



Sacred Anatomy Energy Technique

Telegraphing Intention

This exercise enables you to reach out 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.

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!