



Conscious Energy

Quantum physics teaches that there are four types of quantum energy: strong force, weak force, electromagnetic and gravity. For over 25 years Desda Zuckerman has said there is a fifth energy: subtle energy. Now there are scientists who are saying the same thing!

The subtle energy of the universe is everywhere from the smallest parts of the human body to the brilliant Sun of our solar system. All energy holds different forms of primordial intelligence. Subtle energy is the consciousness of the universe and it is the primary ingredient of the sacred anatomy. When you know and understand the conscious intelligence of your structure you can work with it, shift it and support it to be strong and vibrant.

The EDGE Practice employs the conscious sacred anatomy because it gives you a way to “be” with all other energy in a safe proactive manner, and it is the cornerstone of Sacred Anatomy Energy Medicine. This technique is the optimum stance for living. It is the missing piece for many sensitive, empathic and overly vulnerable people. To embrace and use this part of the subtle anatomy allows something profound to change from within. As the skill becomes a habit, your world begins to transform.

As you bring your awareness to the EDGE, you begin to uncover the potential of your authority as your subtle anatomy. It clarifies who you really are and what you are capable of becoming as a dynamic individualized expression of the whole of Creation and shows you how to own your whole self. This is why this healing system is called, Sacred Anatomy Energy Medicine. The sacred anatomy is conscious and to interact with it means to inspire the native intelligence of the entire subtle structure. When awakened, you begin to choose alignment, to release



trauma or holding and to release debris and waste, clearing away the unnecessary veils that have kept your true self hidden from view.

Energetic Hygiene will give you specific processes and procedures that may even save your life. Learn how to strengthen your EDGE and **use it** to live your best life!