

Friday Anatomy — September 2024

Video: <https://www.youtube.com/watch?v=cbwpBL8f0es> • 1 hr 3 min

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Q&A

[1:05] Welcome — Ready for Any and All Questions

Desda: So I'm here today to answer any and all questions, which is a, I mean, it's, it's, it's a comedy routine in and of itself. So I hope you guys are ready and have some questions you wanna ask. So I am ready for what you've got. Who's got a question? Layla, go for it.

Come off your mute and just tell me what it is.

[2:03] Layla's Question — Grounding Into the Soul and Grounding Into the Earth

🔴 **Layla:** Oh, let's see. Okay. I'm, can you hear me?

Desda: Yes.

[2:08] 🔴 **Layla:** Oh, okay. So I've been doing the on the edge practice, where I'm getting just a little bit off and confused is the difference between grounding within my own soul and then grounding with the earth. Uhhuh. I, you know, I'll, I'll ground with, with I ground within my soul. Then I still feel like, well, maybe I need to still ground with the earth.

So what's, am I doing something wrong? Am I missing something?

Desda: Yes.

[2:56] You Are Grounding Into Your Sacred Anatomy, Not the Earth

Here's the thing. What we've discovered is that if you're using your subtle anatomy to ground into, so you've got this big structure and you're grounding down into your chi pool, which is at the very base of the structure. If you look here at the picture on my book, it's way the heck down here.

You know, so we, if you're standing in the backyard on the grass, right, your, um, your energy structure is gonna be down in the earth. So it's a little confusing. You think, well, you know, I'm going down into the earth. Am I not grounding into the earth? No, you're not. What you're doing is grounding into your sacred anatomy.

[3:41] So it, the key here, Layla, is intention. It's your intention. So your intention is to, in the practice of the edge, when you drop your tail, when you drop, anchor your dropping anchor into the chi pool, and then you're attaching like a grounding cord to your core sheath and anchoring it. So you do not need then to also ground into the earth.

[4:10] 'cause grounding into the earth is, is complicated. It causes, you know, causes issues. So it's better to just ground into your own structure.

[4:23] Your Structure Is Adaptable — No Grounding Cord to Drag

And then if you go up to the 97th floor, you're not dragging a grounding cord with you. Your structure goes with you and adapts. So you, your structure's incredibly adaptable. And it can be smaller or bigger, depending on what your need is. But if you ground into the earth, and many people like to go to the center of the earth, you're grounding into like molten core, you know, going down, first of all, it's a different species.

[4:55] So what are you doing? And, and secondly, really, do you need to do that? You know, because what if you, what if you got in an airplane and started to fly somewhere? You're dragging your grounding cord all along. So it's better to just ground into your structure. It's, it's better and safer. Does that answer your question?

[5:20] 🌸 **Layla:** Yes, it does. Um,

Desda: Good. And I'm glad to hear you're doing the practice. I'm really glad to hear that. Bravo. I hope it's helping in your life. You know, it,

[5:38] 🌸 **Layla:** It, it's, so I'm just gonna have to let your answer settle with me.

[5:47] **Gaia Is a Different Species**

Desda: Okay. So the main thing is that mother earth, the great goddess, Gaia, the mother of all the earth is a different species. She's not the same species as you and I, she's a planetary goddess. She's a planetary species. So, grounding into a planet is, um, not healthy, particularly 'cause the planet's process huge toxicity, and we're just these little tiny people.

[6:27] So if you put a grounding cord into the planet, you're absorbing toxicity from the planet, you kind of can't help but do that.

[6:38] 🌸 **Layla:** Okay. All right.

[6:43] **Layla — What Do I Do With My Clients?**

I have one more question with that. What, well, what do I do with my clients? What, because a lot of times when I'm, I'm doing a process, I have them ground, and they ground into the earth.

[6:59] **Have Them Ground Into Their Sacred Anatomy**

Desda: Well, don't do that anymore. Don't do that. Have them ground into their sacred anatomy. Have them ground into their chi pool and, and do the practice that I taught you. Just do it with them. Okay. Give it a try.

[7:17] 🌸 **Layla:** Okay, I'll

Desda: Give it a try because it's worth it. It's worth it to do it.

[7:25] **Each of the Five Steps to the Edge Is a Practice in Itself**

And it, and not only that, but you stay grounded. That's another part of this, of the dropping the anchor practice, is that you can stay grounded. Each one of the five steps to the edge is, is a spiritual practice unto itself, you know? So if you share that practice, and you can do so with my permission, for sure.

[7:48] 🌸 **Layla:** Okay. Yeah. Alright. Thank you.

Desda: Good luck with your clients. And Layla, come back and tell me how it's going.

[7:55] 🌸 **Layla:** Okay. Absolutely.

Desda: Show 'em a picture. That'll help show 'em a pic. You've, you've got the book. Do you have the Book?

[8:03] 🌸 **Layla:** Yes, I have the book.

Desda: Okay, cool. So there's pictures of the chi pool and pictures of the structure. And you can say, this is where you're grounding. This'll make some sense. And so you can, you can help them that way. Elisa, you had your hand up. Let's go. Yes. Hi, there she is. Hi, Sweetheart.

[8:42] **Elisa's Question — Tools for Maintaining Vibration**

🌸 **Elisa:** Um, so I think it's really important nowadays, especially our day, to maintain i, our vibration, our state of frequency and vibration. Yeah. So going to the edge, uh, normally help me to, um, to feel a sense of spaciousness than to, uh, feel more focused and present Uhhuh. But do you have, or can you suggest other tools of secret anatomy to maintain I our vibration, our state of vibration?

[9:20] **Sitting in a Column of Universal Love and Light**

Desda: I can, so here's one of my favorite ones, and and I probably have somewhere along the line, you probably heard me talk about it, but I'll talk about it again. And that is to sit in a column of universal love and light. So you can use this as a meditation practice. It's wonderful.

[9:45] So you just sit down where it's quiet and you're not gonna be disturbed. And call upon universal love and light, this beautiful silvery white energy that comes from the mind and the heart of the divine source. And just bring in a column of it and just sit in it, sit in it for, you know, 2, 3, 4, 5, 10, 20 minutes as long as you want.

[10:14] I sleep in the universal love and light. It's nice. So, so the thing about it is, is it's a soothing energy and it's, it's kind of what I, we'd call the soothing balm of the universe. You know? So it, so you can use it to patch holes and, and, and, and tears and rips and issues that people get just from walking through life.

[10:42] So if you've done something like sprained your ankle, you know, bring in a column of universal love and light into your ankle.

[10:52] **The Six Steps — Tune In, Visualize, Manifest, Direct, Release**

So those of you that have taken, um, some of my classes, and it looks like the bulk of the people here today have, so there's the six steps. So you tune in, you visualize, so I've told you the colors, and that'll help you visualize it. And if you're not a visualizer, then feel the sensation of it, you know, feel it somatically and then you manifest.

[11:17] So that means I call upon universal love and light, and then you direct it. So you direct it to, to just be a column that you're gonna sit in. And then you let it go as long as it's necessary, as long as it's needed, as long as it fills what you need, and then you release it and say thank you.

So that's a big, that's part the six steps are important. If you haven't taken hygiene, that's where you learn those six steps. But they're sort of all throughout everything and they're really powerful and helpful. Elisa, I miss you.

[11:58] 🌸 **Elisa:** Thank you very much.

[12:00] Elisa's Translation, and the Talents Drawn to This Work

Desda: I miss my Elisa. I truly miss her. Yeah. This is a woman who, she's in Italian living in Paris. I'm just gonna brag on you for a minute. She took everything that I gave her and translated it into Italian and wrote it all down. I mean, that, that is like, oh my God.

She showed me when I was there in Europe last year, she showed me this massive book that she created. It's like, unbelievable. I was so just, oh, blown away. But truly, we have, amongst the people that are attracted to this work, we have incredible talents and gifts. And I'm just so delighted that, that you, um, that you did that.

[12:51] And I wanted to share it with everybody and tell 'em how wonderful. Thank you, honey. And I see what,

[13:01] Elisa — Adding the Harmonizing Energies

✿ **Elisa:** I went ahead. One thing,

Desda: Oh, go ahead.

[13:03] ✿ **Elisa:** Not about my translation, but about, uh, frequency. Um, normally, uh, the harmonizing energy have two wonderful frequency. So in addition to universal level light could be a great idea to add also harmonizing energy.

[13:25] Harmonize the Bones of Light

Desda: Well, you could do that. Being a practitioner, you've been empowered to use those energies. So you could do that if you wanna do, and I would harmonize the bones of light.

[13:36] ✿ **Elisa:** Okay. Thank you very much.

Desda: You're welcome. And it's lovely to have you, Christina. Hi, how are you darling? It's so good to see you. Thank you for what you're doing with Bob. I'm really help. Really. So moved. I'm so moved. This is a talented lady. She's helping us figure stuff out on the wide, vast internet software computer world. She's helping Bravo. What's your question today?

[14:08] Christina's Question — Grounding Versus Connecting

✿ **Christina:** Um, well it, um, kind of bounces off of, bounces off of what Layla was asking. And, um, so I also ground into my structure after, you know, we had that class, but like recently after I do my whole to the edge, um, practice, I will do another meditation after it where I connect with the, like the earth holistically and the cosmos to find my place as a healer.

Desda: Right. Oh, Well that sounds like a lovely meditation.

[14:43] ✿ **Christina:** Yes. So I guess to me there's like a subtle difference between grounding and connecting, right?

Desda: There is a big difference.

[14:51] ✿ **Christina:** So I just wanted you to talk about that because I feel like there might be, I don't know, um, just more clarification between the two. And

maybe it might be helpful for to some people, because I know that people have relationships with the land, but that doesn't necessarily mean you have to ground to it, but it still could be important to find your place within it. Right,

[15:11] **Walk Softly on the Earth**

Desda: Right. It's basically a conversation walking on the earth. You know, my, um, my family has American Indian heritage. And so one of the, one of the things that came down through the family was walks softly on the earth. And so there was this idea of walking gently on the earth so that you weren't disrupting what was there, but at the same time, you were connecting in such a way that when your foot would fall on the earth, it would be this gentle connection and there, and that, that's kind of beautiful.

[15:47] You know, I think that the truth is we all have a connection with the earth. I know when I get into areas, um, of like land that is, um, particularly disturbed, like for example, walking on city streets, I can feel this. My feet activate and, you know, I feel like energy in the earth and I feel things trying to release, trying to let go.

[16:16] And when, uh, when I'm here in the Bay Area where I live and I walk in the places where the big fault lines are, 'cause you know, we have these enormous fault lines that run through the Bay Area. And I, you can take hikes that take you right into the fault lines. And so I've, I've walked on those fault lines and my feet go just crazy feeling into the intensity of the earth.

[16:41] **Meeting the Great Mother at Your Edge**

And so for me to have a gentle connection with the earth, I really have to maintain my edge at the bottom of my structure as I'm moving through it. And, and there's a kind of consciousness that begins to evolve if you approach the great mother Earth at your edge. 'cause she suddenly goes, oh, I see you're awake.

[17:07] You know, oh, we can have a relationship now. It's like, it's, it's like being able to talk to the mother, you know, using your subtle anatomy to connect and drop in. It's, it's powerful. Really powerful. That was a good question, Christina. Thank you.

[17:32] **Connection and Relationship Are Not Grounding**

Because there is a difference between making a connection, having a relationship, and grounding, you know, rounding is a, like a, like a functional serving my needs. This is what I need to be healthy, you know? And if like, you can go to the mother, you can pull vegetables out of the mother, you know, you could put your hands in the dirt, you can plant flowers, you can have a connection and you can love the planet.

[18:04] But, um, grounding into the planet is, is is hard on you. It's hard on the body. Alright, Keisha's, the next person. Keisha, come on your screen so I can see you.

[18:22] **Keisha's Question — Reiki and the Energy Structure**

✿ **Keisha:** Oh, hello. I'm not sure what's going on with my video Desda. Uh,

Desda: Well just ask your question anyway.

[18:31] 🌸 **Keisha:** Oh, right. Oh, I'm so sorry. So Desda, we met, uh, I think way back now, just before Covid, uh, when you were Uhhuh, um, you were doing the in-person workshops. We did a weekend on, it was, I think the essential hygiene

Desda: Yeah, yeah.

[18:48] 🌸 **Keisha:** Edge practice. Um, yeah, I think late in the year, just before Covid hit in January or so. Anyway, that

Desda: Was the last class I taught. Oh, It was, oh, the last one.

[19:00] 🌸 **Keisha:** Oh. So a few things that kind of stuck with me. And I remember you had said, um, you had spoken about Reiki and Yes, you mentioned that. Uh, and, and I've just sort of started getting back into Reiki now after maybe like a 20 year absence or so. And I remember you had said that it was better to run it through the energetic, um, spheres instead of, I guess straight down the body.

[19:29] I think you'd mentioned something about, it might be just a bit, I wanna say maybe healthier, that wasn't your word, but it was maybe a bit better to run it through the structure instead of, um, well,

[19:41] **You Are Not Running Reiki Through Anything That Belongs to You**

Desda: You're not running it through anything that belongs to you. So, so this is, this is what I say, this is what I say about Reiki, and thank you for bringing this up, because it affects so many people. So many people have had the Reiki empowerments and stuff, you know, so it's, and trainings.

So it's great that you asked this question and you, you have it sort of, but not quite. So let me help you. Uh, where'd you go? So, um, what you do is when you bring in the Reiki, you do your everything the same, your symbols, all your stuff, right? And then you call Reiki in, but you bring it to your edge, Okay?

[20:25] You don't bring it into your structure. You don't bring it into your body. You don't bring in that powerful Reiki energy to you, you are directing it to somebody else. Okay? So if you're bringing it in for yourself, then you can just call on Reiki, bring it in and bring it into your body.

'cause it's gonna do whatever it does for you, right? But if you're bringing it in for Susie over here, bringing it through your body, running it down into your body and through your arm and out your hand, what it does is it pushes all of your toxicity into Suzy. And this is not a kind thing to do.

[21:10] **Use Your Edge, and Your Edge Gloves**

So I would suggest using your edge, and you can use your edge gloves by sticking them, sticking your hands through the edge and then bringing them down. And they're your covered with edge then. So if you wanna touch things or work hand on hand with people, um, you can do that at the edge, but you call in, you call in the energy of Reiki, and then you direct it to your person, but you're interacting with the energy as opposed to the energy then interacting with you.

[21:51] Okay? So it's not funneling through you, you are witnessing it be directed to the person that is your object, your, your client or whatever. Okay? Yep. Does that make sense to you?

[22:06] 🌸 **Keisha:** It, it does. Yeah. Cool. Yeah. Yeah. That Makes sense.

Desda: Happy Reiki.

[22:13] 🌸 **Keisha:** Thank you. Thank you. Uh, I wish I got my video going, but, but thanks for, uh, for answering the question.

Desda: Oh, no problem. And, you know, keep tuning in and hanging in there and maybe take another class. I'd love to see you again.

[22:25] 🌸 **Keisha:** Yeah. All right. Thanks, Desda.

Desda: You are welcome. Chensun honey, you got your hand up.

[22:33] 🌸 **Chensun:** Good morning, Desda.

Desda: Hi sweetheart.

[22:36] **Chensun's Question — Psychedelics, Tears in the HEMF, and Panic Attacks**

🌸 **Chensun:** Hi. I have a question. Um, this is really from working with a client who did psych psychedelics and also, um, psilocybin, which the magic mushrooms, I discovered pretty significant tears in her human electromagnetic field, uhuh, that was attributed to that. And I was trying to make the connection as to whether or not the significance of the tear relates to the brain, perhaps creating anxiety and panic attacks.

[23:19] So I don't, because I know the anxiety and the panic attacks are really well supported through the HEMF work that we do. Right. And what I didn't realize was that it actually creates tears in the structure Yes. In, in that way. So my question is really regarding that relationship, because more and more I find that this is a path that people are moving towards to reduce suffering.

Desda: Yeah. They're, they're trying everything, they're throwing the kitchen sink at it.

[24:04] 🌸 **Chensun:** Right? So the, the, I guess the question is, do the psychedelics and the, and the psilocybins influence the brain directly, or is it as a result of the tear of the electromagnetic, um, from the, I guess, you know, from the physicality that is creating greater anxiety and then the, I guess the panic attacks that the brain is experiencing,

[24:34] **You Cannot Really Separate the Brain and the HEMF**

Desda: You know, in, in some ways you can't really separate them, you know, because when somebody takes a, a, a psychotropic drug and it, it, it impacts them, especially the plant spirit medicines, for some reason what happens is they, they take it into their body and it affects the brain, and at the same time, tears the HEMF or affects the HEMF.

[25:01] So the HEMF is an immediately a reaction. So probably taking it brain, HEMF is probably the, the path. But the bottom line is the electromagnetic field is the seat in our subtle structure of the ego. Uh, much of the personality and a

lot of the issues that we're talking about here, like anxiety, A-D-H-D-A-D-D, these kinds of things can all be treated using the electromagnetic field protocols that I've developed over the last 40 years.

[25:41] The Baby Boomers Are Still Affected

So, you know, I'm in the generation where you're like, people went crazy jumping off buildings on LSD. So, you know, we saw our fair share of acid burnouts and people who had done mushrooms at the wrong point in their lives and that kind of thing. So it was an early question for me, like, how, how do, what is the, about these people that first of all drives them over the edge because of the medication or drug, or whatever you wanna call it, them medicine?

[26:13] What is it that that causes that for them? And what can we do about it? So it was like a really early question for me, because I saw, you know, people that I cared about, I went to high school with and college with. I saw these people do this stuff, and, and it affected them negatively.

So those people, those baby boomers, those baby boomers are still affected. And many of them are on psychotropic drugs to manage their anxiety, manage their, their issues of, of even psychosis. You know? So, so there's, there's something that happens with the overload of taking in this plant spirit medicine.

[27:05] Microdosing, and Knowing the History of a Plant Spirit Medicine

Now, nowadays they're doing this thing called microdosing. Like, oh my goodness, that's gonna be really great. It's not really great. I'm, I'm controversial, you guys, I mean, there are people who just swear by this stuff and think it's the best thing since sliced bread. But I think anytime you use a plant spirit medicine from sage to psilocybin, anytime you use that stuff, you have to know the history.

[27:36] You have to know how to, you use it. You have to have, uh, education in how to apply it. You have to have the meditation process that goes along with it. In the indigenous cultures, when we take these medicines, the, the difference is that the culture has developed with the medicines, and it's been in that culture for maybe thousands of years.

[28:03] You know? So, so there's a kind of rapport relationship with psilocybin, peyote, ayahuasca, you know, even the toads, you right. There's a relationship. And, and that relationship has to be honored and respected by the person who's even doing microdosing.

[28:22] Ketamine, and Why the Medicines Do Not Cure the Problem

Now, there's this other thing out there called ketamine, which is another way to mess up your electromagnetic field. So all of these meds mess up the electromagnetic field and make people anxious at some point. And people take them to become less anxious. And yet it, it doesn't really cure the problem. So there's a, so that the need here, and I may be preaching to the choir, and I may be ruffling some feathers, I'm not sure.

[28:55] **Everything You Put in Your Body Affects Your Soul**

But the, the need here is to approach anything and everything we put in our body with the idea that it's going to affect your soul. That the whole thing will be affected, because, you know, you guys, we only have one body. This is it, physical body and energy structure. It's one body, all of it together.

[29:24] So yeah, it's affecting your electromagnetic field. So if it's affecting your electromagnetic field, that means it's affecting your subtle structure, which means it's affecting your soul structure, which means that your soul is impacted and perhaps your soul's path is affected by this medicine. So, for some people who are religiously involved with the medicines, that's what they're looking for.

[29:53] That's why they're taking it. They want their soul's path to be revealed. They wanna have a vision, they wanna be shown the way.

[30:03] **A Weekend Class Does Not Make You a Guide**

And when you have contemporary psychologists who've taken a weekend class giving people micro doses, the, the whole history and dignity is destroyed. So I, I mean, even if these people think they have lots of respect for the indigenous people, I'm sorry, this is a sacred medicine, and it's only to be used for sacred purposes.

And getting rid of your anxiety is not that.

[30:39] **Chensun — After the Fabric of the Soul Has Been Mended**

✿ **Chensun:** Well, I'm finding that even after the fabric of the soul has been mended. Mm-Hmm. Which is such a incredible procedure. Thank you.

Desda: It's deep. Yeah. It's very, very deep and advanced,

[30:54] ✿ **Chensun:** Very advanced For, I mean, for the, for the receiver to, to, in order to be able to receive and hold it. Mm-Hmm. But yet it feels like the chemistry of it all has shifted despite the mending.

Desda: Yeah. So there, there are still things to treat as a result of that,

[31:15] **Removing the Shock Signature**

Right? So we have to do things like bring in organ vitality of the brain. We have to do different energies that, um, people receive in more, more advanced trainings to help people absorb the shock of the experience. 'cause um, psychotropic drugs are really shocking to the system. So you have to remove the shock signature.

You have to do all kinds of things to mitigate this.

[31:42] **A Training on the Energetics of the Medicines**

I'm actually in a conversation with a woman who is an ayahuasquera, who's taken Med Bag, who's I like very much. And she runs, uh, she was running the, um, indigenous healing program at University of California at Berkeley. She's very educated, she has lots of degrees, and she's a psychotherapist. And I'm talking to her about doing a, uh, a training together where we, uh, bring in the energetics of taking these medicines.

[32:14] And what happens to people to raise the awareness of the people that are doing this microdosing. 'cause they're just, they're not getting trained well enough. You know, they're, the trainings are quick, you know, and they're not as deep as they should be. But what you're talking about, about the rips to the HEMF and the rips to the, you know, the changes in the brain and that kind of thing.

[32:39] **The Brain Is How We Create the Electromagnetic Field**

Well, the brain is how we create our electromagnetic field. It's created with our brain, it's created with our heart, it's created with every single cell in our body. So if we take in a medicine that affects the brain deeply, it's going to affect the electromagnetic field. And the electromagnetic field may not respond well.

So it's, it's extremely important to realize that we can treat these things energetically. We don't have to take drugs. We don't have to do, we don't have to do so many of the invasive things that we're doing right now. That isn't to say that there aren't people that are so out there that they need some of this stuff.

[33:25] But the large group, the large population, the larger population does not need to be exposed to these kinds of things if they can only develop a spiritual practice, learn to go to the edge and have an experience of the wholeness of their structure.

[33:42] **A Two Hundred Year Project**

So you can tell, I mean, this is a 200 year project. You know, we're, we're just at the beginning. And hopefully our great great grandchildren will all have in hospitals, sacred anatomy, energy medicine practitioners, and hopefully therapists will be trained in the use of electromagnetic healing tools.

[34:07] **Chensun — What About the Human Microbiome EMF?**

✿ **Chensun:** You mentioned that the brain and the heart influence the HEMF, but what about they created, they created, and how does this influence the human microbiome, EMF,

Desda: The hyper, the human microbiome?

[34:21] **The Microbiome EMF Is Held in the Template**

Well, the, the human microbiome, EMF is held in the template, which is a nervous system of the human body. It, there are those of you who may not know that the microbiome is all the bugs that live in our gut and actually throughout our body. And about 80% of the DNA tested in human beings is not human.

It's bugs all these parasites who live within us, but 80%, I mean, that's a, that's a high number, but it's true. It's scientifically verified. So what, what we have to realize is that there's this electromagnetic field that belongs to the, to the critters that live in us. And, and, and that electromagnetic field isn't in the human electromagnetic field.

[35:13] It lives in the nervous system. So when you're, your, uh, subtle structure gets affected by, um, an imbalance in the microbiome, a bad one. Let's say you've, you've been exposed to something and your poor microbiome's gone wild. You're overrun with candida, let's say. That is a nervous system issue. And

the human microbiome, uh, electromagnetic field is located in the template, and it, it causes the nervous system to become imbalanced at the same time.

[35:55] So it's, the thing about the sacred anatomy in the human body is we we're, we're like this, it's all together. And there, there is no difference than, uh, than, than there's no treating one and not treating the other. You know? So they all, they all come, it all comes together.

[36:16] **Repair the HEMF and the Microbiome Begins to Repair**

So Chensun, when you're working with somebody in, in this condition who's had their HEMF just blown to smithereens, and you are mending it, you're doing what you can to bring it back, you're removing the signatures from the electromagnetic field. You're helping them work with their emotional content that's stuck in the electromagnetic field, and you're releasing it.

One of the things that happens is the human microbiome starts to repair. So as you repair the HEMF, the human microbiome, EMF starts to repair. It starts to repair. And it I see, because yeah, they're interactive and they, they talk to each other. And so, oh, that's so nice.

[37:02] **The Gut and the Brain Are the Same Tissue**

One is, so if you think of it this way, all right, you know that the tissue that makes up our intestines, same tissue, makes up the brain. Right? You know that, right? So, so here's, so here's the thing. If your microbiome is affected, your brain is affected. If your microbiome is even stable, well cared for, your brain works better, everything works better, but your brain works better.

[37:32] So it does things like open enzymes for you to use, you know, help the, help the hormones work more effectively. All of that is done in the brain, the great big, beautiful brain that does these wonderful things. But if the brain is affected, like say by a stroke, your human microbiome is affected.

[37:59] So people who've had brain events need not just probiotics, but pre and probiotics, and they need to really pay attention to that and stop doing anything that would compromise the gut. Because when you treat brain events, you have to treat the gut. 'cause the gut and the brain work together, they are synergistic.

[38:24] And then you've got the microbiome, electromagnetic field in the template that's affecting the nervous system, which of course is affected by the brain as well.

[38:33] **Every Cell's Excess Energy Goes Into the Chi Field**

So the brain, with all its excess energy, the heart with its excess energy, every cell with its excess energy all goes into your chi field. That's what we call the HEMF, the chi field. And so the chi field gets stronger and stronger and tougher and better, and it's doing great. And then you have a stroke.

And the stroke affects the production of energy for your chi field. So it diminishes. You can become anxious, you become overwrought. You can be heavily emotional. And all of that happens in relationship to the health of the gut, the health of the nervous system, and of course the health of the brain.

[39:16] **Against Compartmentalized Medicine**

So it's, it's, none of this can actually be pulled apart and treated like, oh, I'll just do this over here. You cannot do that. This is the big complaint I have with, you know, the way medicine's done now in this compartmentalized fashion, you know, you gotta go to the lung doctor, and then you go to the heart doctor, and then you go to the pediatrician for your children and, you know, et cetera, et cetera.

[39:41] And whereas some specialists are great, and you need them, and if you got a heart problem, you want the heart doctor, you have to also remember if you're the heart doctor, that there's other parts of the body. So this is, this is like, it's, it's not that they forget that it's, that they, it's too much for them to deal with it because there's so much information.

[40:06] So to be a generalist, kind of like, I am, like a, I'm like a soul general generalist, you know? And so when we, when we look at humans, we need to look at them holistically. That's why I recommend functional medicine doctors. But even they are so obsessed with the supplements that you kind of lose the plot.

You need to find somebody who's, you know, kind of open-minded so that you can work with them. Anyway, I got off track a little bit.

[40:39] 🌸 **Chensun:** Well, thank you. Thank you so much. Now it makes sense. No wonder panic attacks not only influence the brain, but the, it's induced by the nervous system.

Desda: So panic attacks, you know, kind of take over the body when they happen and they affect multiple systems, the lungs, heart starts to raise, you know, the brain is imbalanced. All kinds of things happen. I'm gonna take it.

[41:06] 🌸 **Chensun:** Thank you everyone for your patience. Thanks.

Desda: Thanks for the great question, Chensun. Vanessa Compton Pearson, how do you do,

[41:14] **Vanessa's Question — The Cross in the Book, the Core and the Channel**

🌸 **Vanessa:** Hello? Can you hear me?

Desda: Can indeed.

[41:15] 🌸 **Vanessa:** Hi, I'm, I'm new to this, um, forum, but I have read your book and been studying it, and, uh, listen to some of your talks. I've not been on one of your courses, so my question is probably gonna be quite naive, and maybe, you know, maybe a bit simple. But when I was reading the book, there's, there's a picture that sticks in my mind of the, um, the person and, and, and like the cross.

[41:41] So you've got the, the energy coming down, which is what you were talking about at the beginning about grounding into our own field, our energy field. And then you have the one going out horizontally. Yeah. Is that, do you remember that? Yeah, yeah, yeah.

Desda: It's the core and the channel you're discussing.

[41:58] 🌸 **Vanessa:** Yes. So thank you, because I couldn't remember the terms. 'cause it was a while ago when I looked at the book.

Desda: It's okay.

[42:03] 🌸 **Vanessa:** So, so the channel is, is the horizontal one, is that what you're saying?

Desda: Yes. Right.

[42:10] 🌸 **Vanessa:** So the core I get, you know, in a lot of different spiritual practices, we all are doing this, bringing the energy in. And I, by the way, I liked your, um, what you were saying about, um, the grounding right at the beginning, that, that really stimulated me. And all the questions have been, so I've got thousands of questions now from all the others. My one,

Desda: That's why I say ask me anything.

[42:38] **Vanessa — Feeling Connected to Plants and Animals**

🌸 **Vanessa:** The horizontal, the channel, I feel maybe I get it a bit that I, I feel connected to certain plants that I work with. Um, not, not psychedelic mushrooms or anything like that. They're just healing, uh, humble, healing plants. And, uh, I, I was actually initiated into that way of connecting with plant spirits.

So, so, um, I think I, I, yeah, I do feel that quite strongly with just very, just a few plants, um, and with animals. Sure. So animals that come into my garden, the wild animals, they, I feel like I'm contractually talk to them, you know, they seem to understand what I'm saying, but

Desda: You probably can. That's okay. Yeah.

[43:23] 🌸 **Vanessa:** So is this the horizontal, is this what you're talking about? Or is it something completely different? And I wanted to just say humans. No, I'm not feeling it strongly. I feel it vaguely. Uh, and so wonder if you could talk about, explain this horizontal channel more.

[43:38] **Two Triple Stream Currents — the Core and the Channel**

Desda: I will be happy to. I will indeed. And thank you for the question. And believe it or not, that is not a simple question. It's a fundamental question. So we have two currents, triple stream currents that are running through us, that are essentially divine source. One of 'em is the core, and it starts above us and goes out below us.

[44:14] And one of them is the channel, which starts in front of us, comes in from the front, goes through our physical body, goes out the back and exits 20 feet later out the structure. So we have this great big T Thanks, Cheryl. There we go. There's the core and the channel. And they're both surrounded with sheaths.

And the sheaths protect them and help them stay contiguous, help them stay in integrity. So they don't, they don't, um, uh, diffuse. 'cause when they, when they release, they can become diffused when the sheath isn't there. But what the, what the channel is, is in relationship to the core. So the core is essentially anchoring us in space.

[45:08] **Function, Purpose, and Wisdom**

And it is this powerful, strong, triple current stream, spiraling each of the currents spiraling downward, the two on the outside, the blue and the gold spiraling in, and the red one spiraling to the right as it goes down. So this is the function, the purpose, and the wisdom currents. That is what we're made of.

[45:36] We are made of the function, purpose, and wisdom currents of divine light. So these three currents are produced and created by the self-awareness of the source. When the, when the source becomes self-aware, it expresses, and that's all the source does, is it just expresses. So it expresses function, purpose, and wisdom currents as their awakening.

[46:12] So we at our center have the awakened source, the self-aware source at our center. We have a little like splinter of that. Then we also have the, uh, the, the channel which comes forward and goes out the back. And that's another core. So it's just like the core, except when it crosses like that, it takes on a different role.

[46:43] **The Great I Am and the I Am Not**

So this core here is the great I am, and the channel crossing is, I am not. So you have within you the duality of, you know, dark and light left and right, up and down. You have that within you. What happens when they intersect those two currents intersect is together, they make an agreement to

[47:18] **Core Individuation and the Fountainhead**

create currents split off of the core in a thing called core individuation, which you could show that, uh, if you've got that one available and they split off and they start moving to, in a kind of a fluid way to start creating a structure. So you can think of the core as the father and the channel as the mother, if you like, or you can reverse 'em.

[47:49] I don't care. But they're, they're the two things that make up the one thing, which is what we are. We are a, I am, so we're a small I and a small a I am. But this here in the center, this is a big, a big a and a a, a big I and a big a I am.

[48:14] So this is the source. And this is, so this is a picture of the fountainhead, which is core individuation. So the core is individuating, and the fountainhead is the expression of that individuation. You can see these little triple fountains there at the top, and they're expressing out. And what happens is that it starts over time to form the soul layer.

[48:42] Can you show the web of Indra Cheryl's on her toes here today? We're going, going through the pictures. That Fountainhead picture is not in the book. That's a new picture. The book is getting old now. You gotta update it. But we've been working on that for a while.

[49:04] **Anchored in Space, Anchored in Time**

Okay. So, so we're essentially in space. So we're in space. Oh, there's Keisha, hey. And we're also in time. So this channel anchors us in time. So it's energy coming to us, energy that's been with us. So it's before and after. So we have a

sense of ourselves being anchored in time. So this is what, when I look at people, this is what they look like.

[49:34] This is what I see. I see this all the time. It never stops. It never goes away. People always look, well, if they're really healthy, they look like this. So the channel is part of the foundation of who and what we are. The foundational kind of impetus that makes us, and we are one, we're not a dual natured creature.

[50:05] Well, we kind of are, but we are, we are not dualistic, we are holistic. I hope that, I hope that made sense. That make Did you get that?

[50:18] **Vanessa — Shouldn't We All Be Connected Through This?**

✿ **Vanessa:** No, it makes complete sense. Um, I still struggle a bit with the, you know, I still struggle a bit with the, I'm kind of thinking, shouldn't we all then be connected, you know, like perfectly connected through this?

[50:35] **The Human Universal Resonating Chamber**

Desda: Well, but we are connected. We're just not connected through the core in the channel. We are connected. We're connected. And you probably feel that connection when you're out in the garden and your feet get active, you know? Yeah. Because we have, in the earth, there is a thing called the human resonating chamber.

The univer human universal resonating chamber. And that chamber is in the earth 18 to 24 inches underneath the crust of the earth. And it's this giant chamber that we tap into. So people think of it as a matrix, but it's, it isn't because matrixes are very organized. Nothing about humans is organized.

We're very disorganized.

[51:23] **Vanessa — Like a Net, All Connected Up**

✿ **Vanessa:** I, I think I've made a model between, um, sa this sacred anatomy that you are describing and connecting spiritually, perhaps because I get this one so much, and I feel that there's a connection that this way. Right? And so I was thinking logically, oh, like a net all connected up like a,

Desda: It, it comes through the front. It comes from the front and goes through and out the back. So can you show that picture of the web of Indra with all, with all the structures? We are connected. We just don't hook up with our channels and cores. Okay. But we are one with the divine.

Mm-Hmm. And we're all one with the divine. Mm-Hmm. Here we go.

[52:26] **Indra's Net and the Rigveda**

Here's the in here's Indra's net. So Indra's net is a, um, yes, is defined in the bo in the book of the, the Rigveda. So this is a quote from the Rigveda, which is maybe 10,000 years old. There is an endless net of threads throughout the universe. The horizontal threads are in space. The vertical threads are in time.

[52:59] At every crossing of the threads, there is an individual. And every individual is a crystal bead. And every crystal bead reflects not only the light from every other crystal in the net, but also every other reflection throughout

the entire universe. Indra's net, it's also called Indra's web. It's from the Rigveda that there's lots of different ideas about when the Rigveda was actually written.

[53:41] Some people say 2,500 years ago, some people say 6,000 years ago. And some people say 10,000 years ago, I tend to think 10,000. I tend to think it's older than they think it is. But one of the sacred books of the, of the, um, the Vedas, you know, it's really interesting. So that's what I see.

[54:07] And I didn't know about that in the Rigveda. And one of my students brought it in and said, have you ever seen this? And I went, oh, that's how a lot of things happen. Anyway, thank you Vanessa. Thank you dear. I hope I helped you. And you thank you very much.

[54:32] **We Are All Connected — and That Is Part of the Problem**

You are completely connected to all other human beings. We are connected. This is part of the problem. We are all connected. So that's why working to get the vibrational rate of the human species up, it's a heavy lift. Yeah. Yeah. It's a really heavy lift. Yeah. Yeah. Certainly. And, and welcome. All right.

[54:59] I think, Ruth, you may be the last question. I can't believe how fast this has gone.

[55:04] **Ruth's Question — Two Cats at Two Thirty in the Morning**

✿ **Ruth:** I know. Thank you, Desda. I don't know if I'll have time. 'cause actually I have two questions, but I'll start with the one which may, may be an aha moment. I'm, I'm, uh, taking this off as something you said earlier. Okay. Bringing In universal light and love as a column when you sleep at night.

Yeah. Well, um, I have two cats who have decided two 30 is the best time of the night to get active and pester me. Can I bring in the columns for them? Or do I have to set up a generator every night for, for just that period of a few hours?

[55:41] **Better Energies Than Universal Love and Light for This**

Desda: Um, you could, you could bring in the column of light for them and just put them to sleep in it. You, you don't have to have a generator to run the column of light because They're not ill.

[55:53] ✿ **Ruth:** I'm not trying to, I just want them to be a little calmer at night.

Desda: Um, well, there's probably better energies than universal love and light for that. All right. Like, you know, talk to, talk to Jeanmarie. She can, she can turn you on to some good ones. Um, I think Sleepy Baby would be a good one.

[56:16] ✿ **Ruth:** Oh, okay. All right. I don't really want them to sleep, I just want them to calm down. They get so hyper.

Desda: The other, have you talked to 'em?

[56:27] ✿ **Ruth:** Not yet. No. I,

[56:29] **How to Talk to Cats — Zapata and the Plate Rack**

Desda: You know, cats are very telepathic. So here's how you talk to cats. You, you don't use words, you use images and emotion in your mind and you send it

to them. So I used to have a cat who was part Siamese and part Abyssinian. It was a trip. His name was Zapata. And Zapata used to, every night my husband and I would be sleeping years and years ago.

[57:04] And we had, we were in one of these apartments in San Francisco that's called, they call it a shotgun apartment, which is just straight back. And there was in an old building, three floor walk up, you know, and we were, we had a plate, like a plate rack way up at the top of the, and there were like 15 foot ceilings.

So way up at the top there was this plate rack, and the damn cat decided that was a great place to run. He would hit the wall, spring up and run on the plate rack making these riotous loops. And he would do it every night like clockwork, about one 30. That was his moment to run on the plate plate rack.

[57:57] And he ran and he ran and he ran and he ran. And then he would leap off the plate rack and land right in our bed. And both of us were like, oh, you know, jolt awake. So one day I just decided, I said I'd had enough 'cause I wasn't able to sleep.

And I, I just, I looked at Zap and I, I visualized him running on the plate rack and I visualized him doing it. And then I visualized him not doing it and, and landing on the ground and staying there and going to sleep on the bed. And I visualized him doing that, and I just vibed it at him, you know, just thought it at him.

[58:42] 🌹 **Ruth:** I will try that. Thank you.

Desda: He never did it again.

[58:46] 🌹 **Ruth:** Do you know what, it sounds like an early version of Jackson Galaxy's creating the paths for the cats high up so they could run around.

[58:53] **Ruth — Vaccine Detox for an Animal**

Uh, second question is regarding vaccine detox for an animal, I've been using, um, an energetic, uh, liquid, you know, homeopathic type, but I'm thinking I could actually take the signature out, correct?

Desda: Yeah.

[59:09] 🌹 **Ruth:** Instead, or use it in conjunction.

[59:12] **Attune the Signature and Remove the Debris**

Desda: You can take the signature of the vaccine out, or you could attune it.

[59:19] 🌹 **Ruth:** Okay. I probably should attune it Because I want them to have some protection.

Desda: Yes. Attune the signature and remove the debris. Okay.

[59:26] 🌹 **Ruth:** We'll do that. Thank you so much for

Desda: You're welcome. For those of you who have no idea what we've just talked about, attuning class attuning signatures is taught in Medicine Bag. And that's a Sacred Anatomy Medicine Bag. And that's a, a class where we attune signatures and we, um, learn to identify them, and then we learn to also eliminate them.

[59:49] **Closing**

So it's time for me to say goodbye, but I just don't wanna go. I had such a good time. Thank you so much for being here. All right. Oh yeah. And here's my book. Here's my book. Get my book. It's, it's out there. I love my book. There's lots of good book stories that have evolved over the years.

[1:00:40] Okay. And then here is the other one that I just wrote just about a year ago. Magical Beings of the Natural World. And there's lots of fairy stories in it. There's fairy stories, there's deva stories, there's elemental stories, there's, you know, little pictures that we've drawn. This is my artist Kimmy, who I work with.

I describe what I see and she tries to, to draw it. Yeah. So, and then here's our dowsing rods. If you dowse, if you have ever, ever wanted to have a great dowsing rod that lasts and holds up and does what you want, this dowsing rod is the champion. We designed it, and, uh, we produce it.

[1:01:29] You can only buy it from us. So I hope you will check that out if you're a dowser. Okay. Thank you so much for being with us. I really enjoyed it. Oh, I love you guys too. It's wonderful. Thank you guys for being here. Thanks for loving the sacred anatomy. Take care of your sweet selves, hydrate.

See y'all later. Much love, big kisses. Bye.