



Sacred Anatomy Edge Practice Glossary

Anchoring: To establish a solid and embodied ground of being in the physical body. Drop Anchor is a Sacred Anatomy Energy Medicine grounding technique and STEP 2 of the EDGE Practice.

Bio Layer: The physical body; one of the eight layers of the larger Human Energy Structure called the One Body.

Channel: A triple-current stream of light that crosses the core horizontally at the approximate center of the Human Energy Structure. It is the witness to the core and anchors the core and the One Body in time.

Chi Circuit: Is an exercise that increases the chi of the Blended Energies System as it moves through the 13 chakras allowing useful access to the power of that anatomical system. In the EDGE Practice, it is taught as a vehicle to go to the EDGE.

Core: A vertical triple-current pulsating stream of light at our very center, which enters the Human Energy Structure at the top. It is the Totality within each of us and orients the One Body in space.

Core Individuation: is the primary act of the subtle anatomy as it gives birth to itself- splitting off single currents streams from the core. See Individuation. CoreIndividuation was the name used for Sacred Anatomy Energy Medicine for 14 years.

EDGE: The outermost skin of the One Body. The EDGE of the soul layer is the optimum place to *locate awareness* in the Human Energy Structure. Attaining the EDGE is the fourth step of the EDGE Practice.

EDGE Gloves: Intentional surgical gloves that enable an individual to sense unfettered with their palms, hands and fingers. Accomplished by scooping up the EDGE with the bare hands and bringing the EDGE with them anywhere the hands go enables the conscious intention of the EDGE to be used in a more flexible manner. This makes it possible to discern subtle sensation and to remain hygienically at the EDGE while doing so.

Expanded Capacity: Expanded capacity is a state of consciousness that begins by letting go of the limits of the material and allowing the Spirit to step outside of physical confinement. Thinking of yourself as a person who has a subtle anatomy and structure allows you to experience an expanded capacity for self-awareness and self-identity.



The Essential Practice: Your Sacred Anatomy Edge

Genius: The natural state of the human mind. Expanded into and awakened to the subtle structure and using every part of the human capacity to think or to be inspired physically, emotionally, psychologically or spiritually.

Guide Wires: The subtle anatomy system of the Bones of Light is the home of the substructure of the One Body. Ten guide wires anchor the substructure into the inner edge of the soul layer. In the EDGE Practice, a single shoulder guide wire is used as a way to go to the EDGE.

Human Electromagnetic Field (HEMF): One of the seven systems of the Human Energy Structure. The HEMF is the bridging system that delivers the message of the subtle into material reality. It is dependent on the physical body and dies with it dissipating within a short period of time after death.

HEMF Focus: Becoming consciously aware of the energy of the Human Electromagnetic Field by sensing into it while at the same time cultivating the mindfulness of the containing membrane of the HEMF. Being aware of the larger field of electromagnetic energy and it's containing membrane allow HEMF Focus, STEP 3 of the EDGE Practice.

Individuation: The process when the core separates out into three single currents contained within the holding tank of the soul layer. This separation is the individuation of the core, which begins the formation of the subtle structure called the Human Energy Structure.

Intention: Conscious awareness or mental focus held while seeking a desired result. Definitely a way to keep the mind occupied leaving the spirit free to soar without the critic within dominating their experience.

Light Fingers: An energetic extension of subtle light out of the physical fingers accomplished with focused intention. They can be used to interact with parts of the Sacred Anatomy as well as with the interior of the bio layer.

Mindful Monkey: Mindful Monkey is a technique to remove the chattering mind and allow mental space to hold the goal or objective that is desired. In the EDGE Practice it is STEP 5 designating the monkey mind to hold the intention. This allows the full attention of the student to be directed to remaining consciously at the EDGE

One Body: The entire Human Energy Structure including subtle and material forms. The idea of a single body is an evolution of the ancient idea that there are multiple bodies in the subtle anatomy and that the physical body is separate from them. The One Body concept disagrees with this premise and considers what is human is contained within one single body. It is the entire complex creation of the human individuated nature. It is based in the paradox of separation from the Source and the containment of that same Source within.



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Presence: Presence is the essence of who you are, the personal identity of your deepest nature that is outside your name or your life story. Presence is the most concrete and essential ingredient in selfhood. Without presence you are only partially available, only partially there. Embody Presence is STEP 1 of the EDGE Practice.

Sacred Anatomy: The subtle energy structure surrounding and containing the human body made of subtle energy light and sound frequencies that have an other dimensional quality while not necessarily being of another dimensional reality. Mapped for over 50 years by Desda Zuckerman and documented in her book, *Your Sacred Anatomy* published in 2012.

Sacred Anatomy Energy Medicine: The trademarked name of the work of Desda Zuckerman that addresses the whole structure using operating principles, anatomy, procedures, and techniques.

Soul: Pure self-realized intelligence that expresses constantly in the moment; not mind, thought, action or emotion. It has a deep and abiding purpose to express and this expression takes the form of individuation or unique expression for each creation.

Soul Layer: The outermost layer of the structure that contains the swirling energies of the individuation and is the fuel tank of the sacred anatomy.

Source: Source is an evolving context that is pure intelligence out of and within time and space. Everything happens in this context and is of this context. It is the Alpha and the Omega, the great I Am. It is nothing. It is everything.

Stance: Holding a vantage point for living at the EDGE of the structure called the *stance for living* and the *healer's stance*.

Star Point: The center of the Template System of the Human Energy Structure. Literally the nerve center of the sacred anatomy.

Structure: Refers to the whole subtle structure and the anatomical parts of it that have a shape and form in non-ordinary subtle reality and material reality.

Template: One of the seven systems of the Human Energy Structure. The Template is equated with the nervous system of the one body.

Three Skins: The one body has three skins. They are the boundary of the derma (skin) of the bio layer, the containment field of the Human Electromagnetic Field (HEMF), and the EDGE of the whole structure.



The Essential Practice: Your Sacred Anatomy Edge

Totality: The All, the One, the Divine, the Whole, the Alpha and the Omega. This is what human beings are at the core: the Totality.

Witness: To witness is to hold another (preferably at the EDGE) selflessly and in complete compassion without agenda.