

*Expanding the Template by activating the star point of the Sacred Anatomy subtle nervous system allows you to consciously expand out of any contraction, conscious or unconscious. It is relaxing and brings greater calm to the entire human structure.*

## Expanding the Template

1. Run your hand down the front of your torso coming to rest at an energetically protruding place near your belly button, that is your star point. The star point extends out from the bio layer below the solar plexus and right above the belly button and feels like a bump. Activate it by gently bouncing your hand on it.
2. Holding your hand palm down above the star point, say out loud: “Expand”- stop bouncing your hand now and relax as the expansion occurs simultaneously in a starburst pattern in all directions with the star point as the center. Watch your subtle structure expand.
3. Monitor the release by feeling the expansion out from your star point. Your hand may want to move reactively away from your bio layer [physical body].
4. Repeat the command a second time: “Expand.” Monitor the expansion again.
5. Repeat the command of: “Expand” again for a third time. Monitor.
6. You will always need to repeat the “Expand” a total of three times for the Template to relax completely and stay extended.