

Friday Anatomy — October 2024

Video: <https://www.youtube.com/watch?v=DC0kJiBmVb4> • 1 hr 6 min

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Q&A

[\[0:46\]](#) **Welcome — Why Friday Anatomy**

Desda: I, I love this Friday anatomy class because it gives me a chance to just kinda kick out the stops, you know, and really talk about the sacred anatomy as it applies to your life, as the ways that that, that you wanna wrestle with it in your own world.

[\[1:05\]](#) **Michael's Question — Universal Will and Personal Willpower**

I already have a question from Michael, which is hot stuff here. He says, my question, woo, concerns my difficulty allowing for universal will or source to Trump. Please don't use that word. My tendency to use personal willpower for everything.

[\[1:28\]](#) **Subtle Energy and Electromagnetic Energy**

Okay? So here's what I wanna break it down to. I wanna break it down to subtle energy and electromagnetic energy. So, subtle energy is the energy of consciousness. It's the expanded energy, universal energy, personal willpower, electromagnetic energy. Now, the electromagnetic energy and magnetic energy, there's a limited store. We don't have that much electromagnetic energy.

[\[1:58\]](#) It's generated by the brain and by the heart and by our cells. And as we age, there's less and less and less of it because our body is already deteriorating. But source energy, or the energy of consciousness is an unlimited supply. So if you allow the source to be part of your conscious, awakened awareness, it can actually let your electromagnetic energy reduce in the significance of control.

In other words, trying to control the world.

[\[2:47\]](#) **Driving Your Little Yellow Bus**

Driving your bus, right? Driving your little yellow bus down the road, you have to realize that, number one, you're on a road. Number two, you're on the land. Number three, you're on a, in a state or a country. Number four, you're on a planet, and all you've got is this little yellow bus, right?

So your electromagnetic energy is the little yellow bus, and the source is the entire planet. It's everything. In fact, it's way out into the cosmos. So allowing yourself to let go of the need to make your little yellow bus be the world, and instead, allow yourself to participate at a, a at a higher level of awakened awareness by listening to the consciousness around you.

[3:46] God, it just expands what you can do with your life. It opens the doors. Now, when we're scared and when we're feeling beset by the aging body, and believe me, I know what that's like. You know, when things, you feel like parts are falling off, you know, and you're, you're coming apart at the seams, and your cells aren't working like you want 'em to, et cetera, et cetera, et cetera.

[4:14] It's, it's hard because you, you wanna just hang on for one more second, one more moment. But if you can remember that at your core, you are already aligned and attuned with the divine source at your core, you're already in perfect harmony with all creation. If, if you can just remember that for like a second, you allow the possibility that that electromagnetic stuff can relax.

[4:53] **Attitude and the Potential for Healing**

So, I know we've got a bunch of healers here, and some of you are more educated than others, and some of you are more gifted than others, and some of you are more out there on the limb than others. Some of you are more inside the, the, the, the fencing than others. But here's the thing, we all can agree on that a good attitude towards who and what you are will always benefit your health and wellbeing.

[5:24] So if your attitude can look like I allow that universal source is within me, and that I am part of that, that I am, that your potential for healing escalates. Now, many of us have, you know, these terrible diagnoses, the scary stuff, right? Cancer, MS, you name it, ALS, all these horrible things, Things.

[6:00] But we're always living until we're dead. You know, until that very moment, we're no longer living, and then we're still living. We're just in a different format. So the question I have to ask you, Michael, is, are you willing to commit to always living and opening yourself to the potential of what you are?

[6:32] Or are you always just gonna be dying and trying to control and maintain and do my,

[6:43] **Dr. Gail Pierce, the Dalai Lama, and Tibet**

one of the, one of the people who was the most influential in my life was this woman named Gail Pierce. Cheryl, can you find a picture of Gail Pierce with the Dalai Lama? Is there any way you can, Cheryl's a genius, she can find things. I'm, I'm amazed at Cheryl's finding ability. So anyway, my, she was like, um, a, a real inspiration to me.

[7:08] I met her when I was just a kid in my twenties. And Dr. Gail Pierce was a chiropractor who walked through Tibet, right? Right before World War ii. And here's Dr. Gail. She got, she met a very young Dalai Lama, very young guy. And, um, Dr. Gail and the Dalai Lama stayed in touch even after she left Tibet and went back to the States and studied with this amazing woman, Ogamasama, who was a, a war hero, really a Japanese war hero.

[7:49] She resisted the war and was locked up in camps, and she taught all the guards to meditate. She changed the course of people's lives just by her Zen practice. Anyway, so Dr. Gail was, was a big influence on my life. And, and one of the things that she did that was so influential to me was that she said, there's really no way you can separate yourself from the truth of creation.

[8:33] There's really no way you can do that. And when you're doing that, it isn't that you're actually separating, it's that you are putting blinders on. It's that you're saying, no, I don't see it. So, Dr. Gail, who the Dalai Lama taught the first Medicine Buddha empowerment in her living room for six people, you know, talk about starting small.

[9:04] And she had all this wisdom in her, her body, mind, and spirit, and she shared it because she knew it at her core. So that's what you gotta ask yourself, Michael, where do I really live? Who am I really? And where is that? So, you know, I hope I've answered your question. It was a big one. If you wanna ask a follow up, please go ahead, think about it if you want.

[9:42] Okay. So Kiko puts a question in the chat. I'm so looking for, oh, there's Michael. Yes, go ahead.

[9:51] **Michael on Impatience and Wanting Results**

🔴 **Michael:** I was muted. Um, thank you for that insight. Uh, I try to do that, but I think I give myself too hard of a time, and I get impatient, and, uh, I want to see results, you know, really logical man, brain s**t. Absolutely. And I'm going to practice that, and I wanna apologize for the accidental presidential reference.

[10:23] **Dr. Gail's Last Four Years**

Desda: Thank you, sir. So can I, can I say, um, the thing about Dr. Gail that was so amazing was that Dr. Gail had a, a completely debilitating stroke about four years before she died. So the last four years of her life, she was completely incapacitated. She was basically in bed, unable to move, unable to speak, unable to do anything, and she radiated, you know, 60 years of presence, consciousness, beauty and light out of her energetic, and her students would come and just sit in her presence because she was so powerful and she was completely incapacitated.

[11:14] But she knew she had those blinders off, and she knew that at her course, she was one with all creation. So there's, that's just a, that's just a thing. All right, Kiko, thanks Michael. Thanks for your sweet apology. So looking forward to this session, says Kiko. Yeah, me too.

[11:38] **Kiko's Question — Permission for a Nonverbal Client**

My question is, how can I get a permission from an autistic man who is deaf, nonverbal, also has other brain issues. He can't understand what I say. Should I get a permission from his parents? Absolutely. There, they're his caretaker. They're legally responsible for him. They're the ones, if he was gonna have major surgery, they'd be the ones signing the document, right?

So, yeah, that's what you do. You get permission from his parents. That's the way. And Michelle, hello from France. I love it.

[12:11] Juliana's Question — Meditation and the Human Energy Structure

It's great to see you. All right, Juliana, how does a regular meditation practice affect the human energy structure? Oh, one of my favorite things. Okay, so the, the reason we do meditation practice, the reason we pray, the reason we walk in the woods and experience nature and have that spiritual connection, the reason that we tune into our core and allow ourselves to just expand, the reason that we do all of those things is to allow spaciousness to arise within us.

[12:56] Spiritual Practice Is About Finding Space

Spiritual practice is about finding space. It's not about worshiping. I'm, I'm sorry, hope I don't offend all you, all you folks who are, who, religious or quasi-religious. It, it's not about worshiping. Spiritual practice is about allowing, and it's about experiencing your connection with all that there is. So how do we do that?

[13:26] We create space within us, and when we create space within us, spiritual practice is how we do that. So, I don't care what kind of practice you do, it doesn't matter if you're saying the rosary, that's awesome. If you're sitting and doing Vipassana, awesome. If you're sitting in a column of universal love and light, also awesome, whatever you're doing to let yourself experience space, the the entire energetic structure relaxes just like your physical body does.

[14:03] So when you take three deep breaths, all of the nervous system, lets go. That's it. It's, it's, there's been studies done. All right?

[14:13] Three Deep Breaths — The Whole Structure Lets Go

So let's all do that. Let's take three deep breaths And blow out through your mouth. So your nervous systems, your physical nervous systems, relax. When you do that, they let down, but there's something else that happens. Your template, which is the location of your subtle nervous system, also relaxes. So your whole structure, lets go.

[15:02] When you just take a moment to breathe. So what if you're sitting on your cushion, you're watching, you know, thoughts come and go, like Daffy duck running across the screen, and you're allowing yourself to just have the spaciousness of the moment. Your whole structure loves that, and it responds. So how does it affect the HES It relaxes it, it gives it a pause.

[15:40] It, it allows your challenges, your traumas, your issues to blah, blah, blah, blah, blah, blah, bubble up.

[15:50] Issues Bubble Up to the Surface of the Sacred Anatomy

So if you are engaged in regular sacred anatomy, energy medicine practice where you're seeing a practitioner or you're taking classes, if you're engaged in those things, even just doing this class once a month will, will help you. But what, what what's happening is that your, your issues bubble to the surface, but not the surface of your electromagnetic field to the surface of your sacred anatomy.

[16:16] And they start being released even as you become more aware of who you are.

[16:24] **We Are Not Small — Consciousness and Impact**

Because we walk around thinking that we're, we're small. We, we walk around thinking that we don't make much of an impact, and that to make an impact, we have to yell or get big or insult people or, you know, fight for what's right, you know, all that stuff, right? And that's us making ourselves ridiculous, not really effective.

[16:52] What makes us effective is if we become awake and aware to the fact that we are conscious and that consciousness is intelligent, and that intelligence is everything that we are, and we have the capacity to matter, to make a difference, to impact the world just by elevating our own consciousness. How do we do that? Through spiritual practice, through personal work.

[17:19] And as we do those things, issues, traumas, upsets, blockages, bubble up, and we can access them to deal with them and release them. So I think I answered your question. So thanks Juliana. Uh, how's Arizona doing? Is it hot? It's going better. Okay, good. Okay, so here we go. I'm looking here.

[17:49] **Jeanmarie's Question — The HEMF and the Universal Resonating Chamber**

Next question, Jeanmarie is there, and what is, is there, and what is there interaction between the HEMF and the human resonating chamber? Uh, do you mean the human, the universal resonating chamber? Jeanmarie, where is Jeanmarie? Okay, there she is. Which, which resonating chamber. So there's a human universal resonating chamber, and then there's all the resonating chambers for the different systems.

[18:26] There's the electromagnetic field resonating chamber. Which one are you referring to? Or all of them?

[18:45] **Jeanmarie — Is There a More Direct Interaction?**

✿ **Jeanmarie:** No, it was with the universal resonating chamber was what I was wondering, because there seems to be some kind of interaction, but it's not something that you, you know, we have studied other than, you know, we know that the, when we put down our tail, it goes through it. When we put down our roots, it goes through it.

The access chakra has access, but is there some type of interaction with the HEMF that's more direct than, um, through these other mechanisms?

[19:22] **Where the Universal Resonating Chamber Sits**

Desda: Yes. Yay. As you suspected. So the, the, the way that happens, uh, well, first of all, let's show everybody a picture. Whatever you can put up, Cheryl, that that supports. Um, looking at, uh, Kimmy's still working on the graphic for the Axis chakra. We're doing a new graphic for that chakra. But, um, there probably just a picture of the, um, the chakras, and I can say where the resonating chamber is located so people can understand.

[19:58] But the human universal resonating chamber is a chamber that's underneath the axis chakra. The axis chakra is 18 inches or so below your feet. Here you go. So if you look here, um, you can see the little guy's feet right

there, and you can see, uh, roots that go down. And the axis chakra is actually located in the primal layer.

[20:26] And you can see underneath the graphic, you can see the layers. There's the pink one and the green one. So the green one is, that's the primal layer, and that's where the location of the Axis chakra and roots go down into that axis chakra. Now, right underneath the Axis chakra, kind of situated halfway between part of the mental layer, the part that's called the chaos strata, and, um, the part of the primal layer that's called the tribe strata, sort of sitting right there, is the universal resonating chamber.

[21:03] And the universal resonating chamber goes all the way through the human energy structure and goes out, and it's outside of the structure as well as inside of the structure. And it is basically like a, a, a connective matrix that all human beings tap into.

[21:25] **Shooting Pulses Across the Room**

I used to do a thing in live classes where I would stand like 30 or 40 people in a big circle, and we would shoot pulses of energy from our, from our universal resonating chamber across the room at each other to feel that, that connection, because you can actually do that.

[21:43] **The Tsunami — Feeling It in the Axis Chakra**

Now, remember, remember the, um, the, the terrible tsunami that happened in Indonesia? Well, so many people died. You guys remember that? Yeah. Uh, okay. We felt it, we felt it, we felt it in our Axis chakra, uh, right below it in the universal resonating chamber. And then it translates into the physicality, because, and can you show the picture again, please, sweetie?

[22:11] That's, that's Cheryl. I call Cheryl sweetie. Okay. If you look, so you see the mental layer, which is the yellow, right on the other side of the green, overlaying that whole section from the mental layer to the interior can show us a picture of the HEMF.

[22:32] **The HEMF Overlays the Resonating Chamber**

Now, Cheryl, you are going to see overlaying that the electromagnetic field, so the electromagnetic field is actually overlaying the hu human univer, universal human resonating chamber. And because of the fact that it's overlaying it, it acts as a kind of influence on how we feel the impact. There you go. That's a picture of the HEMF.

[23:05] **Why the Colors in the Pictures Are Never Right**

And I just wanna say something about my pictures. They're as good as we could do the colors on the computer. So far, we have never been able to really get the colors. If you've ever seen a movie by Robin Williams called What Dreams May Bring, or What Dreams, what Dreams May Come, may Come, thank you.

The colors in that movie are like what I see. So they're vibrant, they're iridescent, they're wildly brilliant, and everybody has a different color to their HEMF so that you can see the yellow at the very bottom, a little bit of the yellow poking out. So that connect interconnection between the primal and the mental right there, all the way across the structure and out into, if you're

standing on the ground into the earth, that is in fact the universal resonating chamber.

[24:05] **The HEMF as an Extended Sensing Organ**

So how the HEMF affects it is it acts as a kind of extended sensing organ so that I can sense and feel my brothers and sisters of humanity, I can sense and feel the condition of the human species. And when big events happen, or traumatic events happen on the planet, we can feel it.

We can all feel it. So there, that's my answer.

[24:37] **Chensun's Question — The HEMF of Projects and Organizations**

Okay. Now, Chensun, would you please kindly help us understand the nature of HEMF of projects within organizations, how HEMF is formed, and whether it reflects the individuation of these energetic fields? So are you talking about Chensun here? Are you talking about like the electromagnetic field of a project, let's say?

[25:02] **Chensun on a Big Organizational Project**

✿ **Chensun:** Yes. Yeah, like, so some, let's just say an organization has a big project they're doing with creative pieces that are, you know, moving all over the place and, and lots of people involved.

[25:15] **A Morphic Field, Not a Signature**

Desda: So there's a kind of, it's different than, it's different than an HEMF signature. It's actually a field, sort of like, um, Sheldrake's Morphic field. So you and I, right now, all of us together are creating a field, and, and guess what? There's also another field called the Sacred Anatomy Field, which we're tuning into.

[25:43] So if you are in a company and you're doing a big project, there's a field that you're creating together that would be, um, where the energetic of that project lives. Now, it is not necessarily electromagnetic in nature. It, it may actually be the subtle field because it may have something more to do with the spiritual connection of the people in the project.

[26:16] The, um, the karma of these people together, you know, how they, how they need to work together to resolve different personality issues, different things. You look beautiful today, by the way, Chensun. Anyway, so that extremely beautiful thing that's happening in a group that's working, working, working for the highest good of all concerned.

Now that energetic is very powerful.

[26:43] **Frequency and What the Project Is For**

Now, what if we take a group that's not working for the highest good of all concerned, but that is in fact working for the highest good of the CEO or the highest good of the bottom line of the investors. That's a different frequency than the people over here who are working to, you know, working with climate change or trying to heal cancer or do something that's got a high-minded benefit.

[27:11] So they're working with subtler energy, and they're working with, believe me, divine assistance over here. If these guys are working to, uh, just make more money, it's not, the frequency of that is not as high. Now, if the money is being made so that it can benefit, uh, feeding the homeless and housing the, you know, housing the homeless and bathing the unwashed, and I mean, if there's a high-minded goal or a vision associated with the project over here where they're just trying to make money to do these things, that lifts the frequency of the project.

[27:51] **How an Individual HEMF Is Formed**

So if you are looking at how the HEMF of each individual is formed, it's formed by the heart, the brain, and the cells. So if you have a project, that project doesn't have a heart, brain in cells, the people working in it do. And so those people coming together create this frequency, this collaborative, you know, field.

[28:21] And that field, if it's supported by, you know, unseen teachers, guides, guardians beings who have their welfare of all humanity at their heart, there's a higher level of frequency that radiates out of it. Um, it,

[28:44] 🌸 **Chensun:** So may I just

Desda: Yeah, go ahead. Go ahead. I wasn't sure I covered Everything.

[28:50] **Chensun — Morphic Fields, the HEMF, and the Subtle**

🌸 **Chensun:** Thank you for mentioning, or I think what I'm hearing is that within a morphic field, there are times that there would be the an HEMF energetic as well as a subtle, and there are other times, depending on the intention and the initiative, it would only be more focus on the subtle, because my, my question is, does a project on its own, let's say if, if it is for climate change, does a project on its own have an HEMF field?

Or is that only associated with people?

[29:32] **Does a Project Have Its Own EMF?**

Desda: It, it doesn't really have an electromagnetic field because, and, and, and, and HEMFs are not only, or EMFs are not only associated with people, things have EMFs. Like, for example, the crystal behind me, Magda, she's got an EMF, you know, it's not human, but she has one. And it's different than the EMF of, say, a plant that's a living, right?

[30:02] And, and interacting with the life force. Now, crystals also do that, but their electromagnetic field looks different. So everything that has any form of life in it has an electromagnetic field. So everything has an electromagnetic field that is living at, at any level, even if you take like a piece of furniture that's made out of wood, it'll still contain a little bit of the electromagnetic field of the tree that it was made from, you know, but, um,

[30:51] 🌸 **Chensun:** So a project initiative that's, it's a living project,

Desda: But it's the people who give it life.

[31:00] 🌸 **Chensun:** And when it generates momentum on its own,

Desda: That's because of the people and the momentum they have, and because of the alignment together with the vision so that the intention of the project is moving and has unseen support.

[31:17] **Chensun — Can You Clear a Project's HEMF?**

✿ **Chensun:** So if we were to clear, let's say, the HEMF or in charge of HEMF of a project, is that possible?

[31:25] **Clear the Participants, Not the Project**

Desda: I don't think so. I don't think so. I mean, you could certainly try, but I, I wouldn't, I wouldn't say that would be the thing I would clear. That's not how I would clear it. You know, what I would wanna do is I'd wanna look at the participants in the project, and I'd wanna clear their electromagnetic fields.

And then what you're gonna have is a pure manifestation. Things are, people are gonna work better together. Okay, let me know, let me know how it goes.

[31:57] **Heather's Question — Purpose Without Using Up Your Energy**

So now we hear from Heather Hunt, who's a doctor of chiropractic, and did you know Dr. Brian is too up here in the corner? She says, I'm new here, and I'm a chiropractor in Nevada City, California. Love Nevada City. It's a beautiful place. You must be doing good work. My question is how to embody my greater purpose of being in a healer design, but not using up my personal energy and being so emotionally tied to outcome.

[32:27] Come and take my edge class. That's my, that's my fastest answer. But the way it, the, the way you do that is, first of all, allowing yourself to have time in your busy schedule in your day to experience your spiritual nature. So having some form of spiritual practice helps, and I have said before, and I don't care what kind, just, just having that.

[32:56] So that'll start you rolling along to a place within you where your own greater purpose will start to manifest.

[33:09] **Not All Healers Have the Same Design**

Now, not all healers have the same design. Not all healers have the same purpose. Some healers are really kind of teachers, and their hope point of, of doing their healing work is to help people evolve and expand. Some healers are here for comfort and aid, and some healers are here because they cannot do anything else.

[33:42] They only can heal. They must heal. They're driven to do it. So there's, there's different types and sure, there's a lot more kinds of healers, but the, if you just take those three types of healers, I think finding your greater purpose looks like seeing kind of why you decided to do this work in the first place.

[34:08] And then looking at how the work that you do supports the individuals you work with to align to their greater spiritual purpose.

[34:21] **Life Purpose and Soul's Purpose**

So there's two things. There's your life purpose, you know, and we write paragraphs and paragraphs on my life purpose, and we make lists. And, and

then there's your spiritual purpose. There's your soul's purpose. And your soul's purpose is really simple. There's only really three of them to align the vision that you hold within and support the greater vision of the species.

[34:52] That's one. Number two would be to experience harmony, love, beauty and elegance, and to allow your soul to express in that way. It's two. And the third is to love, love, love, love, love, love. So there's really only three soul's purposes. And those, those purposes are reflected in the sacred anatomy. They're reflected in what we call the soul's orientation.

[35:29] So those purposes are your orientation, and you only have one. And it's always and forever gonna be your purpose. You're never going to switch purposes in the midstream and all of a sudden switch from a visionary to a, a big lover. You're not gonna do that. That isn't to say the visionary doesn't love that isn't to say that the lover doesn't have a vision, but there's an orientation and a kind of a thrust.

And these are reflected in the three types of, um,

[36:01] **Alpha, Beta, and Gamma – The Substructure Types**

your substructure, which is the skeletal structure of your sacred anatomy. Cheryl, can you show us a substructure picture? Here we go. Beta, gamma, and alpha. The alpha substructure is the visionary. The beta is the artist or the crafts person, the, the harmony generator. When they walk in the room, it's more beautiful. And the gamma, which is all they really wanna do, is hug and cuddle and sit and, and make other people feel good.

[36:28] **How Each Type Shows Up in the Room**

So the representation in the classroom, the alphas all look like this. Show me, prove to me the betas are all neatly arranged in beautiful circle with matching chairs with the cookie on platter. And everyone has a cup of tea, the in cups that match, okay? And then the gammas are sitting on the most comfy couch leaning on each other and giving back rubs to each other.

[36:58] So those are, that's the way they show up. And, and the truth is, we need 'em all. We need 'em all. So when you're looking at your own spiritual purpose, you gotta figure out like which bucket you fall into, and then you have to start looking from that point of view.

[37:19] **The Great Chiropractors in the Sky**

And as a chiropractor, you know, baby, it's all about alignment with the core, right? It's all about the spine. And so here we are in the middle of this giant structure that's like 20 feet out all over the place. And the great chiropractors in the sky are aligning us all the time and helping us find who we truly are and why we're really here.

[37:46] And the faster we get to that information, you guys, the faster, the excuse my French s**t show of the species starts to end, okay? That means that we will elevate. So we're all about elevation, and I think that that's your job, Heather, elevate. It's great. It's great to meet you. Thanks for coming.

[38:13] **Michelle's Question — Where Does Invited Energy Enter?**

All right. Now we got Michelle. When we invite in energy, for example, source love, light or universal love and light, does it come in through our core or can it come directly into our heart? Okay, so here's the deal. It doesn't come into your core. It comes in through billions of little receptors.

[38:39] Let's look at the yes circuit picture, Cheryl. So look how great Cheryl. Thank you, Cheryl. I'm so happy to. Okay, so the source doesn't do anything but express. All it does is express all the time, express, express, express, express. And it's in this constant creative flow of expressing.

[39:05] **The Villi Antennae and the Yes Circuit**

And so you and I have at the edge of our subtle anatomy, these little villi antenna and the villi antenna, pick up the specific energies that we need to soothe, heal, support, and basically run our sacred anatomy. It's the nutrition that our subtle anatomy needs. It's energetic. And so each of the villi receive energy, and then that energy comes down and goes into a part of the structure called the yes circuit.

[39:40] Are you finding it Chair? Okay, great. And the yes circuit is right at the edge of the soul layer. Okay, so here's a picture of it. So you see the villi at the edge, you see the receptor sites there, they look like little mountains, you know, and then it comes through the edge of the structure, which is kind of like part of our bones of light.

It comes through the edge of the structure, that little fine golden line there. And then it goes into this section called the yes circuit. And in the yes circuit, the single energies come in and they have these tiny, tiny, minuscule little streams that they move in. So universal love and light comes in, maybe a hundred receptor sites, maybe a thousand, and it comes in, and then it goes right into this one little stream, and it rotates around the subtle anatomy until it gets up to the speed that it needs to get to.

[40:41] So it's, it's kind of like, um, it, it gets in alignment, gets in a kind of alignment, and I call it speed. It's not, that's not really accurate for this kind of stuff. But what do we do here? We gotta use English. So it goes around and around and around

[40:57] **Quantum Leaping Across the Soul Layer**

and around until it's able to quantum leap across the soul layer, because the soul layer, you can see it's swirling, it's wild, it's this rainbow layer, but it's too intense for a single energy to come into and be useful. So that energy has to begin a kind of attunement process and personalization process.

[41:22] So it can be used that starts in the yes circuit, and then it comes out, those little kind of funnel like things jumps across the soul layer

[41:33] **The Template Strand and the E-Stomach**

and goes into a template strand, which then takes it all the way down to the interior at the core, where there's like an e-stomach that wraps around the core. It goes into the e-stomach where it's personalized, initialized, and

changed. So that, that universal source energy is now, you know, Michelle's source energy, right?

[42:02] So it's changed to for you. And then that energy is released out into the soul layer where it now can be absorbed and used.

[42:13] **What the Core Actually Is**

So it doesn't come in through the core. What the core is, is a constant current of source within you. And at the top of your structure, there's a part called, so this is real anatomical answer, but that, I'm hoping that's what you're here for. So, Cheryl, can you show us a picture of the fountainhead?

[42:37] **The Fountainhead and Individuation**

So at the very top of the structure, there's this thing called the fountainhead, which is where the individuation takes place. So subtle single currents of the core split off and actually like a fountain fall into the soul layer. So this fountainhead spills out right there at the very top of the structure, function, purpose, and wisdom as single strands.

[43:12] Whereas when the energy comes in function, purpose and wisdom are together as a, a core current, which by the way, is a filament or a fragment of divine source. So we are, we are made of source energy, but we're individuated. So guess what's happening here and why we call it the soul layer, because this is small s soul, the core at the center, big s soul.

[43:48] **Why Not to Bring Source Straight into the Heart**

So energies can come directly into your heart. I, it's, it's not really recommended to bring in pure energy from the source into your heart. And in fact, it really doesn't happen. It comes in in the way that I've described. And then it finally goes into the soul layer, and then it fuels the subtle anatomy, which supports the physical manifestation, which supports the beating of the heart.

[44:21] I hope that is understandable. Was that, was that too far out? Are you okay? You still with me?

[44:27] 🌸 **Michelle:** Yes, that was exactly what I wanted to know. Thank you.

[44:31] **Dr. Brian's Question — Pulling Energy Back, and the 13 Chakras**

Desda: Alrighty then. Yeah. Okay. Now, Dr. Brian, I did a workshop recently where the instructor talked about pulling our energy back when working with clients. This has been helpful in allowing others there space to heal as I assist them. I wondered what would happen if I embodied my presence in the center of each chakra in the central channel.

[44:56] It's a challenge to be in all 13 at the same time, but it feels very powerful when I get there. Okay, so, so here's the deal, Brian, and, and thanks for this question. 'cause I'm sure a lot of people are thinking like, how can I be more effective? Um, pulling your energy back when working with clients is great.

[45:18] **Pulling In Your Electromagnetic Field — Do It Now**

And I actually suggest that during the edge practice that we pull our electromagnetic field in. In fact, let's all do it right now. Okay? So your electromagnetic field is anywhere from four to 10 feet out from your physical body. We want it to be between two and four feet out. So on the right and left side of your body, if you would place your hands on handles, which are there, believe me, they're in the electromagnetic field.

[45:48] Take a deep breath and just pull your electromagnetic field in, okay? And then up and down, extend your light fingers and grab onto those, uh, handles. Pull your energetic light body in. And that, by the way, is your electromagnetic field. And then front and back, pull in your electromagnetic field here. So in three directions, we pull our energy back.

[46:17] **Never Use Your Own EMF to Shift Someone's Energy**

Now, if you're working with somebody, you don't wanna use your own electromagnetic field to shift their energy. A lot of healing modalities teach you to do that. And I'm telling you, don't do it. Why do I say don't do it?

[46:33] **The Edge Is Like Gumby**

Because I suggest that you use the edge of your sacred anatomy to interact. The edge is like Gumby, it changes shape. You can pick it up with your hands, you can use it to interact. But the thing about being at the edge that's different from being in your electromagnetic energy is that your electromagnetic energy is always looking to manipulate or change your edge is looking at allowing huge difference, huge difference in the two.

[47:08] **Forceful Manipulation vs. Witnessing**

So if you are manipulating somebody's back as a chiropractor, you're doing a manipulation. Those forceful manipulations are never as good as the ones where the client is breathing with you is thinking, I'm going to shift this vertebrae, or I'm gonna shift this part of the body. And you are witnessing and allowing that part of the body to move that adjustment will stay longer than the one that's like forced, you know, you know what I mean?

[47:47] Yeah. Okay. So it would definitely be helpful to pull in your electromagnetic field when working with people. Definitely no question.

[48:02] **Embodying Presence — Not Chakra by Chakra**

Now, your second part of the question is, I wonder what would happen if I embodied my presence in the center of each chakra in the central channel. Here's the deal, once you embody presence, you are embodied in the entire system. You don't embody chakra by chakra, by chakra, uh, you don't, it, it is, um, it's much too fragmenting.

[48:29] So I for one, want somebody, I wanna interact with somebody as a healer. So say I'm going to a chiropractor, I want that chiropractor to be fully embodied in every part of their anatomy and to be operating for my highest good out of their soul's design or elemental orientation. So it's a challenge to try to break up the sacred anatomy as chakras layers, nervous system, bones of light.

[49:10] Don't do that because the truth of the matter is you don't really exist without all of it. It's all there all the time. It's like asking somebody to exist without, you know, a major organ. They can do it maybe, but it's just not pleasant. You know? It's difficult without your liver, you're not gonna be around too long.

So it's, it's really important to realize that the edge is truly the highest level of attainment that you can use with someone.

[49:43] **At Your Edge You Are on the Throne of Kuan Yin**

Because at your edge, you're seated in the, on the throne of Kuan Yin. I mean, you are in fact wisdom and compassion at your edge, which is, I mean, that's the healer stance as far as I'm concerned. But, you know, I have a bias. So, you know, do your thing. Do your due diligence and exploration.

Try it out for yourself. God knows. I do not wanna be like telling anybody how to live or how to sit on a, I don't wanna be on a pedestal, is what I'm saying. That's not my thing. So I'm here on the feet, on the ground, holding each of your hands. That's how we're doing this together.

[50:28] So if you have thoughts and ideas about embodying in channels or central and you know, and you wanna talk to me about that, just pick up the phone, Brian, you know, or write me a note or, uh, whatever. Those are interesting ideas and I would like to hear more about it.

[50:49] **Kiko's Question — Checking Her Call for Universal Love and Light**

So I'm gonna go on to Kiko. Here we go. If we have time, would you please check whether I do it right to call for the energies like UL and L 'cause I couldn't join the live classes until today. Um, go ahead, bring in universal love and light Kiko. Take a deep breath before you start.

And then I call upon universal love and light. You can all do this. Everybody in the class can do this. Yeah. So you wanna open your aperture wider. You wanna make yourself more available to universal consciousness. So stop and start over again, just opening up a little bit more. Okay? And then I call upon universal love and light.

[51:39] So the color is white silver with a little gold in it, and you're getting the white and silver, but you wanna add gold, so you wanna add that source radiance. So take another deep breath and bring it in again. You're doing this Kiko, it's working beautiful, beautiful. Yay Kiko. You got it. So that's, that's really good.

Thank you for asking me to, to check you.

[52:11] **Anyone Can Ask to Be Checked**

Anybody who takes any of my classes online and wants to have something like that checked, they can ask me or they can ask Cheryl, all you have to do is send an email and make a make a time. We'll spend a few minutes with you to do just what I did with Kiko.

Good job, Kiko. Alright, Heather, here we are.

[52:31] **Heather's Question — Narcissism**

Back to Heather. How do you think about the idea of a narcissist? Well, I don't much like them. Uh, do you think people are true narcissists or are they so wounded by trauma that, as John O'Donohue says, that they then need to direct all the love energy to themselves, interested from a technical sacred anatomy point of view.

[52:58] **The Narcissist's Electromagnetic Field**

Narcissists are generally running the world through their electromagnetic field. They've extended their electromagnetic out to fill up an arena, fill up the space, take all the room, suck the life out of the room, so to speak. And they're filling up the space with their electromagnetic field. And their poor little sacred anatomy is reduced to a tiny little sliver at the edge.

Narcissists are, um, if you look at it psychologically, like O'Donohue's is looking at it wounded by trauma. Sure, yeah. But tell me somebody who isn't, let's let's meet somebody who's not wounded by trauma. Yeah. Okay. So not everybody chooses narcissism.

[53:47] **Where Narcissism Comes From, and Whether It Is Treatable**

People who feel they have to control the world, they have to be captain of the big ship. Those people become narcissists. So it's usually such an out of control scene in their childhood that they are dominated by a strangely over controlling parent. And the only way that they can get space is by making the entire world about themselves.

[54:18] So that's a narcissist. It's a, it's a malfunction of the electromagnetic field. It is treatable, but oh my god, it's work, lot of work. I mean, you really have to rebuild that electromagnetic field. You have to teach the person to keep their electromagnetic field controlled. And most narcissists are, are are happy, like they are, and nothing's wrong with them, right?

[54:45] They're perfect just like they are. So that's the problem with narcissists. But from a sacred anatomy point of view, it has very little to do with the sacred part of the anatomy and more to do with the electromagnetic field.

[55:00] **Elizabeth's Question — Subtleties in the Three Substructure Types**

Okay, Elizabeth? Hi. Your hair looks really cute by the way. Can you say something about the subtleties and influences on the three substructure types? Um, you're welcome, Heather. Um, well, yeah, I can, um, can, can you be more specific? Like what, what kind of subtleties, what kind of influences, what are you looking for here?

[55:35] **Elizabeth on the Types Being Less Sharp Than Described**

✿ **Elizabeth:** Um, so for example, for for people, whatever type sub, whatever type someone is, there are many ways of manifesting that particular type in one's life. And one seems to be fairly consistent with that. And so I do think that those three types that have been talked about, I, I think there's subtleties between them.

[56:02] They are not so sharp and distinct as described. I believe that's correct. So that's what I was talking about. Um, uhhuh you know, we've been taught and, and I happen to know that you've done more work and you've seen things and other things that most people don't know about. You happen to talk to our class about it 'cause you were teaching us when you discovered that.

Yeah. So, um, it's apropos of that because I always thought that it was oversimplified when you were talking uhhuh about the three, um, yeah, the three substructures. I thought that's, it's really useful to me because I'm a very strong type what I am, and I am totally, I totally love. Now the other types, because they used to really annoy me.

[56:49] Oh, this person, yeah, I know because, you know, I'm the, I'm the alpha type, you know, this person is not we

Desda: Very annoying other Types, you just, yeah, we can be really annoying.

[57:00] 📌 **Elizabeth:** But this, I mean, just learning about that has helped me a lot. But, um, nonetheless, I just think it's more subtle than the three types we were given that that's all just, just to point out that it's more subtle.

Desda: Got it. That this more,

[57:16] The Wings

I'm gonna ask Cheryl to show some pictures of the substructures with their wings. So we all have influences of all the substructures. So here is a more recent picture of the alpha substructure. The one, the picture I showed you is a picture from my book. This is gonna be in the new, the new, um, edition of my book.

[57:43] Eventually when we finally finished doing that. But over here you'll see what I call wings. Much like if you've studied Enneagrams, there's, you know, there's a type and then you have wings on either side and influences from these wings. Same kind of idea. So, so this is an alpha substructure with a beta and a gamma wing.

[58:06] Desda's Own Wings

Now I'm an alpha substructure and I'm extraordinarily creative. So my beta wing is really developed. I'm loving, but it's less about love, love, love for me than it is about harmony and fulfilling the true nature. So, so that, that gamma wing for me is a little bit smaller, it's a little less, um, evolved or awakened.

[58:40] So my personal work is loving, loving, loving, 'cause I wanna build that wing up. But we're all influenced by all three subtype, subtype, uh, substructure types. It's just we have kind of a main, a main one. And, um,

[59:00] 📌 **Cheryl:** You wanna see the other two?

Desda: Yeah, yeah. Everybody has a wing on either side.

[59:06] The Gamma and Beta Wings

So here's the gamma, and you should see gammas and betas, you'll see, um, the wings are closer in for alphas. The wings are further out because of the, the way that the substructures formed. But this is, this is the gamma wing. And so

they have an alpha and a gamma wing for the, excuse me, an alpha and a beta wing for the gamma.

[59:32] And then let's look at the beta. And the beta also has an alpha and a gamma wing. So you see one side, and it just depends, like if yours is on the left, if you say your beta wing is on your left, it means one thing. If it's on the right, it means something else.

[59:56] **The Wings May Shift, and Getting Caught in One**

And, and what I've discovered is that those wings may shift. So that's interesting. We're still studying it. I welcome all of your input. We're still wrestling with the wings and, and you do develop them over time. So Diane, yeah, we all have those, but some of us, especially, especially us alphas, we have to work really hard to develop our wings.

[1:00:29] It's really important. And um, but, and there are people that can get caught in a wing and forget their original substructure type and their life is pretty imbalanced. 'cause your substructure type is what, is what helps you orient, helps you orient. Christine is raising her hand. Oh my God, we're at 11 o'clock so quick.

Christine, this will be the last question. Thanks Diane. Oh, there we are.

[1:00:59] **Christine's Question — Why the Alpha Picture Looks More Complex**

👉 **Christine:** Okay, so very quick question. It looks like the alpha, um, thing that you just showed us is much more complicated or filled in.

[1:01:12] **The Alpha Picture Is a Composite, and the Bones of Light**

Desda: Well, the alpha picture that Cheryl showed you is a composite of the entire structure, the entire bones of light. So it is more complicated. Um, we did a simpler version of the beta and the gamma, but it is, they all have all of the substructure anatomy in them. So for example, the caduceus is there.

The thing that holds a vertebral column, you know, um, like a spine spinal column is the caduceus. And all of the connectors and anchors of the chakras are all part of the bones of light. Bones of light are, is a pretty complex system. And that's visible in that, in that first graphic. Why don't you go ahead and share it again, Cheryl, so we can see what we're talking about.

[1:02:03] Woo-hoo. Yeah, it's more complicated. So you can see the guide wires, the other pictures don't have those. And also, anyway, but we also don't have the framework in this picture. Framework is like the rib cage of the sacred anatomy. And it's, it's not in this picture picture. So it, it could have more complexity.

[1:02:19] 👉 **Christine:** Thank you.

Desda: You're welcome. All right.

[1:03:19] **Why This Class Is Friday Anatomy**

I had, you know, I had a couple of choices. It was like I could go back to Sangha Garden, which was this deep meditation, or I could do, you know, sort of

spiritually oriented classes where I taught a piece or something, or I could do this anatomy Friday. And I think the anatomy Friday is really fun.

So I'm, I'm going with fun.

[1:05:59] **Closing**

And love you guys. Keep the faith and don't forget to vote if you're an American. For god's sake vote. Okay, take care everybody. Good luck everybody. May you be blessed and held in the arms of the angels. See you later.