

Friday Anatomy — August 2024

Video: https://www.youtube.com/watch?v=YS_I7uCr3ps • 1 hr 2 min

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Q&A

[0:25] **Welcome — Friends From All Over the World**

Desda: I love it. I love my, my European and my Latin American and my orient folks, everybody coming from all over the world. I love it. Every now and then we get somebody from, even from Africa. So I'm so excited that this little work is starting to become a bigger work and go out into the world with so much energy.

[0:56] **Anatomy Friday — Ask Me Anything**

Today is Anatomy Friday, sacred Anatomy Friday. So what that means is that you can ask me anything you wanna know about. You know, anything you want, you can ask me. Anything, anything at all. And I am raring to go, and I've got right beside me.

[1:23] **Your Sacred Anatomy, and the Next Reiteration**

My book, your Sacred Anatomy, is the most complete encyclopedia on the sacred anatomy that I could possibly write. I have in fact been working on with Cheryl, my assistant. I've been working on the next reiteration of this because it's been since 2011 when I finished writing it that, um, and a lot of stuff has been added to the sacred anatomy.

[1:57] We've discovered a lot more parts of the anatomy. So today, if you ask me questions about things that are not even in the book, I'll be happy to answer them. So there's a lot of new stuff. Don't hesitate to jump in and stretch out. I'm looking forward to it.

[2:18] **Marin County, and Where This Work Grew Up**

So my name is Desda Zuckerman and I live in Northern California. Of course, this is where I would live, right? I live in Marin County, which, uh, you, you can't scratch yourself without running to another healer. So there's a lot of, uh, alternative thinking here, a lot of alternative healing work here and a lot of musical people here, which is, which is fantastic.

[2:43] And I'm excited that, um, you've somehow or another stumbled across me. Come here to, um, get more information. I'm even seeing a couple of people who used to come to My Anatomy Fridays that were live here in my hometown

that I used to do, and I used to get, you know, 20 or 30 people in, in the classes there.

And I see a couple of folks here from that time, which is wonderful.

[3:13] **A Thumbnail — What the Sacred Anatomy Is**

So, without further ado, shall we jump in and talk about what the Sacred Anatomy is? Let me give you just a thumbnail about that. So the, the thumbnail I would give you is the Sacred Anatomy is your subtle energetic field that surrounds you. That includes a Amy, one of my old friends. Hi. Anyway, it includes the physical body and the electromagnetic field.

[3:46] So your sacred anatomy is way more than what is commonly thought of as the human aura. And it includes that, it includes it, it's a system Within this larger structure,

[3:59] **Seven Systems and Thousands of Parts**

the sacred anatomy has seven systems and thousands of parts of anatomy. Much like you would, you would think that an energetic body actually would have a lot of different sections and pieces. It is as complex as the physical body. Each system has its own offering. We have one system that's called the Layers, that's like the organs of the sacred anatomy.

[4:26] We have another system called the template, which is in fact the nervous system and part of the digestive system of the sacred anatomy. We have another system called the Blended Energy system, which most people are exposed to through chakras. So we have chakras in the blended energy system, but we have 13 of them, not seven, not eight, we got 13.

[4:51] So it's, it's a bigger, it's a bigger system. It's a, there's more to it and it's a little bit like a cardiovascular system.

[5:00] **The Bones of Light — Two Skeletons, Brother and Sister**

Then we've got the bones of light, which of course are the skeletal system. And we just love that skeletal system. There's so much to it. It includes, in fact, the physical body too. So our physical skeleton and our energetic skeleton, our brother and sister, they're related. They're not separate from, they're not different from each other.

One is material reality. So it's materialized with electromagnetic energy. And one is the energy of consciousness, or the energy called subtle energy, which is the kind of a fifth quantum energy that I've been calling out for about 30 years. And now people are actually talking about more quantum energies. So it's exciting to think that the sacred anatomy has all these systems that it's organized.

There's a way we can interact with it that we can actually affect it.

[5:56] **The Elimination System and Non-Attachment**

Another system you might be interested in is the elimination system. God knows we need to eliminate energies from ourself. And the elimination system works through the concept of non-attachment. So when we release attachment, we release subtle energy. So this is an interesting thing.

[6:17] **The Human Electromagnetic Field**

Then there's the human electromagnetic field. Now that is the one most people refer to as the aura. So the human electromagnetic field is right around us. It, we use it to do EKGs and, and, uh, all other kinds, bunch of other kinds of scans. And so there's a, there's a way we use our own electromagnetic field a lot in this world, and it's a system within the sacred anatomy system.

[6:47] **The Harmonizing Network — Subtle Sound**

Then there's the final system that, one of the ones that I love the most, which is called the Harmonizing network. And it's a system of subtle sound. It isn't, um, physical electromagnetically generated sound. It is subtle sound. So it's the, it's the sounds of the spheres. It's outside of what is normally understood to be sound, but it is in fact the thing that holds us together.

[7:15] And you can compare it to the chemical system in our physical body. Okay, so that's a brief thumbnail intro. And um, now I wanna invite you to just ask any question you have about the skills, the techniques, and also the pieces of work that we do with the Sacred anatomy. Okay, let's go.

[8:36] **Cheryl's Question — The Immunity Tree and the Spiritual River**

✿ **Cheryl:** The first question is in the layers system, and this is how the primal layer, the question is, how does the primal layer's immunity relate to the spiritual layers, spiritual river? Do they do, does one affect the other in support of our own immune systems higher functioning?

Desda: Well, who asked that question?

[9:03] ✿ **Cheryl:** I did.

Desda: Oh, Cheryl, you character. So, hey Cheryl, can you show, can you show the... Can you show a layers picture? And then can you show the primal layer with the immunity tree and then the spiritual layer with the spiritual river so everybody knows what we're talking about?

[9:24] **The Eight Layers of the One Body**

Okay, here's the eight layers of the one body, and this is like a half a grapefruit cut open, or, uh, you know, so you can look in and, um, these are the different, the eight layers. We've got the biolayer, that which is obviously your physical body. And then we've got the emotional layer, which is the pink around there.

The primal layer is green, the mental layer is yellow. Uh, the cognitive layer is a kind of turquoise, uh, combination of turquoise and teal. And then the spiritual layer is lavender. The etheric layer is orange. The soul layer is a rainbow swirl. So these layers are all very distinct and the colors are very consistent.

[10:12] **Your Aura Is Personal; the Sacred Anatomy Is Consistent**

Now, I wanna make something really clear. Your aura is completely personalized. It looks unique to you. Everybody has slightly different colored auras, and they sort of look like Cheryl's background, you know, wild swirling energies, and they're kind of moving in a toroidal fashion. So they move like this energetically. So that's an aura.

The sacred anatomy is consistent. So it doesn't, it, it isn't vastly different from one person to another. It's pretty consistent. So let's see a picture of the green layer, which is the primal layer. And I'll talk a little bit about it.

[10:54] **The Primal Layer — Four Strata**

Okay, so here's the primal layer. So the closest in to your physical body is instinct, and that's that bottom strata. So we're looking at the strata of the primal layer. There are four strata instinct, legacy, DNA and tribe. And those strata are stacked. And everything moves out in concentric circles from your center, which is your physicality.

[11:24] The primal layer has running through it with its roots in instinct and its trunk in legacy, and its branches in DNA and its leaves in tribe.

[11:40] **The Immunity Tree**

So this I call the immunity. And the immunity has a lot to do with allowing the immune system of the subtle anatomy to truly function. So that when we have insults or injuries or even disease that affect the, the subtle systems, that this layer is our primordial information. And it, yet it goes to work, rebuilding, restructuring, re infusing with energy, the entirety of the sacred anatomy.

[12:25] **Why the Pictures Use an Oval**

So it's important for you to understand that the sacred anatomy stretches 20 feet above us, left, right back, front. It's all around us. Now, everybody doesn't look exactly the same. Some people have different shapes than others. Some people are kind of like columns. Some people are like triangles. Some people are sort of like amoebas and some people are ovals.

So because I needed to like pick a, a sort of a, a shape to represent what the subtle anatomy looked like when I did all of the color pictures that are in my book, it's over 88 graphics. So I had to find something that could be consistent. I chose the oval because when people seem to, uh, get more cleared out and opened up and start really expressing their authentic nature, they tend to go more to an oval shape.

[13:19] So that's why. And so that's the concentric circles that are moving out. And as I said, this is just to give us an idea of what it is we're looking at, not to analyze or organize or focus on one particular person.

[13:36] **Instinct — Your Soul's History of Survival**

So you've got your instinct strata there, and the instinct strata is survival. It's, this is, you know, stove is hot, I am not safe, or this is really great. So all of those instinctual responses are captured in the instinct strata, except that this is, this is your soul's history. So your entire soul's experience of instinct.

[14:08] So everything from like being an archer in the Roman armies to, you know, being a, I don't know, a soldier in World War II or having these kinds of instinctual reactive jobs, maybe a hunter in, uh, the 18 hundreds hunting for food for your family, and worrying about lack of fuel for fire for the winter.

You know, these kinds of instinctual behaviors really are held here. I like to think of the primal layer as the, um, the dinosaurs layer. I mean, it's, it's where

the dinosaur lays its eggs in us, you know, where we understand the ancient and the primordial and the, uh, extremely primal, energetic.

[14:58] **Legacy — The Mysteries, and Looking at the Moon**

Then we go to legacy. And legacy is, um, it, it, it goes beyond like your heritage. It, it has to do with your connections with, um, ancient teachings, with, uh, things that are unspoken and unseen. It has to do with the mysteries. Last night I went out and did something I love to do, and that is to go outside at night in my garden and look at the moon.

[15:30] And that's a legacy action. You know, the mystery of the moon and looking up at her and thinking, she is still so mysterious, we know so little about her. And there she above us shining that beautiful light. And it's that, um, lovely feeling of, I don't know what's happening, I don't know where to go.

[15:59] So that's, that's where our legacy is stored. And, and we touch into that to understand more deeply about things.

[16:06] **DNA and Tribe**

And then there is DNA and DNA is this extraordinary blueprint of what we are. Well, we don't just have a blueprint of our physical body. We have a blueprint for our subtle structure. And in fact, those two blueprints work together. So this DNA is that inclusivity, and then we have tribe. And our tribe is the family that we find ourselves in, the people we connect to.

[16:34] If the family isn't our tribe, we have other people that become our tribe, our connections, our our instincts. So the immunity tree is part of the con interconnectivity of the primal layer. And yes, even though between the primal, there's the mental, the cognitive, and then you go to the spiritual layer, there is an inner interconnection between the primal layer and the spiritual layer.

[17:02] **The Spiritual Layer and the Spirit River**

So let's look at the spiritual layer, and I'll try to go a little faster because I wanna get to everybody's questions. I see there's some questions now in the chat, which is great. Okay, so here's the spiritual layer. And you gotta remember there's stuff between the primal and the spiritual. So what we have here in the spiritual is what I call the spirit river.

[17:27] And the spirit river moves through the guides and guardian strata, the elemental strata, the fairy folk strata, uh, the deity, the angelic, the deity. And don't forget intuition right there in the center as well as the higher energies, angelic and deity. So we have this river that runs through us, and there is a way that we can travel the river and dock in each of these strata and go into connection and, um, an experience of elementals, uh, fairy folk and angels, deities, guides and guardians.

[18:11] And then our intuition, which is extremely different from instinct. Our intuition is inspired here in the spiritual layer. The spiritual layer is, um, further out. It's about 15 feet out from your physical body. And it has this tremendous cache of information for us because we can dive into each of these places.

[18:36] **How the Spirit River Waters the Immunity**

The combination and the connection between the immune tree and the spiritual layer is that the spiritual river runs through the entire structure. So it doesn't just stop in the, in the spiritual layer, it actually runs down and through. So it in effect, waters the immunity and cares for it allows it to be fed by our spiritual nature.

[19:04] So that's a very fast description of the spiritual layer, and clearly I can go on forever about it, but I should probably try to answer some of the questions that have come up other than the one from Cheryl. Okay, what have we got, Cheryl? What's next?

[19:23] **Anita's Question — Higher Self or Ego, and Whether to Walk Away**

✶ **Cheryl:** All right. Well, Anita had said she's from Italy and she often feels very strong vibrations and energies from the places she's surrounded by. And she tends to notice more the negative ones because they make her feel uneasy and cause her to walk away from that situation or place and miss out on some experiences.

So she was wondering, is there a way to be able to distinguish if what I'm feeling comes from my higher self or is just a feeling of my ego, which might just be a reflection of my fears or anxieties, and whether I should indeed listen to that energy, or I can find a way to share the moment with that feeling without having to leave?

[20:17] **Italy, and So Much History in the Soil**

Desda: That's a really deep question deep, Anita, thank you for asking it. So, um, wow, uh, where do I start? Yeah, Italy is chock-a-block with stuff. So much antiquity there. And when we have all these ancient buildings and places where, you know, God knows what happened, you know, people died of the plague or, or people were executed or there was a battle, or who knows, some kind of thing happened there.

[21:00] You know, we were all run into this in all of the places we live in all our cities and, and all those kinds of, you know, um, huge amassing of, of humanity. There's gonna be stuff, right?

[21:19] **Before the Edge, It Was a Tsunami That Never Turned Off**

It, the thing I would suggest is to take my edge class. I mean, this is the the first thing I would suggest to you. And the, and the reason I would tell you that is because before I learned about how to use my sacred anatomy as a way to be in the world, um, I, I experienced just a tsunami of energy.

It was constant. It never turned off. You know, I see clairvoyantly all the time, it doesn't ever turn off. So I had to figure this out. And the truth of the matter is, I wanted to make an offer to the world I wanted to give of myself. And if I am constantly being assaulted by energy, I can't, right?

[22:08] So I truly understand your concern, Anita, and my heart goes out to you that you are living here, you are in Italy, the, the place where so much has occurred and there's so much history just in the soil, you know? So the edge class teaches you how to place your awareness at the subtle anatomy edge and

how to experience life from this place, how to move in the world from this place.

And what happens is that you are not at effect of all that energy.

[22:48] **The Five Steps to the Edge**

As a result, there are five steps to the edge, and each one of them is a spiritual practice that teaches you how to embody, how to ground, how to experience the distinction between your electromagnetic field and your subtle field, as well as how to travel to the edge in different ways. So anybody could choose the one they like the most.

[23:18] My idea is if it's not fun, why are we doing it? So I try to make it fun, and we can go to the edge joyfully, and then there's intention setting in addressing the monkey mind. So really the edge practice is a form of mindfulness for super sensitive people who are trying to exist in this, in this world.

[23:43] **Mindfulness for Super Sensitive People**

You know, in hundreds of years ago, you might've just joined a convent, you know, it's like just gone and joined a convent, you know, and just like, or you might've become a hermit and lived, lived on the top of a mountain. So everybody on this call, I would be willing to bet is a sensitive, every single one of you should take my edge class.

[24:11] And every single one of you could benefit from it, because placing your awareness at the edge of the sacred anatomy puts you in the seat of compassion.

[24:23] **At the Edge You Notice It Rather Than Swallow It**

So when you're with, uh, an energy that's toxic or difficult at the edge, you simply notice it. You actually don't swallow it, take it in, start living it, trying to purify it through your body. You don't do that. So I think there were other parts to your question that I'm not answering. I'm so sorry. But, but right now I want you to know that what I, the kind

[24:57] **Not Fear and Protection — Distinction, Discernment, Awareness**

of energy work I teach is not based in fear. It's not based in, I better, I better use protection. Because if I don't protect myself from all these terrible things that are out there in the world, then I will be in, I will be wounded and hurt. I will be destroyed. So what I teach is distinction, discernment, and awareness.

[25:26] So when you become more capable of discerning what it is that's happening, you of course realize, oh, this isn't me. This isn't about me, this is going on over there. And then when you, when you make those distinctions, when you create discernment, when you make distinctions, and then you begin to work with the energy of the structure, you become more awake and aware to who you truly are as a positive force in the world.

[25:59] And you be, I'm gonna make the claim, you get happier, you really get happier because it's really not happy making, getting attacked all day long. It's not, and I know just how you felt and feel. I used to feel that way too, but I don't anymore and I haven't for a very long time using the edge.

So anyway, I think that I, I'm gonna leave this question now, Anita, and thank you for asking such a, a beautiful query. I mean, I really, you, you, you are lovely. What part of Italy are you in?

[26:35] **Anita — I Live in Verona**

✿ **Anita:** I live in Verona.

Desda: Oh, Verona. Verona, where my beloved Elisa spends a lot of time. Yeah. All right, well that was my answer for you. Let's see what the next question brings.

[26:51] **Nazy's Question — Debris, Attachment, and the Universal**

✿ **Cheryl:** Alright, this next query is from Nazy, and she says, if an issue is not resolved, it is not debris until we are no longer attached. Debris is moving to the universal, has no identification with it. How is it that the universal attraction happens with the debris having no identity? When the universal attraction is seeking only universal like energy or similar energy, does the debris once released become more universal?

Like,

[27:31] **Desda:** I think I'm gonna ask you to read the first part of the question, and I'll answer that, and then I'll answer the second part of the question.

[27:38] ✿ **Cheryl:** Okay. She says, if an issue is not resolved, it is not a debris.

[27:45] **If an Issue Will Not Resolve, It Is Probably Not Debris**

Desda: That's correct. If an inter an issue won't resolve, it's probably not just you picked up debris from somewhere and you're, you're letting it go. It, it most likely would be a pathology of some sort, or it would be a misalignment of some sort, or it would represent the need for deeper clearing, deeper addressing of that, whatever that is.

Okay. So what's the next part?

[28:13] **Cheryl Reads the Second Half of the Question**

✿ **Cheryl:** How is it that the universal attraction happens with the debris having no attachment is what you would say? Having no attachment or identity when the un universal attraction is seeking only universal like energy.

[28:29] **Like Seeks Like — Attached Energy Does Not Leave**

Desda: So she's looking for, how does the universe hold non-attached energy out of the structure? Yeah. Well, the complexity of that is, is is pretty deep, Nazy, and thank you for asking it. It's a good question. It's a really good question. So when we, um, use the, um, the operating principle, one of the operating principles of sacred anatomy is, um, like seeks like, right?

[29:03] We often, we know about this. This is something that other communities share the idea of, and that, and that's true, like seeks like, so attached energy does not leave the structure. If you have an attachment or a charge about something, you can't get rid of it. So if you do a clearing of part of the structure, but you're still attached to an upset or an angry event, you're gonna hang onto

that as you release that, it goes, it goes out of your structure through the elimination system when you no longer are attached to it.

[29:44] So as you release attachment, so you release debris, alright, how does, um, unattached energy come into the structure?

[30:02] **Source Energy, and Why We Attach to Whatever Enters**

It, it, it is essentially source energy that enters the structure. We only have attachment if we experience energy coming from outside ourself that comes into the structure. It, it is only a experience. We are only experiencing an attachment. We attach to whatever it is, and we, uh, give it a name, a feeling, uh, a connection.

[30:33] Uh, nothing sneaks up on the structure. I mean, it just is happening all the time. We're always picking up stuff and dealing with it. And if we have no attachment or charge to it, it, it leaves instantaneously because the universal seeks that, which is non-attached. So the universal, which is around us, pulls this energy to it.

Now, can it happen the other way where universal energies come in and we're not attached to them? Not really. Because anytime something enters your structure, you become attached to it. Even if it's a universal source energy, like the rose red light of love or universal love and light, it comes into your structure, you become attached to it, and you, you, you give it significance.

[31:23] So, um, I think I answered your question. Did I answer your question, Nazy? Good. Okay, great. Sometimes when a question is really long, I have trouble like fighting, like where in the question what, okay, let, I

[31:39] **Nazy — That Was What I Was Asking**

✚ **Nazy:** Was referring to the, uh, non-attachment, attachment, uh, aspect of universal. So yes, you did answer my question and thank You so much.

Desda: Yeah, I think, I think I did. All right. You welcome, Nazy. Okay, what's the next one? Cheryl,

[31:56] **Michelle's Question — The Sound That Holds Us Together**

✚ **Cheryl:** Michelle Higgins says, could Desda say a little bit more about the sound that holds us all together, the sound of the spheres that she mentioned right at the beginning. And she says, thank you.

[32:09] **We Are a Symphony Walking Around**

Desda: Yeah, the sound of the spheres. So the structure generates sound. We are a symphony walking around. Every single part of our anatomy has its own sound, its own tone that it creates. So there are people, some of you may be here in this call who hear that's called clairaudience, and usually it's like, oh, I hear a voice or something.

But actually clairaudients hear way more than voices, they hear people's disharmonic frequencies.

[32:57] **Disharmonic Frequencies, and Clairaudience**

Have you ever experienced someone who just, who was like chalkboard, you know, scratching with your fingernails and it was just like that feeling of, eh, you know, and you could hear it almost, right? That's how disharmonic their energetic was. And it's disharmonic because some of the systems are not harmonized with each other.

[33:26] So it's, it's interesting to think in terms of systems as having a specific tone or frequency, a wave. You know, if you're looking at it electromagnetically, they have a sound that they can connect to.

[33:46] **Indian Scales, the Well-Tempered Clavier, and 432 Against 440**

And you know, if you study, um, Indian singing, for example, like I did, I studied, uh, Indian singing. There are more tones in the Indian scales than in the Western scales. And if you remember the Well-Tempered clavier how, or clavicle, like clavier clavier, not clavicle K clavier. And it, it was this, um, this moment where everything started to be tuned to 440, but before it had been tuned to a was uh, I think, uh, 330 or 432, 432, that was what it was.

[34:31] And so you had, you have ancient music that's written for a tune to 432, and you have more contemporary music that's a at 440, but which one of those pitches resonates with the human body? And did a 432 resonate more with medieval people than a 440 does with people after the industrial revolution?

[35:01] So these are questions that, you know, musicians ask themselves and sound healers ask themselves.

[35:09] **Nine Distinct Tones**

And what, what you wanna know about your sacred anatomy is that it's tuned to fundamental fundamental energies. And those energies are so important because they, they hold us together. So we are connected, we are connected by sound, subtle sound frequencies that are like other, other worldly sounds that hold us together. And, um, this was the last system that I discovered in the last system that I, I mapped and, and learned how to work with and the tones were revealed to me.

[35:56] So we have nine distinct tones that the sacred anatomy creates, makes itself. And then with within those, we have overtones and undertones and all kinds of different ways that the, the musical nature of our structure works in the world. And if, if you think of it this way, you, if you are in complete harmony and all your systems are harmonized, you are like a beautiful symphonic chord that's being played by a huge orchestra walking through the world.

[36:35] And if they're not in tune, you know, you're a little more, uh, disharmonic in places. So there are healers in the world who listen for disharmonic frequencies and then work with them. So interesting. Anyway, so that's, I think I answered your question, Michelle. Was that good? You need more? Okay, let's go to the next one.

[37:08] **Chensun's Question — The Divine Feminine in the Structure**

✚ **Cheryl:** Alright, the next question is from Chensun. She says, which areas of the subtle energy anatomy signify qualities of the divine feminine other than the acceptance strata within the mental layer?

[37:27] **The Caduceus — the Vertebral Column of the Core**

Desda: Well, the caduceus, which is the vertebral column of the core, can we see a picture of that? So the core runs from top to bottom, and it is the divine light within you. It is the presence of totality within every single person. And there is a column of the bones of light called the caduceus that holds it up.

[37:55] And when you see it, I'll, I'll share with you, the divine feminine and the divine masculine emerge here in the caduceus. Poor Cheryl, she's got like a thousand graphics to pick the right one. Anyway, so here we go. All right, so there's the caduceus.

[38:19] **Yin Rising, Yang Descending**

So coming from below is the divine feminine rising from, you can think of it as rising from the earth, and it comes up and crosses all the way through the structure. We unfortunately can't really see it, uh, the central part because of the little guy there. Is there another picture that you've got Cheryl, the little guy who's obscuring things?

[38:49] So the caduceus supports, um, parts of chakras, the currents of the chakras, the incoming and the outgoing currents of the chakra at, in, in 13 locations, it crosses in 13 places to do that. There we go. That's a little better picture. So coming up from the bottom is the caduceus, and it goes all the way up the front and then it quantum leaps through the core and goes out and down the bottom of the core sheath.

[39:25] So the core sheath is around the core. And we're not seeing the core sheath in this picture, but what we're seeing is the core right underneath the caduceus. It isn't exactly like that. There's actually a sheath between the two. So the caduceus is rising, rising, rising, and then goes through the core and then down.

And as it's coming down all the way down, it's the yin descending. So yin arising and then yin descending at the rear, and it comes down and it's, it's doing the same thing at the back. It's, it's crossing and supporting shock recurrence as they come in and out through the core. And it's also at the same time, holding up the, the core from above we have the yang descending.

[40:22] So yang descends and comes all the way down, crossing in, crossing in, crossing in. So it goes all the way to the bottom, go quantum leaps through the core, and then comes all the way back up the back quantum leaps at the top and comes down.

[40:41] **Two Sealed Currents at the Very Core of Us**

So we have essentially got two currents that are closed. So they're, they're sealed closed currents. And these two currents of the yin energetic and the yang energetic, which is, you know, you can think of it as feminine and

masculine. You can think of it as, um, aggressive and passive. You can think of it as solar and lunar, you know, you can think of it a million different ways.

[41:09] But what we've got is at the very core of who and what we are, we've got the divine feminine manifest as a flowing, moving current with us so that it's supporting the energetic of the core, which is the totality, the whole, the whole source within us. It's like a divine fragment within us.

[41:37] **The Fountainhead and Individuation**

And then we individuate, you saw in that picture actually a thing called the fountainhead. And that's how we individuate and we create the sacred anatomy out of individuated currents, which break off from the core. So they only do that up there, and they break off and they create with their single current swirl in the soul layer, which is that rainbow layer that you guys were looking at.

[42:05] They create a wonderful, wonderful structure called the sacred anatomy. So at the very core of who we are, the divine feminine and the divine masculine share in the support of the totality, the divine. So within us, at the very center of who and what we are is this magical thing called the divine feminine, the divine masculine.

[42:36] **It Is Not About Gender**

And it's not about gender. It's important to realize it has nothing to do with gender, it has to do with really solar and lunar aspects. The hidden or the not hidden. Okay, thanks Chensun. Great question. What's another question, Cheryl?

[43:01] **Jaslean's Question — Connecting With Angels, Guides and Higher Beings**

✚ **Cheryl:** Thank you, Jaslean, and I hope I'm saying that correctly. Asks can Desda elaborate on how to connect to angels, guides and other higher beings.

[43:17] **You Need a Spiritual Practice**

Desda: Um, develop a meditation practice, a spiritual practice. If you have, if you don't have one, you you need to start one. Sometimes people have a lot of trouble meditating or clearing their mind. It, it is, uh, important to realize that you are already in touch with these higher beings. They're already around you, that they already exist in your world.

[43:45] And so it's a matter of allowing yourself to tune into them. If you are not able to find spaciousness within yourself, which is what, uh, spiritual practice allows you, is that spacious moment, that moment of quiet. If you're not able to find that, how in the world do you think you're gonna be able to hear the voice of an angel?

[44:10] So you need a spiritual practice. Anybody who's doing any kind of subtle work in the world has to have a spiritual practice. Jaslean, that's a wonderful question because one of the things that I love to do the most is to open up to the angelic frequency.

[44:31] **Diffused Focus Rather Than Concentration**

So you can do that if you allow yourself to move out of focused concentration. And if you allow your meditation to not be about concentrating, but instead to be about the diffused focus that is much more natural and much more in sync with the energies of the spirit. So when you're meditating, if you can remember to keep your focus diffused and open to keep yourself aware of peripheral, energetic as well as above and below, to keep yourself in this place of availability to other frequencies other than what we humans think of as our human spirit.

[45:28] **Entry Points — Scripture, Poetry, and Nature**

You, what you can find is sort of entry points into those realms, studying great writings. Um, reading the Bhagavan Gita, reading the Holy Scriptures of any religion will help you open yourself and crack open doors for me. You know what I do? I read poetry. I love, I read Rumi almost every day.

[45:57] I read Billy Collins, just a phenomenal poet. I read TS Elliot, I read poetry because for me, words are really opening. So reading poetry, diffusing your focus, meditating, praying, or contemplating every day, spending as much time as you can in nature will open you to these things.

[46:22] **Magical Beings of the Natural World**

I wrote a book here. It is Magical Beings of the Natural World. It's a little tiny book, takes just a couple of hours to read. And magical beings of the natural world has an exercise in it that will help you connect with fairies, uh, with elementals, with devas, uh, with nature spirits, and with, um, elves.

[46:52] So it's an, so I have an exercise and then I have six different ways to connect. So I would advise you, or five, I think it's five, not six, but I would advise you to get that book because in it is that exercise Jaslean, and it may just be the ticket for you.

I, Okay, what's next?

[47:17] 🌸 **Cheryl:** Thank you Desda.

Desda: You're welcome.

[47:20] **Adrian's Question — Can We Just Ask the Structure to Rebalance?**

🌸 **Cheryl:** Yes, Adrian asks, if our sacred anatomy is responsive to her voice and speech, can't we just ask it to return into a more harmonious and balanced state? To the degree it is possible at the time, how much knowledge and awareness from the personality or ego regarding the change that is happening within the sacred anatomy is necessary to make a positive shift.

Desda: Can you read that one again?

[47:58] 🌸 **Cheryl:** Sure. If our sacred anatomy is responsive to our voice and speech, can't we just ask it to return to a more harmonious and balanced state to, to the degree that it's available at the time?

[48:12] **Your Sacred Anatomy Is Not a Bully**

Desda: Okay. So your, um, your own voice, first of all, your sacred anatomy is not a bully. It will never force itself on you. One of the things I do in the Edge class is introduce you to all these parts of your structure and you meet them. And one of the things you do is ask permission to have a relationship with this part of yourself.

[48:40] It's an initiation of sorts. And as we begin to be initiated into this larger awareness, what what happens is that we experience a kind of returning to the elemental forces within us.

[49:03] **Sound Your Own Name**

When we use our own voice as a way to attune the subtle and the material, we began to see not only how important sound is and the words that we use are, but how much power we actually have. So you can't just ask your voice to do that. You actually have to sound your voice, you have to make the sound, you know, you have to say your own name whenever you say your own name.

[49:39] Just everybody do it right now, just my name is Desda. When I say my name, my voice resonates more, my body opens up. So that's just physically, but what's happening to your subtle structure is your subtle structure becomes aware awakens to you. So just right now, just say your own name. Yeah. And you can even say it a couple of times.

[50:13] Desda, Desda, Desda, you know, you say it a few times. Yeah. So it's a power word for you. Your name is powerful. Even if you are named after another person or you have a not unusual name, you know, don't worry about it because your sacred anatomy is resonating to your, to you, to your name, and to your voice.

So that's the best way to get it to, to shift Adrian. Yeah. Okay. Cheryl, what else do we got?

[50:47] **Amy's Question — The Angels' Voice and One's Own True Self**

✿ **Cheryl:** Thank you. Michelle says, yes, you gave her a good answer and she agrees with you about the importance of words and how they hold a frequency. Uh, Jaslean also thanks you, and Amy has a question. Alright. How do you differentiate between the voice of the angels and guardians and one's own true self?

[51:14] **We Are Not So Different From the Angels**

Desda: Well, that, that's a good, that's a good question, Amy, because we have to learn that we are essentially not really much different than the angels and the guardians and the fairy folk. And we are in that same group. You know, we are also powerful beings. So when you listen to that still inner voice within, and you're, and you're hearing your own intuition, and your intuition is giving you information about something, there's generally a very kind quality and a kind of focused, centered quality of that voice.

[52:11] **How Guardians, Angels and Deities Each Sound**

When you're hearing a guardian speak, it has a more sort of omnipresent quality, and it has a deeper resonance usually. Um, sometimes they'll have very different voices. If you're listening to angels, angels, um, usually speak in thought forms. So you don't really even, you might hear music like the of the spheres, but what you you do is you, you get an impression, you get a, and you get a whole picture that includes emotions, all kinds of things.

[52:46] You get a complete content. And so angels are very different if you speak to specific deities, you, you also have that experience of thought forms. So animals speak in thought forms very interestingly. They're very similar. Their frequencies are very similar to angels animals. And we have a, an opportunity to develop our own, uh, sort of ability to extend the transmission of who we are.

[53:23] **What Else You Hear When You Listen to a Voice**

We have that ability. And so when you're listening to someone's voice, like you're listening to mine, you're also hearing all the guides and guardians and the spiritual teachers and the sacred anatomy angels that work with me. You are also hearing the import of their frequency. So whenever we're tuned in to the subtle and the sacred and the, and the different, whenever we're tuned in that way, we also must include our own voice, and we must listen to that interior information.

[54:04] It will never speak in fear, it will never speak in anger. It will always speak as a centering, gentle, focused part of ourselves. I hope that helps. Cool. All right. Wow. We're running out of time. Well, how, are there more questions or do we answer them all?

[54:28] **Adrian's Second Half — How Much Awareness Is Needed?**

✿ **Cheryl:** Well, we, we want to go back to the second part of Adrian's question where he asked about, and I'm pulling that up. So how much knowledge and awareness from the personality or ego yeah, is necessary regarding the change that is happening within the sacred anatomy to make that positive shift?

[54:53] **Very Little — Deconstructing the Ego**

Desda: Very little. And, and it's, and it's mostly about, um, letting go of emotional content that's stashed in your, um, electromagnetic field that you're hanging onto, you know, anger, frustration, irritation, lust, whatever you name it, it hangs out in your electromagnetic field as a signature, and you wanna release all of those. So as time passes, as you learn more about Sacred Anatomy, Adrian, I know you're on your path here, but what you, what you'll find is that the e you, we deconstruct the ego with certain pieces that we do, life patterns, we deconstruct the ego, um, soul path congestions, we deconstruct the ego because even though we need an ego to stand in partnership with Divine Source, we don't need to have all the complexities of an ego that's sick, not functioning well.

[55:58] So that's what we release. We release the issues, the problems, the stresses, and uh, you know, I actually believe that it's possible to let go of more of that than we believe we can. So I'm, I'm really grateful that you asked that question. Thanks Adrian. And, and thanks Cheryl for bringing that back.

[56:27] 🌸 **Cheryl:** Thank you.

Desda: You're welcome, hun. You're welcome. Is there, are there more questions, Cheryl? I wanna answer, I've got just a few minutes, but I wanna answer as many as I can.

[56:37] **Cheryl — Nothing More in the Chat**

🌸 **Cheryl:** Not at this time. They haven't come to the, uh, the chat, so you seem to have satisfied people's curiosity so far.

[58:23] **The Book, and the Reviewer Who Slept on It**

Desda: just promote my book a little bit. This is, um, this is a, a, a wonderful thing to have in your library. It's got, um, not just 88 pictures all through it, but it's got a whole lot of information about who and what we are. And it has exercises in it that you can do.

[58:48] So, exercises, content, there's shares from people who've been exposed to sacred anatomy, energy medicine, and their experience of it. And it is, um, a groundbreaking paradigm shifting book. It, it's, um, one of the most fun stories I have about my book was, uh, when I send out, I don't know, you send out like 20 or 30 copies to be reviewed by people.

[59:14] And one of the reviewers had just had a mastectomy and, um, had these rough, really terrible raw scars on her, on her chest and, and all lot of emotional content there. And I sent my book to her and she fell asleep with it open on her chest, right on top of the scars.

And when she'd gone to bed that night, they were red and even oozing. And the morning when she woke up, they were like regular skin color. So some people have slept on the book, some people leave it open on their face or their head or their body. It seems to have some kind of charge and emotional, um, real soothing quality.

So I recommend my book, it's available on Amazon.

[1:00:06] **The Fairy Book, and the Sacred Anatomy Hot Rod**

And then there's the fairy book, Magical Beings of the Natural World. Yeah, I got inspired to write this. Uh, people responded to one of my YouTube posts about connecting with the fairy world, and it just created like, kind of a firestorm. And a whole bunch of people talked to me about fairies. And so I thought, well, Jesus, I better write a book.

So I, I put all my fairy stories in there and then I realized I didn't. But there's a lot of 'em in there and pictures too. And then we sell here at Sacred Anatomy Academy, we sell the Hot Rod, the Sacred Anatomy Hot Rod. It's the world's finest dowsing rod. I teach dowsing in one of my classes that follows the Edge class.

[1:00:49] There's a class called Energetic Hygiene. And I advise you to buy one of these amazing rods. They're, um, incredibly lightweight. They're made out of titanium and anodized aluminum. They come in different colors, red, green, blue, and silver. And they are incredibly quiet, lightweight, and fast. They're the Hot Rod. So those are the things I wanted to share with you.

[1:01:21] **Closing**

I hope you will join me again. I loved seeing you. I'm so, so, so, so happy. We had people from all over the world today, and that was just spectacular. So I look forward to more love and kisses to all of you. All right, thanks so much for joining me. May you have a beautiful day.

Give thanks today for your life. We'll see you later. Bye-Bye.