



Sacred Anatomy Energy Medicine

Conscious Discernment Practice

The point of conscious discernment is to enable you to move fully aware through difficult vibrations so that your sensing skills are fully engaged and collecting the maximum amount of useful information.

What you are engaging with may be foreign or familiar; in either case, if you use a conscious form of discernment, you can control the QUALITY and QUANTITY of information you receive.

It's about being in the driver's seat and developing good boundaries by filtering information as it comes in and working with it instead of being worked by it.

The old term might be "protection," but this has a great deal of baggage attached and is not really accurate. So, we will begin right here telling it like it is. **You don't have to be afraid of anything.** These helpers will set a discerning field and filter incoming information for you so you can relax and simply read the situation.



Angels at Four Corners

Place a different angel in each of the Four Corners. Say:

- *I call upon, (name any angel) to manifest in the: (choose one- south east, south west, north east, north west) corner of this space for: (state a specific amount of time.*
- *I recommend: Archangel Michael (ella), Archangel Gabriel, (ella) Archangel Raphael (ella), Archangel Ariel (ella)*



Unseen Guardian, Ally or Partner

Place a partner, ally, or guardian in one of the 8 directions: North, Northeast, East, Southeast, South, Southwest, West, Northwest. *I recommend: Quan Yin, Green Tara, The Corn Maiden, Hanuman, Ganesh, The Green Man, the Faerie Folk, The Nature Spirits. Always thank them for their assistance even before they have given it.*

- As I face toward the (name the direction) --

1-North, *I call upon my Guardian- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*



2-Northeast, *I call upon my Ally- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

3-East, *I call upon my Partner- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

4-Southeast, *I call upon my Guardian- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

5-South, *I call upon my Ally- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

6-Southwest, *I call upon my Partner- _____, (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

7-West, *I call upon my Guardian- _____ (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*

8-Northwest, *I call upon my Ally- _____ , (name guardian, ally or partner) to manifest before me, above me, behind me, and below me for: (state a specific amount of time). Thank you*



Rainbow Light

Wrap around you in a spiral a rainbow made up of empowered energies:

- White Light of Cleansing
- Rose Red Light of Love
- Lavender Light of Awakening
- Blue Light of Healing

- Green Light of Growth
- Golden Light of Truth
- Orange Light of Harmony
- Silver Light of Peace



Calling on Ancestors & Power Animals

When you call them in ask them to stand behind you, to “have your back.”

- Call on: Ancestors who love you
- Call on: Power Animal Manifestations
- *I call upon, (name ancestor or power animal) to manifest behind me, and to have my back for: (state a specific amount of time).*
- Always thank them in advance.



Prayers, Mantras and Meditations

You can use any sacred words as conscious discernment. Here are some good ones.

- Serenity Prayer, Vedic Chants & Mantras
- Armor of Light Prayer- The Lightworker’s Prayer

*In the name and the power of the Living God
I put on the whole Armor of Light.*

On my head I place the Helmet of Salvation.

I wear the Breastplate of Righteousness.

My loins are girded with the Truth.

*My feet are shod in Peace and Enveloped in the
flame of the Spirit of Almighty God.*

In my left hand I carry the Shield of Faith.

*In my right hand I carry the Sword of the Spirit,
which is the Word of God.*

This Armor is unassailable and I am protected in every way.

I am protected in every way, I am protected in every way.

Amen

- 23rd Psalm

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadth me in the paths of righteousness for his name’s sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.



Thou preparest a table before me in the presence of mine enemies: thou
anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life: and I will
dwell in the house of the Lord forever.

Dismissing a Discerning Field

1. Be aware of it
2. Thank it
3. Clap your hands and release it