



Establishing the Ground

As I sit down to take on this project, I feel it is necessary to set the stage. I have spent about 50 years immersed in learning how to dissect, analyze and define in English the subtle anatomy. The information contained here is the result of that study. It is not based on any previous work done by other people or found in ancient esoteric texts but instead on my own research and accumulated experience. Although this is not a comprehensive and exhaustive compilation of other people's ideas, I do not contradict but instead attempt to add to and clarify the existing knowledge we have about this sacred anatomy.

I am responsible only for what I write and understand. I do not expect anyone to either trust or believe me. I would hope for the benefit of the doubt. I use language and terms that are in contemporary vernacular as best I can but some things defy understanding at this point. One of those things is the idea of *seeing energy* as light. What I see appears to be light but I do not believe it is electromagnetic in nature. I think of it as *other sight light*, (clairvoyant light) which is possibly other dimensional or even another type of light such as subtle energy light that shows as iridescent glowing brilliant colors visible in altered states. It is also possible that people with brains wired differently or genetic code activated differently actually see differently; perhaps see more than other people. I think what I see is there for measuring and understanding I just didn't want to wait for science to catch up so I have gone ahead and just mapped what I see so I can explain it and use it more exactly to help other people.

Clearly, there is still a lot to study and I welcome any non-invasive efforts to understand what I see and how I see it. The proof I have used for myself through these years of study is: *can other people interact with what I see even if they cannot see it themselves? If they can, is it possible to affect change?* The answer seems to be: yes.

I teach my students to touch and sense the sacred anatomy, to feel shift and to experience the expansion of the Human Energy Structure (HES) as it responds to



conscious interaction. They can track change over time in a person and together we have learned to understand the benefit of working with the anatomy and specifically the chakras. In exchange the chakras have taught me about the human condition and what we can do to influence it, to cause it to shift and to grow wiser.

Blessings,



Desda