

Sacred Anatomy EXERCISE: Aligning the 4 Aspects Communications Conduit

2 Steps- The first STEP is an exercise we did in another class and then we will add a second STEP that takes us further into a more powerful 4 Aspects connection.

STEP 1- Greater Mind Expansion

Stepping out of the “head brain” and into the Greater Mind gives you access to your larger more expanded consciousness. This is the home of your genius- the place where you are bigger than figuring it out- more than your limitations- beyond your small self.

This reactive part of your subtle anatomy is the Template, the Sacred Anatomy nervous system. You can learn to navigate it!

Knowing how to use the Greater Mind Expansion is doing exactly that. This Expansion supports creativity, spiritual availability and relieves nervousness. It is an expanded altered state accomplished without years of meditation or drugs. It can be the end of “trying” and the beginning of being. Taking action from here is empowering.

1. Take 3 deep cleansing breaths.
2. Place your hands on your skull and feel the heat and business of your brain.
Notice the tightness of your head, how much space your busy mind takes up inside of your brain. Be aware of how little room you have in there and how intensely active your brain is all the time. Keep your hands on your head.
3. Feel the awareness of your mind, organizing, worrying, making plans, going over lists and let the mind take over the head brain.
4. Let your mind push up against the skull in an expansion. Even let it go right out into your hands. Let your mind continue to expand out so far that it pushes your hands away from your head.
5. Feel the Greater Mind free itself from the confines of your head and move “out” in your sacred anatomy all around your physical body. Sense the Mind as it expands and you relax.
6. Your mind is now inhabiting the Template which is the subtle nervous system.

7. Let your Greater Mind continue to expand to the edge of the Template (about 18-20 feet out from your physical body) on all sides.
8. Explore any activity from this place. Relax as you allow creative solutions to arise. Notice and feel into the fun of being in your genius as it produces an internal shift.

STEP 2--- Aligning the 4 Aspects

Learning this powerful exercise will ignite the communication circuit and set in motion a powerful 4 Aspects connection to your conscious mind. It is something you can do over and over that will only increase your ability to connect with this vast inner resource, the voice and direction of your 4 Aspects.

1. Maintaining your Greater Mind breath deeply- place your hand on your gut and feel yourself present and embodied, secure in your beautiful body.
2. To Align Body, Mind, Heart and Spirit use the graphic to visualize the 4 Aspects at the top of your Core.
3. Place your awareness at the base of the Aspects. Feel their round contours and the warmth of their radiant nature. Thank them for your connection.
4. Take a deep breath and let your awareness at the base of the Aspects push forward through the outer layer of the core sheath. This is the interior of the core sheath filled with very powerful energy.
5. Just into the sheath right under the base of the 4 Aspects you will find 4 slots that feel a little like 4 children's playground slides. There is one for each aspect. If you are out of alignment (which almost everyone is) ---this place will be blocked or not lined up. You don't have to fix this place. You can ask your 4 Aspects to do that because they want to be aligned with you.
6. Ask your 4 Aspects to please align with your conscious awareness of them. Say: *"Dear 4 Aspects, please help me make a better connection with you and align with your internal communication circuit."*
7. WAIT then say: *"Thank you! I can sense the alignment now."* You will feel the

- edge of the slides click into place at the base of each aspect.
8. This is the first step toward fully awakening your 4 Aspects connection and placing them into *high alignment*.
 9. Place your awareness at the edge of each of the slides and with a deep breath let go as your 4 Aspects guide you to slide your awareness down your core sheath into your head, your heart, your gut, between your ankles and down to the bottom of the core sheath where the 4 Aspects communication conduit turns around and goes back up through the ankles, the gut, the heart, the head and way up to the top of the structure.
 10. From the top you circle around and travel back down to the bottom again- through your head, your heart, your gut, your ankles and down to the bottom of the core sheath creating a beautiful 4 Aspects Alignment and a continuous communications circuit.
 11. Go back up and stop at the heart. In this location reach over to the left of the physical aspect and flip the switch that is there. This will give the signal to all 4 Aspects to radiate their wisdom and purpose out through your entire Sacred Anatomy.
 12. Expand your 4 Aspects Alignment – by letting it radiate out from the inner communications circuit through your entire structure and into your life.
 13. Let your light shine while you fill up with Universal Love and Light the healing balm of the Universe.