



Sacred Anatomy Energy Medicine Technique:

Severing Entanglements

Everywhere you go, every day of your life, you make energetic connections with persons, places and things. At the moment of each of these connections, no matter how ephemeral, a fine thread spins out from your subtle anatomy, dropping a metaphorical anchor that connects you to each of these persons, places, and things. This is called an *entanglement* and serves to establish relationship between you and everything else in your world. It is a non-verbal, energetic way that you place yourself in space and time. This gives you context and helps you to survive in the material world.

Needless to say, new reconnections are made all the time with your regular relationships. Things like the car you drive, the people you live and work with, your computer and your home help you to define yourself and your life. They give you a sense of place, inclusion, and involvement. The material world is made of things and you have a place in that world. *Entanglements* allow you to own your reality and to define it for yourself as it relates to you and your experience of living.

In the normal course of a life, these connections naturally and easily disperse about two hours after withdrawing from the activating object, location, or relationship. Problems of clutter develop when the old anchor and thread occasionally do not dissipate. Then, these old used *entanglements* can be re-activating. When this happens your *entanglement* can escalate into an attachment; causing you to cling to a person, place or thing that is in the past and no longer important to you or even relevant in any concrete way. The experience of being dominated by the past can sometimes be attributed to millions of undispersed *entanglements*. The subtle structure has become overwhelmed by clutter. The value of *Severing Entanglements* is that you consciously take into your own hands the ownership of who and what you will and will not be connected to in your life. You can help your subtle anatomy be free of useless and unnecessary, old *entanglements* and release yourself of the burden of things.



NOTE: *When Severing Entanglements only useless and old extraneous debris you no longer need will be let go. Any other still needed and active entanglement will not be severed. By clearing or doing any Sacred Anatomy techniques or procedures it is impossible to sever the relationships you enjoy with your loved ones or to remove memories of your past that have value and import to you. You cannot sever a heart connection that is part of the fabric of your being. This is not an entanglement. Who and how you love is who you are.*

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- 1) Apply the Edge Practice
- 2) Receive permission if supporting another person.
- 3) Standing, extending your dominant hand above your head, call upon the *Archangel Michael* to lend you his sword. When you feel the weight of the sword in your hand relax, your arm down to your side.
- 4) Wielding the sword, *Sever Entanglements* in this order:
 - Your front
 - Your left side
 - Your right side
 - Your rear
 - Below you
 - Above you
 - Swing the sword in a figure 8 all around your body
- 5) Return the sword to *Archangel Michael* with thanks.
- 6) Combining with visualization, use both hands to **push away from you** all the persons, places and things you have just *Severed Entanglements* with. Send them back to their source with no malice.
 - Your front
 - Your left side
 - Your right side
 - Your rear



- Below you
- Above you

7) Combining with visualization, use both hands to ***pull back to you*** all of your own energy that has been connected to the persons, places and things you have just *Severed Entanglements* with.

- Your front
- Your left side
- Your right side
- Your rear
- Below you
- Above you