



Sacred Anatomy Energy Technique

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.