



SAEM Hygiene Practices



Conscious Hand Washing

The purpose of hand washing after self-care procedures and practices is to train your subconscious mind to release debris and prepare for deep level sensing. The act of washing hands, although symbolic to a point, is something physical and concrete that can be done to let go of any toxicity.

Junk, gunk, or dirt is not the point. The point is the perception *in your mind* of the possibility of yucky stuff getting on your hands and then affecting you. Of course, this is all about the unspoken fears we have about getting dirty, picking up germs or being vulnerable to other people in some way.

Consciously addressing our shared experience of human frailty with the simple act of conscious hand washing is an empowering experience. When you wash your hands you *fake out* your own Monkey Mind.



The Chi Circuit

This active stretch stimulates the movement of chi throughout your subtle structure. It massages the vertical chakra conduit that is a part of the Blended Energies System and conducts chi vertically between all 13 chakras.

It is the primary way the 4 Aspects of the Authentic Self speak to this important subtle system. Their contribution shares the soul's purpose and the direction your Physical, Emotional, Psychological and Spiritual Aspects have for you.

The Chi Circuit is useful if you need a pick-me-up during the day; if you have been sitting for a long time, or to clear your head. It also will help you prepare to sense and to stay at the EDGE as well as be a wonderful way to go to the EDGE.



Shaking Out

We all know shaking your hands is a quick way to release debris. It brings your awareness to your hands, stimulates your sensate capacity and again trains you to shift your awareness. It will awaken a deeper state of consciousness in your hands when you begin sensing with them. This exercise is something you can easily do anywhere at any time without raising eyebrows.

The value of shaking out your body is well documented throughout somatic literature and study. Releasing your body through shaking is one of the best ways to incorporate the constant swirling spirals of the subtle structure into your physical experience. Turning your arms and legs in a circle while shaking is incredible relaxing but it also promotes energetic release. If sitting longer than 45 minutes stand and shake. This will keep your body active and allow stopped energy to start moving again.



The Vacuum Cleaner

Okay, this is a ridiculous exercise. I know it is, I know you are going to feel a little silly doing it- but playing is not only for children. AND the Vacuum Cleaner really works to clear subtle debris.

1. Using your imagination, visualize a vacuum cleaner hose plugging directly into the Sun.
2. At the other end of the hose, affix a special upholstery attachment.
3. With this attachment, begin cleaning the inside of the Human Energy Structure as if it is divided into segments like an orange. Suck up all the debris that you come across. Anything that is not yours goes into the Sun and vanishes. Making a vacuuming noise helps to make it real for your mind.



4. When you are done with the inside, place your awareness at the outside of the structure and vacuum the outside in the same way.
5. When you are finished, snap the hose back into the Sun where it will be available to you the next time you need it.



The Japanese Rake

The Japanese Rake is a visualization with accompanying movement and energetic engagement with your Sacred Anatomy. The purpose is to pull excess and debris off of the structure wherever it may be. Japanese rakes have tines that are quite far apart ranging anywhere from a half inch to two inches between them. They are used in Zen Meditative practice for raking dirt or gravel.

In this case, we are using the rake to attract to itself any debris or waste attached to your structure. When you have released debris but it is stuck somehow to your structure it is because you are still attached to it in some way for some reason. Consciously letting this unnecessary junk go is powerful and makes you feel much better. Smile while you do this exercise and speak the statement aloud.

1. Visualize a Japanese Rake hovering in the air beside you. Pluck it from out of the air around you.
2. Rake the **interior** of your energy structure in segments like an orange. Go front, to left, in back around to right and return to the front. Flick off energy debris using your wrist to snap the energy out into the Universal Field where non- attached energies are perfectly happy to be.
3. While flicking the energy debris off the rake and in order to stimulate the subtle and the subconscious self, make this statement out loud :*"I release and let go of all energies that do not serve my highest good and most helpful path."*
4. Push your rake through the edge of your energy structure, turn the rake around and rake the **exterior** of your energy structure. Go around in segments like an orange. Go front, to left, continue to back around to right and return to the front.
5. Continue making the release statement throughout the entire exercise.