



Sacred Anatomy Removal:

Ghosts in the Subtle Machine (GSM)

1) Determine through using the target graphic and by personal reflection the personality trait that is held by the GSM. It will be something like: not listening to the inner voice or disregarding your own power.

Something that permeates your life- but that has eluded resolution.

2) Determine by looking at your target, through family stories and thinking about it; which genetic line is holding the GSM you choose to focus on now.

- Father's/ Maternal or Father's/ Paternal
- Mother's / Maternal or Mother's /Paternal

3) Extend your Light Fingers.

4) Feel into your family line which is laying at the top of your Channel- sense from the front of your body, through your body and behind your body. Sense back through time, through the generations.



5) Travel along your Channel- follow the line like you are on a super highway going through time and space

- Close your eyes and be guided there until arriving at the being who is the origin point of the GSM.
- Hitting them will feel a little like hitting a wall or a barrier that is across the family line.

6) This person is your GSM.

- They have projected this quality, idea, issue through the ages and are still remaining tied to your family by doing this.
- Call all of that particular family line present in the room like this: (say the words out loud) : *“I call my _____ family line to me now. I call my family by name: _____ traveling all the way back to this one powerful and important being who is the Ghost in my Subtle Machine.”*



- It is not necessary to bring in your other lines or to bring in all of the grandmothers and

grandfathers- restrict yourself to only the ones who are involved in this family line. Only they should be there with you.

7) Notice the presence of these ancestors in the room with you.

- Feel into their energy all around you-
- Tell them all: *“You will all benefit from this healing as will my children(descendants) and their children (descendants). Thank you for coming now to support me.”*

8) Now make a statement relevant to your issue.

- First, release the negative and second, affirm your positive shift: *“I release and let go of all the ways (state the ways) I have been influenced by my ancestor. From this moment forward I will follow my own inner voice and know that it is*



speaking the truth. I will no longer listen to this ancestor's voice."

- 9) Conclude by asking your ancestors to: *"Please accept my profound gratitude for all the ways you have loved and supported me through the years. Thank you for utterly releasing this issue."*
- 10) Call in: *all of your angels, guides, guardians, healers, teachers, power animals, and ancestors who love you to stabilize you and integrate you.*