. Because holding space with a personal agenda, like I really want you to be, okay, I really, you know, I'm gonna go visit my sick friend and I, I really want you to be okay.

[52:36] I really want you to be healthy again. I'm so sorry you're sick. Okay? That is the biggest pain in the ass visitor that you could ever have when you're sick, right? You've had that person come over, haven't you? Like, please go. So, so what you wanna do is you wanna hold with total compassion and from a place of non-attachment.

And you cannot do that from the egoic nature of the electromagnetic field and your physical body. So that's the mistake that people make. They wanna hold somebody with their electromagnetic field, and then it just feels like they have glommed onto them. So holding with the totality of your structure, holding at the edge of your energy structure, this is the place where you attain greatest compassion.

[53:31] So that is a powerful, powerful message that you are sending to anyone you come in touch with, that you not only can hold space, but that you can be in the field without subtracting from it. Because when you put your ego into the field, you are taking away, when you're working altruistically and with the benefit of all in mind and from compassion and kindness mindfully holding your awareness at the edge, things happen, things happen that are much greater than the things that happen when you egoically move towards a goal trying to get something for your own value or for the benefit of your kid, or the benefit of your club or your organization or your political party.

[54:32] So if you're pushing from that angle, it's, it's, uh, it's less rewarding than if you're going from the edge of the sacred anatomy. Did I answer your question, sweetie? Okay.

[57:39] **The Book, and What Michael Says**

Get your own copy of your sacred anatomy.com. I love what Michael says here. This body of work is a revelation of intricate detail and encyclopedia of the soul, and a catalyst for your own personal evolution. Yeah, it is. I'm not sure how it happened, but it's, it's kind of magic what happened there that my friends is a manifestation of, a sphere of influence.

That's, that's one of the cool things about it.

[58:10] **Closing**

Well, I hope to see you all again soon. I think I will see some of you very soon, and I'm looking forward to it. And I just love you guys. Thank you so much for being here. Thank you so much for participating, and thank you for all these great questions. Look how much fun that was. Awesome.

All right, have a great weekend. Hey, do me a favor. Go outside, walk a little, let it all hang loose. Go to the beach. Go to the lake and river. Go to water. You need water, guys. Go to the water. I'll see you soon. Take care. Much love. Bye-Bye. Thank you.