



Sacred Anatomy Energy Medicine Technique

Using Simple Thought Forms with a Healing Partner

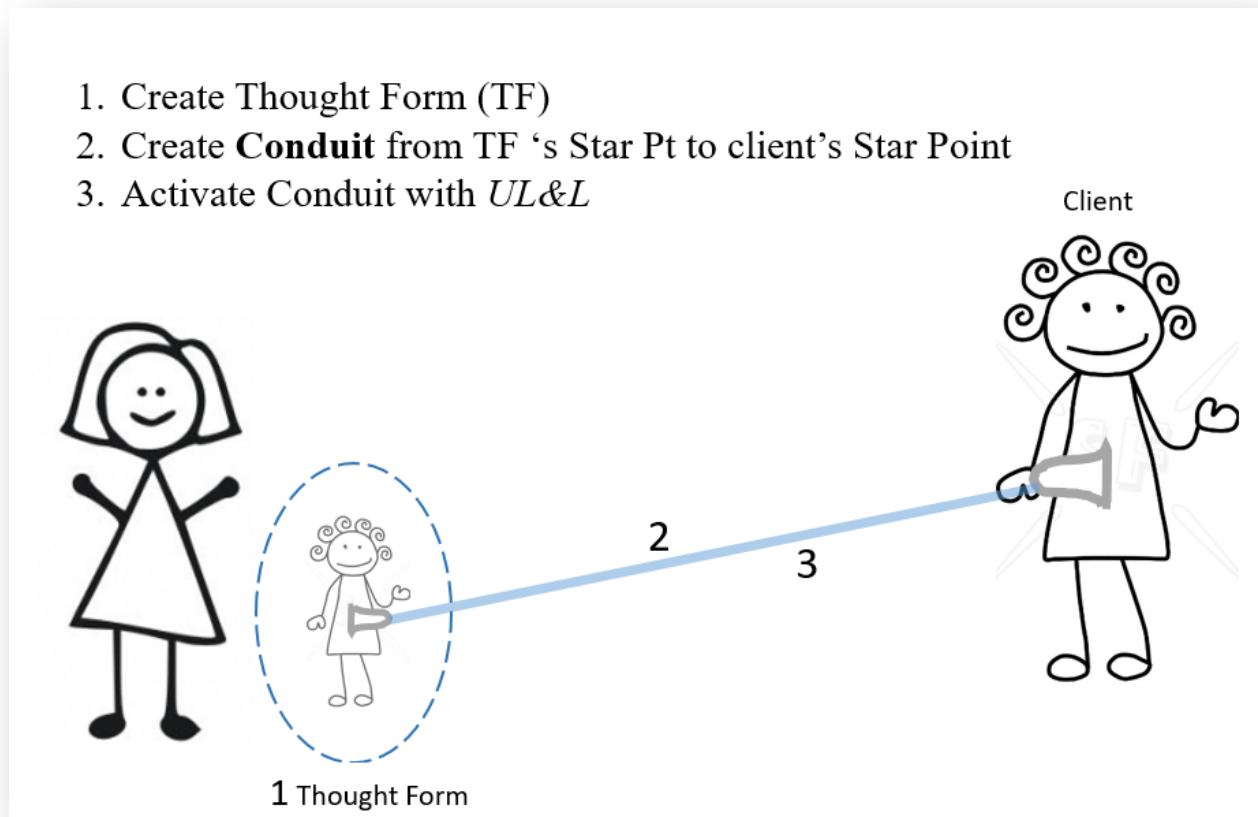
To build a “Thought Form” use your focused intention to consciously charge your visualization. Explain every step to your healing partner and make them a true partner from the beginning. This is a hallmark of SAEM.

- 1. Ask permission of your healing partner to sense and work on them using a Thought Form which you will build to work on them.
- 2. Visualize an image of your healing partner as you use your hands to make an energy model of them on the surface in front of you. Mark the spot where you are putting the Thought Form image of your partner with a Post-It note.
- 3. Draw a conduit from the Thought Form to your healing partner. Use your focused intention to imagine it connecting to them where they are located.
- 4. Make sure the conduit is strong and well defined by pushing against it.
- 5. Activate the connection of the conduit to the Thought Form by bringing *Universal Love and Light (ULL)* into it- the energy will travel down the conduit to them where they are located. Ask them to please tell you when they can feel the *ULL*. When they do, it means the Thought Form is activated.

NOTE: One of the things that is really interesting about working with thought forms is that sometimes there are delays in the transmissions. Sometimes it can take a minute before the client can feel energies through the conduit. Feel into the thought form with your intention; monitor when the connection happens. If the client does not “feel it” after a minute or so, amp up the *ULL*. If they still don’t feel it after that, stop and re-establish the conduit connection more strongly bringing in *Universal Love and Light* again. If they still do not feel the connection, let go of the idea that they will and concentrate on whether or not you feel it. If you do not, dissolve the thought form and start over from scratch. If after a second attempt, you still do not feel a connection, do not continue with the session. Reschedule for another day when you are both better able to connect.

- 6. Once activated, begin to work on the Thought Form just like you would on the person if they were in person. Consciously send the work to the person down the conduit.

- 7. When you are finished working, complete everything just as you would in person.



Graphic by Cheryl Berry

- 8. After you have ended your phone or video call, dismiss the thought form by clapping it out or snapping your fingers. This is to break up the energies of the Thought Form and the conduit connection to your healing partner. If you accidentally forget to dismiss the Thought Form it will stay connected to your healing partner and may affect them. Please remember to work responsibly and dismiss any Thought Forms.
- 9. After dismissing the Thought Form toss the Post-It away and wash your hands to signal to your subconscious self that the work is complete.