

Sacred Anatomy Academy

The EDGE Express

Five Steps to Powerful Energetic Boundaries



Desda Zuckerman

2025

The EDGE Express

Five Steps to Powerful Energetic Boundaries

Sacred Anatomy Energy Medicine Life Skill
for Hygienic Subtle Energy Work



Anatomical illustrations adapted from
the sacred drawings of Desda Zuckerman by Kim Glass.
Cover: The Soul Layer

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5 Steps to a Powerful Energy Boundary

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The Sacred Anatomy EDGE Practice is the syllabus for the class of the same name and will be provided by certified Sacred Anatomy Energy Medicine EDGE Instructors or by:

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*To those dedicated to awakening their
relationship to the sacred anatomy.*

*“As the darkness of night vanishes when the sun rises,
so too the darkness of ignorance and delusion is dispelled
when you gain knowledge of your True Self.”*

Krishna speaking to Arjuna

The Bhagavad Gita ¹

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Welcome!

Welcome to the EDGE EXPRESS. Making the commitment to use the EDGE is a courageous stand. It is a health affirming way to approach life using an expanded self-awareness; embracing as a reality the idea that we are more than our physical bodies. Discovered and developed after years of personal and professional study by Desda Zuckerman, the EDGE Practice is a living, breathing way to access and use the subtle body.

Desda Zuckerman founded the discipline, Sacred Anatomy Energy Medicine (SAEM) an intentional healing modality and philosophy that is based in the subtle anatomy and physiology of the Human Energy Structure. She is the cartographer of the most extensive, thorough understanding of Sacred Anatomy available today. The anatomy is documented in her encyclopedic book, *Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure* published in 2012. The EDGE Practice is the cornerstone of this seminal work.

The EDGE Practice provides a hygienic, conscious and compassionate way to interact with the subtle energy of life which makes up 96% of everything that is in the universe. What you will learn is a skill for a powerful energy boundary using the point of view of your subtle structure that will inform and even change your life.

- 🕒 Have you ever been overwhelmed by the pain and suffering of a client or friend?
- 🕒 Do you sense how well a client is shifting during a treatment or a friend during a deep conversation?
- 🕒 Can you feel other people's emotional and psychological stress?
- 🕒 Do you feel the debris of an argument or strong emotions left behind in a space?

If you have said yes to any of these questions, you have experienced a sacred anatomy response. Some people are aware of and deeply feel these reactions all the time. However, most of us have learned how to turn off this sensitivity and so the subtle clues remain unseen, unnoticed or misunderstood in our busy daily lives. Becoming aware of your sacred anatomy awakens the slumbering subtle self and brings it into a conscious relationship. Effectively empowering you to embrace life with greater clarity and

compassion for yourself and those around you. Let's begin because to own a thing, one must first understand it.

The EDGE Practice, a Stance for Living

The EDGE of the human energy structure is the location of our *subtle skin* and a natural boundary for interacting with universal energies. Here, it is possible to connect deeply without merging, and to hold a boundary, without withdrawing. It has nothing to do with *what to do* and everything to do with *how to do it*. The sacred anatomy can be used to interface with the world and to increase your own ability to experience compassion and balance in life.

- Learn to use your intention and your subtle anatomy to make a connection with others using the EDGE of your Human Energy Structure.
- Develop heightened awareness and greater sensitivity without losing your grounding, going unconscious, or being overly vulnerable.
- Awaken the subtle anatomy and begin to develop a relationship with it.

It is an instinctive human caretaking response to *take on* the pain or problems of another person. In an effort to understand what someone else is feeling, many wonderful nurturing people instinctively and unconsciously merge energy structures to be of help. It is hard not to feel like you are being sympathetic or loving when doing this. This level of intimacy might be effective for a few hours or even days with a single person. But what happens if you are interacting with ten or twenty people a day trying to support and care for each one when they are critically ill, distraught or even nonverbal. Using a kind of energetic disassociation, turning off feelings to create a professional or appropriate distance backfires when people feel like you are not making that all important personal connection.

What happens to caring people after years of having absorbed other people's issues? Even worse, what happens after years of **trying not to absorb** other people's issues by staying distant or withdrawn? More importantly... what can we do to change these patterns?

What has happened to my work as I have developed “professional distance”?

What has happened to me as a person?

What have I lost from my first innocent days of trying to be of service to others in need?

How has this affected my current health?

What has merging or taking on other's issues cost me?

What is Sacred Anatomy Energy Medicine?

Sacred Anatomy Energy Medicine (SAEM) is a big tent. It is a philosophical approach based on universal operating principles and the development of skills and techniques that enhance human potential.

It is also a sophisticated holistic healing system.

SAEM practitioners use practices to unlock the individual Human Energy Structure (HES) and assesses it to discover unique presentations of blockages, holding patterns, misalignments and pathology the sacred anatomy accumulates. Then, using clearings, alignments, and procedures, a Sacred Anatomy Energy Medicine Practitioner acts to rebalance and support the structure. This allows the individual to live from a more authentic and vibrant expression of who they truly are. People typically work with a practitioner over time to peel back layers of debris, patterning and trauma revealing the true nature and their soul's purpose. Practitioners train for several years and study directly with Desda Zuckerman who certifies each one.



The Missing Piece

The Sacred Anatomy Energy Medicine EDGE Practice is the foundational skill for energy work and energetic interaction. It is a long-awaited answer to an old mystery. For some people it is the missing piece of the puzzle of how to *be* with other people hygienically. For others, it is the answer to the quandary of how to be of service and use their natural talents for healing, the arts, and teaching, building, or leading.

You will learn to:

- Find your own *stance* - by tuning into and placing awareness at the EDGE
- Avoid compassion fatigue and stay clear from one session to the next
- Maintain compassionate distance while functioning
- You already know *what* to do: now learn *how* to do it
- Stop burning out - learn how you merge with another and why it is unnecessary
- Interact with universal energies to augment your existing skill set
- Increase your stamina by using the Human Energy Structure
- Learn you are more than you thought you were
- Awaken awareness of a larger dimension of who you are

Subtle Anatomy

A structure of subtle and electromagnetic energy surrounds the physical body like a big oval bubble from eight to more than 30 feet out in all directions. This is the One Body; human beings only have one body, not multiple bodies, as has been previously posited. It is a beautiful constitution of energy frequencies that incorporates the great biological layer, our physical body, as a part of the whole. This energy structure is made up of everything that makes us human from nose to toes, body to soul, all the way from the mystery to the mundane. It exists in relationship with the vast universal field and is more or less organized in an egg-shaped form. Subtle anatomical parts sustain injury and damage like your physical body does.

Subtle Anatomy for the EDGE Practice

- **The Human Energy Structure (HES):** There is no separation between the physical body and the energy body. They are not two separate sections or two separate bodies of information. The entire thing must be seen as a whole. There is **one body**, only one whole structure. It is large about 20 feet around you on all sides.
- **The Core:** A triple-current stream of pure Source light running vertically like a spine through the one body from top to bottom; the core establishes us in space.
- **The Channel:** Another triple-current stream of pure Source light running horizontally from front to back through the structure crossing the core, making a **+**-shape construction. The channel in relationship to the core establishes us in time.
- **Individuation:** The moment the core and channel cross, individuation occurs. Each of the three energies that make up the triple current stream split away in individuated ecstatic release and begin to create the fuel that will support the development of the structure and its life. Individuated energies make up everything in the subtle anatomy, and they all come from the core.
- **The Soul Layer:** The shell of the egg-shaped structure filled with swirling life

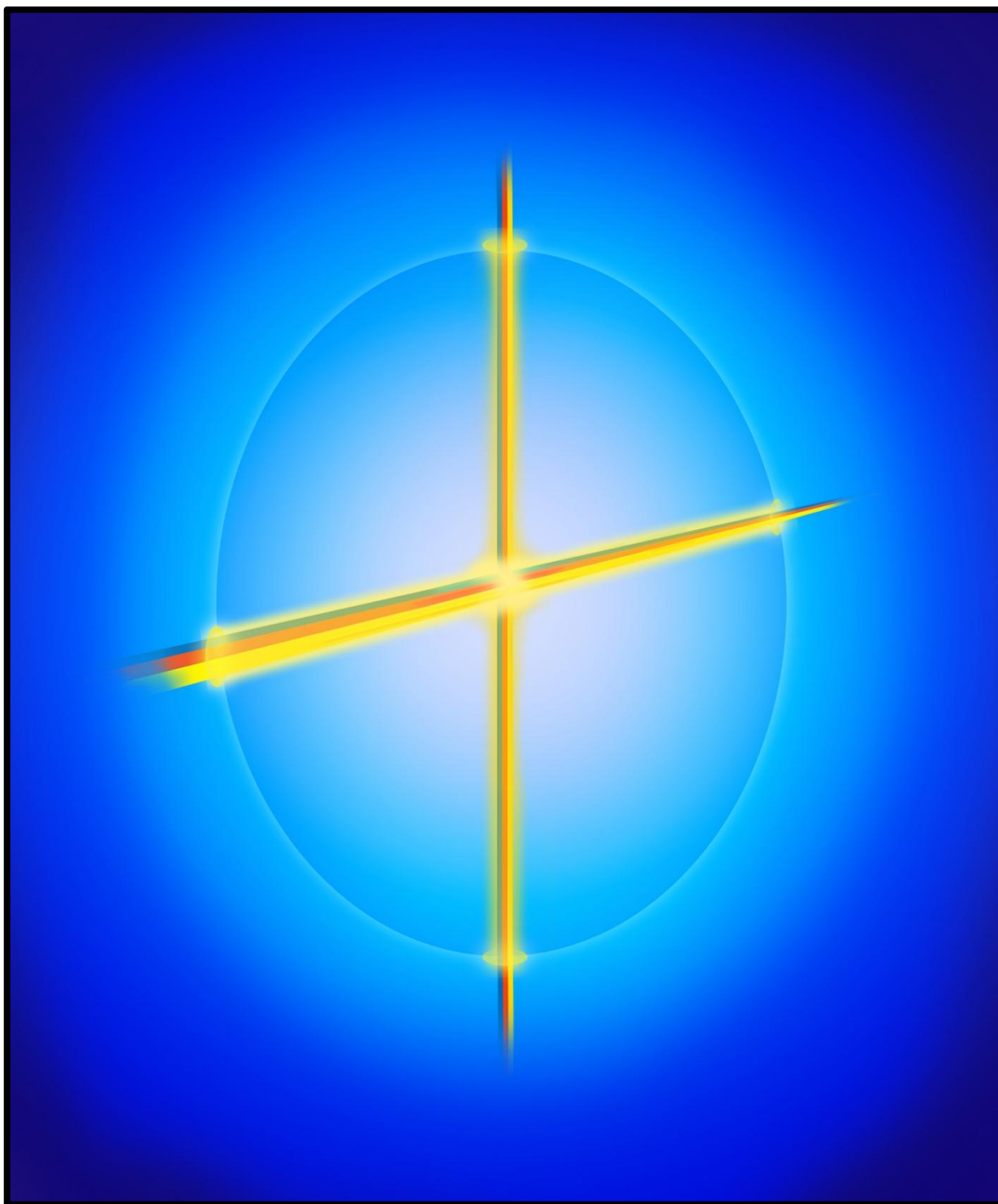
supporting energy. This is the fuel tank of the One Body.

- **The EDGE:** The skin of the shell surrounding the entire Human Energy Structure is covered with villi antennae, that emerge from follicle-like receptor sites causing a soft appearance to the EDGE.
- **The Human Electromagnetic Field (HEMF):** This powerful system is reflected by the physical body and, does not exist without it. It acts as the bridge between the subtle and material. It is made up of personal “chi” that is for our own health and vitality. Because it is a personal cache of energy, it is not advisable to use it to work with or connect with other people. It can be pulled in and controlled.
- **The Containing Membrane of the HEMF:** The HEMF is surrounded and held in place by a containing membrane that is part of this subtle system.
- **The Chi Pool:** The lowest chakra in the Blended Energies System the chi pool is located in the soul layer at the bottom of the structure. The golden wisdom pool and the blue function pool are used in the second step to the EDGE: Drop Anchor.
- **The Tail:** Essentially a grounding cord, the energetic tail is an extension of the bio layer spine that anchors and stabilizes physical and material collaboration in the sacred anatomy.

How am I awakening to my subtle anatomy?

What am I sensing?

How do I recognize this new or familiar awareness?



Core, Channel, EDGE

How It Works: Subtle Physiological Function

- The core pierces the skin at the EDGE of the structure entering the very top of the egg shape of our subtle anatomy; thrusting pure Source light, in the form of a triple-current stream, downward.
- After the core passes the EDGE, it enters the soul layer. Some of it splits into three single-current streams that swoop out of the splitting action spinning in circles and swirls. The three currents cross each other and fill the soul layer with a wild, swimming, rainbow of multi-colored light.
- The rest of the core continues to travel downward and through the entire structure a distance of some ten to thirty feet. After transiting the soul layer and the EDGE for a second time it exits the One Body at the base.
- The soul layer is a holding tank for the energies that drive the entire structure. It contains currents that separate, filter and refresh during the course of living. Constant cleansing combined with the fresh input of pure energies splitting off the core, act to continually fuel the Human Energy Structure.
- The outermost skin is the EDGE of this magnificent container. It is covered with billions of tiny receptors from which small hair-like antennae protrude. To the observer, these hair-like antennae and receptors give the EDGE a fuzzy and illuminated appearance.

“An attitude that helps to keep us open to possibilities beyond our present level of understanding is expressed in a phrase of the poet Coleridge: “the willing suspension of disbelief.” With this attitude of mind, we are trapped neither by blind belief nor by blind disbelief. In this way we acknowledge what we don’t yet know for ourselves and stay receptive to new levels of understanding.”

Joseph Goldstein and Jack Kornfield

*Seeking the Heart of Wisdom*²



The Soul Layer

Introducing Sacred Anatomy Tools:

I'd like to share with you 3 powerful ways to touch your HES and experience it. These exercises enable you to form a connection with the subtle intelligence of your Sacred Anatomy. You will be able to reach out, give direction and energetically touch any part of your subtle anatomy as well as to reach into your physical body and use your subtle awareness to touch any part of your physical body. We call them the Sacred Anatomy Tools and they work because your subtle anatomy responds to focus and intention.

SA Tool: The Power of Your Voice

(Your SA responds to your voice and activates the connection. This makes a conscious living bridge from material to subtle, clarifies your focus, and enhances your relationship with this most intimate part of your being. Like an infant soothed by the familiarity of its mother's voice your subtle anatomy responds with love and attention when spoken to, by you.

1. Introduce yourself to your HES by placing your hands anywhere in the Sacred Anatomy and simply saying hello.
2. Focus your awareness by looking at a picture of the anatomy you choose to focus on.
3. Use your voice to direct the SA by calling on the part of the anatomy you want to connect with by its name and state what you would like to sense or experience.
4. Ask the anatomical part for permission to sense it or work with it.

SA Tool: Telegraphing Your Intention

1. Get really clear about exactly what part of the subtle anatomy you want to connect with. It doesn't need to be complicated, just exploring is fine.
2. Focus on the part of your anatomy you want to sense into by holding an image of it in your mind or looking at a picture of it.
3. Place your hands gently in the structure filling them up with your intention.

4. *Telegraph Your Intention* through your hands and out your fingers pointing in the general direction of the part you want to connect with. Radiate intention out into your energy structure.
5. Wait. Allow the part of the anatomy you want to connect with to come to your hands. You may feel your hands stretching out to reach the part you are speaking to, if that happens just pull it toward you. The structure is very flexible and does not mind bending.
6. When you have made contact with the anatomical part, you may be able to feel for yourself your intention has been telegraphed!

SA Tool: Light Fingers

(This will help with extra somatic sensing.)

1. Extend light fingers out of the tips of your physical fingers 6-8 inches at first.
2. Set your intention these fingers can feel just like your physical fingers.
3. Test them on something nearby like a table or chair, the ceiling, or the floor to see if they are “out” enough. If no reaction- extend thicker and stronger light fingers. Test them again. This is easy...and that should do it.

Exercise: Feeling Your Human Electromagnetic Field

Your Human Electromagnetic Field (HEMF) is generated by the electrical impulses firing in your heart, brain and every single cell. It exists all around your physical body out 2-6 feet. There is a buzzing quality to this field and a density that cannot be felt in other parts of the structure. So, this is a good place to start learning how to sense the energy of your subtle anatomy.

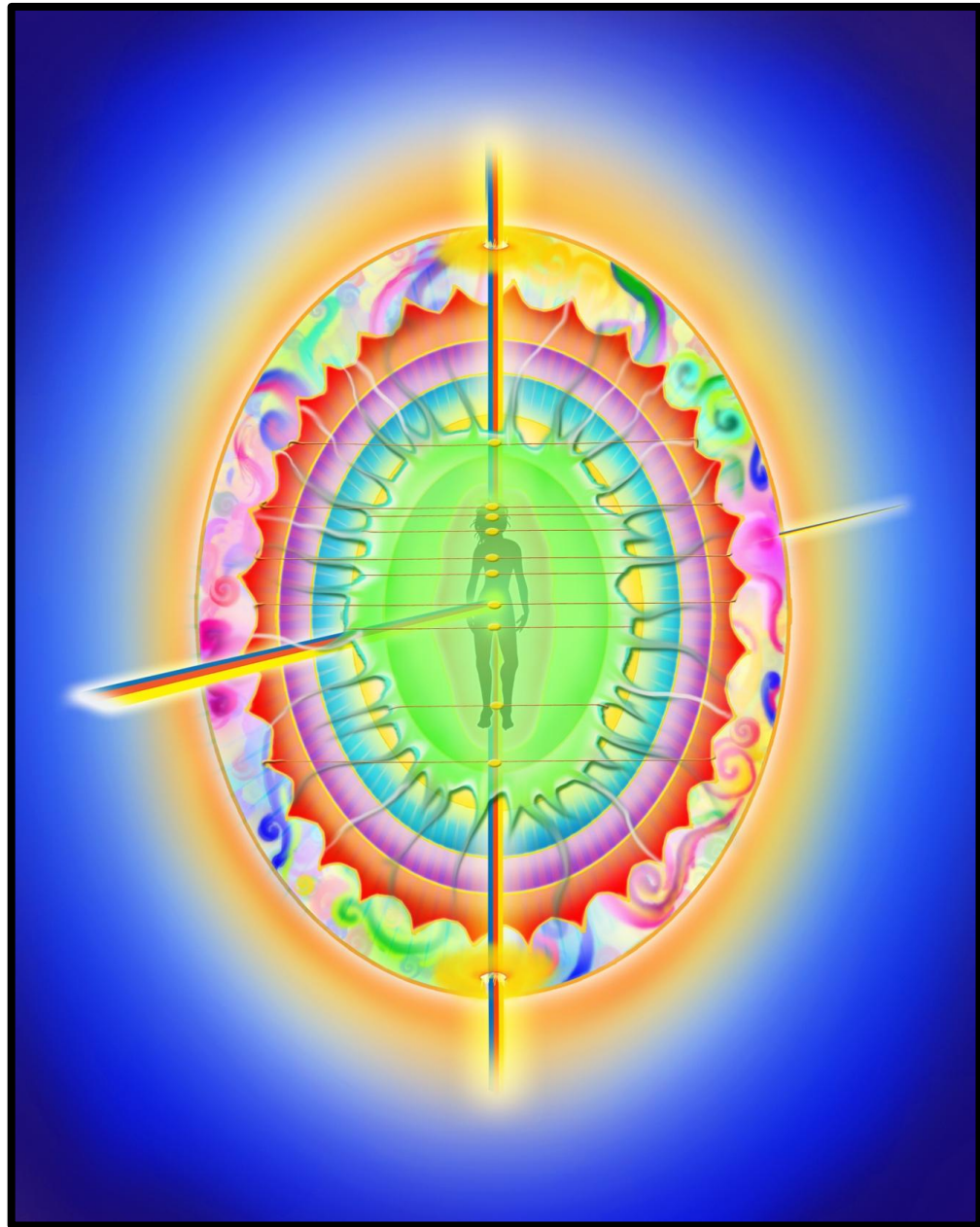
1. Standing, extend your arms out to your sides sensing out 2-4 feet from your physical body.
2. Engage with the electromagnetic energy moving your hands slowly and gently feeling into the space around you.
3. Say: *“Hello Human Electromagnetic Field. I’m so happy to meet you.”*
4. Turn around in a circle feeling the energy turn as you turn. Feeling your chi

enveloping you like a soft and warm blanket.

5. Pull your HEMF in a little. See how close to your physical body you can bring it and still be comfortable.
6. Move it out a little to become more relaxed.

Look at the next illustration to see what your HEMF looks like.

What did I sense?



The Human Electromagnetic Field

Expanded Capacity

Expanded capacity is a state of consciousness that begins by letting go of the limits of the material and allowing the awareness to step outside of physical confinement. Thinking of yourself as a person who has an energetic anatomy and structure allows you to experience an *expanded capacity* for self-awareness and self-identity. When we are able to think of ourselves as *bigger than we thought we were* we are ready for the new paradigm of an expanded anatomy. This is a necessary step in learning to use the sacred anatomy in life.

Expanded capacity will also open up the mind, releasing it to the possibility that just maybe, there is more...

It is possible to simply *be with* the physical and psychological process of expansion. Bringing awareness to one's *expanded capacity* and giving it a place within allows you to be more skillful in your world. Ultimately, bringing a sense of the expanded structural self to consciousness and freely opening up to it requires being able to enlarge into this new version of you.

*“Spiritual work includes the notion that awareness is the healer,
the solution to all problems. Awareness is the work and its own reward.
We suffer because we don’t know who we are.”*

Robert K. Hall, MD
Buddha Now ³

“If at first the idea is not absurd, then there’s no hope for it.”

Albert Einstein



“I am my biggest self!”

Say: “Yes!” To a New Paradigm

“Rather than a soul in a body, become a body in a soul. Reach for your soul. Reach even farther. The impulse of creation and power authentic – the hourglass point between energy and matter: that is the seat of the soul. What does it mean to touch that place? It is exciting to come of age spiritually.”

Gary Zukav

The Seat of the Soul ⁴

Ask Yourself: Am I Ready to Say Yes?

Saying YES to a new operating paradigm, to an expanded life, a liberated mind, to a new way of approaching and using your energy structure and by extension your physical body. Saying YES to living in and using the Sacred Anatomy EDGE Practice, which allows us to maintain a healthy and appropriate boundary to prevent merging with our clients, bosses, children, friends and relatives. Saying YES to increased happiness and a joyous relationship with your inner self, your future, your past, and your awakened life. Isn't all this worth learning how to navigate a paradigm shifting practice?

Once mastered, the EDGE gives us a location, a place to be in compassion, to experience detachment and even on a difficult day, not to pick up other people's debris while working with them. When you are merging, it means that you are keeping an indistinct boundary at your EDGE. When we blend with another through the action of merging, we make an unconscious connection with them that starts from the posture of helping, caring, or loving and ends up being a draining, depleting experience. Using the EDGE Practice prevents unconscious merging.

Actually, awareness at the EDGE is a human skill that people are born with. Babies often are in a completely harmonious state at birth, one that is naturally attuned to and using the subtle anatomy. This tranquil and healthy state fades from use for most people as they encounter the traumas and difficulties of early life. But it can be acquired again. Traditionally this requires many years of effort and spiritual discipline. Many long time meditators and yogis are naturally accessing this part of them when practicing. This ability evolves out of the spaciousness of spiritual practice. It has been a perk, an attainment due only to those able to practice for long hours and to overcome the limits of the personality through discipline and self-inquiry. It is critical to point out that learning the EDGE does not substitute for years of focused spiritual practice. Only that these few dedicated souls were the only human beings for millennia accessing this part of the anatomy and naturally arriving at the awareness of it.

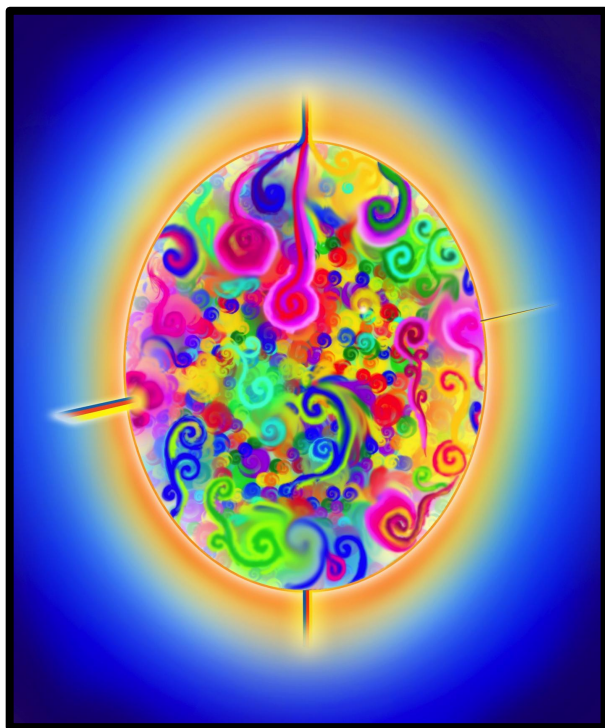
By using what is already part of our structure, and by sensing from this location, the most respectful boundary possible for a human being to hold; is attainable. It also keeps us safe so that even the vulnerable and fragile physical body is not endangered. Instead, the subtlest communication is feasible with enormous forces. Using the EDGE Practice means it is safe to engage with the big energies of the Earth or with an individual suffering catastrophic illness. Healing and release work can be authentically witnessed and worked with in this way.

Often hands-on body workers, coaches, teachers and therapists have a difficult time clearing themselves completely from one encounter to the next. Many complain of symptoms *picked up* from a client clinging to places in the physical body. They are unable to shake off heaviness after working or they experience someone else's trauma sticking to them and making them feel sick or depressed. These kinds of results are a dead giveaway that there has been unconscious merging, instead of sensing as is possible when activating awareness at the EDGE.

Clearing anyone else's useless rubble, waste and debris through the filters of your own body is undesirable and unhealthy. AND doing this is a learned behavior. We acquire the caretaking response and know that we need to "do our part" or "carry our weight" in the family structure; holding and carrying the debris of the family system, our parents and siblings. The truth is that our structures already know what to do to be healthy. When we consciously participate, we benefit in amazing and beautiful ways.

Supporting a client in release work is best accomplished from the place of safety and ease offered by the practitioner from the authentic witness position of the EDGE. This is it, the place of observation, discretion and personal distance, a sanctuary for the weary, and the heart of Quan Yin open to all. This is the home in the sacred anatomical structure of the healer's stance, where it is possible to interact safely with even the most toxic life situation and physical challenges.

In order to develop the skill of working from the EDGE, it is important to be able to distinguish between the EDGE and the layer itself, to work from it, not in it. Working in it, sensing from it or feeling into the condition of any other person from it will merge your energy with theirs. As the soul layer instinctively begins not only to do the job of filtering personal energies, but to also take on cleansing the entire structure of the another person



The subtle boundary of your EDGE has to be *activated* because a *conscious personal connection* is needed for a relationship with the subtle anatomy. You can know about it. You can read about it. But until you *own* it and actually invite it into relationship, your connection to this fundamental part of our self remains remote. Becoming embodied and completely present in your physical body allows you to gracefully awaken the sacred anatomy. Using these 5 STEPS will take you to a fully functioning life at the EDGE!

The Soul Layer

Individuated Soul

The individuated soul is what makes up the fuel of your Human Energy Structure. The soul is pure, self-realized intelligence in the form of individuated currents of energy that expresses constantly in the moment and is the power that gives us life. This soul power, which originates with the Source of all Creation, surges through each one of us. The core is a pure pulsing manifestation of the Source, the Totality within you. It is a triple-current stream of light at your very center, the presence of the life of Creation inside of you.

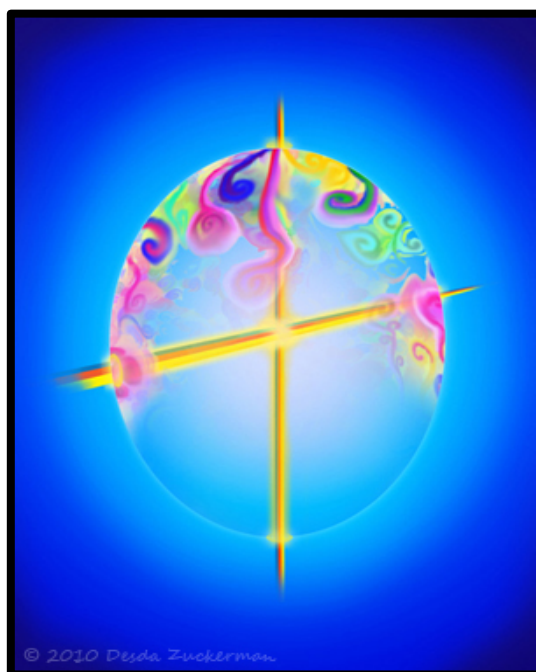
In every moment the event of individuation is happening as the core separates out into three currents that stay contained within the holding tank of the soul layer. This

separation is the individuation of the core and gives you an identity as unique as a fingerprint when it enters the soul layer. The single currents continually break away from the core and swirl wildly as they circulate, every moment of every day refreshing and cleansing through a complex anatomical filtration system making a rich food for our constantly hungry Human Energy Structure.

Fortunately, the one body has a self-generating power source in the vibrant movement of these single currents. It is only natural to give this individuated power an ancient and sacred name such as soul. Anatomically, we are soul driven. That which moves us is us.

The Individuation Of the Core

That which powers us
is the individuation
of the Source,
our personal soul.



Core Individuation

Why the EDGE?

Sensing from the EDGE of the soul layer is sensing from the shell of the entire Human Energy Structure. It is taking the stance within and through the sacred anatomy. There is more movement in the soul layer than in all the rest of the one body except for the physical body.

The core enters and exits through the soul layer and this gives the energies of this layer a fresh and rarefied nature. It shines an effervescing golden light, as the primary colors that make up the core separate into three different currents of red, yellow and blue. Each current has a specific designation, blue is function, red is purpose and golden yellow is wisdom. These three currents swirl in perpetual motion creating a multi-colored rainbow mixture throughout the soul layer. A shimmering golden light, creating a breathtaking and exquisite sight, mutes the dramatic spinning swirling rainbow effect. Everyone has this beautiful potential and is expressing it to greater and lesser degrees.

Holding awareness at the EDGE of the Human Energy Structure is a good kind of sensing to use for most any activity but it is especially useful for healing and spiritual work. The EDGE Practice is a fundamental tool to read, receive and interact with all energies and a way to be with others in the most aware manner.

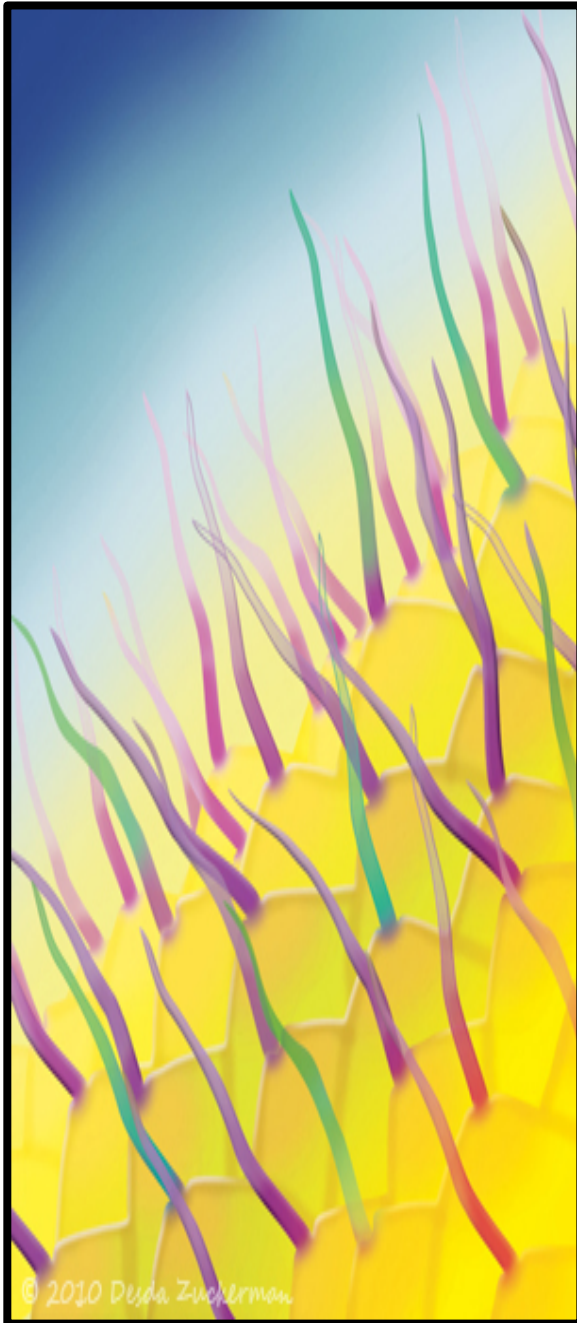
It is an instinctive human care-taking response to take on other people's issues, pain, problems and upsets. Many wonderful nurturing people feel like they are being sympathetic, helpful or loving when they merge with another. When using the EDGE Practice, it is not necessary to process someone else's emotional, psychological, spiritual and physical debris, to care for them by *feeling their pain*.

It is not denying the need for an emotional connection by standing back and living at the EDGE. Instead, it is a style of relating that gives one the compassionate posture and distance necessary to know that no one is defined by their hardship, disease or lack of balance, but instead by the beauty at their core and their connection to the Divine within them.

How and when do I take on other people's energy?

What are the clues my body gives me that I am merging with someone or something else?

When and where can I use the EDGE Practice in my life?



The Edge

The EDGE is the premier location in the structure to place awareness. It is the most hygienic and the most powerful boundary we have. Using the EDGE Practice enables you to fully occupy the structure and engage with life in the most compassionate and conscious way.

Awareness is the larger sense of self-identification that is outside of the smaller self of personality. It is more primary, more ancient feeling than your individual identity. It is the big picture you; the way to become your higher self; and to bring it into relationship with your everyday life.

The EDGE: Receptor Sites and Villi Antennae

How to Work with Energy

In the vast array of healing systems, theories of engaging in subtle energies, and ancient and modern philosophies of how we function, *how to work* is consistently overlooked. The practitioner needs not just to know *what to do*, with lots of information on specific practices, but *how to practice* from a point of view that allows compassionate distance and space.

Most medical systems from conventional medicine to Traditional Chinese Medicine include abundant guidance on ethical behavior, rules of conduct, definitions of appropriate boundaries and techniques to keep professional distance. Currently, in most countries there are laws and governing boards for standards of practice that dictate the accepted behavior for anyone who works in the healing arts. In modern psychology and medicine, the safety of the patient-practitioner relationship is held to be most sacred. This point of view is considered to be the moral, ethical, legal and medically sound place to stand. We actively address the right or wrong of our actions in healing work. We address the good or bad technique, prescriptive, test or treatment, and the morality of our actions. All these are important issues, and in fact, vital. Yet they all come up short because there are many decisions still to be made and choices to be wrestled with which still do not tell us the *how to work* in order to establish distance, compassion and safety for all, during any interaction.

The anatomical location where all of us have complete equality, safety and compassion awareness is at the rim of the sacred anatomy. The EDGE Practice is the answer to *how to work*. Placing and holding awareness at the EDGE is the real healer's stance. It is an opportunity to inject into the moral, psychological, and scientific mix, a vantage point that encompasses the dynamic and vital human spirit in its most vibrant and illuminated expression.

This is not a religious belief system, but an addition to all that is currently understood about who and what we human beings are. Subtle anatomy shows us that the body, the

spirit, the heart, and the soul are partners in action; that scientific reason and ancient intuitive wisdom exist together within us all. The Sacred Anatomy Energy Medicine EDGE Practice as taught in 5 simple steps invites a broader understanding of the wholeness of human life.

Based on the anatomy of the human structure, which is bigger than the physical body, SAEM incorporates not just the spirit as idea and the soul as concept, but the dynamic function of these important parts of the human experience.

Through understanding the breadth of the complete human anatomy and the Human Energy Structure, we see ourselves as fundamentally creative beings and realize that we are no longer only observers and participants of life. In our all-inclusive sacred anatomy, we are co-creators in partnership with Divine nature. Not because of our intellectual and technical advancement alone, but because of the constant evolution of the structure, which is everything we are. Spirit and technology meet in this place and are a new frontier of human potential.

“The future that was prophesied has come. This new age that is dawning is the time wherein the ancient mysteries shall be once more revealed.”

Rosalyn L. Bruyere

*Wheels of Light*⁶

“It is futile to practice meditation if your mind is always involved in either dullness or agitation.”

Padmasambhava

Advice to Yeshe Tsogyal

The 5 STEPS of the EDGE Practice

Each Step builds upon the others, none can be skipped.

STEP 1. Embody Presence

STEP 2. Drop Anchor

STEP 3. HEMF Focus

STEP 4. EDGE 360

STEP 5. Mindful Monkey

STEP 1. EDGE Practice: Embody Presence

Presence is the essence of who you are, the personal identity of your deepest nature outside of your name or story. It is your inner truth that allows you to take residence in a body, in a life and in the world. Presence is the most concrete and essential ingredient in selfhood. Without presence you are only partially there.

How often are *you here, but not present*? To take ownership of your presence is to move toward a powerful position of leadership in your world. It enables you to be an anchor for others during difficult times and to hold the center when all about you is falling to rubble.

As the martial arts teach, becoming present in the room is accomplished through different ideas: anchoring and embodiment, grounding and centering. They all require being consciously present and rooted into the here and now and into the body. This is the first step toward a consciousness that is switched on and awakened to the presence that is you.

Sacred Anatomy Energy Medicine is an embodied work. This means that you and the energy of your body need to be here, to be present. Do you spend a large part of your life floating outside of your body somewhere in your structure? Most people do. In fact, presence is usually located out above your head. I call this: sitting on the tip of the

unicorn horn. Presence can be understood as essence or spirit. When we Embody Presence, we are calling our spirit home to reside within the physical body.

To Embody Presence means to bring the weight of your own essence into the physical body and to **own it**, is a conscious and mindful way to live in the world. It is also the healthiest way to inhabit your life, your work, your relationships, and your spiritual practice by inviting your presence, your spirit, into the bio layer and consciously inviting it to inhabit your physical body, it is now possible to learn other subtle skills.



Every single one of these steps is a spiritual practice that will lead you to a more awakened experience of life.

Exercise: Embody Presence

1. STEP 1: Stand up and locate your Presence where it usually lives outside of your physical body wherever you feel it or imagine it to be. For many, it is the space in front of the head up a foot (where the tip of your unicorn horn would be located). Direct your intention to locate your Presence with your hands and touch it. Saying: *"Hello beloved Presence. I am so happy to meet you. I want to invite you to come into my physical body."*
2. Gather it into a ball moving it to the top of your head. Become aware of what you are feeling. What does it feel like in your hands? Say: *"Beloved Presence, I invite you to please come into my head."*
3. Take a deep breath. Move your Presence into your head. Keeping your hands energetically connected to your Presence, notice how your head feels. Is it different? Does it change you in any way?
4. Place your hands on your head and say: *"I think this is a good idea."*
5. Take a deep breath and say: *"Beloved Presence I invite you to please come into my throat."* Bring the Presence down into your throat as you exhale. Take another breath. With your hands still sensing the Presence, notice how you feel and what is different about this location.
6. Place your hands on the front of your throat and back of your neck and say: *"My name is ____."* Notice the sound of your voice. Say it a few more times watching and listening as your voice relaxes and drops into a more resonant tone.
7. Take a deep breath and say: *"Beloved Presence I invite you to please come into my heart."* Gently move your Presence into your heart center filling your entire chest. Allow yourself to feel the warmth in your heart, the expansion or contraction that occurs in relationship to your Presence.
8. Notice what it feels like to be present in your heart center. How is the heart different from the throat?
9. Place your hands on your heart and say: *"I love my Presence."*
10. Take another deep breath and say: *"Beloved Presence I invite you to please come into my solar plexus."* Move your Presence down into the solar plexus

- and feel into the strength of this place. Also be aware of how the Presence being there changes the way this part of your body feels.
11. Put your hands on your solar plexus and say: *"This feels like a terrific idea! Being Present makes me HAPPY!"*
 12. Say: *"I invite you Beloved Presence to come into my gut."* Take a big deep breath and move your Presence into your gut. Your lower abdomen is the best place to anchor your presence. For women, the womb, for men, the center of the gut.
 13. Feel your Presence returning home to this warm and welcoming place inside you. Feel yourself settle into a comfortable and expanded resting state.
 14. Now anchor yourself, placing your hand on your gut, and say out loud:
"I am present in my body."
"I am anchored in my body."
"I am embodying my Presence."
 15. Allow your Presence to enter the pelvic bowl, to expand down into the hips and the bones of the pelvis. This is your *offering bowl*, the place in your body where Father Sky and Mother Earth come together in you. Breathe deeply as your presence finds a comfortable resting place between your hips, filling your offering bowl with your own spirit, your essence.
 16. Place your hands on your gut and say again: *"I am present."*
 17. With another big breath exhale and extend the Presence in one move into the upper arms and thighs, the elbows and knees, forearms and calves, the wrists and ankles, hands and feet, fingers and toes.
 18. Palms up- grab your life force energy in your fists and draw them toward you saying: *"I take my life into my hands!"*
 19. Breathe in the energy of your presence and life in your arms and hands!
 20. Keeping your fists in place pick up one foot like a samurai—lifting the arm on the same side and plant first one foot down while bringing your fist and arm down also. Then do the same with the other arm and leg, bringing them down together in a martial arts stance- knees slightly bent, hips loose.
 21. In a clear voice say: *"I take my stand!"*

22. Feel your presence filling your entire physical body- alive, awake, present and spiritually conscious you are ready to tackle anything!

Let the experience of holding your Presence in your physical body sink in. Evoke the memory of this exercise by putting your hand on your gut and saying one of the empowering phrases like: I am present!

STEP 2. EDGE Practice: Drop Anchor

To keep your body engaged in the process of expanding consciousness we must anchor embodied presence This means to drop down and ground into our own structure by dropping your subtle anatomy tail into a single side of the chi pool. To ground the bio layer into the subtle structure is critical. Yes! Go ahead and freely use your imagination. It is a most valuable tool.

Exercise: Drop Anchor

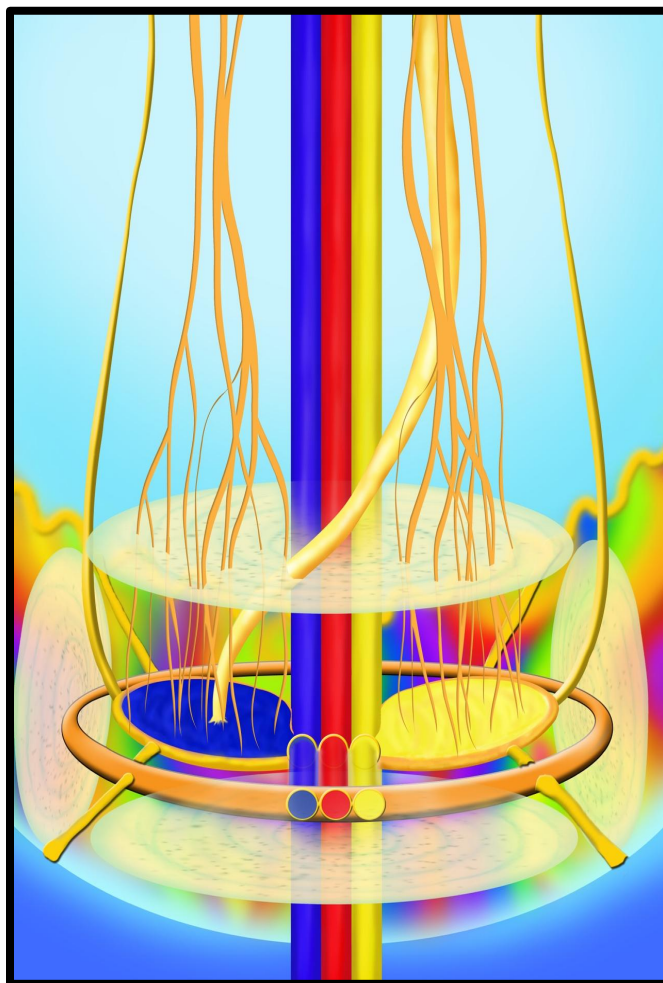
STEP 1: Embody Presence

1. Let your awareness drip down the spine from your skull to behind your heart to your waist to the low back and finally to the tip of the coccyx. Tune in to it.
2. Using your imagination and remembering to smile and use your intention to encourage a little subtle anatomy tail to emerge from the very tip of the coccyx. At first, feel it extending down just a few inches. Get in touch with it by moving slightly. (If you “feel” nothing- don’t worry. This can be an exercise to stimulate your imaginal thinking and you will get better at it every single time you do it.) You can think of this first bit of tail as the marrow in the tailbone.
3. Take a deep breath and extend the tail down about a foot. Stop for a second to feel it and then extend it down to about 5 feet.
4. Breathing in and exhaling extend the tail down to 10 feet- wag it a little. Notice what sensations you experience.

5. Taking another big breath shoot the tail down to 15 feet below the coccyx. See it in your mind's eye and feel it as an extension of your tailbone.
6. Take another breath while you extend the tail down to a total of 20 feet below your coccyx.
7. Finally with another big breath feel the tail splashing into the chi pool chakra. It will choose to enter either the blue function pool or the golden wisdom pool. (Do not force the tail to go to one place or another and do not enter both pools with a split tail. Remember, you are not a fish, even though your tail may develop scales, you are a human being with a single ending to the tail.)
8. Drop Anchor into your tail's chosen pool and as it hooks in, Anchor and Ground with a twist of your hips. Try tugging and wiggling your tail- feel it moving!
9. Immediately go back up to the spine- because there are a total of 6 layers to the tail and the next is ready to emerge! Go to the top of the sacrum- where the bone layer of the tail emerges and travel down the spine to the coccyx. Think of this second layer as the bone of the tail surrounding and embracing the marrow as it descends.
10. With a big breath feel and observe the second layer of the tail emerge out of the coccyx going down toward the chi pool of choice first: 5 feet- then 10 feet- 15 feet- then 20 feet down to the pool.
11. Anchor Ground with a twist of the hips and return for layer 3.
12. The third layer is the big strong ligamental one helping to construct the shape of the tail. See it wrapping around the bone and marrow to make a strong and vibrant tail.
13. Again with a big breath feel and observe the third layer of the tail emerge out of the spine at the waist. It emerges from the coccyx and travels down toward the chi pool: 5 feet-10 feet-15 feet- then landing a total of 20 feet below your feet in the pool with a splash. Twist your hips to Anchor Ground into the pool.
14. Anchor Ground with a twist of the hips and return to the coccyx for the fourth layer. It emerges from the back of the heart and moves down the spine and out the coccyx. Layer 4 is the deep tissue muscle that makes the tail move and wiggle. As you add layers the tail becomes more substantial, more solid, and you may even feel the tail has more weight.

15. With a big breath feel the fourth layer of the tail go down between your legs and your ankles down 5 feet-10 feet-15 feet- then landing at 20 feet in the pool.
16. Anchor with a twist of the hips and return to the spine for the fifth layer This is when “the rubber meets the road.” By now it really looks, feels and is beginning to act like a tail. Next this fascia layer emerges from the spine at the top of the shoulders at the base of the neck- it travels down the spine and exits through the coccyx. The fifth layer wraps itself around the deep muscles, ligaments, bone and marrow as it emerges from the coccyx descends toward the chi pool of choice first: 5 feet-10 feet-15 feet- then landing at 20 feet in the pool with a splash.
17. Twist your hips to Anchor Ground the fifth layer.
18. This is the sixth and final layer of the tail. It come out of the atlas at the very top of the spine and moves all the way down the spine to the coccyx where you are able to see emerging skin of the tail. This is the dermal layer- the whole tail is taking shape. (Do not be concerned if you have feathers, scales, fur or hair. All of these are possible and may change day to day. The tail has a certain personality and whimsy. It reflects your personality and the larger persona of the subtle anatomy. Doing this exercise regularly is a fantastic way to get to know this part of yourself really well.)
19. Twist your hips to Anchor Ground for the final sixth layer. Now wiggle your tail in the chi pool.
20. Put your hand on your gut and say: *“I am present.”*
21. With a big breath shoot the Presence down all 6 layers of the tail. Feel it enter the chi pool anchoring the entire bio layer into the subtle structure in a conscious way. Subtle structure now integrated and aware of the material body, your physical self.
22. The presence now urges the six layers of the tail now hooked in and anchored in the chi pool to begin reaching out toward the core and core sheath.
23. The 6 layers separate into fingers and they stretching toward the core.
24. At the core sheath the fingers will weave back together to make a tough sinewy rope-like tail that is stronger than it was before!

25. This rope reaches out and wraps around the core sheath 1-2-3 times. The tail goes down to the base of the sheath right at the edge. This is where the core leaves the structure and goes out into the universal.
26. At the very end of the core sheath the tail encircles the core for the last time and tucks tightly into the base of the core sheath. Now it is time to Anchor Ground as the tail comes to rest in one of the strongest parts of the structure.
27. Move your hips with a final big twist and feel that you are: Anchored and Grounded!



The Chi Pool

Blue Function Pool (on your own right side) and the Golden Wisdom Pool (own left side)

STEP 3. EDGE Practice: Set HEMF Focus

Activating *HEMF Focus* allows you to be aware of both your subtle and material self at once. Become aware of how both work together in your Human Energy Structure by FIRST: sensing with one hand the Human Electromagnetic Field (HEMF) that is around your physical body out two to four feet. SECOND: touching with the other hand the containing membrane at the boundary of the HEMF.

Using *HEMF Focus*, you take in stimulation in a diffused manner. *Focus* is not concentration. *Focus* is a gentle interior vision maintained by allowing. It is not forced in any way nor is it pointed or distilled like concentrated soap or laser light. You become a custodian of a way of being that allows you to align both sections of the HEMF as you take a deeper view into a more expanded use of your consciousness. Maintain your *HEMF Focus*. Be awake in your primordial subtle anatomy and aware of your physical experience.

When you align your *HEMF* into *Focus* you are dialing the most material part of the subtle structure. As you become aware of your buzzy electromagnetic field and the denser containing membrane all around it, you can develop a relationship to your HEMF that will allow the big idea of your larger structure to become more real for you. Being aware of your HEMF is an important part of understanding how you can locate yourself within the sacred anatomy. Being aware of the electromagnetic and subtle energy in the sacred anatomy at the same time in this way diffuses your focus automatically. It also expands and strengthens the containing membrane immediately giving you a more powerful, well-held HEMF that will discourage merging. This is a critical way to embrace your EDGE Practice and give you a powerful energy boundary.

Holding *HEMF Focus* allows you to be awake and alive to more than one part of yourself at a time. Become aware of both your Human Energy Structure subtle and your material body by FIRST: consciously focusing on the Human Electromagnetic Field

(HEMF). Then SECOND: Focusing attention at the boundary of the HEMF, a subtle anatomical part called the HEMF containing membrane.

By holding *HEMF Focus* in the most material part of the subtle structure and placing a containing membrane all around it, you become aware of their relationship to each other and to the larger structure that contains them. This awareness is an important part of understanding how you can locate yourself within the sacred anatomy. Being aware of two parts (subtle and material) of the self at the same time in this way, diffuses focus automatically. It also gives you an HEMF that is powerful AND contained to prevent merging. This is critical to be able to experience the EDGE.

Exercise: Set HEMF Focus

STEP 1: Embody Presence,

STEP 2: Drop Anchor.

1. STEP 3: HEMF Focus by extending your light fingers out into your HEMF all around your physical body. Experience the buzzy sensation of your electromagnetic energy and see what else you identify.
2. Breath deeply. Invite your HEMF (which may have stretched out) to come closer to your physical body.
3. Feel your Focus filling your HEMF. Invite it to be where you would like it to be, and where it feels comfortable anywhere from two to four feet out from your physical body.
4. Locate the boundary of your HEMF- feel it. This is your HEMF containing membrane. Allow your Focus to continue emerging as your awareness of the containing membrane of your HEMF increases. Watch as your membrane strengthens and surges into awareness. Wait as it wakes up and aligns to you.
5. When aware of the containing membrane, *set it* by first visualizing and feeling into the distance between the HEMF and your physical body. See it evenly located around the body.

6. Next, place one hand in the containing membrane at the edge of your HEMF and the other hand in the HEMF. Focus the two parts together aligning them by twisting both hands just like setting a dial and say: *“Set HEMF Focus.”*

STEP 4. EDGE Practice: EDGE 360

Using the EDGE Practice to expand your consciousness enables you to fully occupy the structure and engage with life in the most compassionate and conscious way.

Awareness is the larger sense of self-identification that is outside of the smaller self of personality. It is more primary, more ancient feeling than your individual identity. It is the big picture you; the way to become your higher self; and to bring it into relationship with your everyday life.

Exercise: Traveling on the Core and Channel

STEP 1: Embody Presence

STEP 2: Drop Anchor

STEP 3: HEMF Focus

1. STEP 4: EDGE 360, Extend your light fingers.
2. Place one hand with extended light fingers along the core like you are going up a fire pole above your head to the soul layer. (The core rises to the soul layer and then the EDGE about 20 feet above your head and descends to the soul layer another 20 feet below your feet.)
3. Place one hand with extended light fingers on the channel a little bit below the belly button. (The channel extends out to the soul layer and EDGE about 20 feet in front of your belly and another 20 feet to the soul layer behind your back.)
4. Take a deep breath and slowly begin to travel out to the soul layer in both directions.
5. Feel yourself moving through your containing membrane of the HEMF and into the subtle anatomy.

6. Continue on to the soul layer. Experience the movement and energy of your soul layer, stopping for just a moment to appreciate it. (Staying here too long is tiring so keep moving)
7. Take another breath and quickly move through the soul layer to the EDGE.
8. Sense the barrier of the EDGE.
9. Using intention, pop through the EDGE into the universal.
10. Experience the float here in the universal.
11. Nestle back into the villi at the EDGE.
12. Draw an oval from the point where you are at the EDGE all around the outside of the structure. Draw another one in a different direction. Another and another. This is the EDGE 360. Short, sweet and to the point.

STEP 5. EDGE PRACTICE: Mindful Monkey

We all have our internal critic, the negative self-talk of your ego structure trying to be heard. The mind must be kept busy, engaged in a valuable exercise that benefits the whole. But your busy mind must be kept out of the way for you to succeed at truly expanding your consciousness and being able to function effectively in a different state of being.

The looping, negative talk, annoying and jittery leaping about we call “monkey mind” can be assigned a specific task. In fact, it LOVES to have an assignment! Setting Intention is naming the task: in this case, to stay at the EDGE. But when you hold Intention MINDFULLY the monkey mind is gently directed and this ends agitation. Don’t forget the monkey loves a friendly banana or even an entire bunch. Reward your monkey and make a friend!

Exercise: Mindful Monkey

STEP 1: Embody Presence

STEP 2: Drop Anchor

STEP 3: HEMF Focus

STEP 4: EDGE 360

1. STEP 5: Using Light Fingers invite your chattering Monkey Mind out of your head and respectfully place it in an area to the side of your head about 5-7 feet away.
2. Condense the Monkey there- give it a tree to climb, some toys to play with and something to eat.
3. Tell it to stay there and that you need the chatter under control. But more than that you need help.
4. Tell the Monkey you need it to hold intention for you. (This gives your busy mind a job to do, it needs to be busy to be fulfilled and out of the way of the real work you want to do and the control over yourself you are ready to exert.)
5. Set your intention to “Go to the EDGE” and/or to “Stay at the EDGE”.
6. Practice setting time limits and giving the Monkey different rewards. Don’t forget to feed it. Monkeys can get nasty when they are hungry or feeling ignored.
7. Give it another banana and turn your attention to what you really want to accomplish.

What about Enmeshment?

Simplistically, enmeshment or merging electromagnetically with another person is not compassion but *fixing*. Attempting to *take on* another person’s problem, combining your subtle structure with theirs from a place other than the EDGE creates an insidious, indistinct connection that is neither healthy nor desirable.

Enmeshment occurs when you are operating with your awareness placed in the Human Electromagnetic Field, and not holding a distinct boundary at your EDGE. When you blend with another through the action of enmeshment, you make an unconscious link that starts from the posture of helping, caring, or loving and ends up being a draining, depleting experience for both people. Ironically, it is manipulative and disrespectful to enmesh with another person. The most respectful way you can be present with a friend, loved one or business associate is at the EDGE; allowing them complete autonomy while, staying whole and awake to your human potential. At the EDGE you are honoring both yourself and others.

Unfortunately, once enmeshment has occurred it can be difficult to disentangle. People usually need to wake up to the idea they instinctively enmesh and to realize the value of not doing it to shift this habitual pattern. Most of us are aware when something like this has happened and feel affected by the experience. Think about the last time you got tangled up with another person and felt worse, unlike your self after it occurred. Following an enmeshment, it isn't just that you are connected to another person: it is that you are trying to get rid of them by purifying their energies through your system, taking on their Karma and their issues, absorbing and identifying their physical pain and emotional distress as your own. You might even be attempting to deal with their neuroses suddenly feeling weirdly unable to cope with your life.

The worst part of this is that you inevitably forget that it happened and start identifying their craziness and stress as *your own*. We humans *take on* whatever is in our tribal environment. This might have worked in a small prehistoric group where the survival of the tribe mattered more than any individual. So everyone cleaned up the toxicity, imbalance and even insanity of everybody else. It's beautiful to think that when something bad happens to one, it happens to all, and we can care for each other in such an altruistic way. It is ideal really, except for the fact that an enmeshment lifestyle requires a small tightly knit clan or unit for it to work. Most diabolically of all for the independent 21st Century human being who is enmeshed, the development of individual power, skills or accomplishments are subsumed by the group and diffused across the community.

How could enmeshment function in the modern world? Would it work in your daily life when you interface with more people than your ancient ancestor knew or saw in their entire life just walking down the street to work? Automatic and instinctual enmeshment does not benefit anyone's life in such a populated environment. No wonder it is getting harder and harder to find intimacy. Enmeshment means you are intimate with everyone you encounter in a day and the more enmeshed you are the less you remember who you are as you lose yourself in diffusion.

Here's What Happens

After the initial impact of two energy structures leaves an enmeshment with another intact, it creates not only an energetic *entanglement* but much more significantly you take on: Karma with and from this other person. Repeated enmeshment can also create an *obscuration* (a cloak-like coating) at the EDGE and gum up your ability to sense from there. This merged connection turns out to be unhealthy and damaging. It sends mixed signals about who you are and by the very nature of this action puts you at cross purposes with your hearts desire and the very basic human need to sincerely care, love, or help another. What started as a way to survive is now costing you effectiveness and a healthy sense of individuality! If you think this has happened to you contact your SAEM Practitioner for a session.

Enmeshment is an Electromagnetic Field event that can shape your life and leave you unable to distinguish yourself from other people in your family, work and world. *Whether you are the one enmeshing or being enmeshed with, the result is the same.*

Overwhelming others in this manner is not at all helpful, but is instead a sophisticated form of manipulation, one in which the strongest energy always wins. It is an impossible madness to attempt to control or direct your world by *taking it on or merging with it.*

It turns out enmeshment is costly to the soul. Not only do you shoulder and process your brother's and sister's foreign energy, but you actually lose bits and pieces of your own emotional life, your burdens and your triumphs when you are unable to maintain a healthy, respectful and separate identity. Why are you still instinctively responding as if everyone you meet is a member of your long-lost tribe? Taking on the toxic waste of a stranger to process and purify is actually a pretty invasive thing to do. Enmeshment is almost always a poisonous and costly event.

What About Intimacy?

If your intimate relationships depend on merging with your partner, it's time for a new idea of what really deep connection can be. Choosing to be together in communion with another is a mature act. It is the very definition of adulthood. Two independent entities agree to become intimate, to establish a shared ground of being and to engage in any form of close personal contact. This requires desire, permission and choice.

Surrendering self does not require enmeshment. It is possible to engage absolutely at the EDGE of the Human Energy Structure and to incorporate all that you are in a deeply personal connection instead of losing your boundary for the short-lived fusing with another person in wild abandon. Passion is not restricted to loss of self-identity and it does not exclude the ability to consciously be present with the object of your passion. Human beings are instinctively passionate and when we fall in love, we immerse ourselves into the experience. But what if instead of drowning, you floated on the waters of intimate connection and remained present to the needs and desires of the other from the place of greatest compassion? What if intimacy became the most spiritual of events: the acknowledgement of two souls for each other in loving and passionate embrace? At the EDGE, this is not just possible, it is easily the most natural thing there is.

A Beautiful New Human Paradigm

It is time for a change, a beautiful new paradigm of how *to be* with one another. Imagine a world where everyone was considerate and respectful using the EDGE Practice. Where no merging or enmeshment occurred and where differences were handled compassionately instead of with over riding violence and controlling behaviors. Where instead of attempting to *fix* our neighbors, we were present with them and heard their concerns. Where your identity includes both your soul *and* your personal desires. Where intimacy was the choice and fulfillment of deepest respect and compassion. Moving out of our prehistoric enmeshment society into a contemporary world of respect and acknowledgment where all people are together at the EDGE.

Taking Ownership: Practical Application

Practical Application is needed to fully bring the concept to life! It is all about putting into use what you have learned in your In-Depth EDGE class. But just like any real skill it takes practice! Everyone is busy; but taking just a few minutes throughout the day for a week or two can retrain your unconscious mind to accept the EDGE as a new normal. This will without any doubt change the quality of your life!

EDGE Instructors offer practice sessions both in person and online. In them you will be lead through practical exercises and review of the EDGE Practice. This is your opportunity to fully integrate the class, to review and to start applying these newly attained skills in your life. Be kind to yourself. The EDGE Practice represents an enormous change in how to be in relationship with the world. It will take time and patience to master.

Follow up practice under the guidance of your instructor will introduce fun exercises to become confident of your EDGE. Living in this new way is a paradigm shift for you don't miss the opportunity to learn by modeling your instructor's grasp of the EDGE! Practice in every area of your life and take your EDGE to heart.

Completion of *Edge Express* is a prerequisite to all further Sacred Anatomy Energy Medicine study. The next class is: *Energetic Hygiene*, taught by Desda and available throughout the year. Professional SAEM Training begins with Medicine Bag and continues to Practitioner Training Level 1-4. There are other exciting classes that the EDGE will make possible for you!

Students are urged to schedule sessions with SAEM Practitioners who have studied extensively and are adept at reading the subtle structure and assessing sacred anatomy issues that can be incredibly helpful to release, remove and clear. The sacred anatomy can display pathology and SAEM Practitioners are trained to support transformational healing that can not only change the life but that can truly support happiness.

Ultra Short EDGE Practice

1. EMBODY PRESENCE

- A. Head: *I think this is a good idea.*
- B. Throat: *My Name is: _____.*
- C. Chest: *I love my presence, my spirit, my essence.*
- D. Solar Plexus: *I'm happy to be present. (Smile.)*
- E. Gut: *I am present.*
- F. Hands: *I take my life into my hands.*
- G. Feet: *I take my stand.*
- H. Gut: *I, _____ am present.*

2. DROP TAIL

- A. Drop all six layers of your tail
- B. Reach for core sheath with tail fingers.
- C. Weave rope and wrap around core sheath 3x going down.
- D. Anchor 1 time at EDGE.

3. HEMF FOCUS

- A. Sense HEMF and pull 2-4 feet.
- B. Reach for the containing membrane and sense it. Note the distance between them and the bio layer.
- C. Say: *Set HEMF Focus* by twisting your dial.

4. EDGE 360

- A. Extend light fingers. Track core and channel to the EDGE
- B. Pop through to "float" in the universal.
- C. Nestle back into the EDGE
- D. Draw four lines to 360 EDGE

5. MINDFUL MONKEY

- A. Pull the Monkey Mind out of the skull, condense.
- B. Engage Monkey give intention instruction and reward.
- C. Thank Monkey.

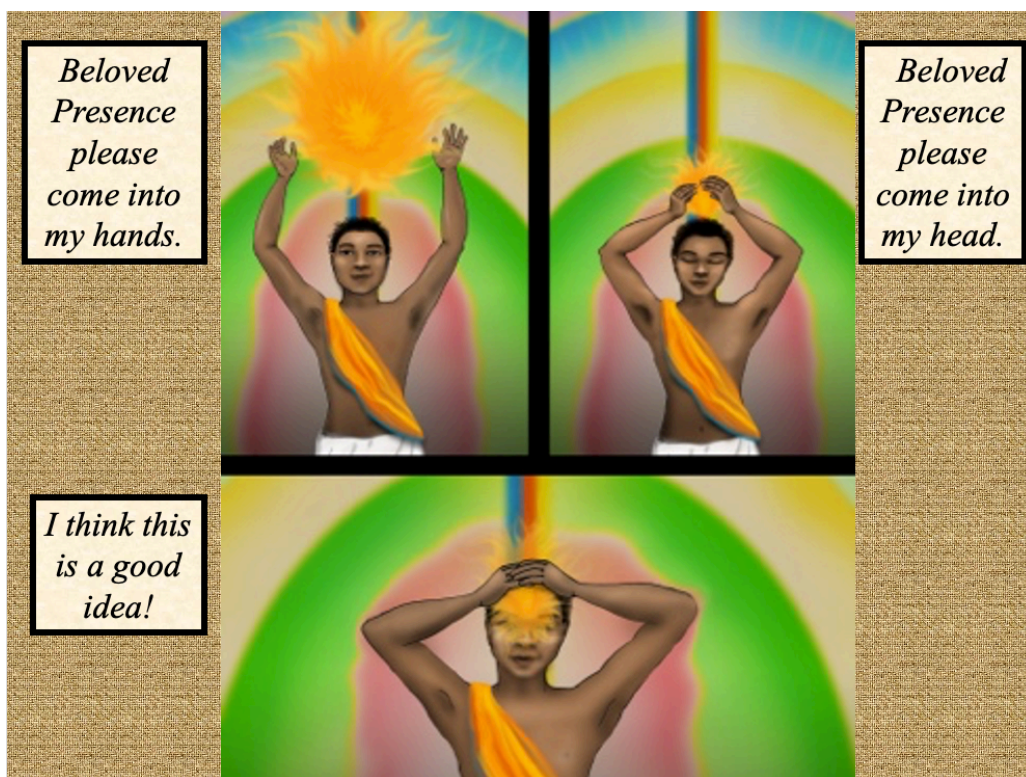
"You are a system of Light, as are all beings. The frequency of your Light depends upon your consciousness. When you shift the level of your consciousness, you shift the frequency of your Light."

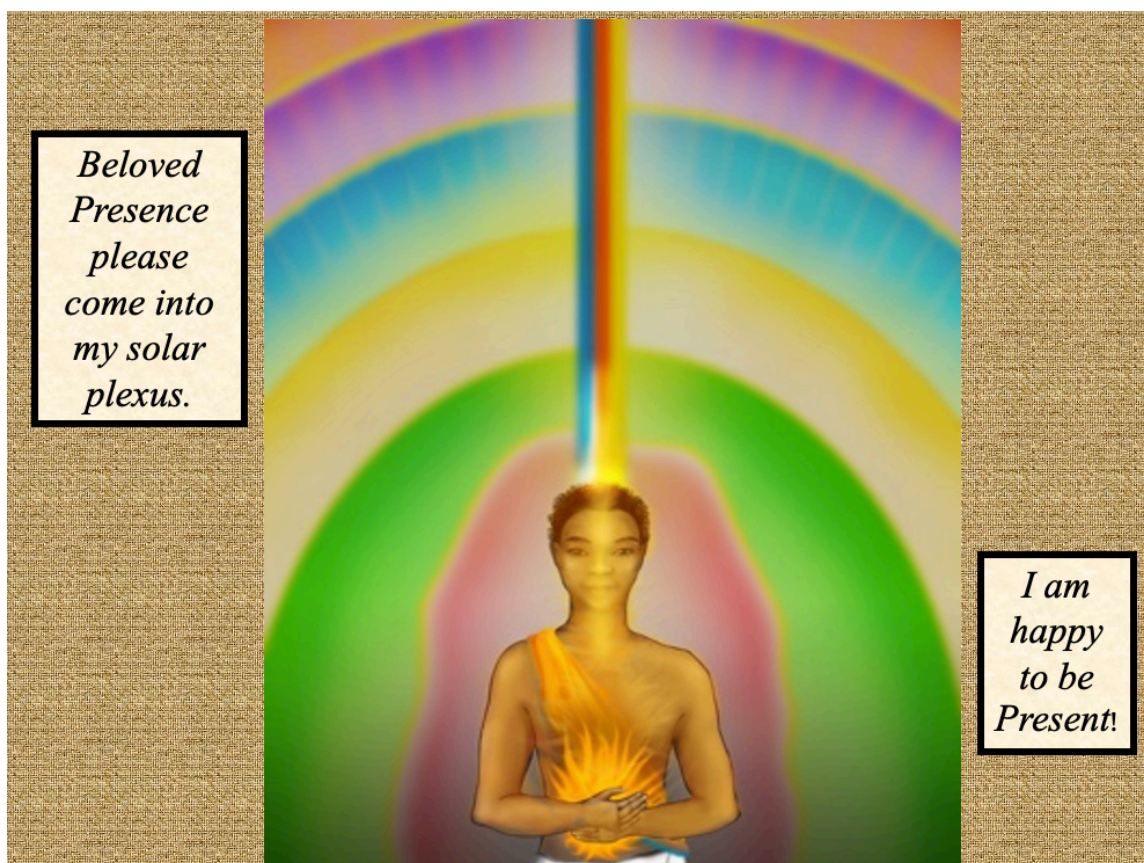
Gary Zukav

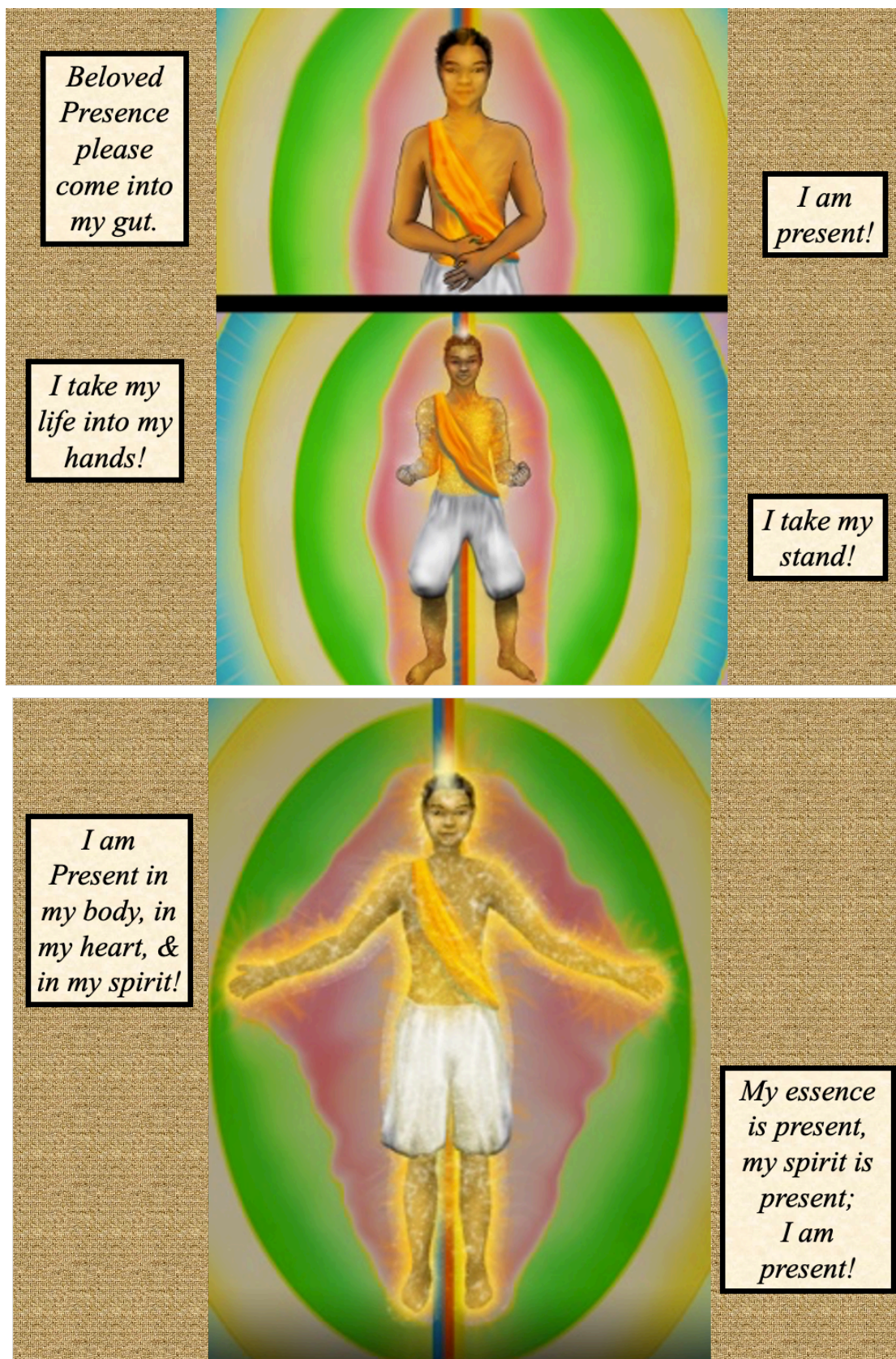
The Seat of the Soul

Step One

Embody Presence







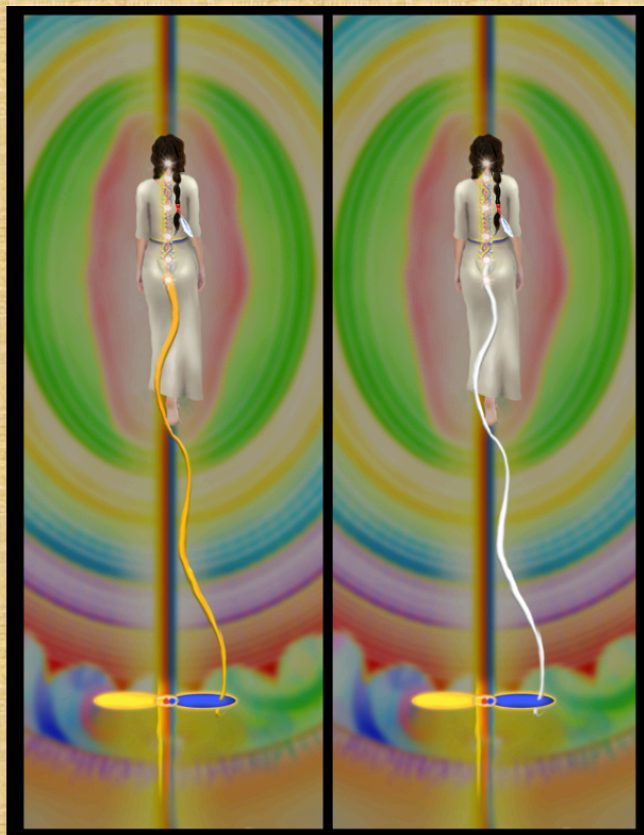
Step Two

Drop Anchor

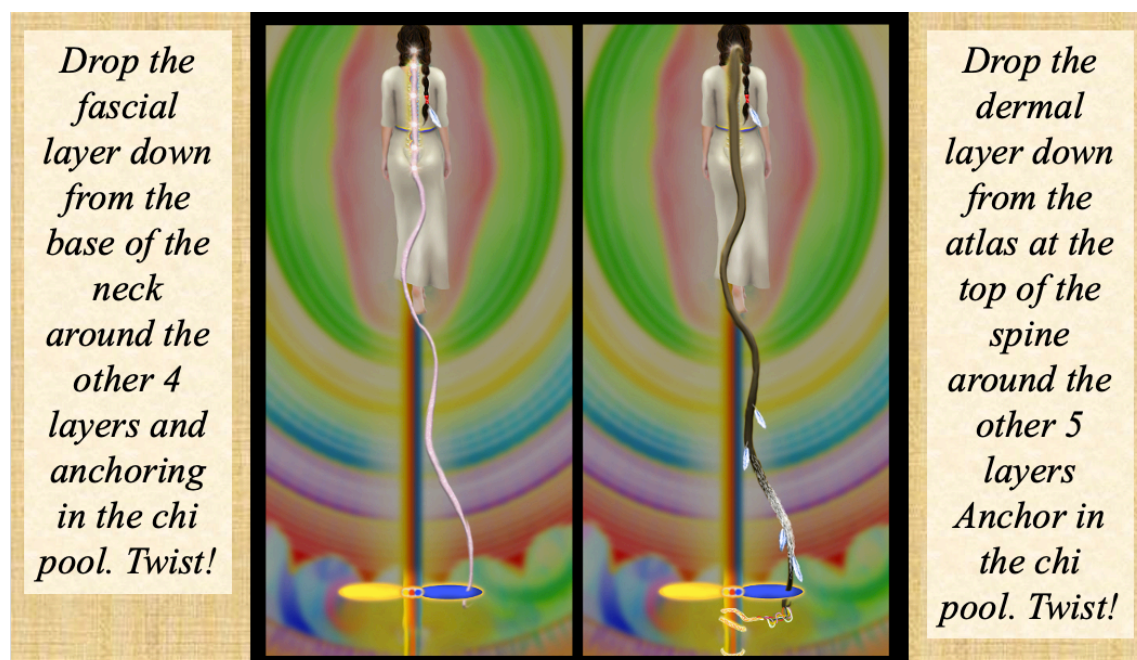
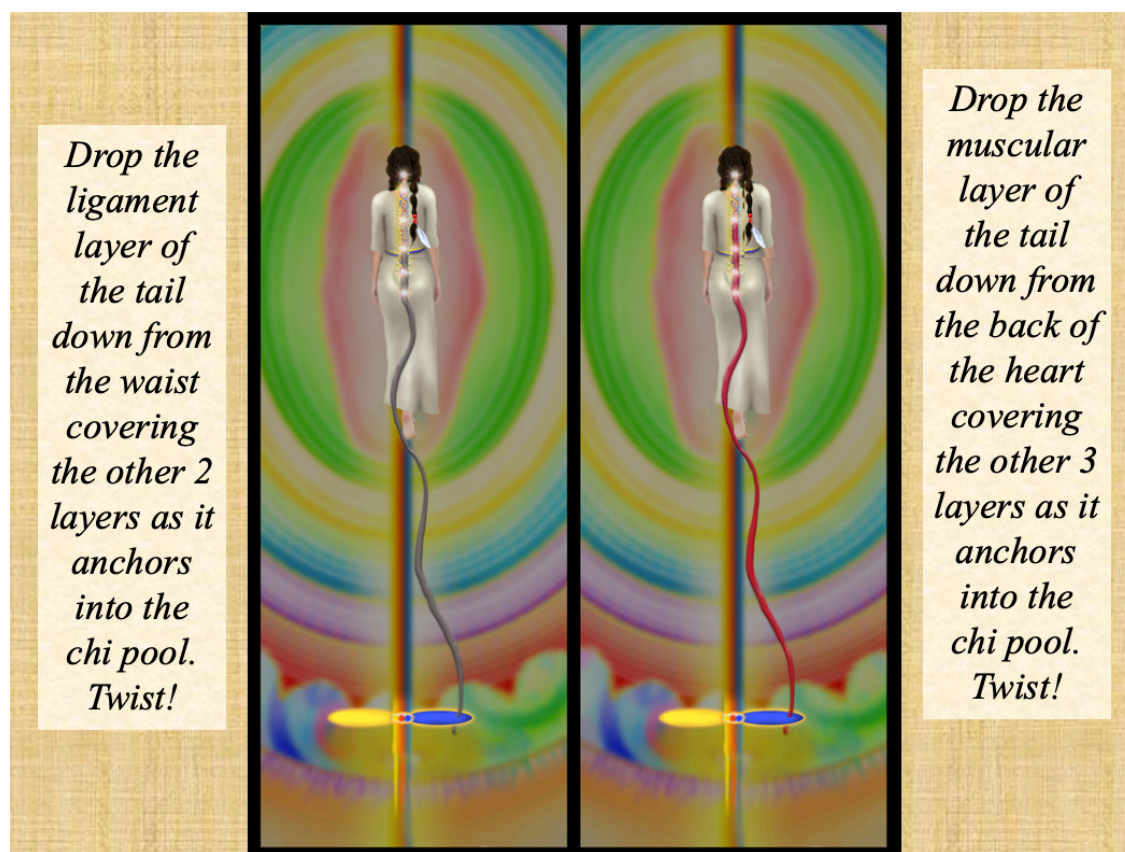
Feel a tail emerging from the base of the spine, the coccyx. It moves down and passes through the knees, the ankles, and below the feet...



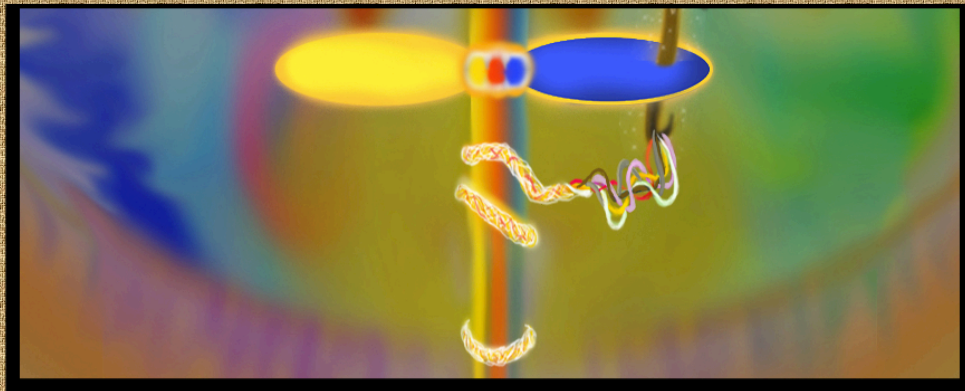
Drop the marrow of the tail down from the tip of the spine. All the way down to the chi pool. Twist!



Drop the bone of the tail down from the top of the sacrum. Go down to the chi pool surrounding the first. Twist!



*Layers unhook & reach out for the core sheath-
forming a rope-like weave & wrapping around the core
1-2-3 times and TWIST!*



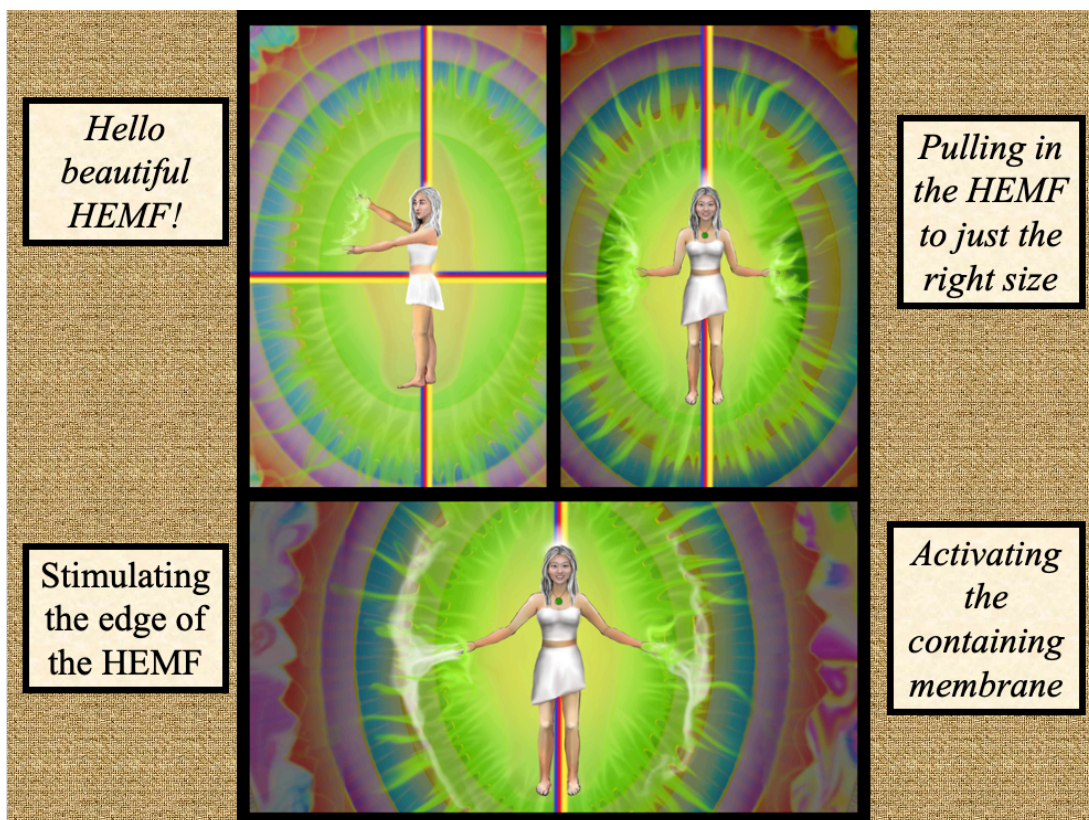
*Chi pool close up: of all 6 layers reaching out to the core
& anchoring at the base of the HES.*

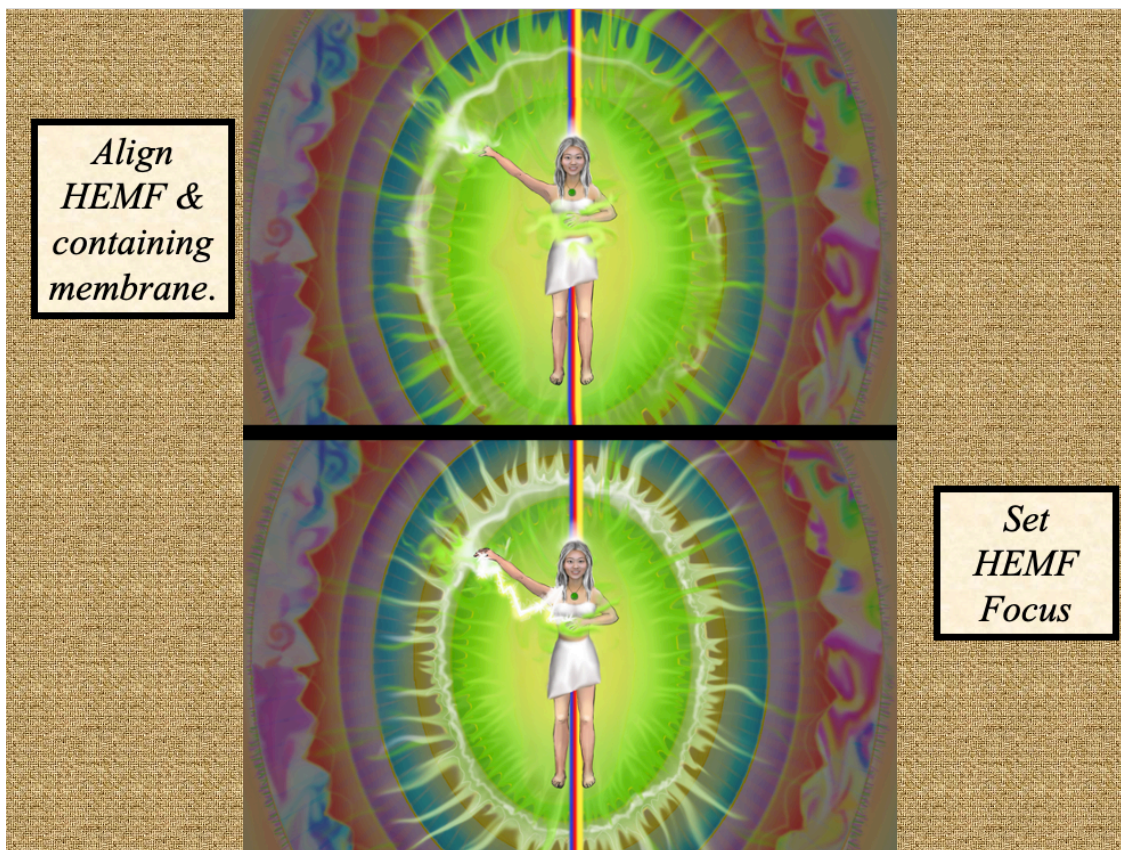
*Fill the entire tail
from atlas to the
anchor with your
Presence, spirit, and
essence!
1-2-3 Twist!*



Step Three

Set Focus

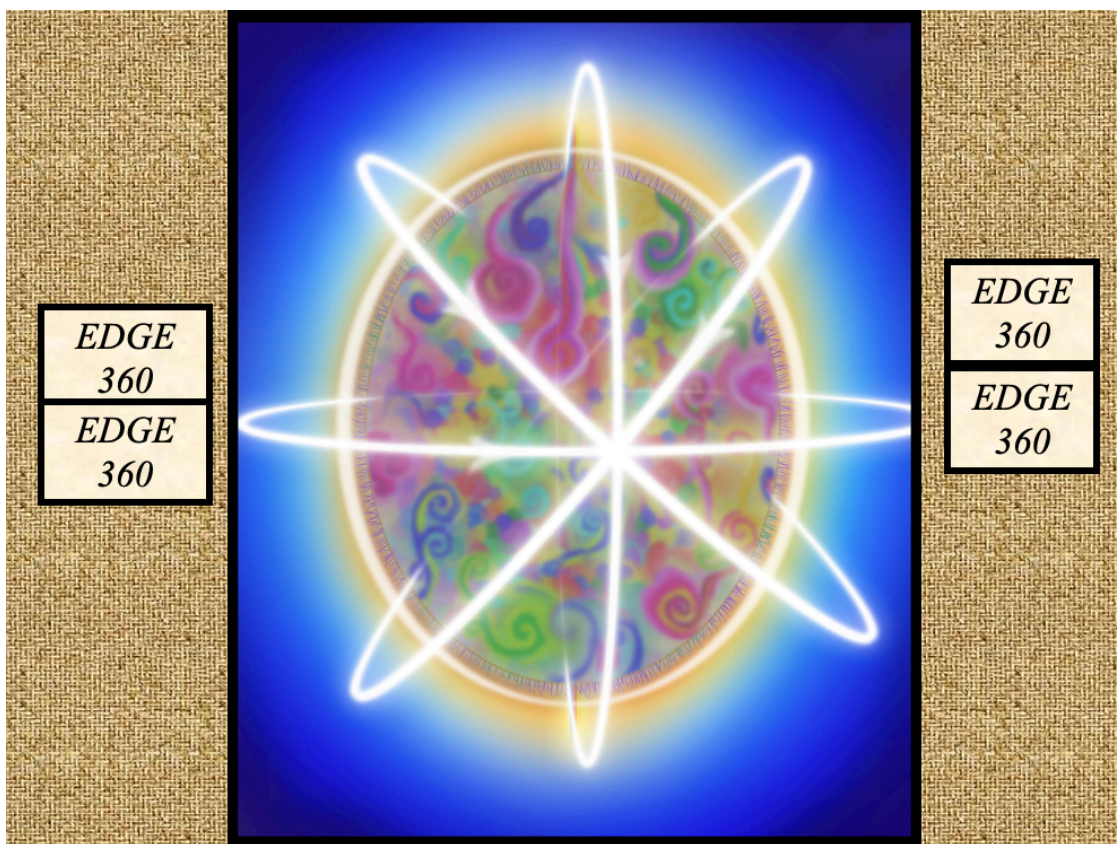
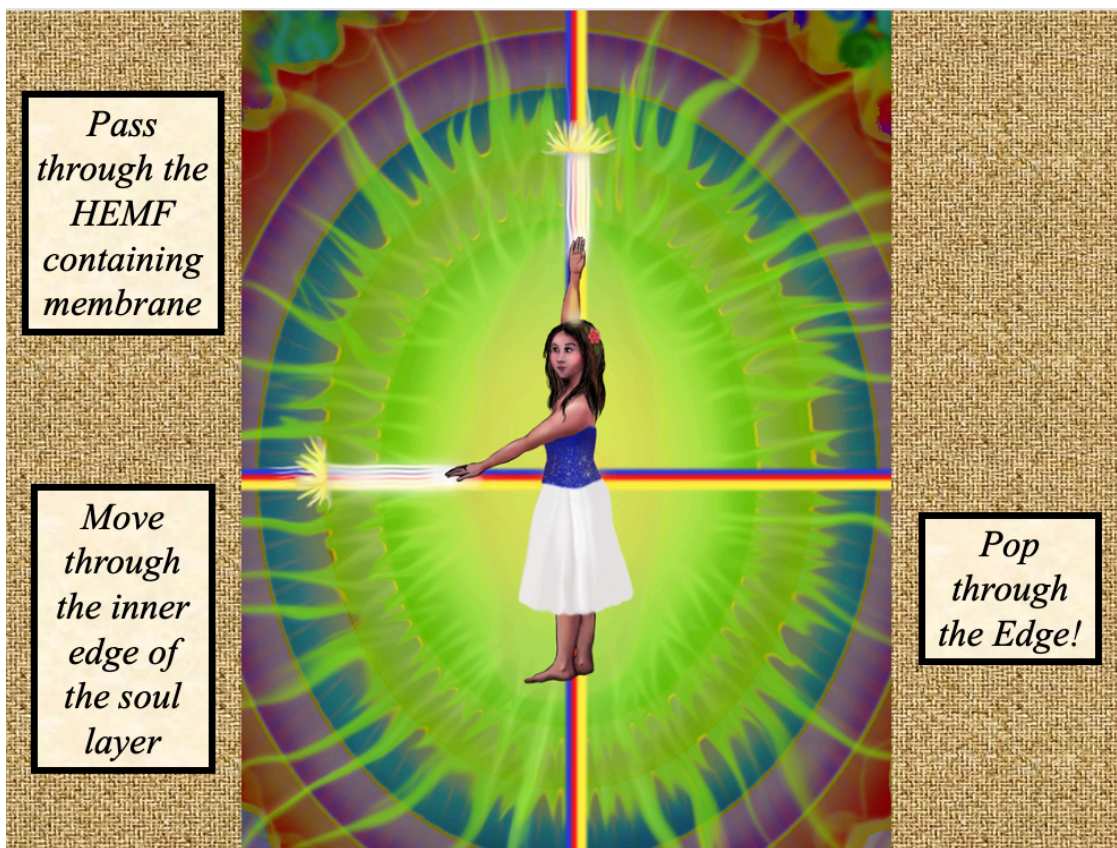


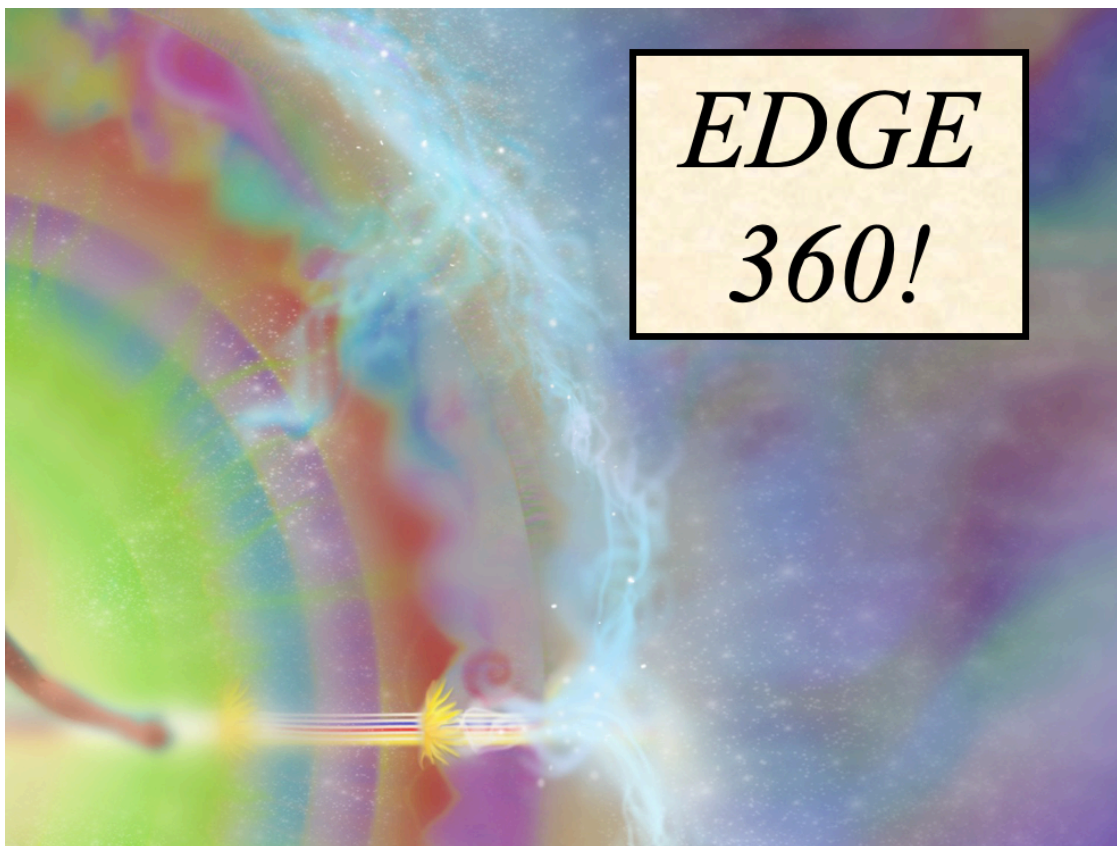


Step Four

EDGE 360







Step Five

Monkey Mind Intention



Sacred Anatomy Energy Medicine Founder



“Even the least of us makes an impact on the whole of humankind. Taking a conscious, awake and aware Stance for Living gives birth to the next evolutionary moment.”

Desda Zuckerman

Desda Zuckerman

Desda Zuckerman is a student and teacher of esoteric human mysteries. Her life study of subtle energies that, since childhood, she has witnessed around all living things has blossomed into both the founding of Sacred Anatomy Energy Medicine, an intentional healing modality and philosophy, and the mapping of sacred human anatomy. She is the author of *Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure*.

For years, Desda has quietly trained apprentices; taught classes and done sessions with thousands of clients and now feels the time is ripe to share this anatomical information with the world. With a loving heart, comprehensive knowledge, and heightened sensitivities honed by years of practice and insight, Zuckerman is passionately leading a new and expanding field. With the advent of the EDGE Practice, she hopes to bring her message of grounded, conscious transformation and One Body wellness into your world. Watch for her new book. She teaches, online, in person and while she sleeps.

“Taking ownership of the subtle anatomy expands your understanding of who and what you are; opening new doors into a deeper sense of the authentic self.”

SAEM 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.

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.

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.

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.

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 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*.

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.

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.

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.

Footnotes

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2. Joseph Goldstein and Jack Kornfield
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4. Gary Zukav,
The Seat of the Soul
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1230 Avenue of the Americas
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