

# Insights

From the Sacred Anatomy Teachings of  
Desda Zuckerman



The goal is closer than we  
thought...

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**Y**ou are the sum total of all your parts and these parts are infused with all the stamina and beauty of the self-realized cosmos. The universe stands ready to usher our species into a great age of awareness and peace to benefit all life.

To do this we must stay awake to the joys and the dangers in this life. We are balanced between the nature of the universe and how we are always able to influence our course. To make a difference we must be in the game as a conscious, co-creative participant in order to influence circumstances or shape a desired outcome

As our species continues to evolve one soul at a time, attaining conscious awareness in greater numbers, we can reach out, ignoring the tendency towards an obscuring denial of our true identity, and find within our hearts, minds, and spirits compassionate solutions for the difficulties we face together as a planet.

Please enjoy this personal meditation companion to reflect on, record and enhance your conscious participation in this journey.

Blessings,



*Desda Zuckerman*

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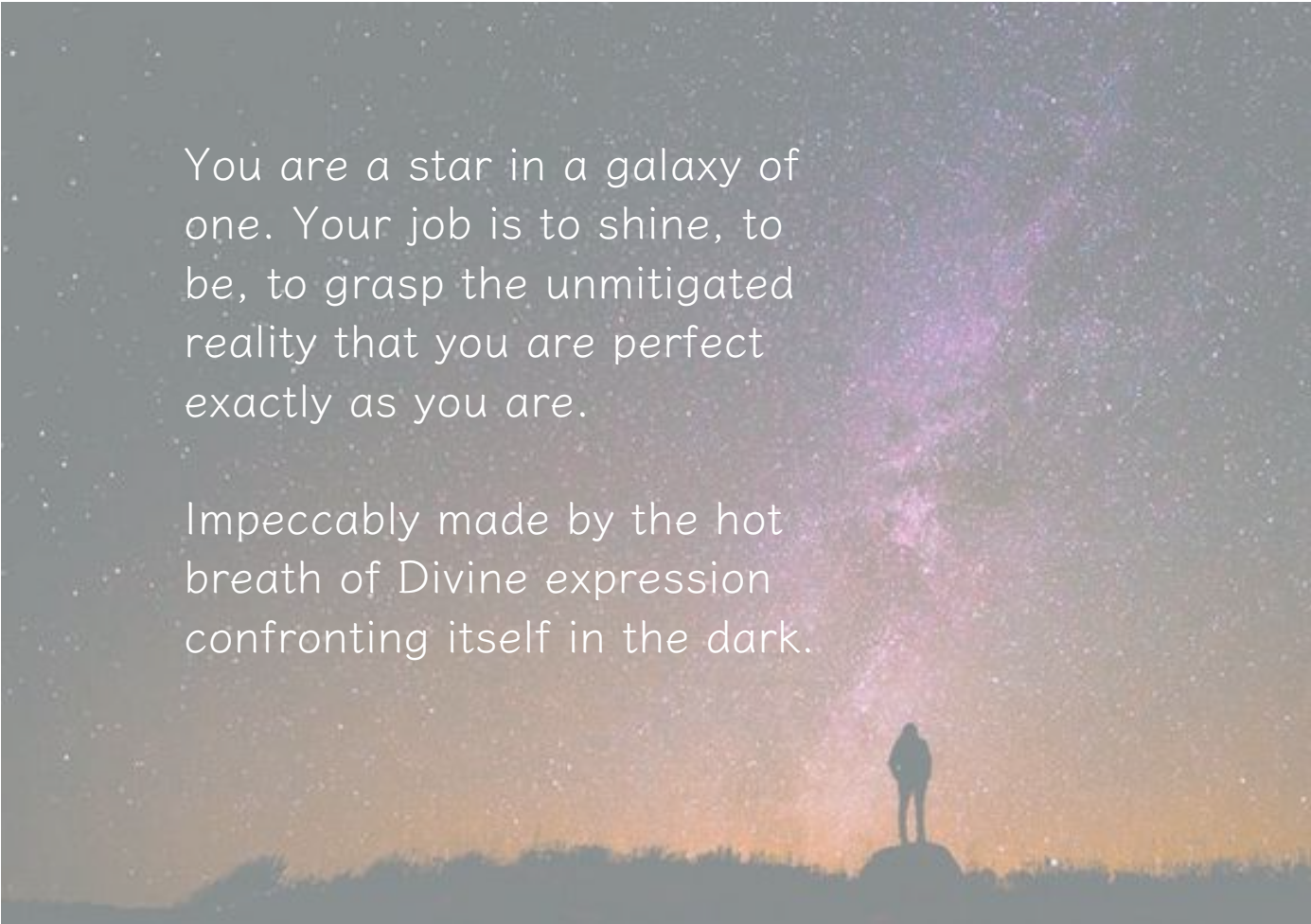
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A person is silhouetted against a night sky filled with stars. The Milky Way galaxy is visible, stretching across the sky with a prominent purple and pinkish hue. The person is standing on a small rock or mound of earth in the foreground. The overall scene is dark and atmospheric, with the stars providing a soft glow.

You are a star in a galaxy of one. Your job is to shine, to be, to grasp the unmitigated reality that you are perfect exactly as you are.

Impeccably made by the hot breath of Divine expression confronting itself in the dark.

We are creative producers, making things, making problems, making successes -- making life. The most painful part of this making is that we forget **who we are** rather than remembering in each moment that we are one with the whole universe and are able to speak from the spirit that soars within and without.



When have you felt your co-creative connection with the universe and heard your spirit speak from within?

For deeper work you need a spiritual practice to nourish you. Even three minutes of contemplation first thing in the morning before getting out of bed will recharge your batteries. Use this time to open up for guidance from the Source.



What does my guidance say to me today?

During the course of your conscious life having a goal of awakening to and then getting to know all that you are, is really about taking responsibility for living authentically.



What does it mean for me to take responsibility for living authentically?

Coming home to the idea of community beyond tribe and beyond clan to the expansive concept of global family means you have to think about yourself as a member of the whole.



What is your role as part of a global family?



Expanded capacity is a state of consciousness that begins by letting go of the limits of the material and allowing the Spirit to step outside of physical confinement.



When you're still and silent, what do you sense when you allow yourself to feel into a more expanded awareness around you?

The act of reclaiming the authentic expression of your soul is about doing just that: claiming ownership of who and what you really are at that primary level and using the power of this ownership to expand your awareness of life.



Where would you like more authentic expression in your life?

The question of what an honest life is must be answered differently for each person. Personal honesty is honoring the magnificent expression of your individuality and how the evolutionary force of Creation has shaped and molded you.



What is my most honest life?



What releases suffering is experiencing compassion for the world around you and for yourself. Waking up to your own spiritual journey -- to your soul's path, you can begin to tend the garden of your spirit and cultivate the rich soil of your open heart.

What 'weeds of suffering' might you embrace with more compassion?



We think we need to make rational choices, but in truth rational choices are not always the best choices. Sometimes the best choice is the totally irrational choice -- **the choice of the heart or the choice of the spirit**. And those choices sometimes look like they are the wrong ones... but if you listen to your inner guidance you can't make a mistake.

What choices of the heart confounded your mind but were the best for you in the long run?

Looking for the lesson in difficulty allows you to rise above the suffering and move into the joyous experience of learning. Feeling the knowledge that is evoked, and sometimes, the memory you have of resolving a conflict like this before opens the dynamic possibility. Leaving you to awaken inside the knowingness that somehow, because of this lesson- you are in the right place at the right time.



What lesson right now looks like a difficulty?

Opening the door to a greater awareness of both the dark and light of your hidden nature occurs by increasing mindfulness and knowing our true self.

It is by acknowledging your shadow and recognizing that it is a part of you that is as valuable as any light filled moment of wonder that begins to open the door.



What shadow part of you needs to be acknowledged with mindful awareness as a part of your true self?



What's a sensitive person to do? How can we not just survive but thrive? Remember who you are. Define for yourself what you believe in. Own this.

Ask yourself what your vision for the future is. Work toward that instead of being swept along on the stormy waves of drama and upset.

**My vision for the future is:**



We may not all see, but I'm pretty sure with a little effort we can all sense, that greater expression of our larger self. Waking up to the potential of the whole, means allowing what is there, under the surface to become present.



There is a greater expression within me wanting to surface and it is...

We cannot be limited  
by what we have not yet imagined,  
rather we must remain open  
to the hope of that undiscovered land.

