

Your Sacred Anatomy

An Owner's Guide to the Human Energy Structure



Desda Zuckerman

Advanced Praise

Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure

“A landmark contribution to our ever-expanding understanding of the human being, this book is an essential reference for healers, seekers, and anyone who suspects that there is more to life. Like an exquisite guidebook full of maps and pictures of exotics lands, it awakens our awareness to that which we did not know existed. And once we do, it seems impossible that we could ever have lived without it.”

Dr. Seroya Pauline Crouch,
Naturopathic Physician and Director of Education at Endeavour
College of Natural Health, Australia

“*Your Sacred Anatomy* is a treasure trove of wisdom for people in the healing arts as well as for anyone who has an interest in developing a deep understanding of human consciousness. Desda Zuckerman is the real deal. This brilliant book is the result of a lifetime of study, work and pure devotion to bringing true healing to the world. And when you have a teacher with such a deep generosity of spirit and huge heart, you can't help but be changed forever.”

Jean Haner,
Hay House Author

The Wisdom Of Your Face, The Wisdom of Your Child's Face, and Your Hidden Symmetry with Louise Hay

“*Your Sacred Anatomy*, by Desda Zuckerman, is amazing! After the first few pages I was totally hooked. Urgent tasks piled up, and were ignored, as I read deeper and deeper into this fascinating guide to life. Desda's words and the accompanying illustrations reveal a world of glorious energies, color, beauty and possibility. This book will be cherished and read, and re-read, many times.”

Dr. Dawn Over,
Doctor of Medicine- UK and as Dawn Carroll, Children's Book
Author

The Banana Bunch

“Desda is a sensitive and gifted healer. In *Your Sacred Anatomy*, she lets us see and know the energy world she sees and knows, just beyond common perception. Her healing work - based on these insights - improves health and changes lives in real and profound ways.”

Jay W. Vogt,
President, Peoplesworth and Author

Recharge Your Team: The Grounded Visioning Approach

“One of the most important books of the 21st century. This body of work is a revelation of intricate detail – an encyclopedia of the soul and a catalyst for your own personal evolution. If you are ready, this book will redefine the story of who you are and what is truly possible.”

Michael Margolis,
President, CEO of Get Storied and Author,

Believe Me: a Storytelling Manifesto for Change-Makers and Innovators

“*Your Sacred Anatomy* is a journey into the core essence of who you truly are. If anyone can take you gently by the hand and show you what you really look like beyond the physical body, how truly exceptional you are, and why it matters, it is Desda in this groundbreaking book.”

Stephanie Bennett Vogt,
Space Clearing Expert and Author

Your Spacious Self

“*Your Sacred Anatomy* is both a love story and an esoteric reference book, rich with stories, illustrations and how-to exercises. What an act of generosity to compile 40 years of learning and teaching into a organized system that opens our eyes to what is possible for us as human beings!”

Rhona Post,

MA MCC, and Author

Navigating Tomorrow: A Tool-book for Change

“Desda says, “To truly own a thing you must understand it.” This has been the key to owning and occupying my Human Energy Structure for over a dozen years. My understanding is based on not only the inherent order and elegance of the anatomy as described in this book, but in using this understanding as a doorway to experiencing its magnificence, integrity and brilliance. ”

Barbara Musser,

Seminar Leader, Author

Sexy After Cancer ~ Meeting Your Inner Aphrodite on the Breast Cancer Journey

“A unique approach to harmony with the whole of creation.”

Richard Moon

Noted Aikido Master and Author

Aikido in Three Easy Lessons

“In her enlightening book, Desda Zuckerman, increases our awareness and ability to tune in to aspects of our self that we have ignored. The power of this knowledge is that in understanding ourselves, we can appreciate our gifts and choose new ways of being in the world. For me, that change made the difference in whether I saw life as a difficult mountain to climb or a gentle easy path. What a difference Desda’s work has made in my life!”

Sandy Mobley,

Executive Coach and Author

Juicy Work: Creating Fruitful Careers and Cultivating Nourishing Workplaces

“*Your Sacred Anatomy* is a book that has been waiting to be written, waiting to be read, waiting to delineate the practices that bring us back to ourselves, to our authentic nature and full self-expression. As a student of this work for over a decade, I am amazed at the changes and transformation available by reading and engaging in the exercises written and illustrated in

this book so clearly. It is a reference book to be used and digested - a contribution to the evolution of humanity.”

Suzanne Zeman,

MS, Master Somatic Coach and Author

Listening to Bodies: A Somatic Primer for Coaches, Managers and Executives

“Desda Zuckerman’s profound work takes us deeply into our core Self. Finally there is someone who can guide us into an experience of our Sacred Anatomy. Detailed instructions, theory and sensational visualizations deliver a life-changing book of practices!”

Howard Teich,

PH.D., and Author

Solar Light Lunar Light Perspective in Human Consciousness

“This inspired book is a key to an extraordinary garden we each carry within and around ourselves. Desda shows us how to cultivate and tend to our life force - our garden, so that we can live to our fullest potential of creativity and brilliance.”

Wendy Palmer,

Founder of Leadership Embodiment and the Embodiment Foundation and Author

The Intuitive Body and The Practice of Freedom

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To my beloved, Bobby, you are my heart and my rock.

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But above and beyond all, I bow deeply and give thanks for the sacred anatomy of the Human Energy Structure and all that it has taught me. I have been blessed beyond all reason or time for the opportunity to simply be right here, right now wrapped in the wings of the angels, transported by the light.

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Foreword

*The souls of people, on their way to Earth-life, pass through a room full of lights; each takes a taper - often only a spark - to guide it in the dim country of this world. But some souls, by rare fortune, are detained longer - have time to grasp a handful of tapers, which they weave into a torch. These are the torchbearers of humanity - its poets, seers and saints, who lead and lift the race out of darkness, toward the light. They are the lawgivers and saviors, the light-bringers, wayshowers and truth-tellers, and without them, humanity would lose its way in the dark.*¹

-Plato

This book is a compilation of what I have learned from a lifetime of study of the Human Energy Structure. It is a distilled body of anatomical insight that has evolved from practical study, observation, application, and analysis of what I feel, see, and intuitively know.

The formula of my learning process has been part remembering, part mystical revelation, part inspired realizations, part consistent study and part testing and recording what I see in everyday life. I have always known someday I would share this information with those of like heart and mind.

As our species keeps evolving some realize how sensitive we have become and how harshly our fast-paced world affects us. Sadly, there are those succumbing to the stress and becoming sick or incapacitated. As everything around us speeds up and becomes more intense, we are by the necessity of survival, being forced to change and take conscious ownership of an unnamed and secret part of ourselves.

I am expert only in what I authentically know. Other than my own body of work, CoreIndividuationTM, I officially represent no other contemporary school of training, thought or belief. My pictures do not look like other pictures, my names for things are not the same as other names and my ideas

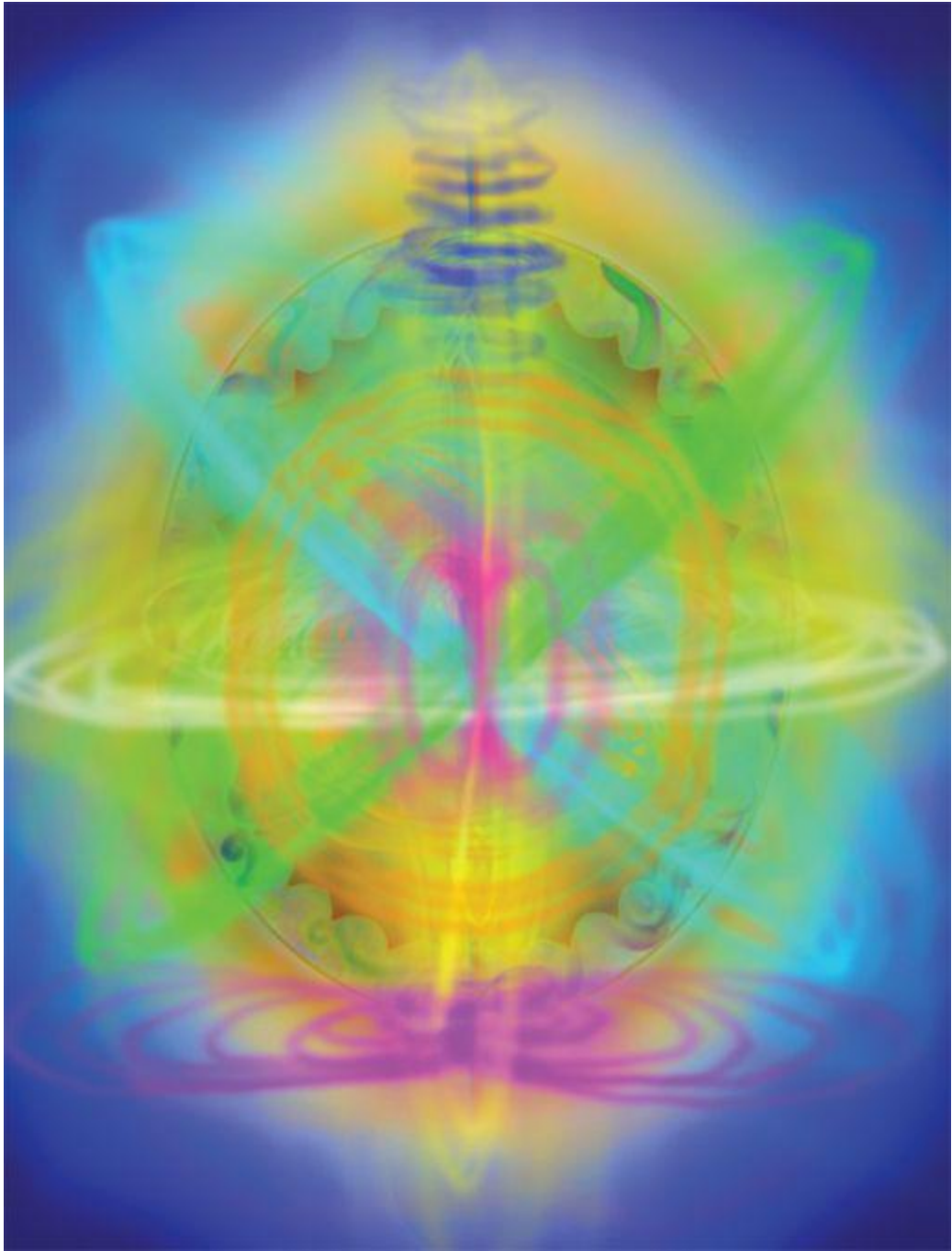
are different. This is not because others are wrong. It is because these sacred anatomy teachings are meant to expand upon what is currently understood.

I share this sacred anatomy with you now, for your information, and inspiration. It is my hope that for each one this book touches, a new door into a veiled part of human potential will open. Perhaps, after reading it you will think that maybe, just maybe, *you* are more than you thought you were.

Desda Zuckerman

Summer Solstice, 2012

Novato, California



Introduction

The Carnival Of Light

*We are beautiful strands of amusement, threads of momentary desire, indescribable twists in the wind.*²

-Robert K. Hall

It Simply Is

Subtle human anatomy is not something to believe in. It simply is. Like the forces of nature, every day there is something new to learn from it and with it. This book brings you face to face with the composition of your sacred anatomy and may just change your understanding of your own identity.

It does not matter whether or not you believe in the unseen forces that create and sustain human life. Belief is not a requirement. Energy exists independently of the conscious consent and awareness of the human race. In fact, we now are surer than ever before that energy in various forms is all that does exist. Today there is a renaissance of scientific exploration and communication. The public discourse is filled with the research, theories and opinions of philosophers, scientists and innovators. Quantum physics and new discoveries in neurology are among the hot topics discussed in the media and over the dinner table in middle class homes. The Internet has become a worldwide philosopher's stone and it has made rare books, crackpot extremists and Joe average equally accessible to you and me. New technology abounds.

The gifted scientists and techno geeks of today are traveling the same path as alchemists, wizards and geomancers of ancient times, seeking to

prove that invisible forces are part of human culture and that because they operate under universal principles they can be understood. Physics is an entire branch of science that is devoted to understanding how it all works. Merlin would have been thrilled.

It is hard to remember in our 21st Century world that just a few hundred years ago the Italian government imprisoned the early scientific explorer Galileo. He was vilified for the crime of blasphemy when he suggested that the Earth traveled around the sun. He was arrested, imprisoned, and his equipment was seized. Now, the risks Galileo took that branded him a radical for simply sharing his scientific findings seem unbelievable. What was in his day, a radical vision is what we teach our children as quite ordinary fact. His seminal ideas became the basis of many sophisticated breakthroughs, advancing our understanding of life. Those “learned” foes of Galileo who once considered the Earth to be the center of the universe. What would they now think of heart transplants or the cell phone?

I doubt most contemporary scientists would think the ancient myths of turning lead into gold or mystic incantations designed to transmute matter have much to do with their contemporary theorems and measured results. But from where I sit, they do. Like Galileo, these current-day thinkers are following an exotic way that they see the world differently and they are finding, in increasing numbers, that the unseen can affect and influence the seen. Subtle has an impact on material. Modern physics has revealed that the observer impacts the experiment. Whether you believe in them, or not, these energies exist. They have never, not existed.

The Carnival of Light

Standing in my studiously neglected garden, in the warm California sunshine I see what I always have seen for as long as I can remember, a New Orleans Mardi Gras carnival of dancing, colored lights. Swirling magically they shout to all living things the language of change. Responding organically to the motion of the elements, the phases of the moon and the habits of all creatures crawling, flying and buzzing about, the lights never cease their joyous brilliance. This is how it has always been for me.

By a twist of fate or design, I have never forgotten how to open a door into a larger sensate reality that closes for most people between the tender ages of 4 and 7. As clearly as others can see the seemingly solid forms of

material reality I see the vibrating hologram of life. Spiraling currents, streams, layers, lumps and webs, brightness and shadows that are part of the landscape of subtle light show me the pulse of this other-dimensional reality. As true to life as my own heartbeat, the information revealed by this awesome beauty is written in my bones and captivates my spirit.

In spite of all the glittering rich display I am lucky enough to witness, I have been most drawn to the beautiful and sophisticated structures around human beings. Ironically, after years of trying to understand what “normal” people experience, my life now is defined by my efforts to understand everything about how I am different from the norm. The unique ways I feel, see and know, and how I go about making sense of what I have learned, has truly become my life’s work. This book is my attempt to share some of the ripe fruits I have gathered with you.

What Lights?

When I was 14 years old the doors to the family 1959 VW van unexpectedly flew open, and I tumbled out of our moving car, flipping over to land on my head. That concussion changed everything. Before it, I saw gentle pastel lights that faded out as I ignored them. After that moment, what I had always experienced took a quantum leap into a more intense and brilliantly colorful landscape.

I had to lay flat for a week, and the parish youth minister visited me. I was pretty amazed at what I was seeing against the quiet white walls of my parent’s bedroom. I wondered aloud to him asking if the accident might have made the lights around people, plants and animals brighter and more distinct than they ever were before.

“What lights?” The priest responded, frowning slightly. I proceeded to ramble on for a few minutes about the clarity of what I now saw before it dawned on me that he, the adult, the authority, the representative of God Almighty, was completely baffled.

“I don’t know what you see, but I certainly don’t see any lights,” he said softly. The fog of innocence slowly lifted, and for the first time in my life I had the profound realization that I was fundamentally different from someone else.

“You mean like an aura? I read about them in seminary but never met anyone who saw anything like what you describe,” he said. Apparently what I saw, sensed, knew and intuited was unique and maybe even odd. I

reeled with the idea that I could see what he could not. And, I wondered why?

“Let us pray,” he said in a crisp no-nonsense voice, while his structure, contracted intensely, and a soft haze obscured his kind face. As the realization became clearer that what I thought of as a common experience was actually unique to me, it dawned on me that my reality was not the same as other people’s.

Trial and Error

At first I worked hard to learn how to define, dissect and interpret the bodies of light around people so that I could interact with them intentionally, instead of accidentally. I collected bits and pieces of information about what I saw and sensed that proved useful. I experimented, constantly attempting to incorporate into my daily behavior my budding knowledge base as it developed. I played with and tested different methods, which I crafted over time into consistent techniques for being with other people.

Ultimately, after years of trial and error, modest foundations for the most basic operating principles of a healing system were born. As I struggled with my limited drawing skills to document and map the energy structures, I pushed myself to find a way to use what I saw and knew so that I could make sense of the world. Along the way, I had to create a vocabulary of explanation, using the limits of contemporary language, so that I could share what I experienced with others who knew me and were interested in my experience.

It was almost impossible at first, to comprehend what was heretofore unknown and to describe the indescribable. I was clumsy and insecure in my early efforts, embarrassed by my own thick tongue. English felt an impossibly inadequate language. I collected words and ways of speaking about spirit, soul and heart. I read poetry, philosophy, great literature, religious texts, and later quantum physics, as I explored how to create a context within which this work could emerge.

There was great comfort in the arts, and as I developed my singing voice, I attempted to discover how to shift the energy in a room with sound. My efforts paid off, and for years I found gratifying work as a singer. Finally, I begin to experiment, and, through trial and error, began to teach

about this unseen realm, so that I might help others develop a relationship, as I was with mine, with their own energy structures.

This long and sometimes confusing process has taken me about 40 years. Even though I was often approached to teach in the late '60s, '70s and '80s, I passed up many opportunities, choosing instead to focus on my own process of discovery and healing. I knew I had to finish enough personal work so that I would feel confident “coming out of the closet” with my differences.

More the Same than Different

Now, I realize that I am in fact, not different but more the same than I ever could have dreamed. I do have an unusual natural skill set that I appear to have been born with and that expanded by accident in childhood. But the way it developed was as an outgrowth of my life as an authentic seeker after truth rather than some exclusive badge of spirituality or greater saintly capacity that others cannot attain. Anything that I sense or see can be learned and achieved by anyone who is willing to do the work required. The greatest gift I have to offer is that I am, in fact, more like my human sisters and brothers than I am different. I am as the Firesign theater used to say: “Just another bozo on the bus...”³ I believe we are all capable of achieving this kind of sensate awareness each in our own way. We may not all see, but I am 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.

I have had many wonderful influences on the path, but the best teacher I have had has been my own energy structure. It has given me the gift of constancy. It is always responsive to the environment, to the breathing in and breathing out of the universe as it expands and contracts. It is wholistic. It is ancient and filled with secrets waiting to be told. It is the container of all that I am, all I ever will or ever can be. It is my highest and best self and my lowest and worst all in one. Studying and working with the structure has given me a sense of self that is greater than my physical or even perceptual limitations, and a sense of purpose that has freed me from the doubts that I was not enough that haunted me in my younger years.

The Rose Red Light of Love

When I was 25 years old I had the great opportunity to meet Dr. Gayle Pierce. She was a classically trained chiropractor in her early 70s who lived and worked in San Jose when we first met. Dr. Gayle was a true spiritual seeker who had studied with the great Japanese enlightened female teacher, Ogamasama. She knew the Dali Lama and sat beside him as an honored mother when he gave teachings in her home when he first started to come to the states to teach. Dr. Gayle was involved with some fascinating forms of healing, but the most intriguing was how she brought in the rainbow light and healed with the fortitude of her spirit. I lay on her living room couch, and she stroked my energy structure with her hands in a flowing motion, while in her strong and steady voice she called on the divine Source to give me the gift of the essential energy she called the Rose Red Light of Love. I felt the power of this energy washing over me and through me and immediately found tears streaming down my face, my heart aching with the opening of pure love with no agenda. I was hooked on the rainbow light.

At her invitation, my husband and I joined a small class of fellow sensitives in her living room, and I learned how to invoke the Rose Red Light of Love myself. It is not an exaggeration to say that Dr. Gayle changed my life. She opened me up by giving me permission to simply *be* with the energy I was already so aware of everywhere. I loved Dr. Gayle and I bless every minute I spent in her presence.

I started to believe that when I called it, supportive transformative energy would come. I found that I could change myself with my intention. In fact, I learned I could, with their permission, alter the state of consciousness a person was experiencing just with my intention and that by skillfully using divine light to create the shift, a healing would result. People felt better. I felt better. The world was a little brighter.

I wanted to understand more, but for whatever reason I only took two other classes with Dr. Gayle, although I had many healings with her over the next 10 years. I think if I could do one thing in my life differently, it might be to go back and spend more time with her. But at the time, all I wanted to do was to make myself healthier by using the light. I worked hard to be more in control of the world as it swirled and vibrated around me.

Now, almost 40 years later I look back and realize this was the turning point. This foundational understanding allowed me to consciously make friends with not just the energies of light she introduced me to, but with my very own energy structure as well. To this day I call on Dr. Gayle's spirit

when I need help and her words have urged me on through the years: “You are here to be of service. There is no earthly teacher for you. You must listen to the inner teachers.”

Now I know I can count on my own energy structure to be there. It is my own best teacher. Even if I am very sick, tired and angry, or under stress I know it seeks to be whole and strong and resilient no matter what injury or trauma may occur. This is a form of freedom that is naturally attainable through the conscious use of the innate wisdom of the Human Energy Structure.

Expanded Human Expression

I know that at my very center exists the wisdom of the Source, and I can feel that constant unfolding spark powering my movement forward every day, through difficulty and hardship, in love and in joy. Getting to know how big and how much we all are, has given me a new approach to life. I feel fortunate beyond all reason and lucky to be alive.

I have come to recognize the Human Energy Structure (HES), as the complete human expression. It is not independent from or an extension of denser material reality. Instead it is one body, expanding outward in all directions including biologic and energetic layers. This larger body incorporates everything we currently understand to be what human beings are made of and more! It includes the streams, strands, wheels, waving antennae and layers of spinning light that surround and move through the physical body. Everything operates together as a whole structure, as the anatomy of one integrated and elegant construction.

I have come to understand that to change the landscape of the existing mindset about what we humans are is as simple as accepting that there is just a *mere possibility* these structures are real. The way you think about how your body functions and the simplest actions of daily life are all influenced by your perception of who and what you are.

Even if this book seems like so much jabberwocky to you, the fact of its existence in your consciousness has cracked open the barest idea of a perceptual shift of self-identity. This has influenced the silent *observer* in you and expanded your field of self-awareness.

To say that there is an ideal shape or size, health or condition of a one body has no more relevance than it does to talk about the ideal face, form or figure of the physical body. When people are at their most open, calm and

fulfilled they often take the form of a more idealized uniform egg shape, with a clearly defined border that ranges between 20 to 40 feet across from edge to edge and top to bottom. The stresses of living take their natural toll, pushing and pulling most people like taffy, into all kinds of shapes and sizes.

Just like the beauty queen or high fashion model represents a rare and narrow kind of physical perfection, it is the exceptional individual who sustains the egg shape. Often Human Energy Structures look more like amoebas or clouds blowing in the wind, all attractive and interesting in their own ways. No one shape is better, more perfect or more beautiful than another instead they reveal the slings and arrows of life imposed upon them by trauma and damage.

Dark and Light

One of the first times I realized Human Energy Structures were so uniquely individual was in 1976 when my husband and I were doing a club date in San Francisco with our fusion band. We were playing a neighborhood bar in the Avenues that for years had been frequented by a biker gang. After they broke up the place in a brawl the club owner decided to never hire another band the motorcycle club liked. You guessed it. He hired us. We had been playing there for a month or so of Thursday through Saturday nights, and it was going really well. The disco craze was in full swing, and people went out dancing every week. We were happy to be paying the rent, eating regularly and getting to play with great musicians.

One night there was a sound like a jet plane landing out front. When it died down the entire place started to slowly empty out. We couldn't quite make out what was happening but were alarmed when the cocktail waitress left out the back door taking her tray with her. The bartender stayed behind the bar; empty glasses begin to collect on the tables, and we noticed the entire place was filled with the ominous looking and infamous motorcycle gang dressed in black with insignias on their denim vests, knives in their belts and large tattoos. A few guys, armed with tire irons, were ready for trouble. One had a blackjack, like English Bobbies carry, stuck in his pants. They drank in silence as we played our tried-and-true set list. The energy got heavier and heavier, darker and thicker the longer they were in the building. It was hard to breathe.

I turned up the lights on the stage, as the room seemed to become so much darker. As the lead singer I took charge of the energy in the space and decided to change it. I started bringing in the white light of cleansing to clear out the heavy and stuck energy in the bar, just as Dr. Gayle had taught me. I knew it would be unethical to try to clear the people and so I treated the bar like it was a big person that I was responsible for, which indeed I was and I kept clearing it out.

Our keyboard player, who was black and a little older than the rest of us, feared for his life and taking no chances, refused to take a break. Strangely, I wasn't scared. I was too busy observing my white light healing experiment.

I observed the structures of most of the men and all of the women appeared dented and bent. It was clear this group regularly settled arguments with fists and even with the chains some had draped around their necks and piled on the tables in front of them. Their demeanor was tough and their energy was so dense it was dark and heavy. The vibe was so strong I was surprised at how weak many of their energy structures looked.

I felt compassion for their challenging lives. I saw structures that looked flattened and beat up, that somehow were missing segments or whole sections. These were Human Energy Structures that had not been cherished and tended but that had been abused and violated. I knew violence has an affect on the HES, but in this experience I discovered that rough living, drug use and alcohol abuse makes the structure contract becoming imbalanced and distorted in shape.

In an attempt to keep our job and survive the night I kept bringing in the white light, and slowly, the room brightened. I switched over to the rose red light of love because Dr. Gayle had taught me always go to a colored light after white. This was to avoid attracting ghosts who were "going into the light." That's all we needed! Anyway, they were still damaged and I had no permission to clear or work with them as individuals, but opening up the energy in the room and filling it with love made many of their structures relax and even get lighter. It was like sitting in the sun in that old bar!

Over the next couple of hours they stayed, drank quietly, and requested songs like ladies and gentlemen. As they sat politely in their chairs, danced to a few songs and tipped the barkeep they were a model audience. Then they left like they had come, quickly and in a group. They had responded well to the light in the room!

What I learned was simple yet profound: structures got dark and filled with debris when people had difficult lives and simply bringing light into a space has an impact on those lives and structures.

The Structure Reacts

Contained within the vast variety of Human Energy Structures of all sizes and shapes are organized streams, swirls and formations of color that make up an extended anatomy of light. These intensely colored lights can say as much about the individual as their physical faces, hands and posture. The structure reacts to emotion, environment, circumstance, and history in much the same way that the physical body does. It reaches out for love and understanding, and recoils in fear and frustration, reflecting accurately the normal hungers and desires of the human spirit and like the human psyche it can be analyzed to determine health, wellness, and vitality.

Like physical reality, the HES responds to laws. During my lifetime of observation, I have carefully watched the energy structures of others, as well as my own, and learned to gauge the response patterns. I have observed crowds, children, men, women, families and groups; how I reacted in many different settings and how others interacted with me. Slowly the operating principles of a beautiful system emerged. By learning to understand these principles, I began to understand life as it appeared to me and learned to experience a deep sense of balance and well being. CoreIndividuationTM was born like Athena, fully formed and springing out of me ready to be used!

Gradually, Learning

Slowly, a vantage point from which to observe and interact developed. Gradually, a way to describe and share the Human Energy Structure and the principles revealed itself. Memories returned. Dreams, insights and contemplative retreat suggested redefining some existing terminology already in common usage.

Organically, words like soul, spirit and source moved beyond their established meanings and took on expanded definitions about human beingness that offered a fresh perspective on what our species is and can become. I realized, because the Human Energy Structure continues to demonstrate it to me, that we embody our spirit, our individuated soul and

even the Source within our own fabric. These lofty concepts, laid claim to by philosophy and religion, did in fact have a home in the structure and in it the creative power of life is self-evident! Eventually a body of work naturally evolved, and people begin to be curious about it.

I have had the great opportunity to study how the one body reacts to the stimuli of the full spectrum of everyday life from severe trauma to birth. I have consciously watched my own reactions, which, with study, revealed patterns and consistencies in my sacred anatomy and in others, as well as exceptions, distortions and unique characteristics. As I dissected the structure by looking more deeply, I discovered specifically organized systems, a skeletal framework, a network of connection, a self-generating power source, sections that functioned like organs, and even the greater mind. Also contained in this wholistic anatomy of light was evidence of past trauma, pathology, emotional content, psychological patterns, memories, stored physical experience, spiritual depth and pure unadulterated life force.

Over time, I learned how to engage the different parts of the subtle structure, how to dissect one segment from another, one tiny part from another tiny part. I found that sections, parts and the whole could be affected by interactions. It could be worked with and against, to produce a result. It could be agitated and soothed for good or bad, and communicated with to make a change. By studying the subtle anatomy closely, the blazing trail toward a map of human potential was revealed. My fate it seemed was to become a communicator of esoteric information and the HES it turns out is interactive!

Understanding what I was seeing and then testing my own natural possibilities turned these visual capacities into applicable skills that more than anything, showed me the pathway home to ownership of my own authentic self. It turns out that by gaining skill around the perceptions all the senses offer, we expand our individual playing field and learn even more about what it means to be alive and embodied. We humans are defined by our abilities to interpret and gain insight from our unique interpretation of sensory stimulation. Both limitations and special awareness can be interpreted as disabilities or gifts, liabilities or a leg up, and either can consume or dominate our ability to contribute in this world. We are beings of free will and choice and can choose to be at the affect of sensate information or not.

It Exists

The unseen has never been unseen for me. It has always been apparent as brilliant colors swirling wildly around all people, places and things, animate and inanimate, in lesser and greater degrees. It is the wild carnival of light, endlessly interesting and filled with the blazing fire of life. After I realized the fire would not consume me, I began to feel its wisdom and the call of the invitation to dance.

I know the non-physical exists because I see it, touch it, hear it, taste it, feel it, smell it, know it, and am consciously affected by it every minute of every day of my life. Much like all people are affected by visible light and heat, I am impacted by my conscious awareness and the real presence of what others continue to call unseen influences or energies.

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.

It seems to be about opening up your identity to include a manifest force field of your own vital energy. The kicker is just how accessible the experience of seizing your authentic self is. Incredibly, just by reading this book about your Human Energy Structure or even seeing the pictures of subtle anatomy contained within these pages, you will bring into consciousness a part of yourself that you may have forgotten in the long and arduous course of your soul's journey. This is a guidebook for the traveler who is ready to return to their own authentic nature.

The Call of the Torchbearer

Whatever my perceptions about the Human Energy Structure and the operating principles of sacred anatomy can add to the accumulated knowledge of the human species, I humbly offer them up. All one has to do is look around at the state of the world to know that we humans are still a developing species, mere children who are not yet living up to our dreams and ideals. I firmly believe that a part of what now besets us as a collective is the lack of conscious knowledge about our own subtle bodies. It is my best hope that understanding our sacred anatomy will open the door for us to understand how big and how much we really are.

It is true that this is esoteric and even sacred information. It is impossible to think deeply of concepts like the Source, the spirit and the soul in less than reverent terms. This book relies upon a tolerant marriage between scientific, spiritual and medical knowledge. In coming to know the anatomy of the Human Energy Structure, we are expanding our definition of who we are as a species and what we are capable of as a result. The underlying purpose of *Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure*, is to bring into conscious awareness, to active ownership, the power of that which fuels us by describing its anatomy and how it works. In becoming informed we reclaim our own larger soul-filled identity.

Reclaiming the Soul

The premise of this book is that this force, rather than seeming to be a myth, is actually real, and it is fueled by the very power of your personal essence, your soul. It seems clear when we observe our planet that ownership of the human soul must be reclaimed if the human race is to endure. We must reclaim ourselves to continue maturing as a species and enter a new expansion of human consciousness.

In this moment, it is your choice to take a chance and simply call your own soul back to a waking state from the far dreamlands it has been wandering. Breathe into the opportunity presented to expand the capacity of your consciousness outside the physical body, and as you feel it stretching and igniting within and around you, reclaim from oblivion that essential self. In the beauty of that flickering ember, call up from memory your true and holy nature.

A Field of Possibility

As we each strive to contribute, in our own ways, to greater human harmony, to survive the chaos around us and to grow, we must continue using developed and natural resources to further our advancement. To do this, it is necessary for us to be open to the *possibility* that there are ways we can advance ourselves that are outside of established parameters. We cannot be limited by what we have not yet imagined, rather we must remain open to the hope of that undiscovered land. Conclusions can be arrived at in different ways other than a linear scientific model. The paradigm of

scientific information gathering must be widened to include what Fred Allan Wolf calls the “Field of Possibility.”⁴

The ideas I express are unorthodox, but they are compatible with many ancient and alternative healing disciplines and modalities and can be used in a complementary way with today’s modern medicine. I’ve had enough doctors for students and clients to know there are folks already using this information in more classical and traditional settings.

I am reaching out to those interested in expanding their knowledge of the Human Energy Structure. From poet to plumber, every person can access increased knowledge of his or her own sacred anatomy for greater self-awareness, health and well being. It can open doors for the healing practitioner and provide missing pieces that lead to a broader understanding of already established modalities. Anatomical perspective is very valuable for the sensitive who instinctively knows, feels or sees there is more and wants to better navigate the tsunami of information and decipher daily life.

A Glossary

Writing about the function and purpose of certain parts of the structure, I will use words that already have cultural or personal meaning for the reader, such as spirit, individuation, heart, chakra, layers, edge, core, structure and soul, to list a few. This is the nature of English to some degree and because this is the language I am writing in I have taken the liberty of giving these words a “new paradigm” definition. These are respectfully meant as an expansion of the language to enable explanation and understanding as it relates to this work. I have included a glossary of terms at the rear of the book. I do this because speaking and writing about the invisible and untouchable world requires some creativity and a certain amount of liberal clarifying. I thank you for your forbearance in this area.

An Owner’s Guide

This book investigates the idea that a force as ancient as life itself powers us, and that this force, Source energy, is at the very core of the structure. *Your Sacred Anatomy: An Owner’s Guide to the Human Energy Structure* is broken into two different books. Book I is a practical owner’s guide giving an overview of sacred human anatomy. Book II is a technical manual that will give in-depth explanations about the subtle workings of the structure. Both sections contain descriptions of anatomy, experiential

exercises, illustrations and case studies of interactions with the different parts of the sacred anatomy that express the individuated and distinct human soul or the *individuation* (with thanks to the great psychotherapist, Carl Jung for this brilliant term).

The hope is that this book will support the ongoing evolution of our understanding of expanded human anatomy and potential; increasing the opening just a little more so that the beautiful light-filled beings that I witness all around me every day, might realize that they are more than they have yet dreamed of being. Perhaps this simple awareness, that we inhabit a grander manifestation than originally thought, will offer a broader context of possibility and empower us to join the carnival of light as conscious torchbearers.

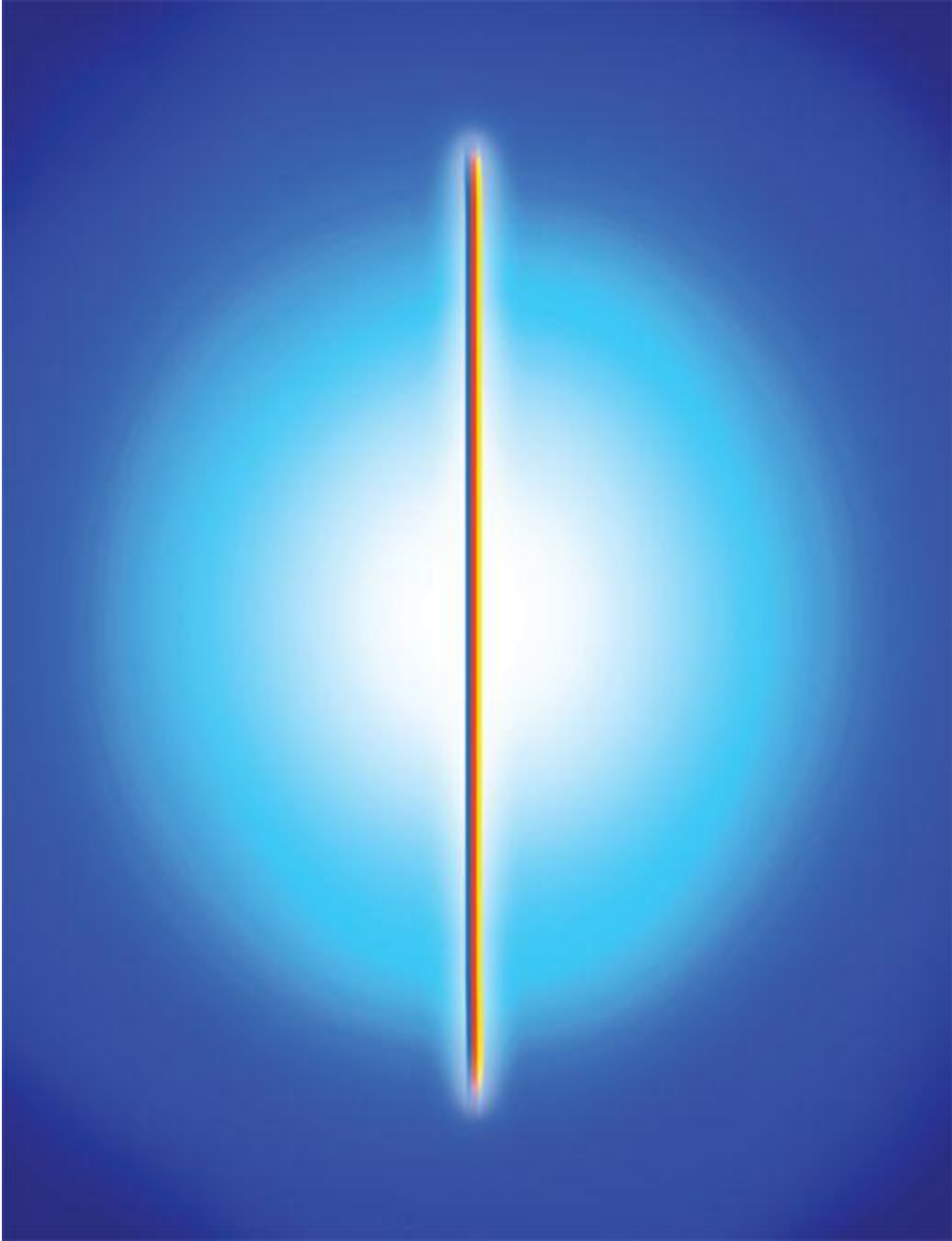
Whether or not that occurs, what I know is that simply by being aware of your larger Human Energy Structure your consciousness will shift and your body itself will embrace a relationship with the unseen. I invite you to open to the possibility that entering this world of sacred anatomy may expand your sense of who you are.

BOOK I

Your Owner's Guide

Many of us have been groping in the dark, describing what we touch as best we could. This contribution has turned on the lights and brought a unique combination of intuitive gift and relentless inquisitiveness. Desda Zuckerman is to sacred anatomy what Vesalius in the 1500s was to physical anatomy, simply the first person to provide a complete, accurate and detailed description.

**-Seroya Pauline Crouch, Naturopathic Physician,
CoreIndividuationTM Practitioner**



Chapter One

Taking Ownership

*Like the ethers of space, the creative Principle of Life is ever present. Being everywhere present, It must be present in you. Hence, It must be available at the center of your being.*⁵

-Ernest Holmes

Sacred Anatomy is Right There Waiting for You

Sacred anatomy is the organization of the soul into anatomical components. It can be understood as a subtle structure made up of colors, lights and frequencies that completely surrounds people out to as far as 20 feet in all directions. Gary Zukov reminds us in his seminal book, *Seat of the Soul*: “Rather than a soul in a body, become a body in a soul...”⁶ *Your Owner’s Guide* takes it one step further and says unequivocally that there’s nothing to become, you already are a body in a soul; a soul structure. Intangibles such as beauty, love and truth are the guidelines for distinguishing the sacred from the profane. The divine light that shines forth from the heart of human wisdom is sacred and pure. You embrace it when you listen to the still small voice within and hear its sonorous wisdom awakening your own sacredness, your own living soul. Yet, this essential thing that is you is still a will-o-the-wisp floating somewhere over rainbow, just out of reach.

In sacred anatomy it is your soul that holds your greatest potential by manifesting as a gigantic energy body, which is your container. Wrapped around you like a cloak, your soul is not separate from who and what you

are. It is what you are and it is most sacred. In the words of Walt Whitman: “If anything is sacred, the human body is sacred.”⁷

Your Sacred Anatomy: An Owner's Guide to the Human Energy Structure has been written to share with you what I see and know about subtle anatomy. This book seeks to show you how your energy structure can be a personal roadmap to your greater human identity. It holds much within it. Some of what I will present you may already sense and use in your daily life. By becoming even more aware of your expanded human dimensions, you may experience renewed awareness as your own sacred anatomy, which is filled with intelligent light and formations that already respond to what you are feeling, reading and thinking.

As this new information begins to shift your perceptions and understanding of the possibility of you, your muscles, blood, bones and subtler frequencies will gently shift into a new state of being, one that is ready for a bigger definition of self. Educating yourself about your sacred anatomy invites not just personal transformation but can also genuinely relieve needless confusion and suffering caused by being born, living and dying. Poised and ready, your Human Energy Structure is right there waiting for you to know it.

Fortunately, the anatomy of the subtle human body exists in more or less the same way around every one and has consistent components, shapes, colors, textures and functions. These parts can be understood, worked with, educated and explored. They can be damaged, and they can be healed. Your own sacred anatomy contains wisdom that can be read and digested as though it were a personalized textbook, one that is actively recording your journey's lessons, intimate personal stories and contributions to the human race.

Bodyworkers have seen the fragility of the structure in their clients for years. The fact that the flesh and deep tissue records and holds trauma and emotional stress is not new information. To consider the Human Energy Structure does the same thing is only logical. The great Ida Rolf, who developed the healing modality that bears her name, Rolfing, is quoted in *Alternative Medicine The Definitive Guide* as saying, “A person's emotional state may be seen as the projection of his or her structural imbalances.”⁸ Rolf devised a system to return the body to health and wholeness by physically working with the musculature in deep and specific ways to release stored trauma and free up bound energy. The exact same possibility is

available in the Human Energy Structure. The first step to releasing the stuck and trapped power within is to discover your relationship to your own sacred anatomy.

The desire of your deepest longings is written over and over in the systems, currents, strands, organs, connections and layers it contains. Your own internal anatomically articulated guidance team supports you once you meet it and increase your awareness of it. When you do, you can learn how to improve your health and vitality, to open up your consciousness to your authentic nature. Even if you don't know what your deepest longings are or what your authentic nature might be, your subtle body does, and it is already using the anatomy to chart your course. It is way ahead of you!

Becoming conscious of the way it works, what it looks like and ways to be with it, brings this subconscious connection to your awakened awareness, granting access to a larger version of you. The sacred anatomy holds your soul's purpose, and engraved within it are your personal codes and highest intentions. As you unfold them you move toward the very real experience of conscious self-realization.

Your Sacred Anatomy, is the most comprehensive volume yet written on subtle anatomy, and seeks to bring all of this and more to life through clear descriptions, vibrant illustrations, experiential exercises and stories of clinical interactions with anatomy during healing sessions with clients. It contains both a simple and straightforward *Owner's Guide* for those who want an overview as well as a more in-depth and methodologically oriented *Your Technical Manual* for those who wish to explore this subject in all its detail and complexity.

This is a self-paced tour of your own structure that can be as detailed and involved as you like, revealing slowly the expression of your soul and the sacred anatomical shape it has taken or moving more specifically and intensely, offering the rapid download of anatomical information available in the *more* detailed chapters. These two paths are not mutually exclusive: *Your Owner's Guide* and *Your Technical Manual* allow you to explore whatever portions of *Your Sacred Anatomy* suit your body, heart and mind. This entire book is a celebration of wonder, the fulfillment of a journey that has taken lifetimes, an awakening and a discovery. This is your sacred anatomy.

A New Paradigm

By just accepting the mere possibility that we might be more than we ever dreamed, that we might have different kind of body than we thought, a transformational moment is born, making room inside for greater change, sparking self-realizing tingles and flashes. A new paradigm is a fresh model for action, behavior or perception, and the energy structure is just that, a new and expanded view of individual identity and potential. It is this paradigm shift that cracks open the internal operating systems, revealing access to a greater understanding of how and why we do what we do. When we shift our very definition, we make room in our consciousness for possibility. This is the basic premise of personal growth, that through some kind of internally directed focus, we awaken to our deeper natures and begin the work of peeling away the layers of anything that keeps us from being present, aware and whole. Our trauma, history, genetic and cultural orientation give us plenty of work.

Discovering a larger Human Energy Structure gives us access to more of who we authentically are. Becoming friends with this big beautiful beingness, unlocking her secrets, and releasing her mysteries reveals our own brightest self. This means we can take a quantum leap into greater consciousness. Yes, that is indeed a new paradigm.

Your Sacred Anatomy is a powerful way to reclaim full ownership of our ancient human experience by simply awakening to an anatomical map. This is the shining chance to take back what was lost over the ages, self-knowledge slipping increasingly behind the veil of collective unconsciousness. Today that veil has grown thin, and is no longer clasped in fear around our spiritual shoulders. The sacred anatomy is an immediate entrance into all parts of what it means to be human, from the gross viscera of the abdominal cavity to the dizzying heights of the soul.

Taking Ownership

Everything you have ever been and will ever be from the mists of time into the shimmering potential of your children's children is buried within your Human Energy Structure who remembers it all. The same is true of every person who has ever lived. You have every language your soul has ever spoken, from ancient Aramaic to French to Swahili to Mandarin, and every profession you have ever had, from nun to candle-maker, held in your subtle anatomy. You have mathematics and history stored within you.

Everything you can be and might be is held at the ready for you to open, like Forest Gump's box of chocolates.

The very fabric of your gossamer nature is woven from the elements of the stars and the dust of the expanding of the universe. You already embody the spirit of that thrilling cosmic adventure and inside of you, the future and the past both live in all their wild and chaotic intensity. To own your energy structure you must discover your relationship with it. This book is designed to further that cause and bring you closer than ever to the experience of a larger version of your self. We are already the All. To own it is the challenge.

Calling Forth Your Community

The existence of real *beingness*, which is what happens when you begin to live consciously in the energy structure, attracts other people who recognize a quality of presence in you and see you confident in that powerful nature in the world. People are already doing this, *being* this way. They may not know what they are doing or how they are doing it anatomically but as they organically own who they are and their human structures, through whatever spiritual practice, beliefs, training or discipline they espouse... this is what is happening.

By becoming conscious of it, you will begin to attract to yourself these sorts of powerful, interesting, expanded, magical, juicy people, and some of them may become part of your community. In fact, among some of your friends there may already be people who see and feel you as being aware of your sacred anatomy. You just might not know it! In your current relationships you have a wonderful opportunity to watch how your increased awareness of subtle anatomy broadens intimacy and strengthens the bonds of friendship and love.

In truth we are already connected through our planet and our shared humanity. We feel each other, know each other and are familiar with the idea that we are *all one* because it is an idea that is as old as the human race. We have temporarily forgotten the value we have to each other. Now it is the time to remember that we are anatomically and historically connected to the human family. Your sacred anatomy is already conscious; all you have to do is catch up.

Even more to the point, your anatomy links you into the universal matrix connecting all human life, which you may already have experienced. Perhaps during great disasters and world tragedies you have felt the fear and

loss of those suffering across the country or halfway around the world. Think about what sensations, images and emotions have arisen in you in response to recent global events. Through parts of the anatomy you can learn to sense in your body your brothers and sisters at great distances and send them your compassionate support. In this way, you are calling out into the vast world to others like yourself who are hopeful for deep community and connection.

Learning about your sacred anatomy will awaken you to the complexity and beauty of your subtle self and steadily increase your vibratory rate literally making you different. This quickening will allow you to grow a little lighter just as you have since the very beginning of this journey when you heard about this book or saw the illustrations. Reading first *Your Owner's Guide* to digest for yourself an overview of sacred anatomy, and then *Your Technical Manual* to answer deeper questions, will send this knowledge rippling out into the world without you even saying a word.

Your energy structure will know you know. It will know that you are informed about it and in the knowingness will become transformed. By sharing with your family and friends what you have become aware of and have experienced, by looking at the pictures, reading the text and doing the exercises, you will stimulate a compatible resonance in your life. The world will change to reflect this transformation in you.

Leaving the book behind, you will continue to broaden, evolve and develop; this is the nature of who you are. You *must* grow and change. Opportunities will fill your open and yearning arms as you stand tall, resonating with the attentiveness of your conscious presence within your larger sacred anatomy.

Authentic ownership of the sacred anatomy requires support, support to own it through education and lifting of awareness, but also support to be your most honest, awake and inspired self, your most authentic nature. This is the expansion within you that wants and needs a community where each individual can take his or her proper place to make a real contribution, where you can be yourself, the being you truly are at the core, and be accepted, valued and seen. Realizing that you are not just a materially manifest being, but that you also have a large and vibrant structure surrounding your body that includes this physical body and is a larger body unto itself, is a game changer.

Present in this moment, you are authentically material and subtle, passionate and compassionate, asleep and awake, and while you learn about

this bigger vision of human anatomy, you are both conscious and unconscious about who you are and who you can be. Finding your way to an alert relationship with your whole self is one step you can make toward being part of the kind of aware community and world you see in your dreams.

Your Unique Anatomy

All structures are individual in nature, size, shape, coloration and contour. While it is possible to give general descriptions, it is important to realize they vary greatly. Your sacred anatomy is unique to you. All examples given here are based on an ideal shape or figure with a healthy presentation so most of them are oval. You may or may not look exactly like the illustrations in the book, but you have the same ingredients. The same parts are there, and the colors shown are close enough to yours to understand thoroughly what is being described. Keep in mind that you have the potential to be the powerful classic form in the illustrations but you do not *have* to look like that to be healthy.

For this book I have chosen to assert no rigid standards about the meaning of colors, variety of textures or how to assess emotional content and the feel of your body as it goes through an experience. The colors used in the illustrations are as close to what I see as we could achieve. We all have preconceived associations and prejudices, so keep in mind that red does not always mean anger; hot is not necessarily better than cold; white does not necessarily represent purity; blue is not more desirable than orange, anger not healthier than fear, soft and round not necessarily an improvement over hard and straight, and finally, expanded is not always better than contracted. All descriptions should be taken to mean that this is what is *most commonly seen* or is observed in a *particular situation* and does not preclude unique differences and exceptional characteristics of each individual expression of life.

To get the most out of *Your Owner's Guide*, please observe and sense for yourself. As you bring your unique energy structure to consciousness during the reading of this book, inspiration, visions, dreams and sudden flashes of insight may occur. They can be very revealing, even exciting, so watch your reactions, your emotional climate and keep notes about your experience and what you learn from the new territory you are discovering!

Your Owner's Guide does not devote too much time to the anatomy of the physical body, as there are already many valuable books on that subject that provide a great deal of commonly accepted and understood information. What is *not* understood are the ways that the physical body is incorporated into the functions of the greater energy structure and how *it* works to support our physical experience. How that happens is part of what this book is about.

As you are reading about any given part of the sacred anatomy take a moment to close your eyes and feel into your body, notice where you sense this anatomy making a connection with your physical awareness. Your energy structure is your personal map and as such *reading it* by feeling into the physical part of it as it speaks to you is as important in the process of coming to consciousness as is reading the descriptions of anatomy and looking at the pictures.

Your Exercises

To help you develop an awareness of the anatomy that you are discovering safe, road-tested exercises are included. Complete with instructions and explanations, your sacred anatomy exercises are meant to support the interaction your own body has to the material. As you read and look at the pictures you will be stimulated. Much like a sleepy child who wakes up because you are sitting at the foot of the bed watching, your energy structure will gently begin to awaken to your conscious experience of it.

You will start to feel and to know yourself more deeply by doing the exercises. But it is the basic awareness of your own potential that begins the shift in consciousness that is first required to feel, see or sense yourself as this larger subtle manifestation. Shaking the foundation of what you have thought yourself to be is aggressive work. Don't be surprised if it is tiring at first or if you feel like you aren't doing it right. You are. Simply sit with your shifting awareness and relax into the subtle expansion of your own mind, body and spirit to encompass the idea of a new version of who and what you are. Be good to yourself, nobody ever did anything truly new by beating them self up for not getting it *right*!

You Are Invited

Everyone from your high school biology teacher to your best friend might tell you that unless there is concrete proof of a thing existing, what you are sensing and feeling is in your childish imagination and that to be an

adult you must dismiss it as not *real*. This book challenges that assertion and issues a big invitation.

You are cordially invited right now

To open the gateway to your imagination and

Entertain just the possibility there is more to you

Than you currently know or understand.

Engage your imagination while reading *Your Owner's Guide*. Use it as a gateway into something new. Go ahead. Try to *feel* extra sensory awareness but if you cannot do so easily, don't let it stop you. Use your intuition, your instinct and your imagination. Let yourself have fun with sensing the sacred anatomy. As you sense right now, notice what new thought or feeling comes to you. Wouldn't it be amazing to discover that your imagination can unlock profound information for you that might lead you into new ways to think about and experience who you are?

Is It Real?

For many, this is the big question. One of the reasons it took me more than 40 years to write this book is that it has taken me that long to understand what I was seeing and sensing. I had to prove to myself the enormous capacity of the Human Energy Structure to change and to start to understand the ways that this type of change can affect people's lives. I'm not just talking about experiences in my own life or the lives of a few trusting friends. This data has been drawn from thousands of my clients and the clients of my apprentices who are now practitioners of, CoreIndividuationTM. I founded this healing system in 1997 based on the tens of thousands of hours of study of subtle anatomy and of its operating principles that I had undertaken. That knowledge base has only expanded as a healing community developed around this work. We have experienced and witnessed major shifts in many others and the hard evidence of its validity and power in people's lives. We have taken these shifts as proof that we are doing something valuable, with something real.

With sacred anatomy, as with many of the alternative healing arts, proof for the time being is anecdotal and experiential. It is recorded in detailed standardized notes and observations by practitioners of many different people with issues that run the gamut from physical and psychological to spiritual and emotional. But I encourage you to, as the Buddha said when asked by his followers how they could believe in enlightenment: “Believe nothing I tell you, see for yourself.”² It is up to you to find your own way. Simply feel into these ideas and the experience of being conscious of your energy structure. How do we know it is real? Because interacting with it causes change and improves lives, and that’s as real as it gets.

Healing Your Sacred Anatomy

There are many ways to heal the sacred anatomy but first and foremost is becoming awakened to it, which will occur for you during the course of reading this book and absorbing the drawings. This arousing is the beginning of your healing of the disconnection between your material and subtle self. Repeating the exercises, finding a buddy to do them with who has also read the book, recording your experiences in a journal, are all wonderful ways to keep the process alive. Healing your sacred anatomy begins to take place with your increased awareness of it.

After this initial introduction you may choose to seek out another person to take the journey with you toward increased whole-structure health. Finding the right healing partner to share this experience with you is essential. Following your heart, body and spirit toward like-minded souls who already understand the territory is just common sense. Being witnessed by another human being who sees you as a manifestation of divine light, pure and powerful at the core of your being, strengthens the authentic qualities of your genuine nature causing the you within to resonate more completely with the world and to now be seen as a whole being.

Your Sacred Anatomy is focused on a healthy energy structure and is not intended to explain or describe pathology, defect or abnormality even though stories that address pathologies may be used to illustrate ways that interaction with specific parts of the sacred anatomy has affected people.

Every system and anatomical part experiences disease, imbalance, misalignment and toxicity. While this is a fascinating field and one to which I have devoted much of my life, it is a different book, or more likely a series of many books, that I am looking forward to writing. *Your Sacred Anatomy*

is about the well being of self-discovery as you meet your subtle anatomy and take ownership of a bigger you.

None of the partial descriptions of procedures, alignments or clearings used in examples or stories should be attempted either on yourself or on others. To interact with your anatomy for beneficial healing purposes requires proper in-depth training and education. *Please realize an untrained person working incorrectly with an anatomy that they do not adequately understand can cause unintentional damage.*

For those of you who are already light workers, I suggest that while reading this book you suspend other definitions or modalities of energy anatomy you have studied and even may currently use. Give this work a chance to stand alone instead of relating it to what you already know. You can always pick up cherished ideas again, as they will forever live within you. Trying on these distinct and fresh concepts for size with an open heart and curious mind will give the whole you the best result. This information is meant to expand your current knowledge base.

Living Authentically

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

To do this means to recognize the unique contribution of every man, woman and child as mind, body and spirit. Whether alert to one's own potential or not, all human beings, all life, is an expression of the bright light shining within. By seeing the light and not the debris that covers it over, we are living with and seeing others for who they truly are. Looking to the light we lift the pain of disconnection, rigidity and imbalance by simply being. Because it is after all, the aim of the authentic self to be present

Accomplishing an embodied presence is the first step toward attaining YOU. Practicing presence allows you to expand your capacity to be a more efficient being with more conscious access to a larger more focused you. As you know by now, you must first do your own work and make sacred your own temple. This is a personal quest and a promise to your self that must be deeply made. No one can do this for you. Attaining awareness of your

energy anatomy is the journey home to the ancient you, who has been watching and waiting for centuries.

Polishing this basic skill in daily life makes pure compassion and love available in greater and greater strengths. The commitment to living life from the most genuine and honest place can be made with the whole heart because your structure knows who you truthfully are and what you are capable of as a whole being. It is right there already.

Authentic living is revealed slowly by peeling away the lies about life you have come to believe, lies such as “life sucks,” “people are out to get me,” “men only want one thing,” “there is no such thing as...fairies, angels, spirits, peace, love, magic, true happiness or good sex.” Whew! Letting go of the garbage we carry around to explain why things are difficult or sad means making room for the big version of *you* to awaken.

This is you standing in partnership with the entire universe and does not judge others or demand perfection from them or yourself. This is you making the case for waiting and watching with patience and kindness while your own subtle anatomy blooms and resolves conflicts within. To move into the authentic is to make a start toward seeing the grasping struggle with life fall aside. It is a new vantage point.

Your Sacred Anatomy has issued an invitation to you. It is beckoning you to commit to the journey toward wholeness, toward your authentic nature. This is a forum where you can wrestle daily with the way things are and shape the being you hope to become. Choosing to be awake to your sacred anatomy is making a statement to live in the energy of the Rising Sun, which is the time and place of greatest hope and possibility. This does not mean everything will now be grand. But it does mean there is a clear way to move forward and that solid ground is open for you to have space, compassion, and gentleness with and for yourself and others.

Your Sacred Anatomy is an expanded understanding of who and what we are in the context of a philosophy of wholeness that fully accepts the spark of life as sacred. The study of this anatomy invites understanding of a new reality. What has been shown through thousands of healings by many practitioners trained to work with the sacred anatomy in the same way is that like the physical anatomy, a wholistic system, inclusive of all peoples and all the aspects of our individual selves, can be shifted, worked with, and brought to lasting healing. I am sharing with you what I witness and what I have been led to discover through trial and error over many years.

To the benefit of all and the harm of none, may you, like the lotus blooming in the sun, lift up above the muddy waters in true beauty. May good fortune envelope you on your journey home to your sacred anatomy.



Chapter Two

The Basics

The One Body
The Universal
Your Presence
Human Energy Structure Fundamentals
Core Individuation
The Edge
The Four Aspects of the Authentic Self
The Seven Systems

When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. Only then can you become an agent for positive change in the world.^{[10](#)}

-Eckhart Tolle

The One Body

A big oval structure of human energy surrounds the physical body like a bubble at least 8 feet out in all directions and as much as 40 feet. This is the one body. It is not many separate forms and conditions, but instead a unified and organized composition that exists in an individual relationship with the vast universal field. There are not two separate sections or two separate

bodies of information, one subtle and one material. Instead it must be seen as a whole and as a single unified structure. A beautiful constitution of subtle anatomy made out of energy frequencies, the Human Energy Structure (HES) incorporates within it our physical body as the biological layer. For an illustration of the one body Human Energy Structure see ([Fig. 2.1](#)) on page 14.

Our dynamic inclusive body is made up of everything that makes us human, from nose to toes, muscle to soul, all the way from the mystery to the mundane. It is more or less organized in an egg shape, which can be considered an ideal figure. While energy anatomy cannot be removed, it can sustain injury and damage like your physical body, and it can be treated to regain balance. Your Human Energy Structure includes both physical and *off the body energies*.

- 🌀 Have you ever been overwhelmed in a big box store or in a crowded arena?
- 🌀 Do you believe that mothers know when their children are in trouble?
- 🌀 Can you feel the person seated next to you in a restaurant or on an airplane?
- 🌀 Do you believe that you can sense love from your partner, even if he or she is not near you?

If you have said yes to any of these questions, you have experienced a Human Energy Structure response. Some people are aware of and deeply feel these reactions all the time. However, most of us have learned how to turn off our sensitivity, and these delicate clues go unseen, ignored, unnoticed or misunderstood in our busy lives. Awakening to the waiting one body by bringing it to your conscious awareness empowers you to embrace life with greater clarity and compassion for yourself and those around you. It also can support you to understand what you feel all around you and inside of you every minute of every day. Don't be worried about being overwhelmed by sensations. Your structure is intelligent and your awareness of what it senses will come to you at the rate you are ready to receive.

The terms one body, Human Energy Structure and structure are all used to describe this expanded version of who and what we are. The structure embraces and contains the physical body, but also includes a vast network

of subtle energetic and spiritual inner workings, their brilliant colors invisible *so far*, to all but a few people. The physical body is shaped and sustained by the invisible, which surrounds and interweaves within it, extending out and around the material.

There is no separation between the physical body and the energy body. There is only one body, only one whole structure. The HES is the concept of one complete body, which includes the Source, the individuated soul, the identity and the personality, as well as the anatomy of all its parts.

As the concept of the one body, energy and soul has slowly seeped in, I feel unified. I seek alignment with my soul and spirit, trusting the inner wisdom I receive is in fact my higher self. Life's aspirations and challenges translate into opportunities for transformation and healing. Choices become rooted in this invisible trajectory of growth and learning.

-Sheridan Gates, M Ed., PCC, CoreIndividuation™ Practitioner

Usually the first question that people ask is, “What does it look like?” More specifically, “What do I look like?” That answer is as unique to you as your fingerprint. Your one body is a composite of your soul’s journey; the good and the bad show in the appearance of your structure. Your Human Energy Structure contains the sum total of your experience as an essence from the first moment of self-awareness until opening this book. As you read *Your Owner’s Guide* and look at the pictures, your structure will be stimulated, gently waking to your conscious experience of it.

You will start to feel who you are and to know yourself more deeply. Doing the exercises to meet your sacred anatomy will help; but it is your increasing awareness of your own potential that begins the shift in consciousness required to feel, see or sense yourself as this larger subtle manifestation.

Shaking the foundation of what you have thought yourself to be is aggressive work. Don’t be surprised if it is tiring at first or if you feel like you aren’t doing it right. You are. Simply sit with the awareness that you are meeting an old friend, the oldest in fact. Let yourself gently relax into the subtle expansion of your mind as it encompasses the idea of this new and expanded paradigm.

Your HES is above, below and all around you in an egg shape, with a skin-like boundary called the edge to contain it. The structure moves through walls and floors, sometimes contorting to get in the room or to accommodate a situation. It consists of multiple layers and streams of energy that appear together as a kind of light. It has an otherworldly quality and is outside the typical visual spectrum, although it can be seen by people who either have the gift of inner sight or who train themselves to see it. I have the ability to see in both ways. On the inner with my mind's eye and in manifest time and space looking with my physical eyes at the energies of the Human Energy Structure. I have trained myself to see more and more clearly through the years.

I think of this different light as “other-sight” light because it is different from electromagnetic light, which can be measured, photographed with Kirilian Photography and is used to measure and analyze the condition of the brain and the heart with EEGs and EKGs. The one body contains the electromagnetic field commonly called the aura and much more. I think eventually science will figure out how to see other-sight light, but not until the search expands to include other demonstrations of energy.

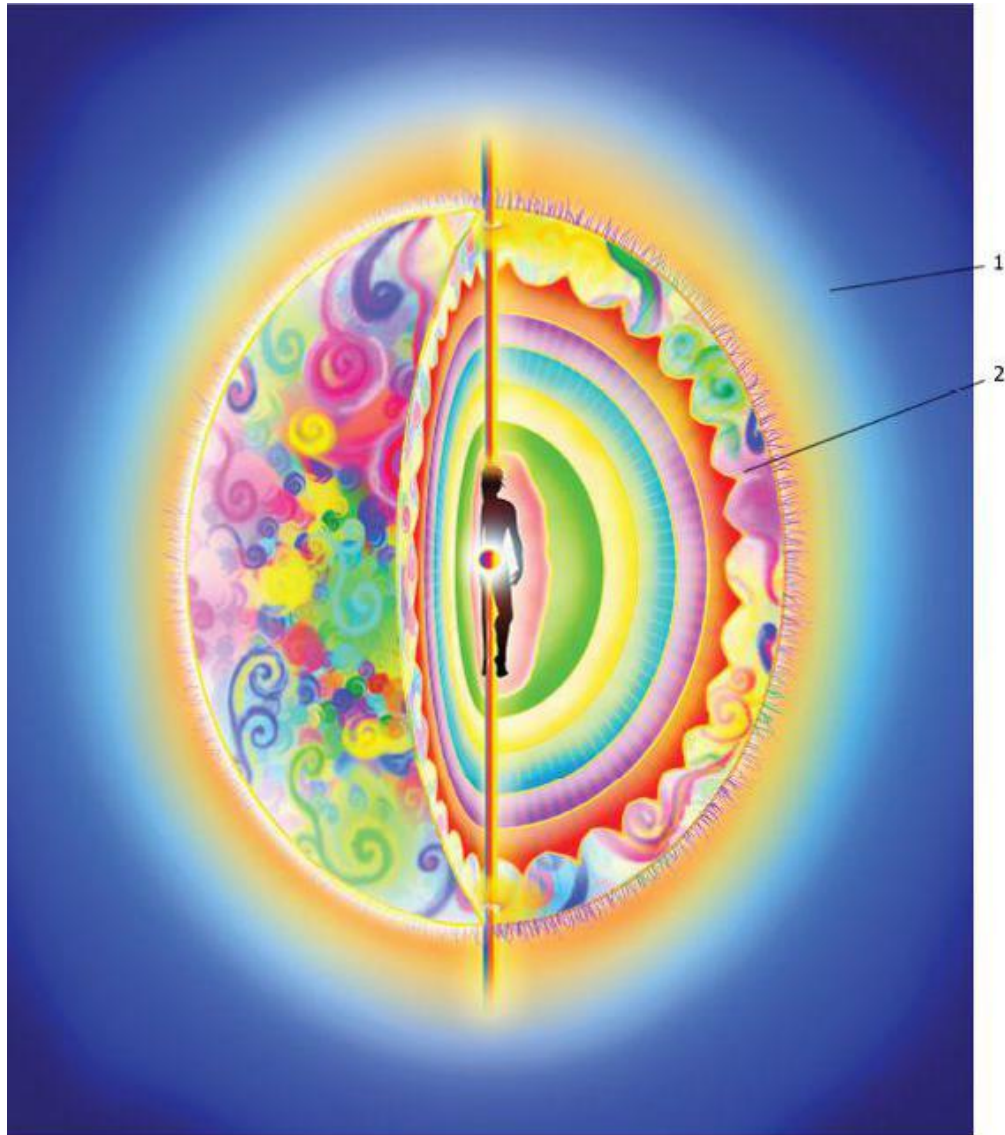
Colors are more vibrant and translucent than they appear in nature. More day-glow than pastel, they are hypnotically beautiful like colors in the tropics that seem to shimmer brilliantly in the heat. Rich luminosity emanates from parts and creates transparency and a startlingly sacred quality. It is awe-inspiring indeed. The colors in the movie *What Dreams May Come* directed by Chris Nielsen and starring Robin Williams, were amazingly close to my carnival of light.

Your Human Energy Structure glows like a firefly and pulses in complete darkness. Even with no known exterior light source, we are strikingly vibrant and emanate our beauty like a beacon. Our light seems to be unaffected by sunlight or manmade light sources although I have noticed that lasers have a definite impact on it when used in surgical procedures to cut the skin.

Like a black-light effect, the HES glows, resembling pictures of naturally phosphorescent deepsea creatures. The colors are ultra violet in intensity similar to some tropical fish and flowers. Some sections sparkle and vibrate more than others and portions are radiantly sprinkled throughout with what I have always thought of as gold and silver fairy dust. They glimmer and glint in the light of the moon and stars, are washed out in the

heat of the day, and like the human face, are not flattered by fluorescent lighting.

The One Body (Fig. 2.1).



- 1. Universal
- 2. The One Body

These effervescent lights and colors dance in a constant three dimensional, churning energy soup. Some blend to create other hues, while others remain dedicated to their purpose, refusing to merge no matter how strong the force of movement. It is the original festival of the body, mind, spirit and soul, and you are the life of the party, festooned and magnificently leading your own parade.

The structure is all you are: represented within one complete body. This includes the Source, the individuated soul, the identity of the self and the personality and both the sacred and visible energy organized into functional anatomy. The energy structure carries within it the capacity of human potential, its history and memory. It is everything and everyone that you have ever been and might ever become held within the boundaries of a self-realized conscious being.

The Universal

The universal exists everywhere. It is the soup we walk through and breathe into, the space between all that is, between what is known and unknown. The universal is benign existing only “to be.” It is around your Human Energy Structure as you evolve, morph and transform.

We live in the universal and yet are distinct from it, although we are of it. It is the space around us, between us, above and below us that does not have shape or apparent form. Some have called this a unified field. Some think of it as the void.

The universal accepts everything in complete non-attachment and, because of this, is devoid of content. Content has identity and must therefore be attached to a structure of some kind. The universal has nothing to identify with to take on, or become; it is the emptiness. And yet, it has intelligence.

Your Presence

To truly own a thing you must understand it. To have a sensory encounter with the gossamer anatomy of your Human Energy Structure you must reside in your own physical body. Inhabiting the body means being grounded and anchored in the here and now. This is the first step to being an active participant in a relationship with your subtle self. Doing this requires you to embody your presence.

The term presence is used here to refer to the essence of who you are, the private identity of your deepest nature that is outside your personality or your life story. Presence is your inner knowingness that allows you to be an awakened spirit, alive and in a body, having a life in the world. It is the concrete, essential ingredient in the growth to authentic selfhood. Without presence you only partially inhabit your body.

Unfortunately, most of us are here, but not present. To own your presence is to move toward being a true leader in your life. It enables you to be anchored during difficult times and to hold the center when all around you is falling to rubble. It is worth the effort to learn how to bring your presence into your body.

Becoming present is accomplished through many means. It is also called anchoring, embodiment, grounding or centering. You may have been exposed to one or more ways to accomplish this through sports, martial arts, dance, meditation training or yoga. Whatever technique you typically use to arrive at being consciously present and rooted in your body, use it while reading this book. Being present while you are learning about your anatomy will help you begin to sense your Human Energy Structure.

The first step to learning about your structure is to awaken to the idea that the presence that is you is there always, for all time. This presence or essence of who you are is there somewhere in your structure and it is a conscious empowered action to take that essence and to embody it. Even if you feel rooted and grounded please try this exercise. I have found being awakened to your presence and experiencing grounding are different but equally important sides of the same coin.

Returning Presence

1. Stand up and locate the presence where it usually lives outside of your physical body wherever you feel it or imagine it to be. For many it is the space in front of the head up a foot (where the tip of your unicorn horn would be located). Direct your intention to locate your presence with your hands and touch it.

2. Gather it into a ball moving it to the top of your head. Become aware of what you are feeling. What does it feel like in your hands? At the top of your head?
3. Move your presence into your head. Take a deep breath. Keeping your hands on your presence notice how your head feels. Is it different? Does it change you in any way?
4. Take a deep breath and bring the presence down into your throat as you exhale. Take another breath. With your hands on the presence, notice how you feel and what is different about this location.
5. Take a deep breath and move your presence into your heart center. Allow yourself to feel the warmth in your heart, the expansion or contraction that occurs in relationship to your presence. Notice what it feels like to be present in your heart center. How is the heart different from the throat center?
6. Take a big deep breath and move your presence straight down into your gut. Your lower abdomen is the best place to anchor your presence. For women, the womb, and for men, the center of the gut.
7. Feel the presence returning home to this warm and welcoming place inside you. Feel yourself settle into a comfortable and expanded resting state.
8. Now anchor yourself, placing your hand on your gut, and say out loud:
I am present in this moment.
I am anchored in my body.
I am embodying my presence.
9. Let the experience of holding your presence in your physical body sink in. From now on when you pick up *Your Owner's Guide* evoke the

memory of this exercise by putting your hand on your gut and saying at least one of the empowering phrases in step 8.

Remember: you are not being asked to believe in any of this, only to allow for these ideas as a possibility. Try the following exercise, Returning Presence, as a way to bring you back into the physical body.

Human Energy Structure Fundamentals

Matter is nothing more than congealed light. [11](#)

-Paramahansa Yogananda

The Core

At your center is a triple-current stream of pure Source called the core. It can never be damaged, injured or suffer. It does not have emotions about you or any other person, place or thing. It has no agenda or investment and does not have reactions to events that occur during your life. The core is a divine fragment, pure intelligence, a spark of creation, a relic of the one Source, the All. It is the part of us that always remembers who we are, that is unchanging and indestructible.

Located slightly in front of and sometimes incorporating the spine, the core can range in size from the width of a single hair to in some rare individuals a pillar from an ancient Greek temple. Most people have pencil size to baseball bat sized cores. Entering at least 8 feet above the top of your head, it goes into your bio layer (physical body) at the crown. Then it runs through or surrounds the length of your spine, swoops off the tip of the coccyx continuing through your legs and ankles. The core exits the Human Energy Structure 10 to 20 feet below your tailbone.

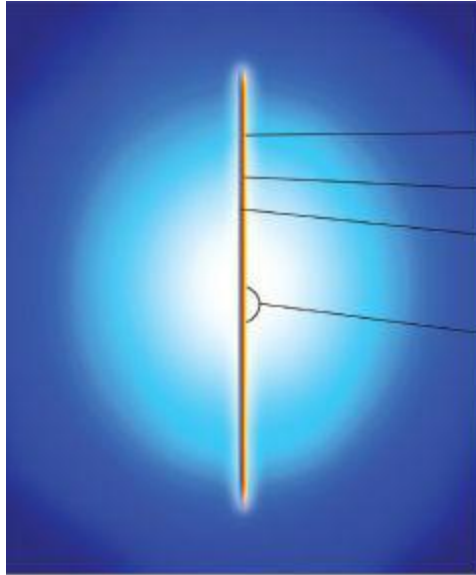
It is made up of three colored currents of what I call interactive light. From your right to left they are blue, red and golden yellow. The location of these currents and the core are the same in everyone.

Each current has a specific job. The function current is blue and supports and inspires everything that has to do with the functioning of your structure. The purpose current is red. It holds and focuses your soul's purpose bringing it to life, answering the constant question: What intention does this have?

The golden-yellow wisdom current carries the wisdom of the ages, from cosmic to mundane truths, as they influence your life every day. These currents are the building blocks of the subtle anatomy and combine in many ways to make the Human Energy Structure.

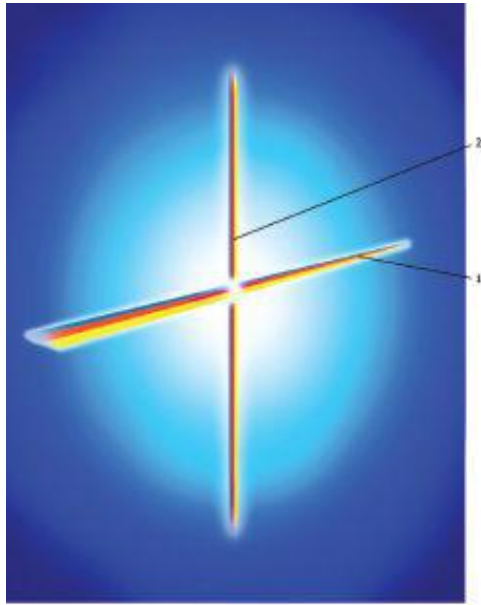
Knowing and experiencing yourself as whole and undamaged at the center can be a tremendous relief. All people suffer the woundings of an earthly life. To have a personal sense of the powerfully pure currents of the core, gives you an anatomical location and another way to approach both the difficulties and the blessings of your life. This is a new way to look at who you are even under the most stressful times.

The Core (Fig. 2.2).



1. Blue Function Current
2. Red Purpose Current
3. Golden Wisdom Current
4. Triple-Current Stream

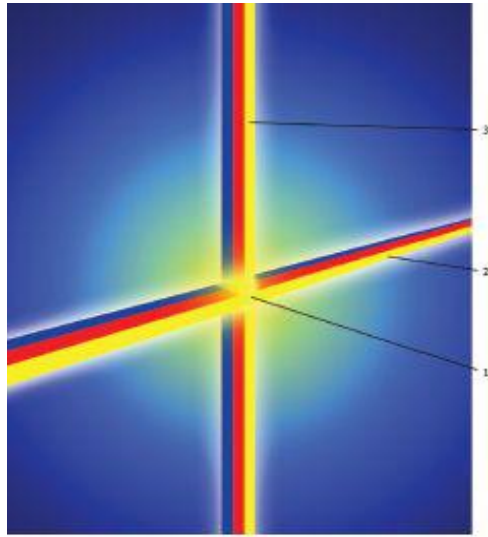
The Channel (Fig. 2.3).



1. Channel

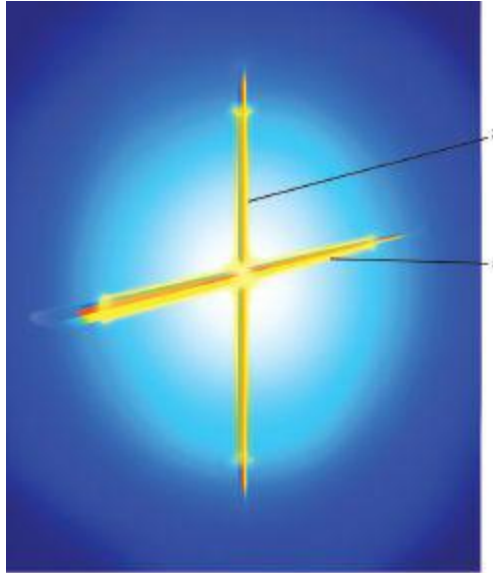
2. Core

The Grand Cross (Fig. 2.4).



- 1. Grand Cross
- 2. Channel
- 3. Core

Core and Channel Sheaths (Fig. 2.5).



- 1. Channel Sheath
- 2. Core Sheath

Meeting Your Core

1. Stand up and consciously return your presence into your physical body.
2. Take a deep breath and put your hand in a horizontal position, palm down, lightly touching the top of your head. Hold it there for two seconds while you feel the heat from your head.
3. Lift your hand upward, staying aware of the heat as you go.
4. As you lift your hand and arm, see if you feel a pressure or energy pushing your hand downward.
5. Do not resist the push but allow your hand to rise up very slowly against it until you have extended your arm vertically as far as it can go and your upper arm is pressed against your ear.
6. Straighten your hand to a vertical position with your fingers pointing at the ceiling. Feel the downward movement of the core right beside your palm.
7. Your core may feel very small at first, even as minute as a single hair. Focus your intention on feeling it moving past your hand at light speed, entering the top of your skull, down your spine and off the coccyx.
8. Now raise your other arm to the same position, with your palms facing each other, and see what you feel between your hands.
9. Move your hands around the core, exploring whatever you sense or imagine.
10. Doing this increases your conscious awareness of your core.

11. It will sense this and expand to greet you.
 12. Feel between your knees and see if you can find the core as it passes downward toward the earth.
-

The Channel

The channel is made of the same elements as the core. It looks and acts in a similar way but performs different functions. Its most important job is to stand witness to the core, supporting the full function and power of the HES. It runs horizontally to the core's vertical. The triple-current stream of the channel moves in to the structure at the front right through the front of your torso. It goes straight through the core and out the back of your physical body and all the way to the other side of the Human Energy Structure. When it crosses the core, together they form the grand cross.

The channel can potentially cross the core in two different places: below the heart and above the solar plexus or near the belly button and just above the center of the gut. It is positioned so that it does not interfere with any other anatomical function. The channel enters your structure from the front and crosses your core most commonly in the gut. This is what most people in the 21st Century find. Studying old photographs of various indigenous peoples and enlightened spiritual masters, I have observed that the channel can be located in the heart center. If you have experienced a spiritually generated heart awakening or if you have been blessed with enlightenment, your channel may have moved upward to just below the heart center. But in this time, for the vast majority of people, even those who are spiritually mature, the channel is located in the gut. One is not better or more beneficial than the other, just different.

As with the core, the channel is never hurt or injured. You are being completely seen and held constantly by your channel in its role as a divine witness of your life. No matter what happens it stays with you through everything, not judging or interfering, a truly unbiased observer of your soul's journey. The channel is your anatomy, and its function can increase your sense of security, peace and acceptance.

Taking Time with the Channel

1. Sit comfortably with feet on the floor, hands resting on your thighs. Consciously bring your presence into your physical body.
2. Let your instincts guide you to where your channel is entering your body.
3. Take a deep breath and move your hands up so that the palms are facing one another in front of your abdomen (or heart center).
4. Take another breath and sense the channel moving toward your core between your hands. It may feel bigger than your core did in the previous exercise because you have begun consciously interacting with your one body and as a result your channel is coming to meet you.
5. Using your imagination, follow your channel all the way to where it enters the structure and back again to the core.
6. Now follow the channel through the body and out your back. Visualize your entire channel as it crosses the core while continuing to hold it in front of your torso.
7. Breathe slowly and gently hold the channel between your hands. Be interested in it and observe it compassionately.
8. As you do this, the anatomical space surrounding the channel called the witnessing chamber will expand, and you will relax as tension slips away.

The Grand Cross

The grand cross is the point where the core and the channel meet. See it illustrated in ([Fig. 2.4](#)) on page 18. The energies of each do not merge but

instead stay true to their separate focuses. The channel centers the Human Energy Structure in time with equal parts in front of and behind the core. The core anchors it in space by establishing in our case, the vertical line to which everything else must orient.

Indra's Net

There is an endless net of threads throughout the universe...
The horizontal threads are in space.
The vertical threads are in time.
At every crossing of the threads, there is an individual.
And every individual is a crystal bead.
And every crystal bead reflects not only the light
from every other crystal in the net,
but also every other reflection throughout the entire universe”^{[12](#)}

The above is a translation that is taken from the ancient Hindu Spiritual tome, the *Rig Veda* that may have been written depending where you look from 2,500 to over 6,000 years ago. The Vedas were composed in the form of sacred songs and the *Rig Veda* recorded the myths of the Hindu God, Indra among other Gods and Goddesses. The *Vedas* were passed down in an oral tradition for millennia before being put into a written form. Much later the idea of Indra's Net was adapted by Mahayana Buddhism to signify the interconnectedness of all things.^{[13](#)} I believe Indra's Net is an early description of the grand cross and that in it the threads are our channel and core making the Human Energy Structure the crystal bead that reflects all things.

The Core and Channel Sheaths

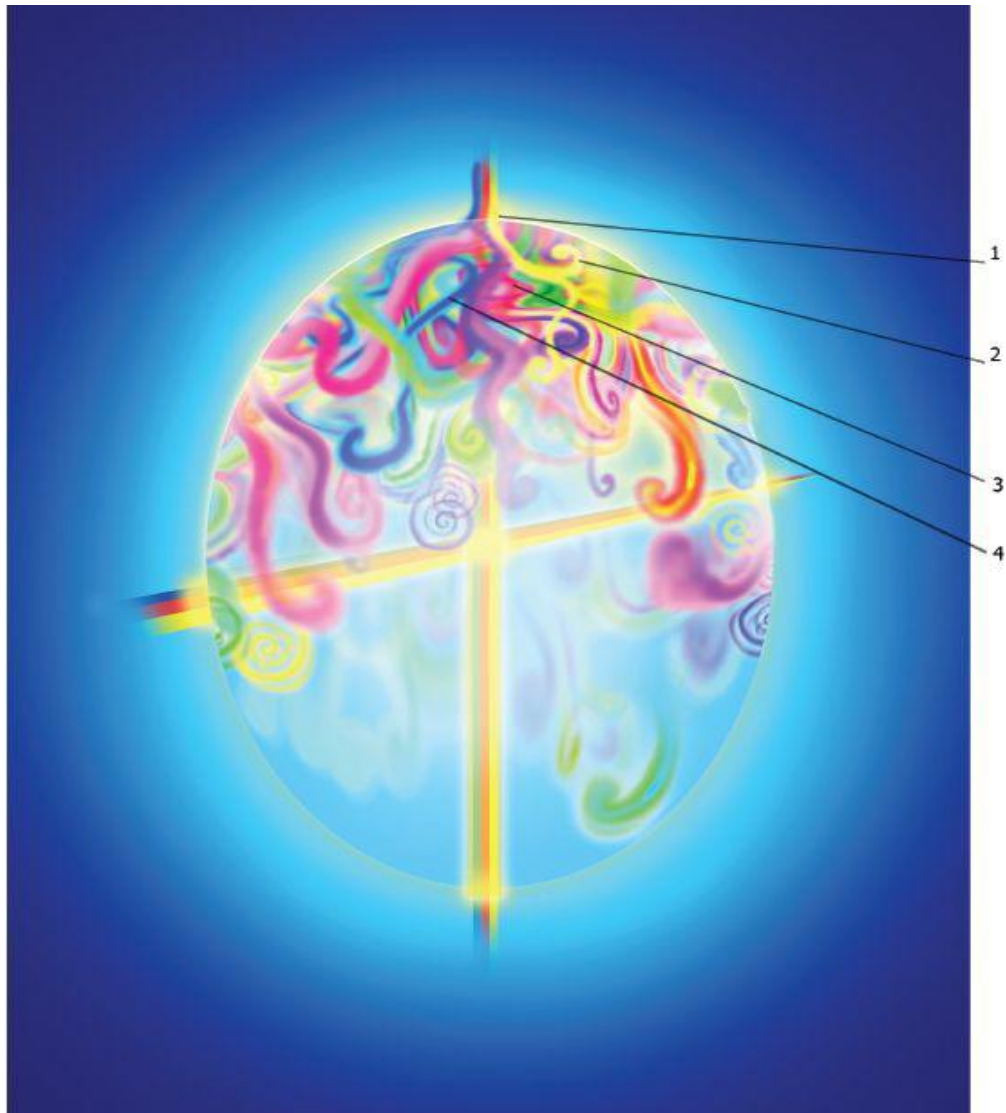
Surrounding both the core and the channel are membranes respectively called the core sheath and the channel sheath. They have different functions in relationship to the larger whole but both act as bridges between the pure energies of the core and channel and the active energies of the larger Human Energy Structure. They allow these pure and perfect Source energies to remain undisturbed by absorbing any trauma or disharmony that might be directed at either the core or the channel and protecting their pristine state.

In addition to their protective role, both sheaths serve as locations of connections and imprints from suffering. Karma and trauma may affect their function or shape. Inside their coverings the core and channel remain whole and protected, allowing the sheaths to take the slings and arrows of life. Inflammations and congestions frequently occur in the core sheath making it swell or become dysfunctional in portions. The channel can also experience forms of inflammation, constriction and even pathology. Both sheaths can be healed and will respond to transformational work.

The core sheath holds the fundamental blueprint for the structure and acts as a kind of central hub of connection for all sacred anatomy. All of the anatomical systems tap into it at different locations, and some critical parts of their anatomy are actually located here. The core sheath has eight major vents four of which run the entire length of the core conducting vital energies for the function of the Elimination System and four that run from the top of sheath to the e-stomach of the Template System.

The channel sheath acts as a supporting partner to the core sheath and holds within it the powerful hollow witnessing chamber wrapped around the channel. It stands watch over all the activities of the HES, witnessing the life of the whole. For more specific information on the channel and the channel sheath see *Your Technical Manual*, Chapter Nine on the [Bones of Light](#) page 227 and 228.

Core Individuation (Fig. 2.6).



1. Core individuating out into the soul layer
2. Golden Wisdom Current
3. Red Purpose Current
4. Blue Function Current

Primarily the sheaths surround and protect the core and channel, acting as translators to the rest of the Human Energy Structure for the pure language of the triple-current Source while keeping both the core and the channel separate and whole.

Core Individuation

To fully express the momentum of creative self-awareness the Source that is your core must give birth, and so it separates out the only ingredients it has to work with from itself. Single currents of energy break away from the core, giving birth to separation and, in this way, the core individuates an authentic or original self. The marriage of the Source fragments, the core and the channel, give birth to the one body.

Even though your core continues without stopping to exit at the bottom of the structure, at the top of the core sheath, portions of its blue, red and yellow currents constantly are breaking free and swirling into the outermost shell of the Human Energy Structure. This pulling apart from the larger whole into single, specific and unique currents is the moment of the split of you from the Source; it is your primary individuation. In a colorful dance of creative division, single energies compose a structure and anatomy. The shell of the HES acts like a tank to hold the individuated energies as they mix to create a beautiful rainbow of color and light.

It is this mix of unique and individuated energy soup that can be called your soul, apart from the Source, split off from the spark of creation and yet at its core still one with everything. The anatomy of the Human Energy Structure is a manifestation of the co-creative process; totality and the individuation working together to bring forth a reality. In so doing it creates a state of being, an expression, an “is-ness.” Directed by the core, subtle energies organize into human anatomy, making streams, eddies and pools of lights that can be defined and dissected to describe the operation of seven complete systems.

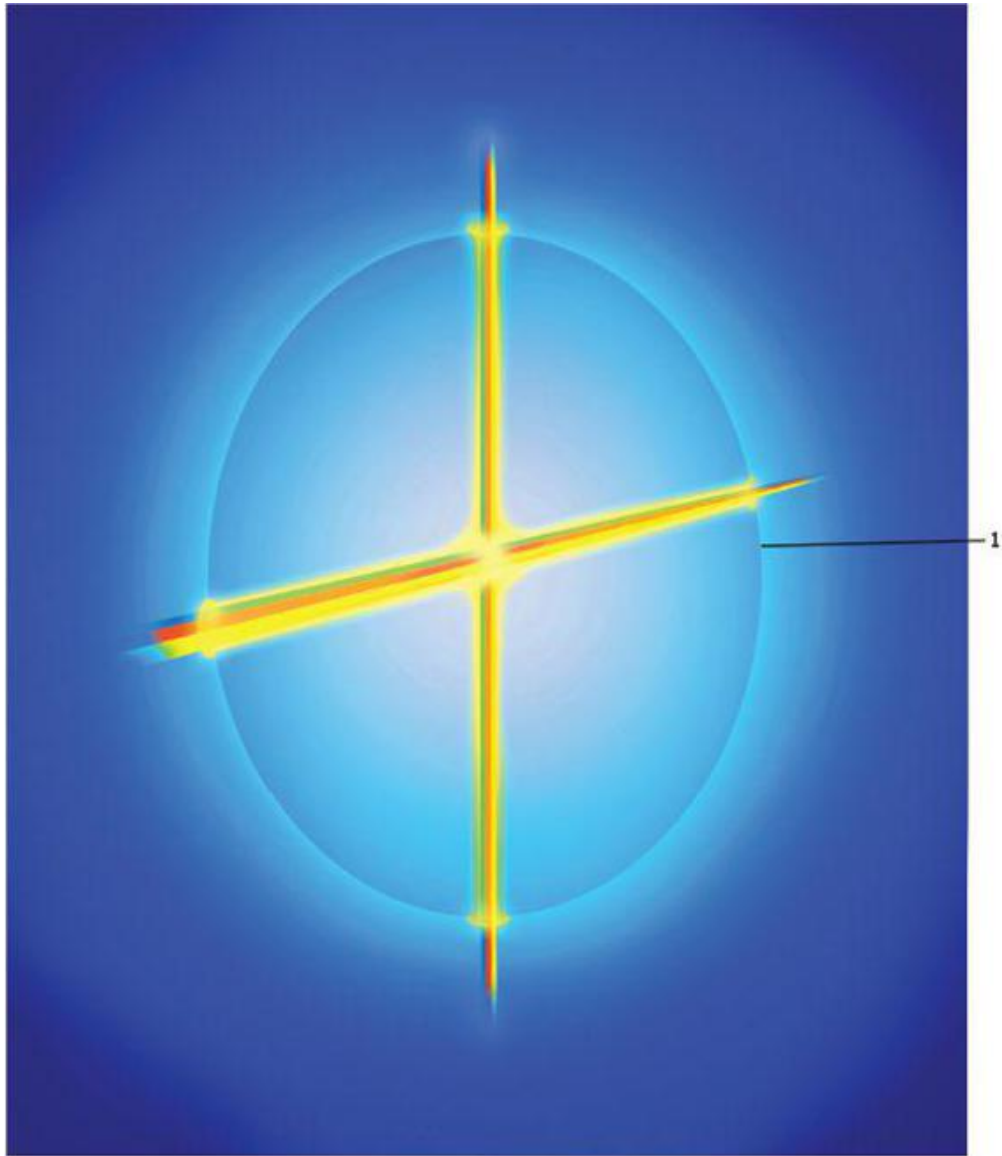
Each system breaks into smaller segments with specific jobs to do to serve the whole. Every part relies upon the other parts to experience itself as complete. It is a blockbuster combination of subtle and material, capturing all the powers, magic and secrets of our species. To understand it is to understand your potential. For all these reasons I have named my life work CoreIndividuation[™].

Your Shape

The human energy structure is made up of intelligent interactive light that comes out of the core in individuated currents. For the purposes of explanation and because most bodies approximate some sort of egg shape, we will use an oval shape as an idealized human form.

Experiences of life make each individual different. You are unique and just like a thumbprint is distinctive for each person your Human Energy Structure is individual in nature, size, shape and contour. So, while we offer a general description, it is important to realize they do vary greatly.

The Ideal Shape (Fig. 2.7).



1. Ideal oval shape

The Soul Layer (Fig. 2.8).



1. Swirling currents of the soul layer

The Soul Layer = The Container of the Structure and the Fuel Tank

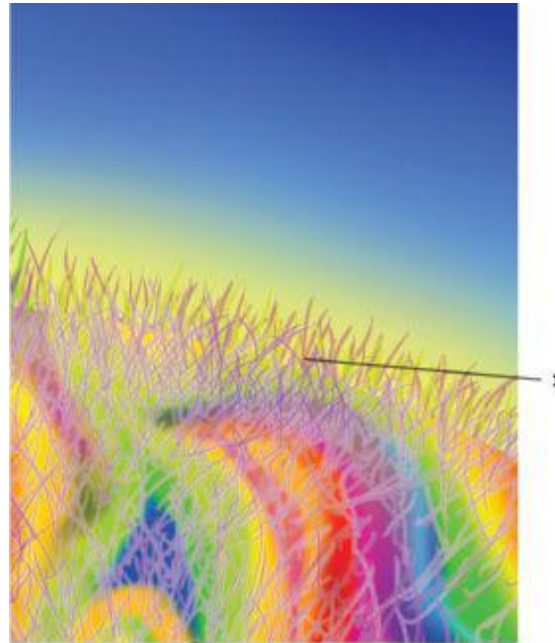
Swirling individuated energies leave the core, whirling wildly into the outermost layer of your egg called the soul layer. See this illustrated in ([Fig. 2.8](#)) on page 25. Anatomically, individuation has a HES location. It has a home where the potency of that millisecond of self-realization and the impetus of birth is forever harnessed as the power that fuels the Human Energy Structure. And individuation keeps on happening, occurring continuously. The soul layer acts as the gas tank of the whole body, holding charged individuated energies while they mix together and create a constantly moving blend of the rainbow of living light.

Individuation is a wild explosion of energy, and, as the three currents dive out of the core, they swim like ecstatic children in the big tank of the soul layer. The soul layer is the outermost layer of the sacred anatomy; it is the shell of the egg and houses the potent fuel that is an expression of your soul's essence. Wonderfully, we are soul powered, fueled by the mighty strength of our individuated natures.

The core enters the Human Energy Structure and half of the triple-current stream separates out. Half of the triple-current stream continues on straight through maintaining the Source within the core. Still connected, still one, and yet existing as an entity apart... The individuation is a soul from the Soul, a smaller part from the larger Whole stored in the churning soul layer.

The soul layer blends universal energies, individuated energies and the energies that arise out of the combinations of all of them. The fuel it builds is what keeps us growing, thriving and continuing in and out of material manifestation (incarnations). With or without a bio layer, we live because we are powered by the skillful work and drive of our soul.

The Edge of the Soul Layer (Fig. 2.9).



1. The Edge

The soul layer does not act only as a fuel tank for the HES; out of it two very important things happen. First, the edge of the Human Energy Structure arises to present a clear boundary to the world and second, the seven systems form. Your structure comes directly from your individuated soul.

This exercise is an opportunity to use “light fingers” to sense the soul layer.

The Edge

At the boundary of this magnificent container (the HES) is the energetic skin, the edge, which is covered with billions of tiny receptors. From each one a small hair-like antenna protrudes. Their function is to act like tiny radio antennae and attract to you specific Source energies for use by your Human Energy Structure. These antennae and receptors give the edge of the structure a fuzzy, slightly prickly appearance and feeling.

Light Fingers into the Living Fuel

In many of the exercises of this book light fingers are used to do different things. The idea of light fingers is simple; they are just an extension of your fingers, imagined as light shooting out of the tips of your fingers and thumb like lasers. Using intention and focusing with your mind, they are able to do anything your fingers can do and more because you can work sensitively in delicate parts of your anatomy with tiny and specific light tools.

“Telegraphing” is another useful tool for all the exercises in the book. It is a technique used to call to your light fingers that which you seek. A little like a magnet attracts metal filaments, telegraphing with your intention brings information to your light fingertips or sends information out into a portion of the anatomy as you interact with it.

1. Stand comfortably, feet apart, knees relaxed and return your presence into your physical body.
2. Breathe deeply, and with intention extend your presence throughout your entire body, from your torso into your arms and hands, legs and feet.
3. Rub your hands together generating heat in the palms.
4. Reach out your arms on either side of your body, extending imaginary light extensions out of the tips of your fingers. Intend your light fingers to go into the soul layer approximately 15 feet from your hands.
5. Feel the movement of the currents as they bump against the light fingers.
6. Explore the soul layer with your light fingers, moving your arms around the entire egg shape of your structure. Feel the power of your living fuel.
7. Practice using your light fingers to feel through walls, around corners and to pet your cat in the other room. It can be great fun and a

fascinating exercise in extra sensory awareness.

They also increase sensitivity at the edge, like the hair on your arm feels the movement of air. Approaching your world from this expanded place gives you the most refined access to conscious one body sensate awareness.

This anatomical location is a very powerful seat for your awareness because it allows you to stand in relationship with everything else in creation. It is the site in the Human Energy Structure that supports you the best as you seek to live an awakened life; the place where you can take the stance for living.

After years of merging with other people and feeling like I had to be constantly on guard, protecting the safety of my own energy, I discovered that placing awareness at the edge is where clean, more unbiased contact is made with the pure life force of other people, places and things. Using it is good energy hygiene.

The edge is where we can *make friends with the universal energies*. Through trial and error I learned the skin of the HES was designed to do this. Not getting far enough out and accidentally placing awareness inside of the soul layer in the process of filtering constantly, causes distress. Overshooting the mark, floating in the universal will not allow connection with anyone and will make you ungrounded. Ultimately, I realized that anything less than a stance for living at the edge is undesirable. It is the cleanest way to establish an appropriate boundary in an intimate connection. It will help you to avoid tiredness or confusion, the feeling of being invaded and even illness. This discovery opened up the Human Energy Structure anatomy in a whole new way.

Taking a Stance for Living at the Edge

You will use the ancient Tai Chi exercise: *The Horse* to go to the edge. (You can learn more about the edge from CoreIndividuationTM practitioners near you.)

1. Standing, experience your presence returned and anchored in the body and with your hands on your gut say: *I am present*.
2. Breathe in three times deeply into the belly.
3. Relax and allow yourself to take your largest personal space.
4. Stand with your feet beneath your shoulders, knees completely relaxed and slightly bent, toes slightly turned in to the midline and stretch both arms out in front of you like you are riding a horse.
5. Now place your hands facing each other about the distance apart that would accommodate a softball (imagine the softball in detail in your hands, feel the stitching, the weight...). Visualize and imagine the ball becoming stronger and stronger. Holding it firmly in your hands, move it to the right, to the left and over your head. Bring it back down in front of your chest.
6. Allow the softball to expand to the size of a basketball (visualize additional and changing detail). Make the ball denser and harder. Feel the weight of the ball in your hands. Move it up and down, to the left and right, and bring it back to the front of your chest.
7. Now open your arms to accommodate a large exercise ball (think of this exercise ball in detail). While holding the ball firmly in your arms, move it to the right, to the left and over your head. Bring it back down in front of your chest.
8. With your arms still in front of your chest, slowly turn your palms until they face outward extending energy from your hands and arms 15 feet out to the edge of your Human Energy Structure.
9. Feel yourself pop through the edge. Float for a moment in the universal, outside of yourself. It may feel a little disassociated or ungrounded.

10. Step back and nestle into your HES, placing your back against the receptors at the edge. Now you are in the Stance for Living.
 11. Experiment with touching objects in your home in the Stance and try touching a pet or a close friend to see how it feels different and if they notice something.
-

It is important to realize that the edge of your energy structure can change shape instantly to do what you want. You are able to simultaneously be at the edge and physically touching something. You know you are not at the edge if you can't resist being pulled into the story or life of another or if you are feeling put upon or attacked by the energy of another person in any way. Anytime you lose the ability to see, to feel or to know yourself as separate and distinct from another person, it means you are not living at the edge. Taking a stance at the edge is the ultimate survival skill for the sensitive person. I have developed a class to teach multiple ways to attain and operate from the edge of the structure called *The Stance for Living*©2011. All CI practitioners are certified to teach this skill. Learning it is easy. Using it requires practice.

The Four Aspects of the Authentic Self

Located at the top of the core, imbedded into it like the masthead of a ship, are four balls of light. These are the four aspects of the authentic self, the physical aspect, emotional aspect, psychological / mental aspect and the spiritual aspect. See illustration ([Fig. 2.10](#)) on page 27. They are the four parts of your essential selfhood and act to direct everything within the energy structure. The Human Energy Structure comes into being as the creative or Source expression of these four aspects of the authentic self.

Everything that you are is a reflection of these four different aspects. The one body takes direction from them and implements their wishes. You might think of the four aspects as expressions of your higher self. Each impulse that is directed into the structure is based in the needs, desires and interests of one or more of the four aspects. They have your highest and best interests at heart, your soul's purpose and authentic function fired by the deepest wisdom of your ancient heart. They have been with you through eons and

have evolved right along with you from the moment of separation and individuation until today. The four aspects are you at your most authentic when you are least driven or constrained by the physical limits facing you in your daily life. They are the super consciousness, the pure knowingness and the drive to continue even when you feel like giving up. The four aspects are pure light and pure you.

Interestingly, the aspects do not value dysfunction less than perfection or health above illness. They are active implementers of soul's purpose but not attached to outcome so primarily witness the life unfolding. Aligning with the four aspects allows you to rise above the mundane and to become more entrenched in the beautiful peace that resides within your structure.

Learning about the subtle anatomy of the Human Energy Structure has been one of the most significant learning experiences of my life. Through my investigation and experiences of the four aspects of the authentic self, I have gained huge insight into the how's and why's of my physical, emotional, spiritual and psychological processes. Simply put, I have gained a deeper understanding of who I am, how I got here and, hopefully, where I am going.

-Tim DeSutter, CoreIndividuation™ Practitioner

The Physical Aspect

The physical aspect is associated mostly with the blue function current and communicates to the Human Energy Structure about how it should do its many jobs. It is all about the basics, the evidence, and the facts and can be our best friend and worst enemy at the same time. It is concerned with the physical manifestation of the one body. All things corporeal and concrete relate back to this aspect one way or another.

Our deepest motivation for any physical action originates in the way the individuated soul perceives its mission and then goes about fulfilling its critical and optional functions. The physical aspect translates from the rare ethers of the beginning of all things and brings it all down to earth, to functional reality in this moment in time.

Question the physical aspect and you question the way life is playing out. Dissatisfaction with life rests in the ample lap of this aspect, and it may or may not be useful to press him or her into a response. Make a respectful peace with your physical life and your physical aspect will act to stimulate

your life. It probably has a different standard about what is good and helpful than your personality does. It will not manipulate or even engage with your daily aches and pains; it will not try to fix you or your traumas physical or otherwise.

But it does seek to be whole in all things so wherever you are out of balance, the physical aspect will strive for equivalent and even harmony within the structure including the physical body. Being aware of this higher consciousness in relationship to your physical body can give you a sense of the holiness of life. It can help you in your daily exercise program, eating plan and in sexual connection. As long as what you are doing is in coordination with this profound expression of your own authentic self you will succeed. When it is not, you will struggle and may fail.

The Emotional Aspect

The emotional and psychological/mental aspects are connected to the red purpose current and bring the highest possible interpretation of soul's purpose to all things.

The emotional aspect is pure emotional experience. In everyday life the power and wisdom of the emotional aspect shines through you at your best and at your worst. When you have an authentic emotional response in spite of ideas you might hold or fears you might have about letting yourself be seen in some way, this is the clear voice of the emotional aspect. When your heart is pulled to love over the objections of your rational mind, when something offends your sensibilities at that deeply primal level, the emotional aspect has registered its truth and is urging you forward.

Pure emotion is a holy thing, and the emotional aspect is part of your highest nature. Allowing yourself to be in your emotional reality deeply makes this aspect very happy. When he or she is happy, the sun shines and the flowers bloom; all things are bright and shiny. When doom and gloom squash any hope of joyous experience, it is also the emotional aspect at work. Allowing emotional beingness to flourish within your interior means being unafraid to embrace the bigness of your primal feelings, to not run from their beauty or their terror, but to have and hold them, to cherish them as yourself. Knowing them and being them as they unfold in each moment of each day is mindfulness, without editing out the aspect most capable of love and compassion.

The Psychological Aspect

The psychological or mental aspect is pure intellect. It is your least agenda-driven thinking; it is your clearest thoughts fueled by the power of your own expanded consciousness. This is the part of your Human Energy Structure where you can touch the universal or celestial mind, where you can open up to the brightest and best part of your connection to all eternity and be inspired by the pure intellect of the cosmos.

Self-awareness begins in this fertile ground and grows the other four aspects, enrolling each one as a participant in the idea of being a creative force. Together under the focus and direction of the psychological aspect, the authentic self develops a sense of identity. The psychological aspect presses for this and knows that without standing firmly in the self-aware center, it is impossible to grow into the being we have the capacity to become.

You are pulled to behaviors and decisions that originate in the egoic expression of your lower self. The higher aspects are more authentic in nature, and, as such, have simpler and clearer needs and interests. Your psychological/mental aspect is clever and yet uninterested in games. It is clinical and yet does not concern itself if you go mad or have anger-management issues. But this aspect does care if you are not living authentically and seeks ways to stimulate the Human Energy Structure to this end in all things.

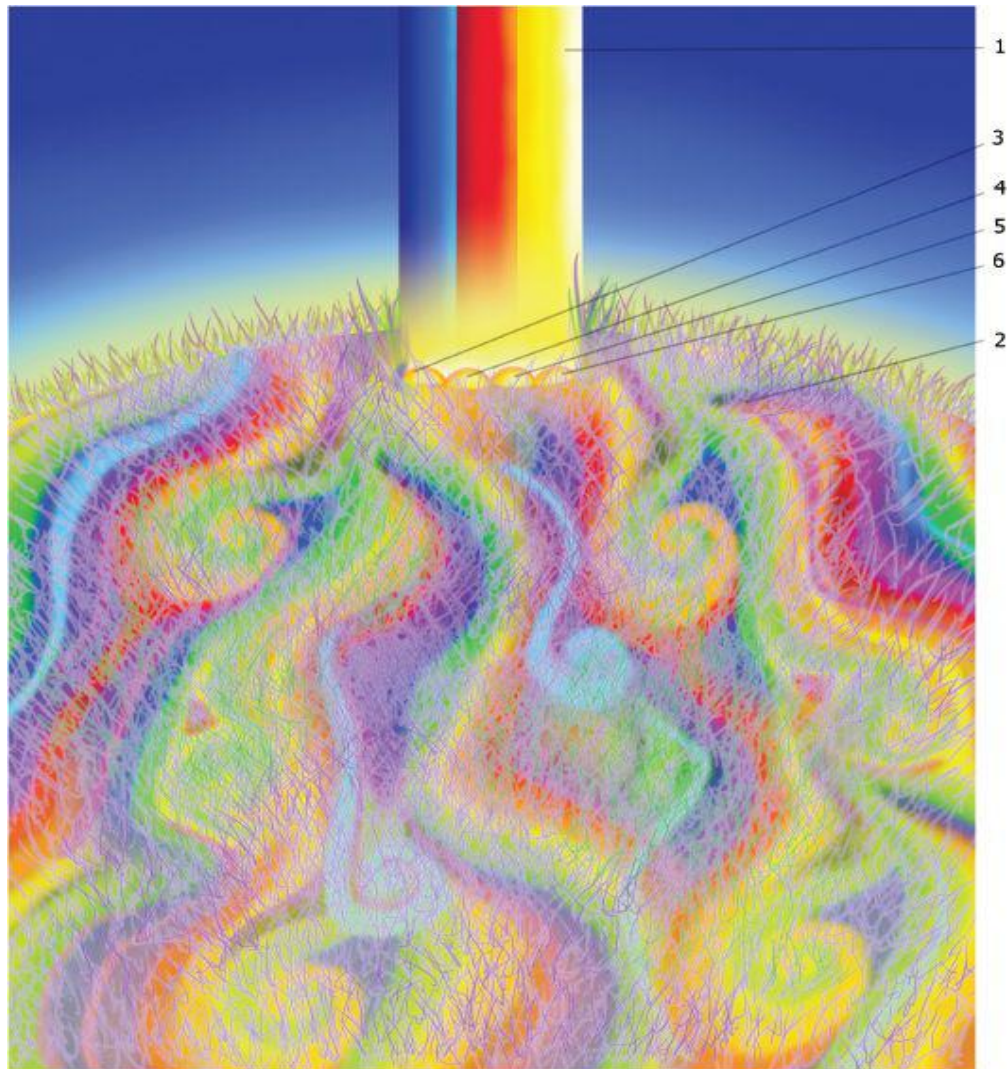
This aspect is the reasoning aspect, the part of the authentic self that follows events according to the universal principles of chaos and expression. It sees all and knows most. This aspect is the way you are standing in partnership with the universal mind, putting the force of your power together with the engine of the creative germ of life. You *can* be this big, this amazing and this powerful. You simply have to open up to the possibility and dream.

The Spiritual Aspect

The spiritual aspect is related to the yellow wisdom current and calls upon the ancient wisdom of the soul and the source-light of the core to direct wise movement. This is your spiritual nature in action, unfiltered or controlled by the limits of your ego and personality. The spiritual aspect is your direct line to the divine nature of your essential self. You can and do draw on this place to assert your most ethical truths. You can dig into the wisdom of the ages by listening to the knowledge your spiritual aspect has to share with you. One way to look at this aspect is that it is your own guardian angel.

Another way to look at the spiritual aspect is that you are one with the creative source and this is the conduit of that oneness. Opening up to this aspect can awaken the brilliant light and the dark shadow, twin natures of your soul's identity. That heaven and hell both dwell within is on one hand comforting, because you always knew it was so, and on the other hand terrifying because you now must show up. You must stay awake to the joys and the dangers of this life. We are balanced between the dual nature of the universe and we are always able to influence our course but we must be in the game as a conscious participant to make a difference, to be able to influence circumstances or outcome at all.

The Four Aspects of the Authentic Self (Fig. 2.10).



1. Core
2. Edge
3. Physical Aspect
4. Emotional Aspect
5. Psychological Aspect
6. Spiritual Aspect

So we must make peace with the spiritual aspect. We must understand that our true spiritual nature belongs only to us, that nothing else can rule it, and that in fact we can only meet our highest self face to face when we seize possession of this selfsame spiritual nature. We must remember for the sake of balance that the shadow hides inside all good things and the light inside even the darkest night. We are dual natured as we are both the one and the all. We are individuated and we have four aspects each devoted to a quality of being which is an expression of that same dual nature.

The spiritual aspect is most mysterious because it is the simplest. We are creative producers, making things, making problems, making successes, making life, and 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. We are infinite. We are creation. We are divine. We are everything.

Your Board of Directors

When the four aspects of the authentic self are experiencing imbalance among themselves or in relationship to some part of the anatomy, it is possible that the result will be a disease. Learning which aspect is dysfunctional or out of balance is one way to determine what *may be* the root cause of disease. Having a working relationship with your four aspects is valuable. If sick, you can ask your four aspects for guidance and support to heal the physical body.

You can ask them why you are sick and how to help yourself. While not a substitute for a doctor, the four aspects will have information for you that can be incredibly helpful and can even support your medical care. Be sure to ask each of your aspects to give you their opinion on what is going on. They will each shed light in a different way. A life long connection with your four aspects is possible if you seek them out in meditation or other type of inner reflection. Try approaching them one at a time and after first introducing yourself, find out everything you can about each of them. Keep notes. Make a record of their statements to you. Test what they say in the laboratory of your life and let them know if their advice or information worked. Working with the four aspects is the basis of the healing work we do with CoreIndividuationTM.

The four aspects are your board of advisors and are usually filled with wisdom, focus and drive. They exist to serve your journey and have plenty to

say about you, your spiritual path and fulfilling your soul's purpose. They have been waiting forever for you to notice them and ask for help. Since they are the authors of the soul's purpose and the origin of the Human Energy Structure manifestation, meeting your four aspects gives you a way to understand WHAT you were thinking when you signed up for THAT!

Learning to recognize and work with sacred anatomy has greatly expanded my confidence and competence so that now I work more deeply and intuitively. I am able to use subtle anatomy as a teaching tool because this knowledge has rounded out my understanding of the four aspects of a person, mind, body, spirit and emotions. Now I can discern with greater sensitivity where blockages are held, and releasing them frees clients to take effective action in the direction of their dreams.

**-Rhona Post, MA, Master Certified Coach (ICF),
CoreIndividuation™ Practitioner**

Connecting to the Four Aspects of Your Authentic Self

Reading, sensing or tuning into the individual focuses of the four aspects is about dropping into your deepest awareness of each of their areas of expertise, one at a time feeling into your sense of them and establishing a one way and then a two way connection. They want to make a link with you consciously and have been seeking it out your entire life. So simply tuning in with a heartfelt invitation to speak to them is all you need to do. Listen because if you ask them to they will contact you. But be aware they use many different voices and methods to reach you. You may hear them, intuit them, have a physical sensation, see an image or get an inspired idea that leads you to an aspect. Don't question it, ask for proof or fixate on it. Just go with what you are given. Be grateful for even the briefest encounter and listen for them whenever you can. Soon you will have a rhythm of interaction and a relationship will evolve. This is an opportunity to find out things about yourself as a larger more sophisticated being,

your four aspects are your better angels. Talking to them can be extremely enlightening. Follow these steps to formally meet your aspects. You will need a pad of paper and a pen for this exercise:

1. Visualize a large comfortable living room like sanctuary with five big chairs. You can provide refreshments, tea or water if you like for their comfort. They don't really care much about creature comforts. Still, you may be able to do a better job with your visualization if you make it a pleasant setting for yourself. Do not include any other beings, no waiters or staff to take notes and no guides or angels hanging around. Please only the five of you should be present in your sanctuary. This is a very private meeting.

INVITING THE ASPECT

2. Re-read the section about the aspect to get the energy of it clear in your mind.
3. Focus your imagination on the aspect of your authentic self you are inviting, take a deep breath:

PHYSICAL: feel into the strength and vitality of your physical body.

EMOTIONAL: feel into the power of your emotional life.

PSYCHOLOGICAL: feel into the depth and integrity of your psychological self.

SPIRITUAL: feel into the dynamic muscle of your spiritual self.

4. When you are in touch with this part of your self. Say aloud: *I call upon (say only one) the physical/emotional/psychological/spiritual aspect of my deep authentic self. I, (state your name) invite you, the true and*

gracious expression of pure (say only one) physical/emotional/psychological/spiritual consciousness to this sacred meeting. I am calling upon you right now to attend. Your presence is needed by me to be most effective in bringing my soul's purpose to light.

5. Wait until the aspect approaches you. Greet them formally or informally, as you feel appropriate.
6. Invite the aspect to take their seat. They will know which seat is right for them and they will understand this is an important moment.
7. When they are all seated remain quietly together for a few minutes. Simply be present with them feeling how it is to be aware of their presence. Observe them as they sit with you. Notice their dress, their faces and manner.
8. Say to all aspects together: *Thank you so much for coming to this first official meeting. I am so honored and glad to meet each of you and I am excited about working consciously with you from this day forward. I am extremely grateful to you for the wonderful job you do as the four aspects of my authentic self. I want to be in better connection with each of you and to create with you a more effective partnership to bring my soul's purpose more fully present in my life.*
9. Turn to each of the aspects and ask: *Do you have a teaching or a message for me at this time?* They may or they may not. Do not expect one but be ready to write it down if they have one for you. Thank each one after you receive your message or teaching. FYI: it is polite to thank them even if they have nothing for you now.
10. Stay as long or as short as you like. But when you are ready to leave make sure to say good-bye to each aspect individually and to formally

bow to them as a way of dismissing the gathering.

The Seven Systems: An Introduction

There are seven anatomical systems of the HES each working collaboratively with the others. This is the first introduction to the systems and there is greater detail in the next chapter. Each system also has a chapter devoted to it in *Your Technical Manual* where more anatomy, pictures and descriptions of how the system works are covered in depth. If you find you are drawn to a particular system, read ahead or have fun looking at the pictures. Only be aware that the information in the book builds sequentially and I have tried not to repeat things too much. So if you jump over details you could miss something crucial to understanding how the HES works. What follows is how the seven systems compare in function to that of the physical anatomy.

The Layers

The Layers support function and vitality just like the organs of the physical body. There are eight layers surrounding the core and channel: the soul, etheric, spiritual, cognitive, mental, primal, emotional and biologic (physical). Each layer fulfills a specific need, just as the lungs pump the breath of life, the emotional layer, for example, holds and responds to emotion from a completely present place. The human mind is figuring out what is going on, what its feeling, how to react, and the emotional layer is *being* emotion, reacting as emotion; there is no thought involved. The lungs simply breathe in and out; they don't stop to analyze the situation. The layers have this reactive, spontaneous and organ-like quality and they are utterly dedicated to their tasks. Similarly, as the Biochemical System directs organs in their functions, the Harmonizing Network directs the Layers. Take a look at an illustration of the Layers in ([Fig. 3.1](#)) on page 42 of the section in Chapter Three about the Layers or find more information about the Layers in Chapter Six of *Your Technical Manual* beginning on [page 125](#).

The biologic (bio) layer, or the physical body, blends with each of the biological and subtle systems. It is the meeting ground for the spirit made manifest and along with its Human Electromagnetic Field is the only part of the structure that is material and finite.

The Template

Functions of the Template can be compared to the biologic Nervous System and the brain. Synaptic connections made in the brain send messages throughout the body and the Template uses its neural-like network of strands to do the same on a larger scale. It not only serves the HES but it encompasses the physical within it, supporting both to behave as one. Go to the Template Web ([Fig. 3.2](#)) in the Chapter Three section on the Template on page 52.

The Template is a huge interconnected web of strands through which information travels everywhere from the liver to the edge. In a different sort of function, the ends of the Template strands become villi at the edge of the structure and work at attracting universal energies to nurture the Human Energy Structure. These energies ultimately combine with the individuated energies in the soul layer to fuel your structure as seen in ([Fig. 2.8](#)) on page 25.

The Template, through the anatomy of the star point, also manages the contraction and expansion of the Human Energy Structure. Because strands pass through every portion allowing immediate transference of important information between systems and remote segments, the entire thing can contract together in reaction to stress and expand together in a relaxing response. It is lavender and pale green in color and looks like a little like an enormous three-dimensional root ball. To dig deeper into the Template System read Chapter Seven in *Your Technical Manual* beginning on [page 149](#).

Blended Energies System

The energy used by the Blended Energies System to drive the structure compares to blood and the way it is pumped in the Cardio Vascular System of the bio layer. The major chakras pump light fuel just like the heart pumps blood to maintain health and vitality.

Chakras are energy generators created from organized streams of light that shoot out of the soul layer front to back toward the core in 13 locations. Look at illustration ([Fig. 8.5](#)) on page 192 to see. At the crossing point of the streams and the core the 13 major chakras or energy generators are born. As the streams each exit the core they are charged with specific tasks and information from that chakra for the benefit of the whole. The triple-currents break apart and go into the soul layer where they add to the rarified mix of

universal energies from the Template and the individuated building blocks that are already swirling there as they split away from the core.

You need a very unique brand of nutrition to be who you are. Take a look at illustration ([Fig. 8.1](#)) on page 176 to see how the different layers and chakras intersect. More in-depth information on exactly how chakras work to support you can be found in the Blended Energies System section of Chapter Three on [page 61](#) and in Chapter Eight dedicated to the system starting on [page 175](#).

Bones of Light

The skeleton of the Bones of Light works in tandem with the skeleton of the bio layer giving the Human Energy Structure a coordinated, flexible and structural form. Like the Biomechanical System many different and interrelated jobs are done by the Bones of Light. They contain a substructure that acts as an internal support for the Human Energy Structure. The core is held up by the caduceus, which is like a vertebral column within the core sheath. See illustration ([Fig. 2.4](#)) already introduced on page 18 of this chapter. The framework holds the interior open a little like a ribcage so that the chakra streams and the Template are able to do their work. On page 75 in ([Fig. 3.4](#)) you can see the framework that most directly supports the Layers, keeping them separate from each other and containing them within a frame. Another important part of the Bones of Light is the edge, the skin to the entire HES and the boundary between you and the universal field. A subtle light matrix is woven throughout this entire system and is also within the bones of your physical body. It unifies and enlivens the bones making them glow and is instrumental in manifesting congealed light or matter. The Bones of Light are explored in greater detail on [page 67](#) in Chapter Three of *Your Owner's Guide* and [page 225](#) of Chapter Nine in *Your Technical Manual*.

Elimination System

Your Elimination System compares to the waste removal and cleansing systems of the kidneys, liver, intestines and bladder. Nine wheels, hubs and spokes spin to release toxicity that the Human Energy Structure generates in the course of living. Find an illustration of the Nine Elimination Wheels ([Fig. 3.5](#)) in Chapter Three on page 80. Cleansing the chakra streams, the skeletal supports, the Template, all the Layers and more of emotional, psychological, spiritual and physical debris is an enormous job. Without the

Elimination System the structure would bog down and dissipate from the sheer volume and effort to keep plugging on without relief. More can be found on this system in Chapter Three on [page 78](#) and in Chapter Ten, of the same name on [page 251](#) of *Your Technical Manual*.

The Human Electromagnetic Field

Electrical impulses create electromagnetic fields. The Bioelectrical System of the physical body creates the Human Electromagnetic Field in reaction to the bioelectric activity of the cells, heart and brain. The Human Electromagnetic Field and the physical body are both finite so the electromagnetic field dies shortly after the physical body.

The Electromagnetic Field acts as a delivery conduit for the larger and more long-lived structure that lies beneath it. It is a reactive organism that overlays the four innermost layers, bio, emotional, primal and mental. Take a look at the illustration ([Fig. 3.6](#)) on page 83 in Chapter Three. These reflective layers act like translators and messengers for the layers beneath them, mirroring their duties outward into the universal. Ten Blended Energies System chakras are contained within these layers, so each one of them has a reflective chakra that does exactly the same thing the reflective layers do: carry the communications and doctrines of the deeper chakras and layers into the atmosphere of your life.

Human Electromagnetic Fields are vibrant in color and range from brilliant greens and blues to fuchsias and bright orange. These are the dazzling colors most commonly seen 3 to 4 feet out around physical bodies and historically called the Aura. If you are intrigued much more can be found in Chapter Eleven in *Your Technical Manual* on [page 271](#). Be sure to catch the basics in Chapter Three first!

The Harmonizing Network

The Harmonizing Network functions similarly to the Biochemical System of the physical body. It constantly sends out messages of stimulation and direction and is aptly named, as its mission is to create unity, balance and harmony within the one body. To do this, it generates specific frequencies in resonating chambers, meridians and channels found within the anatomy of other systems. The Harmonizing Network is the only system that does not have a location of its own. It exists to serve the Human Energy Structure and is found throughout the HES.

Harmonizing Network frequencies operate in communion with Source energies and contain a kind of blueprint for each of the systems of the HES. It is as if each of the system frequencies generated are capturing the first light of their own new star at the farthest reaches of space and focusing this light into a specific vibrational frequency. These energies are primordial and filled with the first inspired breath of all life. Each one is focused and generated in a dedicated resonating chamber directed by your Harmonizing Network and travels throughout the Human Energy Structure making specific and systemic connections and attractions while holding the structure together and serving your greater good. Take a look at the resonating chambers illustration ([Fig. 3.7](#)) in the section about the Harmonizing Network on page 88.

Like connective tissue, this system holds the structure together maintaining openness and availability to other appropriately nurturing universal energies. Similar to neurotransmitters, harmonizing frequencies balance all systems to one another and manage the relationships between congealed light (physical form) and subtle light within your one body. The Harmonizing Network does this throughout by forging every connecting link within and between the systems. It lubricates, greases and glues the whole thing together. You might say the Harmonizing Network is based in the song of the spheres, the voice of Creation or the music of the cosmos and that the specific frequencies singing in harmony together compose the opus of your Human Energy Structure. For more see Chapter Twelve of *Your Technical Manual* on [page 303](#) on the Harmonizing Network.



Chapter Three

The Seven Systems

The Layers
The Template
Blended Energies System
Bones of Light
The Elimination System
Human Electromagnetic Field
The Harmonizing Network

You are who and what you are because you already hold the secrets of wellness in your Human Energy Structure, and you can consciously choose to expand into your own potential.

-Desda Zuckerman

The Layers

There are eight layers of interactive intelligent light or energy that make up the one human body. These distinct layers are joined to each other by connective membranes called the framework (part of the Bones of Light-see ([Fig. 3.4](#)) page 75) that create the egg shape of the Human Energy Structure. The layers move outward in a concentric, three-dimensional manner from the bio layer at the center and continue to the soul layer, which acts like a container or a shell.

The soul layer holds the individuated offshoots of the core. They swirl as single currents of red, yellow and blue forming a dense rainbow light brew to provide fuel for the structure. Adjacent to the soul layer is the etheric layer that serves as a vast library containing the complete record of your soul's history. Next to it is the spiritual layer, the access point for your relationship with spirit. Angels, gods and fairies all wait to make a connection with you here. The cognitive follows and is the control tower for the entire HES. Within it is the mental layer, home of the mental constructs that motivate us to belief, attitude and concept. The primal is next, a swampy green jungle of the primordial ancestral you. Gut instinct, tribal connection and your legacy open up to you in this layer. The emotional layer is sandwiched between the primal and the bio layer, which lives at the very center of the Human Energy Structure. Your emotional layer is always in the pure emotion of the present. The bio layer is your physical manifestation.

Each layer is an energetic organ with segmented strata and specific functions, containing specialized wisdom for the health and expression of your life. The Layers System includes the viscera of the Human Energy Structure and like the organs of the physical body they act independently of each other and in concert. Just as biological organs are dependant upon the whole, in the same way the spleen works with the liver, the lungs with the heart and gall bladder, esophagus and intestines with the stomach; the soul layer works with the spiritual, the primal with the emotional, the cognitive with the bio layer and so on, creating multifaceted relationships that support the success of the whole. Go in-depth with the Layers in Chapter Six in *Your Technical Manual* on [page 125](#).

The Basic Sacred Anatomy of the Layers

Soul Layer

Red purpose, blue function and golden yellow wisdom currents are the three strata of the soul layer. Together they create the rainbow appearance. The Tibetans call the soul layer *Zha Lu*, the rainbow body. Different from the other layers, the soul layer houses the powerful energies that enter the structure by stripping away from the core at the same time it is receiving, processing and storing universal energies after they have been initialized

and personalized by the Template System and energies being filtered, transferred and empowered inside the Blended Energies System. It is both a fuel tank and a reservoir. The soul layer is located from 5 to 40 feet out from the bio layer and is normally anywhere from 1 to 6 feet in thickness.

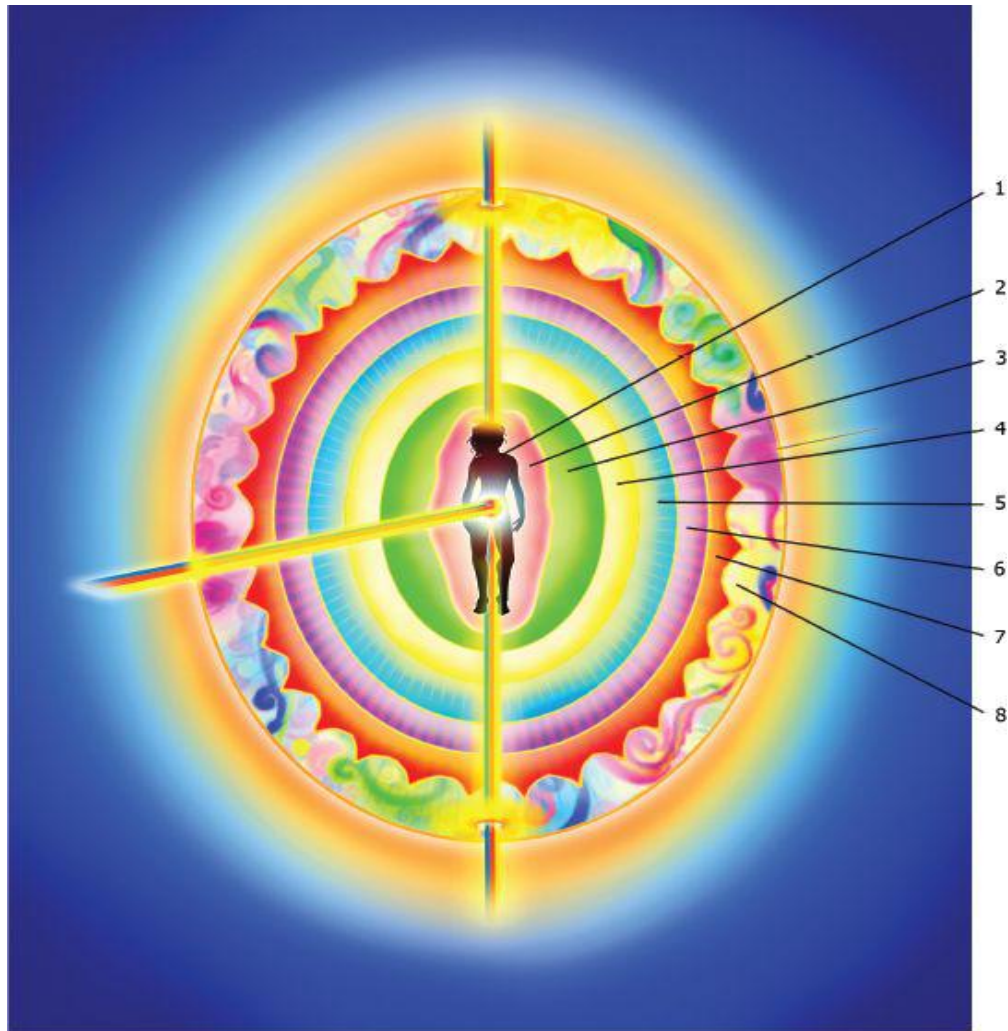
Etheric Layer

The etheric layer, which is from 8 to 18 inches thick, is orange, becoming a deeper orange at the outermost edge where a jagged mountain-like phenomenon occurs. These dips and peaks are the locations of storage vessels that are the repository of your soul's historical knowledge, agreements and contracts. No matter where or when they are made, they are collected here, as is as all information about karmic debts and rewards for each individuated soul. This is your personal Akashic record. Akashic records are the extensive spiritual libraries where the stories, adventures, lessons, exploits and mundane day-to-day experiences of all beings are compiled. You have within the etheric layer your part of this record stored for your use.

The layer is divided into eight strata separated by membranes (as are all strata within the Layers System). Each one of the etheric strata is dedicated to the recording and cataloging of the soul's life experience. The records are organized according to developmental ages like childhood and infancy.

If you have ever had a déjà vu experience or a revelation that you knew how to do something you had never done before, this event could have been an activation of the etheric layer bringing forward a previous life memory that has significance to the moment. It connects via the spiritual layer to the angelic realm where your etheric librarian can be reached and asked for help navigating your records.

The Layers (Fig. 3.1).



1. Bio Layer
2. Emotional Layer
3. Primal Layer
4. Mental Layer
5. Cognitive Layer
6. Spiritual Layer
7. Etheric Layer
8. Soul Layer

The primary reason this layer exists is to support each manifested incarnation of your soul in gleaning your dharma or truth out of the karmic lessons of life as you have lived it. Your soul's influencing guides and teachers gather here to discuss and record their work with you and you can ask them for any relevant guidance.

You have probably caught a glimpse of your etheric in those seminal moments of life when all of us feel the import of time. A marriage, birth, death or discovery of love all ring out as something ancient and familiar. Even when that experience seems foreign to you, it is not, because you have a record in each of the eight strata of the etheric that has captured hundreds or even thousands of previous life experiences. The strata range from inception, which is the time before conception, all the way to death, karma and recent memories, which naturally hold a special tangible significance, as they are still unfolding.

Spiritual Layer

The spiritual layer is shades of lavender and blue in color and ranges in thickness from 9 inches to as much as 15 feet. The size of the layer seems to be related to the level of spiritual attainment and focus of the individual but this may just be how it appears and not what is actually so. Located another 2 to 10 feet out from the bio layer the spiritual layer is the place where flashes of insight and inspiration generate an elevated state of awareness and where we are able to experience inspired mystical communion.

This is the anatomical location of the connection to the sacred nature, what can be called divine intuition. The seat of the authentic self is here. That part of you that is able to stand in partnership with all creation and that can speak through your HES. The individual Akashic record or personal history is documented in the *spiritual layer* and transmitted to the etheric layer for storage. The prime function of this layer, however, is the generation of individual spiritual purpose. This purpose then is woven through incarnations giving them a continuity and focus. It affects who our parents are, the condition of our physical body and what we do with our physical lives and energy.

The spiritual layer has six strata, each dedicated to an archetypal facet of spirit. Guides and guardians, fairy folk, elemental energies, angels and

deities from every branch of the human religious experience have collected here, dedicated to their personal relationships with you.

Cognitive Layer

The cognitive layer is blue-green and varies in hue throughout. Located anywhere from a few feet to 15-20 feet out from the biological layer, the cognitive layer is the mechanical control tower for the overall system. Much like a brain, the cognitive layer is in some ways the most complex portion of the Human Energy Structure. It contains four strata three of which contain access points to a collection of similar subtle and material HES anatomy. One stratum is dedicated to organs, one to systems and one to structural or skeletal parts. The fourth cognitive stratum is unlike any other place in the structure and it is in the point of transmutation where inspiration and intention meet to manifest in physical reality. It is where energy begins to organize to create the physical body and behaves a little like a fertile garden where creative source idea seeds can be planted and nurtured to become full-grown parts of who you are.

Much like the regions of the brain, each of the four strata of the cognitive layer can be touched, worked with and appreciated, and each has a distinct role in the functioning of a healthy human being.

Mental Layer

It is usually variations of yellow, but for people who are wired a little differently it can be turquoise. These people are sometimes visionaries who think differently and live a little out of the box. They usually possess very creative minds. Occasionally, I have found a turquoise mental layer in an autistic person but this is not always the case. Located adjacent to the primal layer, the mental layer wraps around the inner Human Energy Structure in an oval shape. It can add as little as 6 inches to up to more than 19 complex feet in thickness and is the site of the mental construct, the way we build our systems of belief.

All manifest beings are products of structured mental constructs that form our intellectual orientation and approach to living, thinking, organization and *having* of emotions, spiritual belief and spontaneous thought. These constructs, which look like crazy quilt, Tinker Toy fantasies, are an attempt by the unfocused mind to make order and to understand life.

The mental layer has three strata and is the seat of pure creative intellect, mental process, clarity of thought and understanding of concept; each of the strata is dedicated to this end. The “order” stratum is all about organizational thinking and belief. “Acceptance” is where we can best allow all ideas to live, and it is also the home of the sacred feminine in the HES. The “chaos” stratum is devoted to the great cosmic pandemonium that births stars and intimately touches even you evoking breakthroughs and transformative discoveries.

Primal Layer

Most commonly the color is a mossy or swampy green. This layer roughly follows the contour of the emotional at the inner edge and when not manifesting pathology, is increasingly oval in shape at the outer edge. The *primal layer* adds another 8 inches to as much as 3 feet to the thickness of the oval shape. It has four strata each dedicated to the primal experience. The “tribe” stratum is devoted to tribal connection and affinity. We all have an experience of belonging or not belonging to our tribal group; in this stratum the ancient roots into your authentic tribe are intact and still calling out to your ancestral memory. The “DNA” stratum nurtures genetic heredity and cellular memory. The “legacy” stratum holds the deep lineage of the soul, from lifetime to lifetime; your family of origin to family of your heart.

Some people are incredibly lucky and are born into the family of their dreams and hopes; maybe that is your story. But if it is not and you don’t feel like you fit in your natal family, the “legacy” stratum sings the song of your true belonging, your home sweet home, and it will lead you to that group or community that will answer your call. The last primal stratum is “instinct”, the anatomical location of the primitive, animal gut feeling of early man, the dark, feral part of human nature that knows instantly and certainly information that may sometimes be rationally deduced and sometimes is from so far out in left field that it shocks. The consistent thing about the instinct strata is that it is dead on.

Building the House

Introducing yourself to your layers means beginning to have a sensate awareness of them within the larger structure. For this

exercise you will need to stand in a single doorway with the door wide open.

1. Standing in a doorway, return your presence to your physical body.
2. With a deep breath, be aware of your physical body, the bio layer.
3. Put your hands against the inside of the doorframe and notice it surrounding your body. This is about the size of your emotional layer.
4. Be aware of your emotional layer filling the doorframe. This layer is all about your emotional experience. It is pink or peach colored and warm. Feel compassion for the doorframe and notice what happens for you in the doorway. What are your physical sensations? Your emotions? What thoughts are moving through your mind?
5. The next one is the primal layer. Take a deep breath and extend your light fingers out, imagining an egg shape surrounding the doorframe about 3 to 4 feet thick. Let your consciousness expand into this shape. The primal is the lair of the dragon. This is an ancient swamp-green layer that gives you access to your most primordial self. It is the seat of the reptilian brain and memory; more ancient than any human awareness. It is primary.
6. Next, breathe as you expand your conscious awareness in an egg shape out another 2 to 4 feet to the mental layer. Now you are 5 to 8 feet out from the doorframe and really part of the wall of your house. This layer is all about the one body intellect. Everything is understood here from order and patterns to chaos and inspired design. The color is usually yellow. It is a very busy layer with a lot of different shapes and textures available to be sensed.

7. The teal-blue cognitive layer is full of information but more uniform in texture than the others you have sensed. Expand your awareness with an out-breath and your let your light fingers go 3 to 5 feet more. Feel for the point of transmutation, the shell of the layer and the location of our own private Garden of Eden where we plant the ideas that grow into us. By now your awareness it at least another 8 feet out. So you are through the ceiling above your doorway and may even be as much 14 feet down into the foundation below your feet.
8. The spiritual layer is next, with each stratum devoted to different manifestations of spirit. Breathe deeply as this 2 to 6-feet-thick purple and lavender colored layer contains the rarified air of your soul's purpose. You will recognize it if you have a regular spiritual practice as it is the anatomical location of your spiritual discipline and path. By now you are almost to the top of your house and well into the second story.
9. The golden-orange, eight-strata etheric layer is anywhere from 1 to 8 feet in thickness. It is a much more difficult layer to sense so just look for the external boundary that feels like the up and down contours of a mountain range. This is its most distinguishing characteristic. You are at least as large as the exterior wall of a two-story house by now stretching from 10 to 27 feet up and all around and maybe even larger.
10. On the other side of the mountain range is the soul layer, function, purpose and wisdom currents swirling and swimming like beautiful ribbons of light in a fuel tank that is usually about 2 to 3 feet thick. Breathe while you sense the activity of your individuation and arrive at the roof of your house.

11. With one final breathe push through this layer and out into the universal. Ah... quiet. Beyond the boundaries of the house you are floating in the air surrounding your house.
 12. Breathe in one final time. Feel how big your layers are all around you.
-
-

A Layers Story

Lilly's Knee CI Practitioner: Regina Schulman

In May of 2011, Lilly, an eighth grade student, arrived at my office with chronic right knee pain from her third arthroscopic surgery in early February. The first and second surgeries were in the spring and fall of 2009. Her doctor's post-operative assessment was that the inside of her knee was healing fine. He was not concerned about her limited knee extension, due to tight muscles. Lilly had completed a course of physical therapy. She was working with a personal trainer to develop strength in the muscles surrounding the knee. However, she was waking in the night, unable to unlock her knee from a bent position.

After assessment, Lilly's Human Energy Structure showed that although in physical discomfort, her primary issues were held in the emotional and psychological aspects of the authentic self. Lilly reported: "Some days my knee won't straighten at all. I'm annoyed and angry at my knee. I hate it, and I'm feeling hopeless. The past few months stuff happened at school too—social stuff—betrayal. My friend told me nobody liked me. She turned everyone against me." Lilly realized she had been stuffing her anger and emotional pain directly into her injured knee.

A CI procedure stimulating release directly out of Lilly's knee begin to ease her pain. She named and felt the emotions, ranging from betrayal to rage, involving her friends, family, medical providers and herself. As Lilly let each realized experience release from her knee, her pain reduced significantly, and her leg began to straighten with almost no discomfort.

A month later, Lilly reported that her knee was no longer experiencing episodes of locking and inability to straighten. The issues with her school friends were still present, but no longer as important in her mind. Lilly's mother reported, "Emotionally and psychologically, Lilly is teaching herself to understand the thoughts and emotions that are not serving her, accept what they are, and then discard them from her body."

Emotional Layer

Usually this layer is pink, orange or reddish. Located immediately off the physical body and loosely reflecting the shape of it, the *emotional layer* may vary in thickness from 6 inches to 3 feet.

Its primary function is to hold emotional beingness. The personal experience of the *emotional layer* is one of being with emotion as opposed to having or understanding emotion. It is always in the present moment and is extremely subjective in nature.

The emotional layer has only two strata, the "foundational emotion strata" and "present emotion strata". "Foundational emotion" is a strata dedicated to the first emotions experienced at both the inception of the Human Energy Structure and in a present life incarnation. These emotions define all other emotions as you learn to place them in the context of historical growth. The "present emotion stratum" is exactly what you would think it to be: present emotion. Always in the now and always only emotion; in this layer there is no analysis or understanding, not even the *feeling* of emotion; it is the literal beingness of pure emotional truth, and it is incredibly alive.

Bio Layer

The only layer that takes manifest physical form, the *bio layer* is located at the center of the structure much like a yolk at the center of an egg. It is made up of "congealed light," which we think of as solid form. You know what you look like! When we die it departs but there is a place held by all the systems in the HES for the return of this layer.

Even though it is visible to your eyes the bio layer hides its mysteries. Becoming aware of the form of your sacred anatomy may reveal a greater sensory capacity. Available through the physical senses, you can learn to distinguish exactly what you are feeling and where the stimulation is

registering in the Human Energy Structure, above and beyond your bio layer and chock full of new information but still able to be felt, seen, smelled, heard and tasted. Crossing over the boundary between subtle and material is thrilling, and you may begin to experience it as you read this book. Notice what you are feeling while reading and looking at the illustrations and appreciate the notion that your HES is feeding you data in the form of sensory input while you expand your consciousness. This is the interactive quality of the makeup of the Human Energy Structure.

Strengthening Your Edge

This exercise is not a protection or a shield against danger. Please do not use it for this purpose, as it will not be effective. This exercise is meant to build up the edge of the Human Energy Structure; to make it stronger and more capable of supporting you even during stressful times.

Often seen in empathic and hypersensitive people, a diffused or too porous edge is caused by excessive and inappropriate merging with others. It can also be seen in hard-drug users and frequent pot smokers. Recovered narcotic addicts and chronic sleeping pill users, heavy drinkers and cocaine addicts or frequent recreational drug users will also badly need their edges strengthened. If you are a person still engaging in addictive behavior this exercise will not be sufficient to help you. For the addict, underlying issues must be determined and addressed so that you can discontinue all self-destructive behavior and heal. If you are a healed substance abuser this exercise is very helpful in the recovery process and can help release the pull to numb or stimulate yourself.

Strengthening the Edge

Simply reinforcing the edge of your soul layer with one of the building-block energies, universal love and light doesn't seem like much! But the results from this very basic procedure are amazing. The most experienced practioners swear by it! If you are unsure whether you need this exercise, try it anyway. It will never hurt you, and it might just feel lovely.

1. It is not necessary to discover the origin of the issues you have suffered in order to determine whether you need to strengthen the edge. It is enough to feel that you might want to try it or that you could use some help strengthening your boundary with the rest of the world.
2. Return your presence to your physical body.
3. Become still and simply ask for the Source energy, universal love and light to come to your edge and to strengthen it. Open up to the power of the universe and the beauty that exists in the heart and mind of creation. This is where you can meet universal love and light and know it for yourself.
4. Visualize the white, golden-colored silver-flecked light as it wraps around and around the edge. See it liberally filling in holes and rebuilding weak sections. It will just happen because your intention has been set and will carry it as you remained focused on strengthening your edge. Universal love and light is the balm of the universe and you can call on it for support and assistance anytime you need help.
5. Continue consciously bringing it in until the edge feels stronger and much thicker, as much as 1 to 2 feet deep.
6. Take a deep breath and accept the possibility that this will help you in your life.
7. Be grateful for the opportunity to feel stronger.

Substance abuse aside, most people will be helped immediately with this simple exercise, which can be done at any point in your personal life journey. This exercise is used to strengthen a too porous edge whenever you think you need it. There is no such thing as doing it too much!

You will benefit from strengthening the soul layer if you have a real need to be *held* securely. For example, if during your life experience you have either been abandoned or ignored by important people you needed to love and approve of you, being held securely and safely is probably a concern. It is hard to trust or believe that others will be there for you in a healthy way if you have felt dropped, thrown aside or unimportant in your most significant relationships.

As a result, you might sometimes go to the fearful default position of “my feelings and my needs will be ignored” or “I will somehow *be* discarded”. Are you having difficulty staying present for yourself, especially during a challenging situation? Are you seeking to be seen or approved of from outside of yourself by improving yourself or becoming a better person?

If these are familiar issues, you may be diffused and available to merge with other people easily. In fact, you probably already know that you should be cautious about who does healing work on you and what you do on your own. You might shy away from workshops and settings where you have to relate too deeply to too many people at once or be with too many unknowns.

The frequent need for this exercise is a tip-off as to how much you have needed it. If you find yourself doing it daily, feeling better and stronger and more yourself, then you will know you have had a chronic debilitating condition probably going on for some time. If you were a chronic abuser of some substance doing this exercise frequently will help with your healing. It will not cure your issues, but it will help you move forward. Under these kinds of conditions, returning your edge to better integrity might require effort before you're structure is able to register a change.

The Template

The Template can be best equated to the Nervous System of the bio layer and as such performs many tasks. The Template looks like thousands of iridescent pale lavender and green shimmering web-like fibers delicately spun by cosmic spiders and stacked on top of each other in a three-dimensional egg shape. Look at illustration ([Fig. 3.2](#)) on page 52 to help you visualize this anatomy. This grid-like conglomeration is organic in appearance and has a starburst shaped point at the center called the star point.

It is the communications system of the Human Energy Structure, a sensate organ resembling a neural network that behaves like a greater mind.

Information travels throughout the entire HES by way of conduits called template strands that transport subtle data. One of the most important things this system does through a part of its anatomy called the villi antenna, is to keep a continuing relationship with always expressing and abundant Source energies. These little antennae attract the exact energies you need for proper nourishment as they travel through the universal surrounding your structure.

The Template resembles the root ball of an ancient tree, forming a web-like oval and filling up the entire Human Energy Structure with different sized strands reaching out from the core sheath and the star point located at its center.

The Template also controls one of the major ways the HES expands and contracts reactively to life stimulation. Strands grow out from the star point at the center and from each other like tree branches or a venous network. They reach outward like shimmering fingers of light through the layers and contract reactively to outside stimulus or emotional upset.

The Greater Mind

The Template runs through all of the systems of the bio layer as well as the rest of the HES and acts like a seat of consciousness or a brain for the entire complex organism. It is not only an expanded version of what is currently thought of as *the mind* but also acts as an expanded brain, an enormous and complex organ that sends messages to all the parts of the structure. Even the smallest physical manifestations of subatomic particles and waves are shot through with tiny Template strands reaching out to and connecting all parts of the greater whole. Because it acts as a communications network the Template can be thought of as the largest sensate organ, an extension of the nervous system and the brain. Ultimately, the Template System enables you to link directly with the overflowing fountain of universal Source energies cascading all around you and to communicate their wisdom and power simultaneously into every part of the congealed or subtle manifestation of your being.

The combination of the deep wisdom of your being as expressed by the Template and the pure energies of the Source call forth inspired solutions to problems, issues and situations. These are the *out of the blue* fixes for troubles that give you immediate relief. Often this kind of greater mind awareness will push you to accomplish tasks beyond your reach. It is the source of brilliant ideas that resolve big problems, inventions that save

people and the unforeseen capacities to step into a leadership position. All are nurtured in this open and limitless Template part of the mind. This is not the head or body-mind that feels as if it knows what is and isn't possible, but a place within you that rejects the idea of "I can't do it." The Template is affiliated with the divine truth within you, the purposeful part of your soul's expression, which pulls you to unselfishly do good works and to step outside of your small everyday self.

It is a grander version of the thinking capability you already use. In the Template you experience an enlarged sense of your connection to primordial creativity and you are one with the purest version of yourself. You are a creative genius with unlimited potential and ability to know and do the right thing, solve the pressing problem or be big enough to handle what life throws in your face. Slowly conscious awareness of these hidden abilities and the urge to use them comes as you build your relationship with your own Template.

The Basic Sacred Anatomy of the Template

Template Villi

Billions of tiny hair-like villi extend from the edge of the Human Energy Structure. Each miniature antenna is a center of a receptor designed to receive a specific frequency or combination of frequencies. See Chapter Seven, ([Fig. 7.2](#)) on page 155 of *Your Technical Manual* for a look at the villi.

Template Strands

Template strands carry universal energies from the villi antennae to the core sheath and star point at the interior of the Human Energy Structure. There are two kinds of strands: singular template strands and general template strands.

Singular strands are specialists and attract a single universal energy. General Strands, which are thicker, behave like generalists and receive up to three universal energies. Both are lavender and pale green in color with the thicker strands appearing as a deeper color. See ([Fig. 7.3](#) and [7.4](#)) on pages 156 and 157 of Chapter Seven in *Your Technical Manual* for an in depth drawing of the strands.

Star Point

The star point is the hub of the Template. The location is slightly different for everyone and may be as high as just below the sternum to as low as the middle of the gut. Most people's star points are located near the belly button and extend from the core sheath at the center of the Template. The star point, which pushes out in a nub-like protrusion serves as an anchor for the strands. It is also an access point into the system and a conduit for Source energies to the core sheath. When under stress the star point can recede in contraction or prolapse out like a hernia and make you feel like your Nervous System is overloaded or not firing correctly. By releasing the star point the HES supports the physical life to relax. Look at ([Fig. 7.7](#)) on page 162 to see a picture of the Star Point. Much more anatomy of the Template is available in Chapter Seven of *Your Technical Manual*.

Conscious Expansion of the Template

On a physical level, *being available* is a learned response, a groove you create with neuropeptides in your brain. But in the greater mind, this chemical reaction is a direct result of the contraction or expansion of the Template. A contraction sends the signal: *Hunker down. Danger! Watch out for earthquake, fire, flood and woolly mammoths stampeding your way!* Conversely, an expansion of the Template opens doors to possibilities and changes in the way we approach our experience of living by altering grooves well established by the fight or and flight reaction. Because we can consciously interact with our own Template, we are capable of real transformative shifts.

Choosing to begin the process of change with an expansion instead of a contraction, the Human Energy Structure reacts by becoming more available to the brilliance of the Source and less defined or inspired from the limits of habitual, addictive thinking and emotional reactivity. All these are patterns that define, organize and give you safety. Emotional familiarity with patterns creates your sense of security. This is why people have meltdowns, breakthroughs, shifts and personal movement when they do the kind of inner work that addresses recreating or releasing patterns and rethinking responses. The epiphany, the *ah-ha* moment, comes and the light looks different. The problem most people encounter is that the reactive habit is only shifted out of the groove in the brain for a brief time and then: BANG! Back they slide into the old way of being, not remembering how to get out or even to identify the issue.

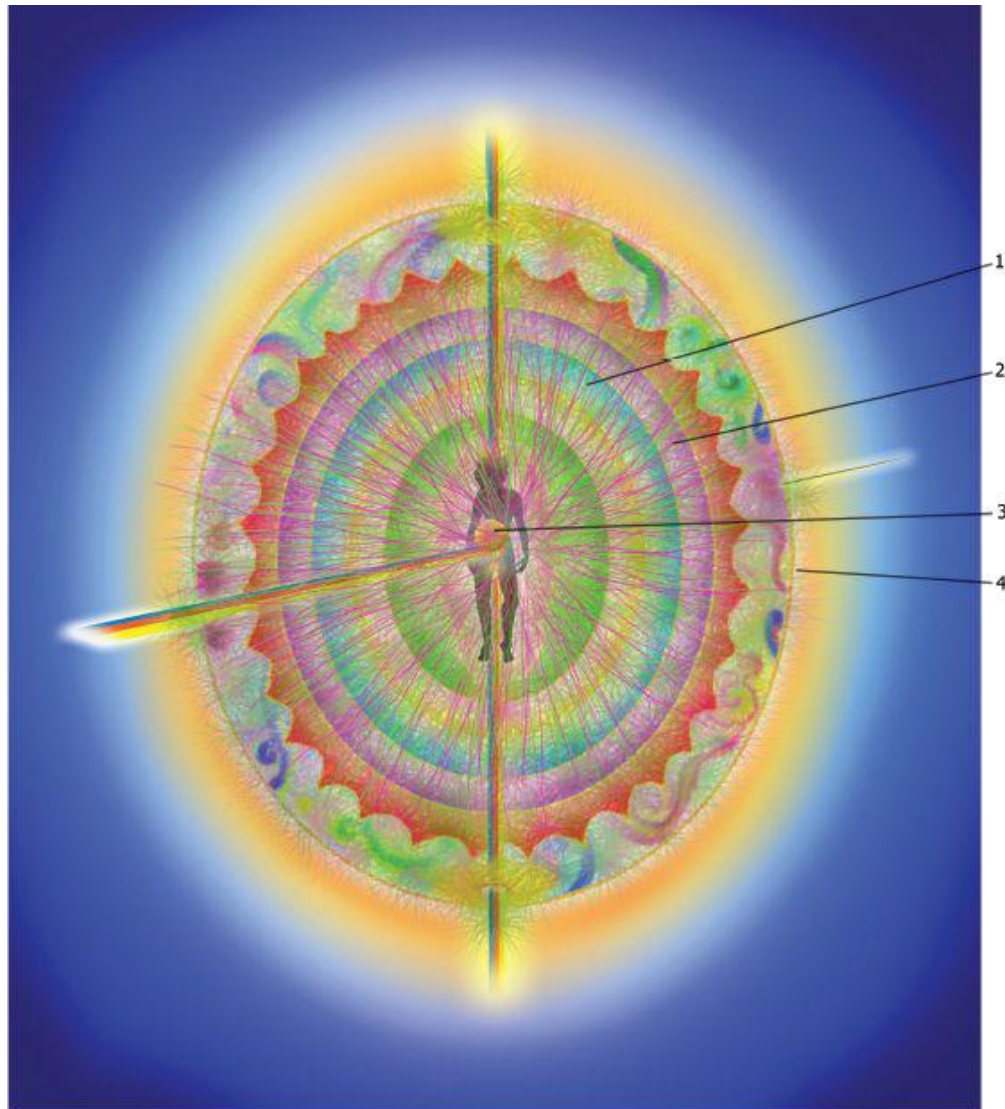
This is what convinces an entire industry, our medical industrial complex, to remedially approach the idea of *shift* as something that must happen either within the psycho-emotional paradigm or the physical body. And that split away from the soul self convinces many a spiritual seeker that they must believe, believe, believe before the spirit will kick in and support a happier version of life.

Unlearning the old ways of being or believing your way into a better place becomes less and less necessary when the problem is approached from a one body anatomical point of view, consciously using the functions of the Template to understand what is happening to you.

The potential exists to include sacred anatomy in the support of shifts that have been achieved during spiritual contemplation or in a psychotherapeutic or body-therapy context. As wonderful as a shift maybe during therapy it is possible the experience may be just a momentary peak experience and not a whole body structural transformation. In the same way that a true realization must land somatically in the physical body to create a shift, the subtle anatomy must also be included. Reactions to change are based in lifetimes of knowingness, wisdom stored in the DNA and your level of awareness. Learning the conscious expansion of the Template is a sacred anatomy way to cement change for the whole self.

You are who and what you are because you already hold the secrets of wellness in your structure, and you can consciously expand into your own potential.

The Template Web (Fig. 3.2).



- 1. Template Web
- 2. Strands
- 3. Star Point
- 4. Template Villi

Expanding Your Template

Do this exercise slowly and deliberately tuning in to the sensations of your body.

1. Become present in your physical body. Breathe deeply.
2. Run your hand down the front of your torso coming to find your Star Point. It usually extends out from the Bio Layer below the solar plexus and right above the belly button and feels like a bump. Rest your hand on it and gently bounce up and down to activate it.
3. Holding your hand palm down, above the Star Point saying out loud: “***EXPAND***” one time.
4. Relax and monitor the release by feeling the expansion out from your Star Point. Your hand may want to move reactively away from your Bio Layer.
5. Repeat the command a second time: “***EXPAND.***” Monitor the expansion.
6. Repeat the command a third and last time: “***EXPAND.***” Monitor again.
7. Remember, repeat the expansion **three** times for the Template to stay expanded.
8. The next time your Template reflexively contracts because of an unpleasant or stressful situation simply expand your Template.

Template Expansion

The Template reacts instinctively to stimulus outside itself by expanding and contracting. It also reacts to stimulus inside the HES, to emotions, thoughts and physical actions generated from within.

The expansions and contractions of the Template are the tangible somatically available results, in living light, of your own reactive nature. The limitations of the Template are the limitations of the understanding you have of your own greater mind. By consciously expanding the Template under a normally contracting situation, your Human Energy Structure also begins to expand its definition of what limitations it actually has. You might need to expand your Template if you are in a fearful or stressful situation. You may also benefit from it if you are in the habit of living in a contracted way out of an old and forgotten trauma.

Visualize the Template as a million delicate fibers made of gossamer lavender and pale green light stacked up on each other in a three-dimensional egg shape that extends out from the star point and core sheath and hooks into the inner edge of the soul layer. Corridors move through the structure, and space begins to open up in these places as the expansion of the larger body starts to happen. Expansion occurs simultaneously in a starburst pattern in all directions from the center of the Template, the star point and the structure moves out from the core relaxing like a pat of butter melting in a hot pan.

Your Template reacts to the difficulties of living by naturally contracting and may even collapse in a learned response that corresponds directly to the limits of your ability to stay consciously extended and open. Once you know what to do to stay extended and expanded during difficult times, you can respond to stress consciously. When you become used to the experience of staying expanded you will relax into a more active and conscious relationship with your Template and you will get used to the ease of dwelling in a consciously expanded life.

A Template Story

*Lynda's Star Point and
Strands*

*CI Practitioner: Pauline Seroya
Crouch*

Lynda, a very active and youthful looking 76-year-old woman with a history of multiple chemical sensitivities as well as stiffness and joint pain in her hips, came in for another session. Her hip joints are severely damaged due to having an extremely active life, and she is postponing hip replacement surgery.

However, she is now having trouble coping with the enormous amount of pain she has in her legs and hips. She said, “Things just go to my stomach,” which she described as: “unsettled” along with pain in solar plexus area and to the right under her ribs in the liver area. She is not enjoying her meals and burps “like crazy.” Last Tuesday, she went to bed at 3 p.m. and did not get up for 17 hours. She is full of pain in her legs, hips and back. High doses of acetaminophen only took the edge off the pain so she could manage a little better. Now she can no longer get into the bathtub. After crying a little today she felt better. But now her legs and back are wobbly, and she is walking very slowly with a cane. Her pain level is seven out of 10 (10 being unbearable) all the time.

The Template was the main focus of our third session. Her star point was dislocated, and when this was corrected, she felt an immediate improvement in her pain level. She could expand her chest and bring her shoulder blades back together. Clearing accumulated debris from her Template and reattaching strands, her pain diminished dramatically down to a two out of 10.

Her pain level remained low, and she was able to take baths again and regain her previous level of activity, including walking without her cane.

The Blended Energies System

To understand the structure it is important to begin with the core as we did at the very beginning of *Your Owner's Guide*. The Blended Energies System is the primary way the powerful energies of the individuation are distributed and used. Just to review, as it pierces the edge and enters the HES, the core stream splits off portions of its triple-current stream into the soul layer. This is the individuation of a soul from the Source. Here, in the soul layer, the personalized or individuated soul becomes fuel for the HES. Then this fuel is delivered, directed, and modified through the Blended Energies System consisting of the 13 chakras, core, currents, vertical soul pathways, four aspects and the fuel of the individuation.

The Basic Sacred Anatomy of the Blended Energies System

Core

At the center of each one of us is a triple-current stream of pure Source energy called the core. It can never be damaged, injured or suffer. Located slightly in front of and sometimes incorporating the spine, the core can range in size from small to large. Each one of its currents is a different color. From your right to left they are blue, red and golden yellow. These currents and the location of the core are consistent. It is the beginning of the individuation of the Source, which steadfastly remains within each being at the core. In fact, the core could be called a divine fragment, pure intelligence, and part of the whole of Creation. When the triple-currents core stream enters it does two things:

- ② Approximately half of the core splits into three separated single currents, each a different color, moving wildly inside of the soul layer.
- ② The other half of it stays intact as the core, continuing on its downward journey.

The Currents of the Core and Individuation

Function: To Express. Blue in color.

Individuated function: The function current is dedicated to the unfolding of any and all functions in the Human Energy Structure. It is the function of individuation, the establishment of identity and the action of identity through the chakras to the larger body.

Purpose: To Create. Red in color.

Individuated purpose: The purpose current is the individuated focus of and awareness of the soul's purpose as it experiences separateness from the core, translating it into the chakras and still containing the purpose of individuation.

Wisdom: The One, the All within. Golden-yellow in color.

Individuated wisdom: The wisdom current is the expression of the wisdom of the core as it individuates. It demonstrates universal wisdom within the individuation by sharing the retained wisdom of a chakra.

Soul Layer

The container, the soul layer, its placement in the Human Energy Structure and the way it is understood anatomically is part of the Layers System. However, the potent swirling content of the soul layer is also a

component of the Blended Energies System that powers the Human Energy Structure. It is part of two systems. Moving continuously, the three streams that have broken off from the core make up the multicolored effect of the soul layer when they cross and blend making every color in the rainbow. The illustration of core individuation ([Fig. 2.6](#)) on page 22 demonstrates this idea.

Vertical Chakra Conduits

Chakra conduits also run vertically up and down the core sheath like an electric wire with 12 designated strands going into each chakra from every other chakra. This conduit acts as a super highway for communication and information transfer between chakras. See ([Fig. 8.6](#)) a cutaway of the vertical chakra conduits on page 192 in Chapter Eight of *Your Technical Manual* dedicated to the Blended Energies System.

A single conduit serves each of the currents of the core connecting into all the chakras in the same location. A wisdom conduit connects all the golden yellow segments in the rear of the chakra, a purpose conduit connects all of the red segments in the rear also, and a function conduit connects all of the blue ones in the front of the chakras. All conduits must be open and running smoothly for the vertical chakra conduits to be in balance.

The Four Aspects

Located at the top of the core, imbedded into the front of it like mastheads of a ship, are four balls of light. These are the four aspects of the authentic self. They are a manifestation of pure self-awareness born out of the core and confirmed by the individuation. See illustration ([Fig. 2.10](#)) page 27 for a look at the Four Aspects as they appear at the top of the one body.

The four aspects incorporate the first inspiration of unique self-identity. “I am separate and whole unto myself therefore, I have aspects.” To review, they are divided into the physical, the emotional aspect, the mental/psychological aspect and the spiritual aspect. The HES comes into being as the creative expression of these four aspects and each aspect makes a contribution to guide it. Physical directs function throughout, purpose, is directed jointly by emotional and psychological aspects, and wisdom is directed by the spiritual aspect.

The vertical chakra conduits begin in the four aspects and end at the bottom in the lowest chakra. In this way, the four aspects interact with their most compatible current, getting their message about how the chakras are

communicating and working together into the information shared from each aspect with the soul layer directing the entire Human Energy Structure. It is critical that the aspects maintain good communication with each other because they must deliver clear and coordinated instructions from the authentic self to the larger structure, so it can accomplish the objectives and goals of your soul's purpose.

Definition of the Chakra

A chakra is a crossing point. There are five different kinds of chakras. They are insignificant, lesser, minor, reflective and major. There are literally millions of insignificant chakras, thousands of lesser chakras, several hundred minor chakras and only 13 major crossing points or major chakras that exist in the HES. Insignificant, lesser and minor chakras exist in many systems throughout. But major chakras only exist within the Blended Energies System. Reflective chakras act as a delivery system for the message of the major chakra into the material world during a physical existence and only exist within the Human Electromagnetic Field. For a more in-depth explanation see [Definitions and Types of Chakras](#) on page 180 of Your Technical Manual in Chapter Eight on the Blended Energies System.

13 Major Chakras

There are 13 major chakras in the Blended Energies System. Chakras are essentially energy generators and each has a specific job based in its location along the core. They are held in all but two of the eight Layers. See illustration ([Fig. 8.1](#)) on page 176 in *Your Technical Manual*. Major chakras are formed at the crossing point of the core and all 13 different streams emerge out of the chaotic swirling of the soul layer.

They reorganize into focused triple-current streams at special alignment valves in the inner edge of the soul layer. These triple-current streams then become generic soul pathways until they cross the core and have a transformative experience. At the crossing of the core, chakras are created, and when the triple-current stream exits, it has changed into a specified kind of chakra stream. This stream carries information out into the Human Energy Structure about the chakras.

They are from top to bottom: the divine gate, the star chakra, the solar chakra, the crown chakra, the brow chakra, the throat chakra, the heart chakra, the solar plexus chakra, the dan tien chakra, the root chakra, the

lunar chakra, the axis chakra and the chi pool. Both the divine gate and the chi pool are suspended in the soul layer. All chakras are anchored into the bio layer with connectors.

In this book we refer to the chakras by names and not numbers. This is only a small portion of the vast amounts of information currently known about the chakras and their relationship to the complex Blended Energies System. For more information turn to *Your Technical Manual* Chapter Eight on the Blended Energies System [pages 191 to 213](#).

To increase awareness of the chakras pick an affirmation that resonates for you and say it being aware of the anatomical location. Try all of them and feel yourself responding to positive self-empowerment while the specific focus will awaken your Blended Energies System. Using your sacred anatomy in this way helps to bring your connection with it into a conscious state.

Divine Gate Chakra

Located in the soul layer at the very top of your one body right below the four aspects of the authentic self, the divine gate chakra is the entry point for the core. Its polar opposite is the chi pool and together they balance the Human Energy Structure. Suspended in the soul layer, it gathers the individuated soul pathways to itself within the swirling soup. It is where you open most completely to the universe and the spark of creation.

Affirmation: *I open to the energies of the spheres!*

Star Chakra

Located just past the fingertips of your arms extended upward, at least 3 to 4 feet above the head, is the star chakra. Suspended in “intuition” stratum of the spiritual layer, it is the place of deep soul wisdom in the structure. This is where your spiritual nature takes shape and where soul identity and a higher purpose begin to form.

Affirmation: *I accept my soul’s purpose and intuition, which is written in my spirit.*

Solar Chakra

The solar chakra is suspended in the “acceptance” stratum of the mental layer about 18 inches above the head. In this chakra the spiritual purpose begins to apply to spiritual path and direction. To sense it, put your hands together over your head in a prayer position.

Affirmation: *My life is focused by authentic inspiration.*

Crown Chakra

The crown chakra is located at the peak of the skull in the bio layer on the top of the head in the baby's soft spot, the fontanel, where plates of the skull remain malleable in infancy. The crown chakra is the crossing point of the subtle into the material, and it is the place where spirit congeals into matter.

Affirmation: *I bring forth my inspired life!*

Brow Chakra

The brow chakra is in the physical body behind the center of the forehead deep in the center of the skull in the brain and the pituitary gland on both the left and right sides. The pituitary gland is located behind the eyes at the bottom of the brain and below the pineal gland. The energy of the chakra stimulates both glands as they make a contribution to the whole. It is the seat of life vision and where your hopes and dreams take shape.

Affirmation: *see the big picture of my life.*

Throat Chakra

The throat chakra anchors into the left and right side of the butterfly-shaped thyroid gland located in the throat near the Adam's apple. This gland drives the metabolism and controls many of the functions of the bio layer including energy and heart rate. The truth becomes sound and frequency resonating in the world as you speak. Words are powerful and sacred when in alignment with the throat chakra.

Affirmation: *My name is: _____ (speak out loud).*

Heart Chakra

The heart chakra is located behind the breastbone in the center of the chest below the thymus gland at the level of the heart in the bio layer. To give and receive both love and her twin sister hate, is the greater spiritual purpose of the heart chakra.

Affirmation: *I, _____, love myself.*

Solar Plexus Chakra

The solar plexus chakra is located in the center of the upper abdomen above the stomach, navel and waist. Emotional exchange is directed by the

wise solar plexus chakra.

Affirmation: *I accept all the emotion the universe has to offer.*

Dan Tien Chakra

Located in the physical body 2 to 5 inches below the belly button toward the spine, the dan tien is all about personal power. Seizing control of your life starts by returning presence to the gut where the seat of your personal power resides.

Affirmation: *I step into my power.*

Root Chakra

The root chakra is located in the physical body at the base of the spine. It rests forward from the coccyx on the midline of the perineum between the anus and the back of the vagina or testes. The most primal of the chakras located in the bio layer, the root is the home of survival instinct, sexual nature and the urge to procreate.

Affirmation: *I, _____, take ownership of my life.*

Lunar Chakra

The lunar chakra is suspended in the “foundational emotion strata” of the emotional layer just between the ankles. It is the focal point for the life path. In the same way that the solar brings the spiritual path into clarity, the lunar brings the work of a life into focus.

Affirmation: *I honor my path in life.*

Axis Chakra

Seated beneath the physical body at least 18 to 24 inches beneath the soles of the feet suspended in the “instinct or tribe strata” primal layer, the axis chakra is where the you tap into the power of the planet and our own personal stores of chi. This is where your roots anchor you to the earth and where you make your connection to the human species.

Affirmation: *I feel my connection with all humanity and the Earth.*

Chi Pool Chakra

The great twin reflecting pools of the chi pool float suspended inside the soul layer at the bottom of the HES. It is the exit point of the core. The chi pool is actually two great pools of reserve energies or chi. Located at least 10

feet below your feet, the chi pool restores and replenishes vital subtle life force for the structure.

Affirmation: *I have unlimited resources and powerful energy.*

The Essential Chakras

- 🌀 **Divine Gate:** The opening to pure Source.
- 🌀 **Star:** The seat of divine inspiration where our spiritual nature takes shape. Individuated spiritual purpose is born here.
- 🌀 **Solar:** Bringing spiritual purpose into use. Where purpose meets path and is defined as action. Where: “Why am I here?” begins to make sense.
- 🌀 **Crown:** The crown supports the material embodiment of spirit holding the HES steady as it strives to contain pure source-light in a congealed form.
- 🌀 **Brow:** The greater vision, seeing with your eyes, brain, mind and heart, the way that you hold the vision of your divine nature with your individuality.
- 🌀 **Throat:** The power to speak your piece and to convey your verbal identity and truth, funneling the soul’s path and vision through the frequency created by your own voice.
- 🌀 **Heart:** To give and receive both love and hate. The function of the heart is not only about being filled with love. It holds space for the possibility of love and all that it represents, including its opposite. The heart chakra is the fulcrum of the structure.
- 🌀 **Solar Plexus:** To share and experience a wide emotional life, communicating and sharing emotions with others.
- 🌀 **Dan Tien:** It is the power bank and the seat of will, where individual personal power manifests into material reality.
- 🌀 **Root:** To survive, to continue living and to anchor the being within the structure.
- 🌀 **Lunar:** To clearly know a life path and to follow it in a surefooted manner.

- 🌀 **Axis:** To establish a connection with your species and the planet by communicating, establishing commonality and community.
- 🌀 **Chi Pool:** To disperse chi throughout the structure ensuring health and vitality and to provide reserve energy for recovery, survival and everyday use.

How the Major Chakra Works

Powerful energy centers in the Human Energy Structure called major chakras, are created at the 13 crossing points of the incoming triple-current stream and the descending triple-current core. Subtle charge is generated at these intersections in two stages.

First, the streams cross, and, as they merge, a contraction resembling a violent in-breath occurs resulting in a forceful outward expansion of great intelligence and strength. This generation of energy appears to be a gathering in, like an inspiration, and then an outward letting go of a contained explosion of focused and informed energy.

When they encounter each other, the currents within the streams are all spinning at high velocity. The two streams cross and the currents move through one another while spinning in opposite directions. When the core and incoming chakra (soul pathway) stream meet, the resulting friction of the opposing spins at the crossing point actually causes three reactions, one for each incoming current, in the core. This makes the crossing point an *informing center* or a power generating station and it is this reaction that creates a major chakra.

Basic Chakra Anatomy

There is more to chakra anatomy and function than has been provided here to give you a basic understanding. If you are curious to learn more, see [page 185 to 189](#) in *Your Technical Manual*, Chapter Eight, The Blended Energies System. The basic material included here is the best place to begin for a complete understanding.

Alignment and Dispersal Valves

Nestled into the inner edge of the soul layer between the active movement of the swirling individuated currents and the etheric layer are 13 alignment valves and 13 dispersal valves. There is a set of each for all 13 chakras. The alignment valves are located at the front of the bio layer, and

the dispersal valves are positioned at the back. The valves all have three segments, one for each of the blue, red and golden-yellow currents. They line up to coordinate with the alignment of the core, blue on your right side, golden-yellow on the left and red always in the middle.

Soul Pathway

The incoming triple-current stream formed at the alignment valve is generic and does not have an identity as a particular chakra stream. It remains generic energy until it gets close to the core and enters the sanctuary of the major chakra to be charged.

Intentionality

All soul pathways must have their intention set for each specific chakra before passing through and being charged by the core. This happens at each of the (three) incoming currents in a three section chamber called intentionality, which is located right in front of the core. When the soul pathway enters intentionality it changes identity and becomes the energy of the chakra. It is no longer indistinct and generic but is now claimed for a particular chakra and its message.

Receptivity

After the currents have passed through the core and experienced the contraction and expansion that empowers them, they are received into the receptivity chamber. Similar to intentionality (with a section for each of the currents), it is located directly to the rear of the core. The chakra energy is now charged by the core and ready to be received by the HES. Receptivity makes the message of the chakra more available, it is softened and blended in this posterior chamber before departing into the chakra stream.

Chakra Stream

As the charged, informed and identified energy leaves the chakra it is drawn to return into the soul layer through the vehicle of the chakra stream. The three empowered currents carry the specific function, purpose and wisdom of each of the 13 chakras back into the big fuel tank. They will merge with other individuated currents after the dispersal valves release them into the soul layer. On the way, the chakra is able to feed the Human Energy Structure with the power generated by first crossing and then becoming educated by the core. The chakra stream breaks up into three

individuated currents at the dispersal valves and each educated current delivers its special message to the whole as it swirls in revolutions within the soul layer.

The Vertical Path of Source Ener-Chi through the Chakras

The vertical path is the focused route of the energy of the spark of life or chi as it moves downward from the four aspects into the divine gate and all the way to the chi pool through the vertical chakra conduits. The conduits are located in the core sheath and run through the front and back sections of the chakra. The spark of life descending from the four aspects above empowers the chakras and communicates back and forth with them through these conduits. For more information on vertical chakra conduits see [page 189](#) in Chapter Eight on the Blended Energies System and illustration ([Fig. 8.6](#)) on page 192.

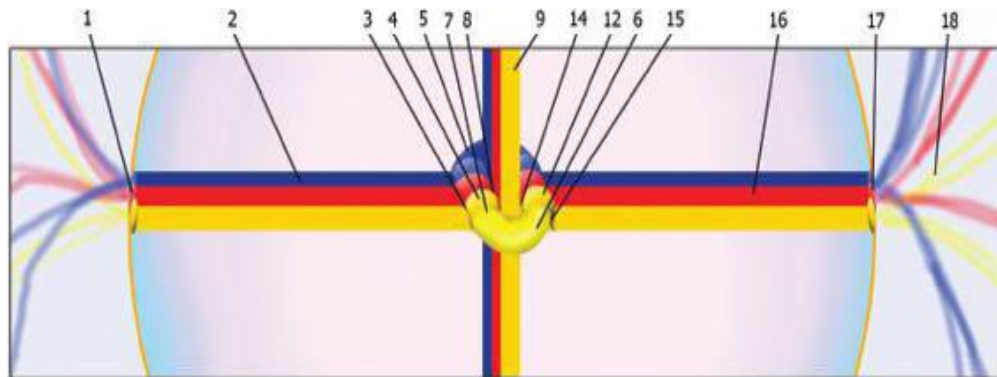
This is a step-by-step vertical outline of what inspires chakras to do their various jobs.

- ② The Source in triple-current form enters at the very boundary of the structure (the edge) and immediately encounters the four aspects of the authentic self. The vertical chakra conduits enable the four aspects to send their communications into the structure so that they can implement a pure unfiltered expression of your authentic nature.
- ② The four aspects are partially encased in the core sheath and from this place they peek out into the universal. See illustration ([Fig. 2.10](#)) page 27 to see the four aspects. Each of the aspects uses a conduit encased in the core sheath. They move vertically through the chakras one by one to communicate with the entire structure. The physical aspect is located in the blue function current at the front of the chakras. The emotional and psychological aspects start out as single conduits out of the four aspects and merge together making a single conduit at the rear of the chakra in the red purpose current of the chakras. The spiritual aspect is at the rear of the golden-yellow wisdom current of the chakras. The vertical chakra conduits deliver the direction and guidance of the four aspects into the structure and

directly focus the chakras in their response to the presence of the core.

- ② As the core passes into the *divine gate chakra* it is recognized as Source and accepted by the individuation, incorporated into the individual expression of the HES. Source descends and encounters the expression of individual identity as...
- ② Spirit, which takes the form of a *star chakra* bursting out in all directions. It is here where the spark of life evokes a soul's purpose.
- ② Next it travels to the *solar* and sees the need for spirit to descend, to become manifest. It owns the vision of the soul's purpose and seeks action.
- ② Source comes to the *crown* and embodies there, bringing life into material manifestation.
- ② At the *brow* it inspires the big vision and seeing personal possibility begins.
- ② At the *throat* it speaks, sharing the truth of all existence and the individual voice is born.
- ② It comes to the *heart* and knows the wisdom, the depth, the breadth, the experience, the vastness, and the space of love and the withdrawn dark corners of hate.
- ② At the *solar plexus*, it feels everything and begins to sort one feeling from another.
- ② Entering the *dan tien*, it realizes the personal power of informed vision, enacted truth, expressed love and incorporated feeling.
- ② It goes to the *root* and establishes the anchor for the HES and realizes that survival requires self-knowledge.
- ② In the *lunar*, it yearns to walk the walk of the Spirit in the world, in the form of congealed light and encourages the true choice of the path of the heart, mind, spirit and body.
- ② At the *axis*, it communes with others, its family and with the planet.
- ② At last it goes to the *chi pool* to generate and store excess energy reserves, ready to bring the individuated spark to growth and expansion from Source entering again at the divine gate. The Source exits the Human Energy Structure and lives beyond the individuated self. This is also the end of the two-way vertical chakra conduits.

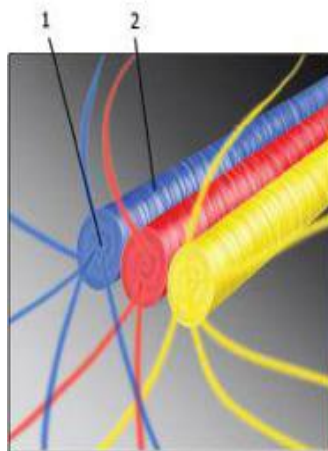
Details of the Major Chakra (Fig. 3.3.1)



1. Alignment Valve
2. Incoming Generic Soul Pathway
3. Anterior Lesser Gate
4. Intentionality
5. Function Corridor
6. Wisdom Corridor

7. Osmotic Barrier
8. Anterior Greater Gate
9. Core
10. Splitting Current
11. Inspiration
12. Receptivity

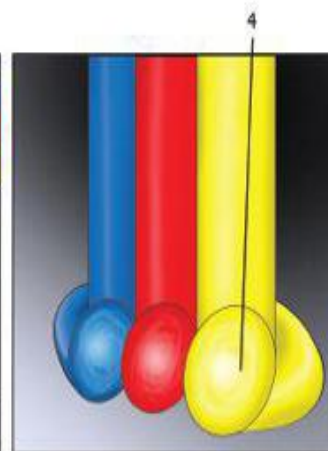
13. Expiration
14. Posterior Greater Gate
15. Posterior Lesser Gate
16. Outgoing Chakra Stream
17. Dispersal Valves
18. Soul Layer



A Alignment Valves
 1. The Alignment Valve
 2. Generic Incoming Soul Pathway

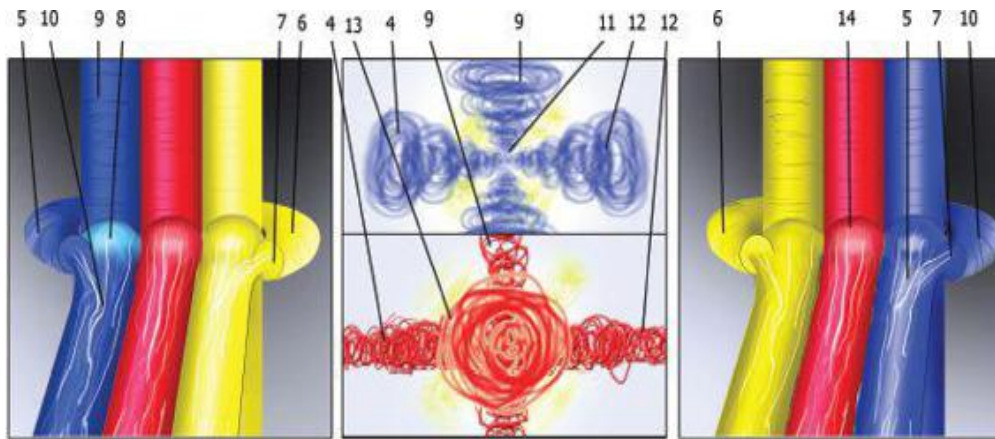


B Anterior Lesser Gate
 1. Anterior Lesser Gate
 1. Entering Soul Pathway



C Intentionality
 1. Intentionality
 2. Function Corridor
 3. Wisdom Corridor

Details of the Major Chakra (Fig. 3.3.2).



D. Anterior Greater Gate

1. Function Corridor
2. Wisdom Corridor
3. Osmotic Barrier
8. Anterior Greater Gate
9. Core
10. Splitting current

E-1 Chakra Pulse- In

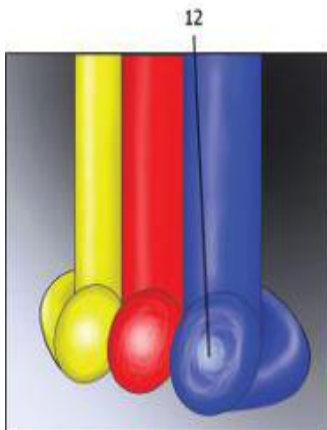
11. Inspiration
4. Intentionality

E-2 Chakra Pulse- Out

13. Expiration
4. Intentionality
9. Core
12. Receptivity

F. Posterior Greater Gate

5. Function Corridor
6. Wisdom Corridor
7. Osmotic Barrier
14. Posterior Greater Gate
10. Splitting Current



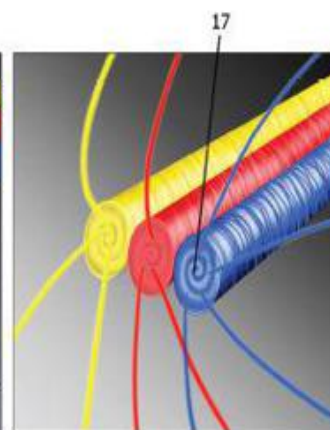
G. Receptivity

12. Receptivity



H. Posterior Lesser Gate

15. Posterior Lesser Gate
16. Exiting and Informed Chakra Stream



I. Dispersal Valves

17. Dispersal Valves

A Blended Energies System Story

Deborah's Chakra Session CI Practitioner: Lorin Kaufman

Deborah is a 31-year-old woman involved in post-graduate training as a spiritual director. Although working in an environment that often called into service many of her developing counseling skills, she was having a great deal of difficulty connecting her day-to-day activities and experiences with a greater sense of purpose and meaning. This resulted in her feeling “extremely tired and very full,” unable to benefit from or enjoy the opportunities available in her workplace.

Deborah's initial assessment revealed little connection to her spiritual aspect. She needed a chakra clearing, three alignment valve corrections, and she was experiencing congestion in the function stream of the incoming soul pathway of the star chakra.

Clearing the chakras allowed for her energy to move freely again after a series of rapid life changes had built up debris that could not be integrated quickly enough in her Human Energy Structure. Realignment the brow, crown and divine gate chakras allowed her to reconnect to her spiritual self and to see that work she was currently doing did, in fact, connect to her larger vision of herself and her chosen life goals.

Removal of the soul path congestion allowed her to regain a sense that the daily aspects of her work were still valuable and supportive of her higher purpose and to grasp a renewed connection to and faith in her own Divine nature.

After the session she reported an immediate feeling of well being, more energy and a greater understanding of how she had been cut off from her overall sense of spiritual purpose.

The Difference Between Soul Pathway and Chakra Stream

The swirling individuation organizes out of chaos at the alignment valve in the inner edge of the soul layer and swoops in perfect order toward the core where all of the 13 major chakras are located. At this point the incoming triple-current soul pathway is completely generic. It is not until the

currents enter intentionality at the front of the core that the generic currents are first given their identities.

Still, the incoming currents must pass through the core and become informed by the contraction and expansion pulse before being officially accepted as a chakra stream in the receptivity, carrying the information of the specific chakra and being released out toward the soul layer. At the dispersal valve, the identity of the chakra is again separated into single currents and allowed to download the data it carries into the busy soul layer.

Feel the Difference

1. Sitting comfortably with feet on the floor, consciously bring your presence into your physical body.
2. I suggest sensing the brow chakra, as it is easier than others because you can get your hands in front and behind the head at the same time. It is also easier to locate because many people already know where their third eye is. If you don't, assume it is in the center of your forehead above the nose and below your hairline.
3. Gently approach your incoming soul pathway with the palm of your hand. Either come from above the currents or below. I think above is easier. Sense the incoming flow of energy and the generic and non-specific quality of your soul pathway. This is raw material that has not been infused with a Blended Energies System identity. Remember putting your hand in the current will not stop it as the energy will keep moving right through your hand. I don't recommend doing this because it is uncomfortable. So just touch the outer sides of the incoming soul pathway.

4. Now sense the exiting chakra stream at the rear of your head, exactly behind where you determined the third eye was located. It will feel weightier, like it is more significant because it contains more information than it did on the other side. This happens at all the major chakras. Approach it in the same way, coming at it from above or below and sensing the outer sides of the outgoing stream.
 5. Go ahead and sense your other chakras but be aware that too much sensing of the soul pathways and chakra streams is not advised because it can agitate them. Doing this much is perfectly fine but you can make yourself feel depleted and tired by touching them too much, so caution! It is also not advisable to sense other people's chakras without exercising discretion and care. These are very sensitive parts of the anatomy and must be treated respectfully, please!
-

The Bones of Light

The Bones of Light hold the HES up and open giving it a foundation so that the intricate workings of the Blended Energies System, the Template and the Layers are protected and fully supported. The channel, the substructure, caduceus, the edge receptors, and the framework are key elements of the Skeletal System. They hold boundaries and shore up the Human Energy Structure. The Bones of Light also focus the soul's purpose through the anatomical shape of the structure. Read more on this incredible Bones of Light feature in the section on substructures.

With the exception of the bio layer the Bones of Light are the densest of the seven systems. They are the equivalent of the Biomechanical System and are infused with a unique energy called the subtle light matrix (slm). This golden-orange matrix runs through all the bones of your physical body as well as the Bones of Light and makes the two different types of bones work together. Subtle light matrix basically blends the two and makes a skeleton of light that is coordinated and complementary to both. Read more about this

amazing energy in *Your Technical Manual* Chapter Nine: The Bones of Light on [page 246](#).

The Basic Sacred Anatomy of the Bones of Light

The Channel

The channel is made of the same stuff as the core. It looks and acts in a similar way but it performs different functions. Most importantly the channel stands witness to the core. It runs horizontally to the core's vertical and enters the physical body from the front, most commonly near the belly button. Look again at ([Fig. 2.3](#)) on page 18.

Three Substructure Types

The substructure is the skeletal frame of the HES and can be compared to the weight-bearing walls of a house. It holds the structure up and open, so it can stay extended and maintain shape. There are three different substructure types: alpha, beta and gamma. See illustration ([Fig. 9.3](#)) in *Your Technical Manual* on page 234.

The substructure type gives the HES an identity and supports the unfolding of the soul's purpose. Guided by the four aspects of the authentic self it shapes a personality apart from the persona you use in day-to-day life that could be called a *soul orientation*. This point of reference influences the formation of your behavior traits because the substructure constantly holds intention for the fulfillment of your soul's purpose as a real possibility. Knowing what type of substructure you have will help you in your quest to learn more clearly what your soul's purpose is and how you can best achieve it. Even those among us who are very clear and focused benefit from expanded understanding.

Alpha, beta and gamma substructure types are distinguished from each other by three different anatomical configurations of discs. Each type has specific attributes and talents, and these gifts support the individuation as it evolves and develops. Compare the types in ([Fig. 9.3](#)) on page 234 of the Bones of Light Chapter Nine of *Your Technical Manual*.

The substructure, together with the interlacing framework act like the ligaments and muscles of the physical body, providing a skeleton for the sacred anatomy by which the more delicate organ-like layers are supported, held up and open so they can function optimally. The texture is smooth and

all of the Bones of Light are pale orange in color with a luminescent golden sheen, which although almost completely transparent, is shiny.

Determining Your Substructure

Alpha Orientation:

You are the visionary and you approach everything from the big picture-cooking a meal, love, career and world politics. If you are an alpha you will see the reasons why something is needed before you figure out how to make it better. You will find and feel compatibility before love. If it is true love, the compatibility will probably be intoxicating and deeply fulfilling giving you a sense of satisfaction that you have always longed for. The respect of your friends means more to you than anything material. You may be perceived as overly judgmental or critical when you like something or someone because you can see the ways a person, a project or a business detours from its purpose or is incomplete. You may self-soothe by shutting down your mind, which can work overtime trying to figure out how everything works all the time. Your dearest friends and even your family may not really know who you are. You can be an enigma couched in comfortable clothes and a workaholic ethic. Your Achilles heel is isolationism and striving for perfection in an imperfect universe.

Beta Orientation:

You are all about harmony and balance. You enter a room and everyone feels better. You have a soothing effect on animals, children and spaces. Imbalance and bad Feng Shui bother you more than you let on. You self-soothe by having indiscriminate or disconnected sex and can direct that energy into food and eating if sex is not available. Sometimes you can become overly focused on your health or well being, worrying about every little ache and pain. But on the flip side you may sculpt your body and treat it as a lifelong art project. Betas are the artisans of the human species and they work and study to develop mastery. They are creative and will make a creative solution out of nothing if they have to. If you are a beta you may collect too many things and store like a pack-rat potential creative supplies for art projects you might undertake. You love someone who balances you the best and it is this balance, which makes you feel complete. You treasure your friends like precious jewels and love to do creative projects with them

best of all. Your Achilles heel is distrusting your own creative process and over-thinking yourself into a safer and maybe less interesting result.

Gamma Orientation:

You are a lover. You see the world through the rosy hue of the heart and feel passionately about finding a partner in life. You will do just about anything for love. You lead with your heart in all things even trivial decisions come down to the question: “do I love it?” You surrender freedom, possessions, security and more for love. You love your work. You love your family. You must have love or nothing is right with the world. When you think about your friends you feel their love. You will work tirelessly to care for those you love and only want their love in return. You will give your kidney, your car, and your house to someone who loves you and who you love. Your issues are always about not having enough for you. Not enough time, peace, money, hope or attention. But what it really is about is always love. You self-soothe by taking care of others and joyfully give yourself away in a million different ways. Your Achilles heel is- not loving yourself enough to take care of your body, mind, and spirit.

Recognizing Your Substructure Type

Determining the substructure type is leading you to a better understanding of the four aspects of the authentic self, the part of the anatomy that speaks for your soul. For this exercise you will need a notebook and a pen. Read the entire exercise before beginning so you can plan your experience.

1. You probably already have a pretty good sense of what your substructure type is after reading the descriptions. But if you are unsure this is how to try one on for size.
2. Return presence and expand your Template.
3. Make some notes about which type you think you are and why. Then forget about it. Be entirely open to the exercise and not fixated on

proving one type or another to yourself. They are completely equal and all wonderful.

4. Choose any substructure type.
5. Go through one hour of your day imagining that you are an alpha, beta or a gamma. Re-read the above text about the type. Gather data. You will get plenty from finding your identity within any type. Make notes.
6. Write down answers to these questions looking for what makes you sing and within which substructure type you find a sense of relaxation or empowerment:
 - A. How am I approaching people, things or decisions?
 - B. Am I interested in understanding why? In getting the big picture? Am I curious about the history and context of the discovery or development of people, things or decisions?
 - C. Do I primarily want to know how something works or what it looks like? Do I find it pleasing? How might I change it?
 - D. Am I mostly concerned about how it feels or if I like it or not? Do I feel good about the work of these people, things or decisions? Do I see this benefiting others or is it primarily about the individual? If so, are they getting what they need? Am I?
 - E. Where do I sense this information in my physical body?
 - F. Where do I feel it in my sacred anatomy?
7. After an hour, return presence and expand your Template again.
8. Choose another type and follow #5 and #6 again for an hour for each of the other types.
9. Now you have data to analyze. Look at the trends in your answers.
 - A. On the dark side: Anger or irritation with the process is an alpha giveaway. Fretting over not getting it right and wanting to make

it a better design, or different is a beta sign. Depression, worry or even anxiety can be a gamma signal.

B. On the light side: Increased mental capacity, seeing ways to use the information and excitement about the possibilities as they apply to the big picture of your life might be the alpha reaction. The beta could swoon over the beauty of the idea or the interesting feeling of being each one of the substructures, learning from each experience. But it is the harmony of it all that is enough to make the beta lose their head. Feeling the potent embodiment of arriving at the right substructure type is universal but gammas are the ones who are most emotional, most inspired by the idea they are so connected into the heart. If you find yourself loving the idea, the feeling but most especially the joy of it all you are most likely a gamma.

C. A quick way to assess: if understanding the plan is more important than how everyone feels about it you are an alpha. If having flowers in your house is as important as having food you are probably a beta, and if you try to never miss an opportunity to say I love you to your beloved you are most likely a gamma.

10. As you come to realize what your underlying support has always been you can open up to receive the holistic transmission of esoteric knowledge contained within it. This may have a profound impact on your health and sense of self-identity and other areas of your life.

11. When you have chosen your substructure, sit with it in meditation and ask it for teachings or awareness. It is not only fun but it is very instructive to listen to such an old and powerful part of your subtle structure.

12. Which substructure do you think you are?

Your Substructure

We have learned through careful observation that the substructure type molds your HES and has an influence on the development of structural character. Each of the substructures represents a different facet of human capacity and worldview and has a particular soul's orientation. Because this is the *fundamental* way the individuation is *supported*, its shape, condition and vitality says a great deal about your soul.

Structures will only express as one substructure type ever. They do not change from one to another and you cannot force one to change. Understanding your type will give you an insight into the foundation of your soul. The orientation you took at the inception of your original journey into manifest reality is still with you and beckoning you home. No substructure type is preferable to another. They are each distinct, each wonderful and each important to the species. If one repulses you, your reaction might suggest taking a deeper look. That repulsion may be an insight to self-loathing or to other identity issues you are holding currently or have been holding as yours for lifetimes.

Walking toward a type that bothers you, that you feel definitely *isn't* you may be a major opportunity for deep healing much like staring into a mirror until you see the beauty in your own face. Define your type as the one that most accurately reflects what you think your orientation in life has been throughout the years. Reflect upon relationships and what attitude you have when you do what you like to do the most.

Most people say, "I feel all of those things listed in the substructure types!" Naturally, you do. You probably identified with at least parts of each of the short descriptions above. But substructure type is an orientation and *not* a straight jacket. Alphas feel and express love and profound creative and artistic ability. Famous artists, leaders and lovers come in all types. Betas can hold progressive visions for the future, lead people and experience love deeply. Betas have a profoundly romantic side and throw themselves into love affairs with gusto. Gammas are great organizers, can lead in a wonderful inclusive manner and have a terrific and original creative sense.

Everyone can do everything. The substructure type is about your soul's orientation toward life. Alphas love from that big overview of living and they long for intimacy and connection. Betas love from a place of harmonious synchronicity and have real desire for deep balance in their hearts. Gammas love in a completely inclusive and total way that is love exalted as not just a part of life but all of life. The same is true for the talents

of alphas, betas and gammas; all approach the world through their type strength, seeing and being with life from the point of view of their soul's purpose.

Caduceus

The caduceus is the vertebral column of the core. It is made up of four triple-current streams, two at the front of the core and two at the rear. These streams weave across each other, crossing below the locations where the 13 chakras are located on the core. The streams are yin and yang and balance of active and passive nature are directly related to the health and balance of the two ascending and two descending streams that make up the caduceus. Refer to illustration ([Fig. 9.2](#)) in Chapter Nine of *Your Technical Manual* on page 232.

Edge Receptor Sites

At the very edge of the soul layer are the receptor sites. Their primary job is to house and direct the Template villi as they feel into the surrounding universal for specific energies. The receptor sites contain, protect and define the villi so they can seek and receive a specific energy. For an illustration of the receptor sites see ([Fig. 9.8](#)) on page 243 of Chapter Nine of *Your Technical Manual*.

Framework

The Framework, which is also part of the Bones of Light, comes off the channel and wraps around all the layers like a rib cage. It holds the structure up and open and is filled with subtle light matrix, which knits the entire system together. Membranous strata within the layers segments the different sections of each one like filling in a cake. Formed out of the golden wisdom current of the channel, the strata are mostly a golden color with a spongy appearance. The framework's skeletal function is like a seven-segmented rib cage supporting the expanded Template and Layers as the frame of a house does a roof and walls. It gives the Human Energy Structure its shape and prevents the Layers from oozing into each other. Because it does this, the Layers are able to maintain integrity and a more complex individual identity as organs. See ([Fig. 3.4](#)) on page 75.

Releasing the Framework

The framework can become compressed from the struggles of normal life and occasionally needs to be released. Because it supports the Layers, releasing the framework releases the Layers also. The experience is one of letting go of tension and one body relaxation. It will give you a sense of the power of the Bones of Light.

Releasing the Framework

1. Standing, consciously return your presence into your physical body.
2. The first segment of the framework is immediately off the physical body between the bio and emotional layers. Place your left hand palm down just slightly off the skin of your stomach. Then put the right hand over the back of the left hand and lift up to give a one-inch space between them.
3. Bounce up and down on the framework to get a sense of it. This movement will agitate your framework between the bio layer and the emotional. You might notice that doing this sends a tingle across the skin of your left arm and hand or that there is a sensation of heat.
4. Flip your right hand over and set your intention to move it through the emotional layer to find the next framework segment between the emotional and primal layers, about 18 to 24 inches up from the location of your left hand still near your stomach. Once you have located the emotional-primal segment, leave your right hand there.
5. Turn the left hand over so that your palm is facing and touching the bio/emotional segment you first discovered. You are now touching two

segments of the framework. This is all you need to activate a gentle release.

6. Set your intention by knowing that the framework can release from its compressed state, that this is a natural and healthy function of the Skeletal System.
7. Clear your mind of any agenda; close your eyes and simply experience the framework. Visualize the concentric rib cage as it radiates out from the channel and the center of the Human Energy Structure. Take a deep breath.
8. Stay in this position until the framework lets go. It may take a few seconds to begin, but it will feel like a subtle expansion and relaxation when it does. The framework release is calming and soothing. It gives you a sense of internal spaciousness. Continue breathing deeply and regularly as you track the release that is rippling out through the Layers and each of the segments of the framework.
9. Enjoy feeling the support of your Bones of Light framework as you develop a conscious relationship with it!

A Bones of Light Story

Samantha's Compression CI Practitioner: Regina Schulman

Samantha, a 36-year-old psychotherapist, arrived at her session with a massive headache and lower back muscle spasms. Going through a divorce, she was struggling with taking care of her child, a private practice, a house and a farm. She reported that it was a productive week. Just that day she worked all morning, came home and moved a half yard of gravel, mucked the barn, worked out and made a great dinner! Samantha talked about how much she was overdoing it and how she was feeling overwhelmed with no support from anyone.

I assessed Samantha's Human Energy Structure and found her primary issues were held in the psychological aspect of the authentic self. Samantha's alpha substructure and spongy framework (bio/emotional and emotional/primal) in the Bones of Light were all compressed due to the high level of responsibility in her life. Other parts of her were compressed as well. She was crumbling under the superwoman pressure she placed upon herself. The load she was carrying was just too heavy! I began making the necessary adjustments, decompressions and corrections.

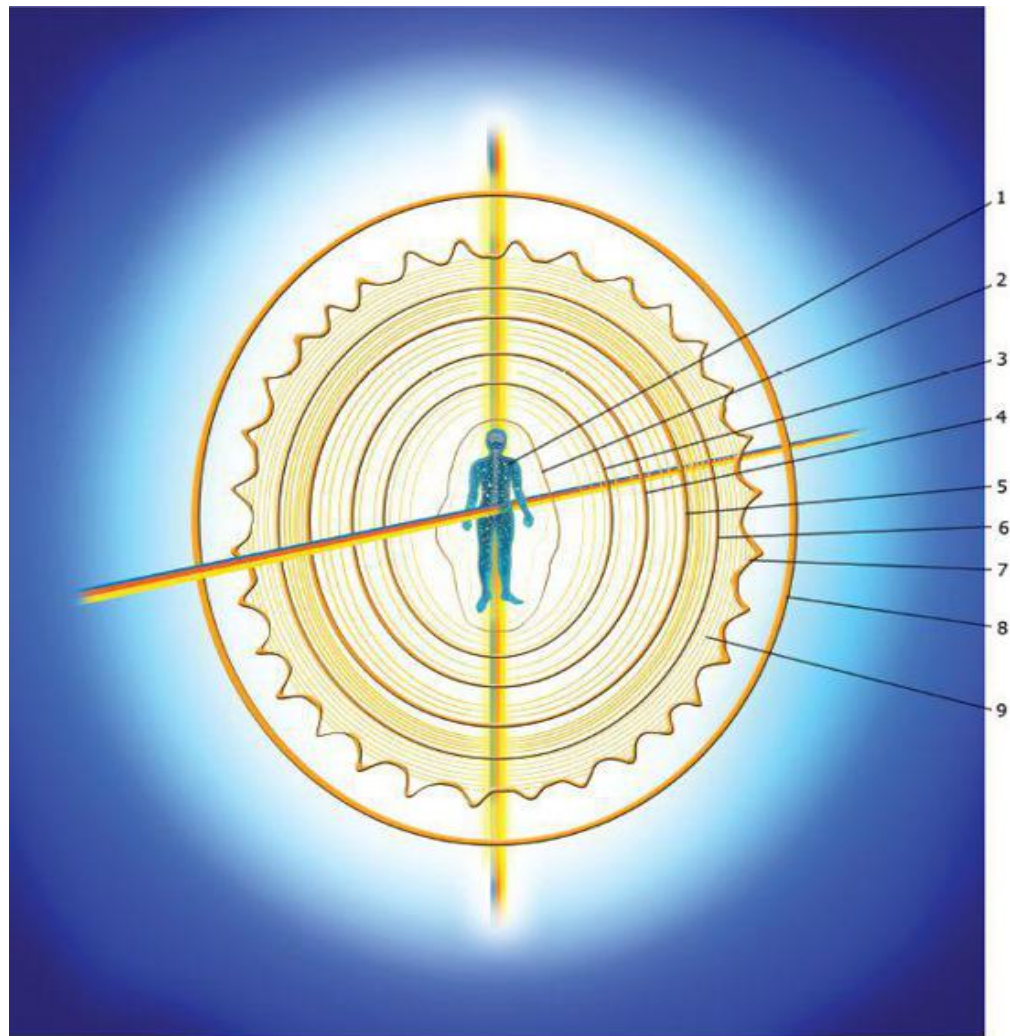
Samantha felt much better; her headache was gone, and her back had completely loosened up. We agreed on a plan of action to support the repairs to her HES. Samantha decided to create a schedule to distribute her chores more evenly and to rest more in proportion to her workload. She declared, "I know that big work equals big rest. But now, I am going to live that!" A couple of weeks later, she reported she felt much better and was getting more rest. Samantha was surprised that her chores were also getting done, despite taking better care of herself. With the support of her Bones of Light she was able to carry the weight of her life more easily.

Entanglements

Have you ever gone to the bank, the grocery store or gas station and had a difficult encounter with a teller, bagger or station attendant that left you shaking your head or even worse, fuming? The next time you thought about going back to the gas station or that bank did you worry or dread you would see the unpleasant person again? Or maybe, plan what you would say or do while thinking, "I shouldn't let this bother me!" Remember strategizing how to handle this absolutely unimportant relationship with a person who might just have been having a bad day when you had the run-in with them? If you have ever gotten yourself into this kind of tizzy, you probably were wrestling with a function of your sacred anatomy: an entanglement.

Everywhere we go, every day of our lives, we make connections with persons, places and things. At the moment of each of these connections, a fine thread spins out from the edge of the structure and drops a metaphorical anchor that connects us to each of these persons, places and things. This is called an entanglement.

The Framework and the Membranous Strata (Fig. 3.4).



1. Bio-Emotional Framework Segment
2. Emotional-Primal Framework Segment
3. Primal-Mental Framework Segment
4. Mental-Cognitive Framework Segment
5. Cognitive-Spiritual Framework Segment
6. Spiritual-Etheric Framework Segment
7. Etheric-Soul Framework Segment
8. Edge Receptors
9. Membranous Strata

In the normal course of life, entanglements naturally disperse and are over and done with about two hours after withdrawing your attention from the activating relationship. Needless to say, reconnections are made all the time with your regular relationships such as your car, your spouse, your television or your home and if they didn't dissolve, they would engulf you!

Problems of energy clutter develop when entanglements occasionally do not dissipate. When this happens, they can reactivate a prior attachment with a person, place, or thing from the past that is no longer important or relevant in any way and make it hard for you to let go. In the case of a relationship that is ongoing, the experience of being dominated by past events, either negative or positive, can sometimes be attributed to millions of entanglements.

Severing Entanglements

If a brief encounter with a complete stranger is sticking in your mind you need to sever entanglements. You might need it if you are tired and overwhelmed or confused and fumbling for words. Severing entanglements is an exercise that is designed to clear the clutter of connections that have not naturally dissipated because there may have been an emotional or charge. By severing entanglements, only your useless and old extraneous debris will be released; any other needed entanglement still in use by you will not be severed.

Doing this exercise will not affect relationships you currently enjoy with your loved ones nor will it remove valuable memories. You are only severing entanglements that no longer serve you. You will not be able to sever a relationship you still have not resolved. Sorry.

This exercise is meant to relieve stress, to raise awareness of your Human Energy Structure and to empower you. In the privacy of your own home, turn off your cell phone and follow the instructions. It's EASY! Finish it; do not stop in the middle to let the cat out.

In this exercise we call upon the Archangel Michael for help. I find him to be incredibly supportive and always willing to come to lend his strength and sword for cutting through impediments.

Archangel Michael leads the army of angels and is a great spiritual warrior. I would urge you to call upon him at least once to see what it feels like. The secret to calling on divine beings is to remember they are just waiting to be asked for help and they will come if sincerely called. But he is not the only light being who can come to help. There are many great beings. If you have a favorite relationship like Quan Yin or Mother Mary ask them for their sword for the exercise. If they do not have a sword, Archangel Michael is always ready to lend his to the earnest supplicant.

1. Return your presence and feel yourself fully in your physical body.
2. Standing with your feet comfortably apart, extend your dominant hand above your head. Call upon the Archangel Michael to lend you his sword. Say out loud: *Archangel Michael, please lend me your sword.*
3. Keep your hand raised until you feel the weight of the sword in your hand. Then holding the sword, relax your arm down to your side.
4. Wielding the sword and using visualization, physically slice from top to bottom and sever your entanglements in this order:
 - a. Your front
 - b. Your left side
 - c. Your right side
 - d. Your rear
 - e. Below you
 - f. Above you
 - g. Swing the sword in a figure eight all around your body to catch any that might be left over
5. Lift up your arm to return the sword to Archangel Michael. While feeling gratitude say: *Thank you Archangel Michael.* Wait until he takes the sword back to relax your arm.

6. Combining with visualization, physically use your two hands to push away from you all the persons, places and things from which you have just severed entanglements. Send them back to where they came from.

- a. Your front
- b. Your left side
- c. Your right side
- d. Your rear
- e. Below you
- f. Above you

7. Combining with visualization, physically use your two hands to pull back to you all of your own energy that has been connected to the persons, places and things from which you have just severed entanglements.

- a. Your front
- b. Your left side
- c. Your right side
- d. Your rear
- e. Below you
- f. Above you

The Elimination System

The Elimination System is exactly what you would expect: a large system devoted to the release of debris and toxicity from the one body in order to keep it healthy and constantly renewing. It has nine wheels that spin to release and sphincters at the edge for ejecting the debris into the universal. It is safe to dismiss debris into the universal because the universal has no attachment to your debris like you do and with no identifying (personal) attachment the energy simply disperses into nothingness.

Simplistically, the Elimination System of the physical body is made up of intestines, intestine linings, sphincters, valves, a rectum and a series of muscles, tendons and blood vessels that support the action of the system. Information or content in the form of nourishment enters the Elimination System through the blood and the operation of various organs, especially the stomach and its functionaries: the mouth, teeth, tongue and esophagus.

The Elimination System of the structure does essentially the same thing, processing content, extracting nutrition and releasing debris to support the balanced functioning of the whole. The entire Elimination System is pale golden white in color and, is barely visible when moving unless the system is heavily toxic, which causes it to appear slightly darker.

Release into the universal is often almost clear, but when debris is denser, it will appear as foggy white or pale gray smoke that dissipates rapidly. Occasionally, when releasing karmic woundings or significant trauma, the debris will take on a shape. I have seen things like a sword, a spear, an arrow, a battle-ax, a tank, a charging horse or even a tree release into the universal, where they hold their pale gray or white shape for a brief instant and then dissolve into nothingness. Refer to Chapter Ten on [page 251](#) of *Your Technical Manual* for a much more complete look at how the Elimination System operates.

The Basic Sacred Anatomy of the Elimination System

To better understand the anatomy below look at illustration ([Fig. 10.2](#)), a detail of an Elimination spoke in Chapter Ten of *Your Technical Manual* on [page 256](#).

Nine Wheels

The Elimination System is composed of five large horizontal wheels spread vertically throughout the Human Energy Structure and four vertical wheels attached to left and right sides of the top and bottom wheels. All nine wheels are located between chakras, out of the way of major chakra connection points.

The Elimination System has many different parts, but it is the five vertically stacked horizontal wheels that are the largest. The wheels have traveling spokes that meet at a hub outside of the core sheath and dock into the inner edge of the soul layer where rims hold the spokes in place at the

outer edge. The wheels ultimately dispose of waste through release sphincters located in the edge. The wheels spin to compact and release debris. They are pale golden and orange in color similar to the substructure and framework in the Bones of Light.

Wheel 1 is positioned between Divine Gate and Star Chakras,
Wheel 2 between Brow and Heart Chakras near the shoulders
Wheel 3 between Solar Plexus and Dan Tien Chakras at the upper hip
Wheel 4 between the Root Chakra and the Lunar Chakras at the thigh
Wheel 5 between the Axis and Chi Pool Chakras

The role of the five main wheels is to distinguish nutrition in the form of charged energy from waste. They pull anything useful from it and then release the debris. They do this by spinning.

Wheels 1, 3, & 5, viewed from above, spin in a clockwise direction☺
Wheels 2 & 4, viewed from above, spin in a counterclockwise direction☹

Release Tubes

Multiple release tubes receive the debris being transferred from the wheels. These streams of exiting debris are carried across the raging currents of the Soul Layer in a fan of densely assembled release tubes.

Edge Release Sphincters

The release happens in a diffused way at the edge through what looks like tens of thousands of pinhole-sized Elimination sphincters clustered to reflect the wheels. The edge Elimination sphincters open slowly as the pressure gets stronger from the buildup of the debris and waste.

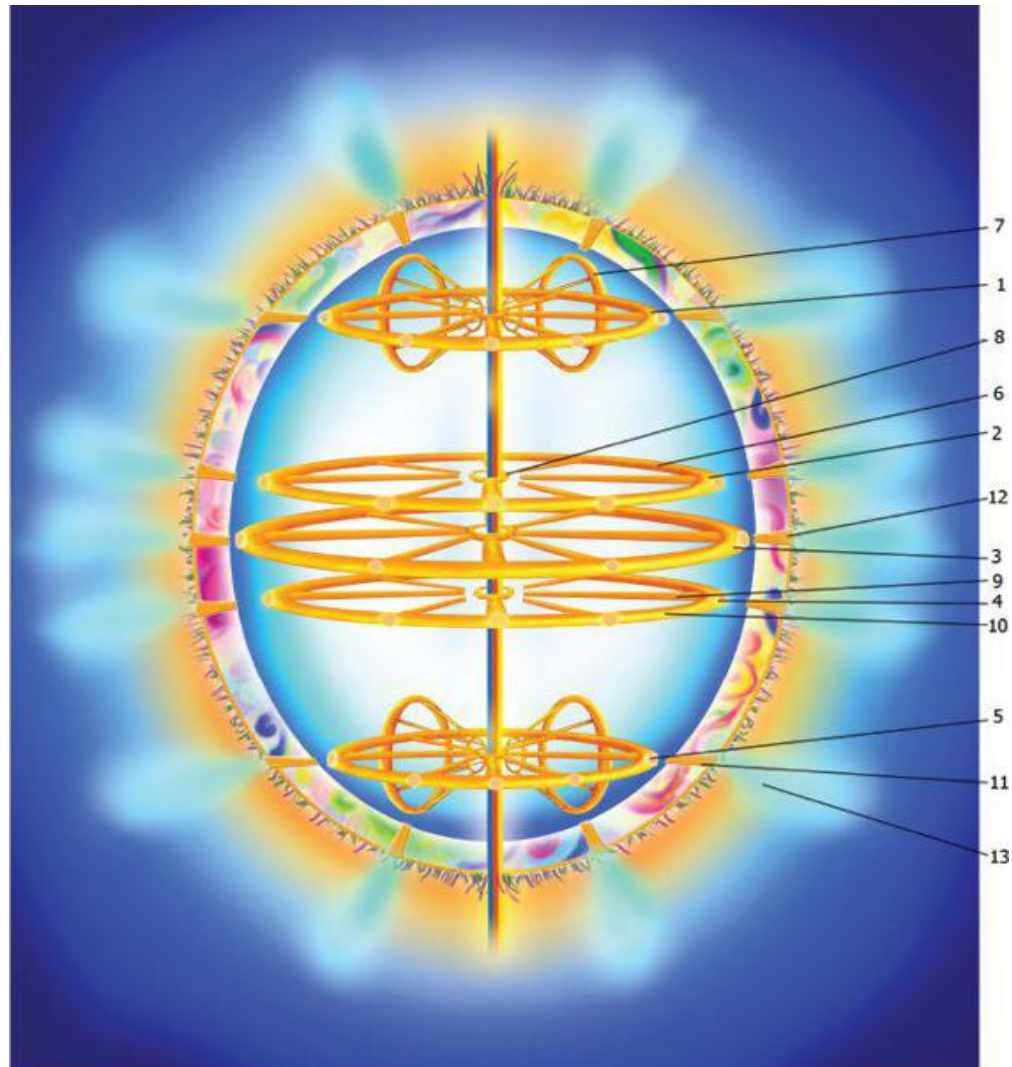
Elimination Wheel Spin

The Elimination wheels spin in rhythm while the system engages in the collection, transport and release of debris. Becoming aware of their spin can awaken a whole new appreciation for how you let go of what no longer has any use to you.

Spin of the Shoulder Wheel

1. Standing consciously, return your presence into your physical body.
 2. With a deep breath use your intention to tune into the Elimination System wheel located directly above your shoulders. It should be spinning clockwise or to your right.
 3. Extend light fingers and insert them into the center of the wheel. This is the hub that is making a ring around the core at the level of your shoulders, above your heart and below your brow.
 4. Visit the hub of the wheel as it expands to greet you. Allow it to really let go. You may feel slightly dizzy as you become aware of the wheel becoming aware of you!
 5. Remove your light fingers and feel the wheel spin!
-

The Nine Elimination Wheels (Fig.3.5)



1. Wheel 1	8. Hub
2. Wheel 2- Shoulder Wheel	9. Spoke
3. Wheel 3	10. Rim
4. Wheel 4	11. Elimination Tubes
5. Wheel 5	12. Edge Release Sphincters
6. Horizontal Wheel	13. Debris
7. Vertical Wheel	

An Elimination System Story

Isa's Wheel CI Practitioner: Desda Zuckerman

Isa, a lovely 62-year-old woman, was experiencing congestion in her right ear, tiredness and some flu symptoms. She was feeling overwhelmed by the issues of caring for her aging parents. She is currently on Estradiol and Progesterone hormone replacement, is active physically, raises bees and does stained glass. Isa felt dense and heavy to me, as if her spirit was repressed and things were just working too hard. She was looking forward to an upcoming spiritual retreat with her spiritual teacher, a Mai De Santa priestess of Umbanda Afro-Brazilian traditional religion.

Assessment of her structure showed the spiritual aspect in distress. This told me her overwhelm was caused by an inability to let go. She had a tilted Elimination wheel and constricted framework. As a result, stashing debris in the Template. Her difficulty with releasing waste naturally because of her tilted Elimination wheel was most critical as it was causing the Template to become laden with debris. The Bones of Light and especially the framework became constricted in reaction. At this rate it was only a matter of time before other systems would be affected in the same way.

I cleared the Template and released the framework and Isa brightened up considerably. But when I adjusted the tilt of her shoulder-level wheel she sighed and said, "That feels amazing." She could feel the wheel starting to spin. The spiritual aspect perked up! I thought it might take awhile to get the Elimination System back into normal release so I asked her to follow up with me.

The next day Isa told me, "I feel way lighter. I think its just easier to be in my body. This work was very powerful." She called me about a week later after she had gone through her spiritual retreat, reporting that she had been able to go deeper than ever before in her "incorporations," the name this group gives to the experience of connecting to deep guidance. This is done through incorporating spirits of light who represent the spiritual consciousness that lives in the elements of nature. She told me she has been connected to Oxossi (a traditional spirit of the forest energy) for years but that she felt

more able to open to this experience and received more detailed guidance than ever before. She felt our session had made this fascinating result possible. This was an unusual result for an unusual woman. I am always amazed at how interacting with the anatomy can have a deeply personal impact.

The Human Electromagnetic Field

The Human Electromagnetic Field is a result of the Bio-Electric System of the physical body, which stimulates the beating of the heart and the synaptic connections in the brain. It is a vibrantly colored energetic field and is the aura that some people can see and Kirilian photography is able to record. Electrical connections throughout the body cause this aura to emanate 2 to 4 feet out from the body. See illustration ([Fig. 3.6](#)) on page 83.

The Human Electromagnetic Field is poised on the boundary between the subtle and the material, and because it touches both realms, it has captivated the attention of study for centuries. As long as the heart is beating and the synapses are firing it is part of the larger HES and overlays its four inner layers. The Human Electromagnetic Field does not become part of the Layers beneath but remains its own system and ends its life at the same time as the physical body. I believe it is the only part of the Human Energy Structure, other than the bio layer, that is electromagnetic in nature. The primary function of the Human Electromagnetic Field is to act as a bridge between two different states of human experience: the subtle and material. The anatomy of this system reflects the anatomy beneath it acting as a delivery system for the messages of the primary layers and chakras it mirrors.

The Human Electromagnetic Field has its own reflective layers and connections to the inner edge of the soul layer, and it generates its own reflective system of chakras. These 10 reflective chakras help the Human Electromagnetic Field do one of its main jobs: to bring into manifest functional reality the wisdom of the larger structure so you can use it. Together with the anatomy of the containing membrane and the stabilizing silver tethers, the system is suspended in the center of the structure and can effectively bring the knowledge and desires of the major chakras and the 4 interior layers into the material world.

Please refer to *Your Technical Manual* in Chapter Eleven on the Human Electromagnetic Field [page 287](#) for more in-depth information about how

the main chakras and reflective chakras work together.

The Basic Sacred Anatomy of the Human Electromagnetic Field

Four Reflective Layers

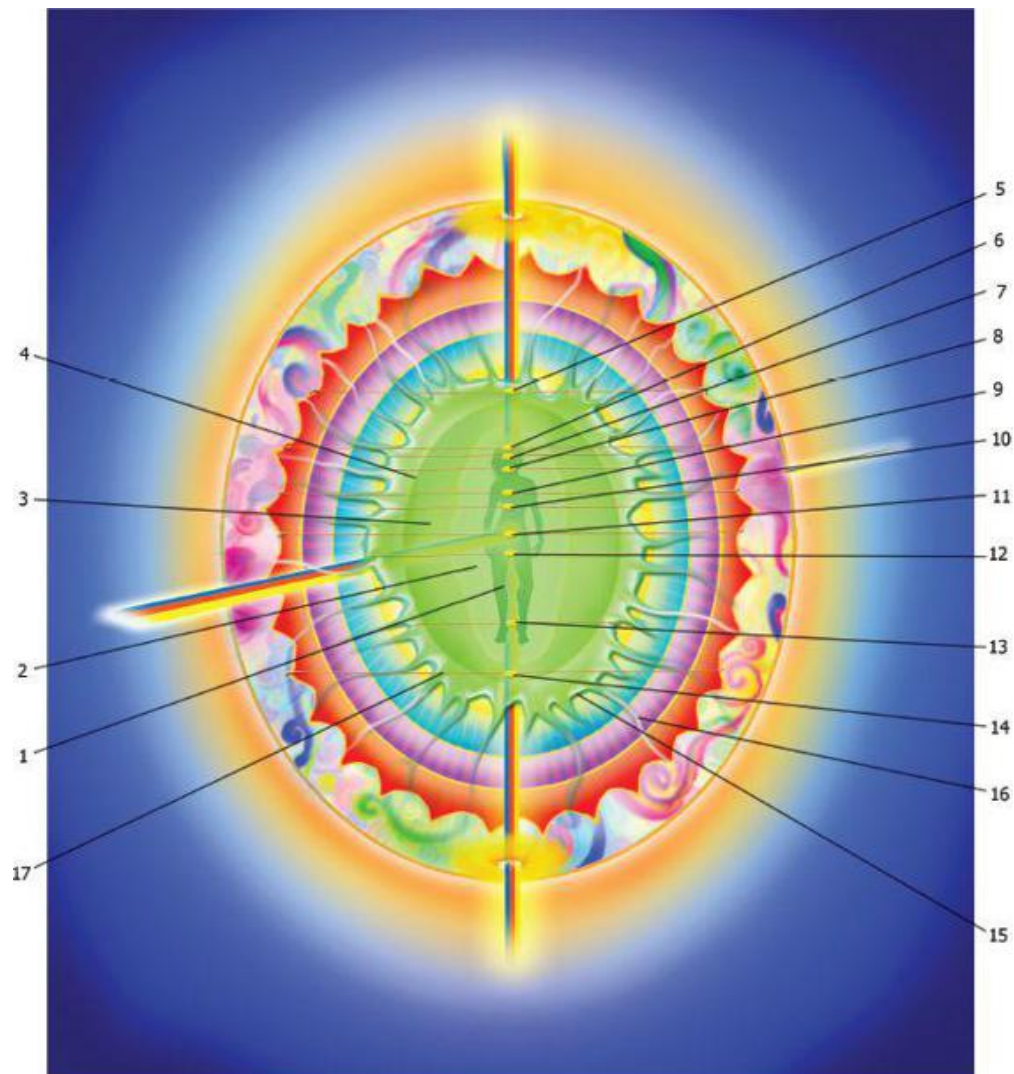
There are four reflective layers (or r-layers) within the Human Electromagnetic Field. They are from the outermost to the inner: mental reflective layer, primal reflective layer, emotional reflective layer and the biological reflective layer.

The reflective layers do not change color or texture substantially from one layer to the next. Although there are slight variations in color, the field is pretty consistent and is usually between one to four basic bright colors that spread sometimes in patterns and sometimes not, throughout the layers. Common colors but not the only colors found are greens, blues, pinks, fuchsia, oranges and purples with highlights of gold, red, burnt orange and turquoise. Disturbed or toxic Human Electromagnetic Fields may have brown, black, dark blue, green and gray sections or empty holes that have no color at all.

Human Electromagnetic Field layers reflectively overlay the energetic organs of the Layers System. Relevant information expresses out from those foundational layers into the reflective layers and is translated by them into vibrations that can be understood, used and read by other people, places and things. The reflective layers detect information by sensing or *reading* the original content of the vibrations. This translated content is what the Human Electromagnetic Field then radiates out as it delivers the messages of the organs beneath.

The reflective layers are essentially a communications bridge for the wisdom and insights of the bio, emotional, primal and mental layers they overlay, allowing the one body to access the wisdom they provide.

The Human Electromagnetic Field (Fig.3.6)



1. Bio-Reflective Layer
2. Emotional Reflective-Layer
3. Primal Reflective-Layer
4. Mental Reflective-Layer
5. Solar Reflective-Chakra
6. Crown Reflective-Chakra

7. Brow Reflective-Chakra
8. Throat Reflective-Chakra
9. Heart Reflective-Chakra
10. Solar Plexus Reflective-Chakra
11. Dan Tien Reflective-Chakra
12. Root Reflective-Chakra

13. Lunar Reflective-Chakra
14. Axis Reflective-Chakra
15. Electromagnetic Field Containing Membrane
16. Silver Tether
17. Anchors

A Human Electromagnetic Field Story

Joshua's Silver Tether CI Practitioner: Desda Zuckerman

The day after we had done a session I got a worried call from Joshua, a 33-year-old hard-charging entrepreneur and long-time client. He was on a business trip to Washington, D.C., and was experiencing something that had bothered him before but that we had never addressed together. "You're going to think I'm crazy but I have the sense that there's an electrical storm above my head. I have this weird pressure and wobbly cloudy feeling above me and I have a bad headache," he reported. He told me this had started after an encounter with a business associate. He felt a sense of dread that: "This might be something worse and not just energetically based." His heart was beating faster than normal, and he thought maybe this was an anxiety attack.

I checked his Human Electromagnetic Field and assessed that during a strong contraction, probably during his difficult business encounter, a single silver tether had broken away from the inner edge of the soul layer.

Now, it was whipping around over his head. When I sensed into his Human Energy Structure I felt a buzzing prickly feeling that had an electrical quality to it. I re-attached the silver tether and before I could even tell him, Josh let out a sigh of relief. "Thank you so much! That is a huge improvement." I stayed on the phone with him while he recovered his equilibrium and brought in some soothing energies so he could go on with his busy day feeling at 100 percent.

Joshua has not experienced this problem again even though he has gone through some tough experiences that certainly caused temporary contraction.

Ten Reflective Chakras

The main job of the reflective chakra, also known as r-chakra, is to reflect electro magnetically into the world the tasks and messages of its associated main chakra. The Blended Energies System relies on the Human Electromagnetic Field System of reflective chakras to get across the message of the major chakra to the world. In a very fitting and dynamic way the r-

chakras support the well being of the Human Energy Structure. From top to bottom they are: reflective-solar chakra, reflective-crown chakra, reflective-brow chakra, reflective-throat chakra, reflective-heart chakra, reflective-solar-plexus chakra, reflective-dan tien chakra, reflective-root chakra, reflective-lunar chakra, and the reflective-axis chakra.

Just like the r-layers, the r-chakras are a functional bridge from the subtle knowledge and activity of the underlying anatomy into your everyday world. Without these vibrational translators of the sacred anatomy the function of the subtle is compromised, the purpose of the spirit is defused and the wisdom of the sacred self is not brought into the world. Without the bridge of the Human Electromagnetic Field the individuated structure is but a mute observer instead of a player on the stage of material incarnate reality.

Human Electromagnetic Field Containing Membrane

The containing membrane of the Human Electromagnetic Field distinguishes this system from the rest of the Human Energy Structure. There are no separating membranes between the r-layers or around the r-chakras. This membrane is the separating barrier between the energetic of the Human Electromagnetic Field, which is electromagnetic in nature, and the Human Energy Structure, which is not. The containing membrane wraps around the innermost edge of the framework, located between the mental and cognitive layers and is orange gold in color.

Silver Tethers

Thin silver ribbons of electromagnetic light called Human Electromagnetic Field silver tethers begin with a containment hook in the containing membrane and travel from the containment membrane through the cognitive, spiritual and etheric layers to where they end with attaching tether hooks at the inner edge of the soul layer. The silver tethers are somewhat irregular in shape, number and distance apart, but hold the Human Electromagnetic Field in the center of the HES. Human Electromagnetic Fields resemble a piece of exotic fruit suspended in the air by delicate silver cords. See ([Fig. 11.4](#)) on page 299 for a look at a silver tether. There is a complete stabilization system in place for the Human Electromagnetic Field described on [page 297](#) of *Your Technical Manual*.

Strengthening the Containing Membrane

When your containing membrane is weak or diffused it is an indication of inappropriate boundaries. You are merging with the world in general and probably are most vulnerable in specific situations with your family and loved ones. It is possible you have never really learned how to distinguish between yourself and others.

This is a classic issue for energy workers and healers, therapists and bodyworkers. It is also the issue we see within families that are emotionally incestuous in nature and always meddling in each other's business. Although there may not be a sexual violation, incest-style families rely too much on each other for emotional support and psychological justification for their behaviors to the exclusion of other people from outside the family. Their containment membranes are not helping them have a firm sense of self as separate and whole apart from family members but are allowing an inappropriate merging of deeply personal space.

People with weak containment membranes may lack confidence about who and what they are and may regularly seek approval of some sort or another from the outside world. If you recognize your own struggle with this as a reoccurring issue, you may be giving your vital life force away. You might often be tired, confused, depleted, struggling financially, confused in relationships and very easily wounded emotionally. You also could be lonely and somewhat neurotic about relationships and the boundaries with colleagues in your work relationships, friendships and family. Ultimately, what this means is that you are not well grounded into your physical body and that you are trying to rationalize your condition by seeking out diagnostic information to understand yourself better. If this is happening to you, use returning presence to see if you can improve things.

The exercise for strengthening the containing membrane will need to be repeated frequently, and you will need a friend or family member to do it with you. To shift a weak Human Electromagnetic Field containing membrane permanently, a trusted friend or family member will have to consistently witness you doing the exercise over a period of time. This is so you can retrain your one body *and* your personality to *accept* that you can be seen and received without it costing you your life force. This is a big lesson and not always quickly acquired.

Strengthening the Containing Membrane

In this exercise we will call upon an energy called *the attitude of the strength of Archangel Michael*. This energy is easy to find if you first ask Michael to let you use it. Call on him, ask for the use of the energy and let it come in for you. Always thank any great being who gives you any kind of help. There is always time for thanksgiving!

1. Ask a friend or family member to support you by sitting quietly with you and focusing on you with love. Request they hold absolutely no agenda for a particular result in their mind. Their job is to simply hold you energetically and to witness you letting something good happen without it costing you anything! This is really important; they CANNOT be doing you a favor or fitting you into their busy schedule. They must want to help you and have no attachment to how that happens. This is called a witnessing posture.
2. After finding your witness, your first step is to call upon the Source energy called the *attitude of the strength of Archangel Michael* 3. As you bring in *the attitude*, imagine that you are using it to strengthen the containment membrane at the very edge of the Human Electromagnetic Field. Slather this energy all over the boundary of the Human Electromagnetic Field where it is located between the cognitive and the mental layers. Look at the illustration ([Fig. 3.6](#)) on page 83 to help you with your visualization. Keep doing it while your friend watches in a witnessing posture as your containing membrane strengthens.
3. Imagine yourself being wrapped safely in a blanket of pure love.
4. When you feel you are done, call upon *universal love and light* and let a beautiful golden, white and silver energy shimmer coat your entire Human Electromagnetic Field.

5. When you feel you are stronger and more powerful than before, ask yourself if you are finished. If you are not finished, keep going until you feel certain you are stronger. Be patient as a sense of awareness and discernment allows you to become clear you are stronger. Becoming awakened to the feelings of the structure may be a new experience for you so watch, wait and sense with all your senses. Note what YOUR knowingness is as you determine a shift has occurred. Be awake to the idea that *your version* of what this is may be different than another person. Being open to the possibilities of what may be new sensations is important.
 6. Make sure to thank your friend for making this experience possible.
-

The Harmonizing Network

The Harmonizing Network crosses the anatomical boundaries between the various systems, producing a blended sense of unity. It stimulates connections with networks of channels and meridians harnessing specific energies designed to support the functions of each of the systems. Its purpose is to hold the structure together. It does this as a conductor of the subtle symphony promoting harmonization of the many dissonant and consonant frequencies of the Human Energy Structure. The Harmonizing Network holds true to the purpose of individuation all the while honoring the Source energies and the specific harmonizing frequencies of each of the systems as they blend to create who and what we are. Chapter Twelve on [page 303](#) is dedicated to the Harmonizing Network.

The Basic Sacred Anatomy of the Harmonizing Network

Five Harmonizing Channels

Five harmonizing channels reside in the outermost stratum of the cognitive layer, the point of transmutation. Four of the channels are moving

in large elliptical orbits at the four compass points while a central channel moves in the core sheath, making a turn when it intersects with the point of transmutation in the cognitive. All of the harmonizing channels are filled with harmonizing blend, which is a combination of all of the major energies plus supporting frequencies that make up the Harmonizing Network. They circulate it and build up synergy within the channels, radiating this vital energetic frequency unceasingly like a battery at the very center of the HES. See illustration ([Fig. 12.5](#)) on page 328 in Chapter Twelve in *Your Technical Manual*.

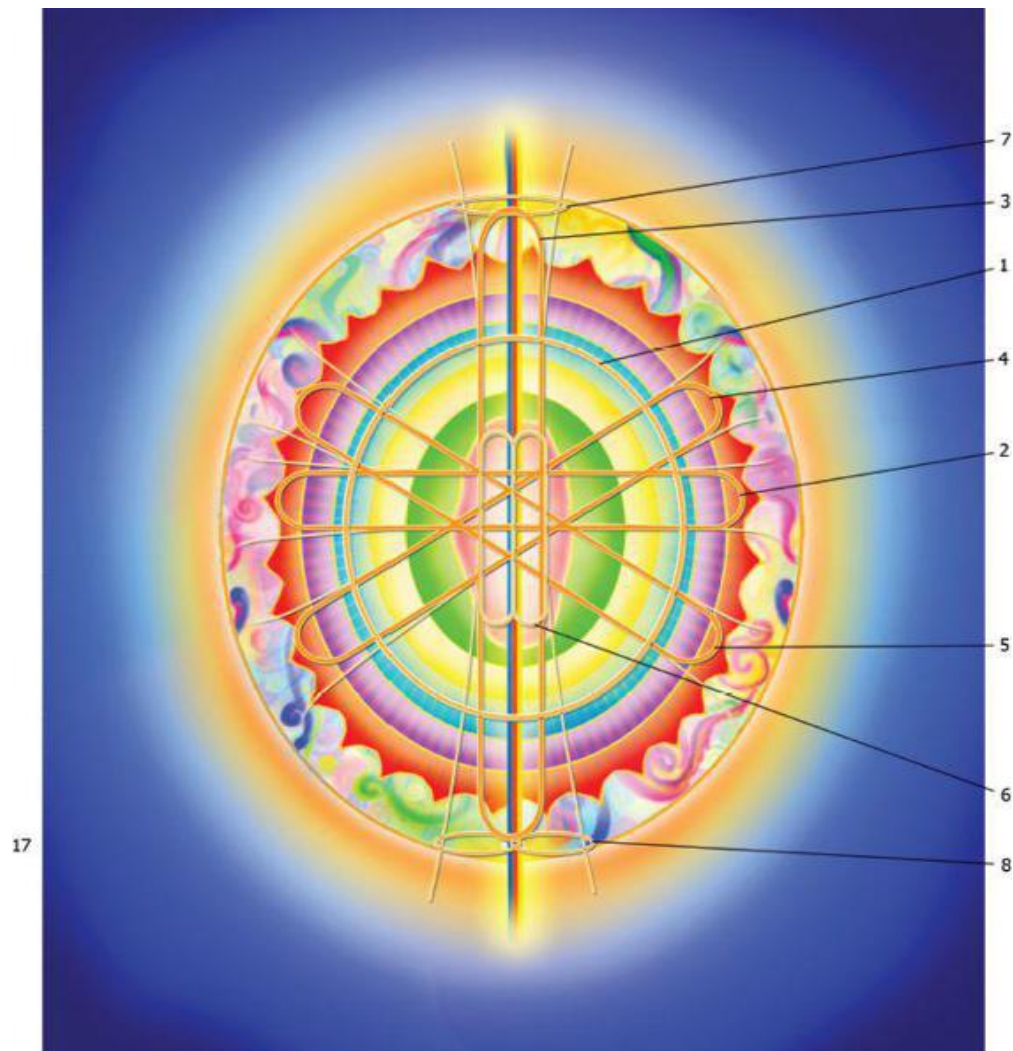
Core and Cognitive Meridians

There are two kinds of meridians: the core and cognitive meridians. They are energy conduits made of fine fibrous membranes that carry life force or chi. Chi is tangible and measurable by instruments. It is an electromagnetic bioenergetic force expressed during physical life. Chi must flow smoothly through the Human Energy Structure for optimum health. The meridians are dedicated to this task. See illustration ([Fig. 12.4](#)) in Chapter Twelve on page 323 of *Your Technical Manual*.

The core meridians primarily carry the chi of the spine and the core as they merge together and represent the center or the trunk of our tree of life. This energy starts at the core and travels out. It can direct actions such as the movement of the legs and arms but it also can be used by the initiated to move energy in the body. A study can be made of this ability, and it is possible to learn to use it to heal as well as to defend you. The study and discipline of martial arts encourages the development of chi.

The cognitive meridians come into the center from within the HES. Starting at the cognitive layer they incorporate the input of the point of transmutation and bring its chi where implantation is directed in the structure. The information given by the point of transmutation stratum is delivered along with the changed chi into either subtle or material form. It now is charged to become the divine vision or dream of the spirit for the physical body.

The Eight Resonating Chambers (Fig. 3.7).



1. Layers Resonating Chamber
2. Template Resonating Chamber
3. Blended Energies System Resonating Chamber
4. Bones of Light Resonating Chamber
5. Elimination System Resonating Chamber
6. Human Electromagnetic Field Resonating Chamber
7. Harmonizing Network Resonating Chamber
8. Harmonizing Blend Resonating Chamber

Putting the Lid On

Putting the Lid On is designed especially for people who have experienced head trauma. It is a way to begin re-establishing the container of the skull so that it can once again hold in a closed way the biochemical, bioelectrical and Harmonizing Network impulses generated by the brain.

1. Return presence to your body.
2. Seated, visualize first blue and then golden healing light emanating from the mind and the heart of the Source. This light is expressing especially for this purpose and will begin the process of teaching your skull that it is OK again, helping your bones relax and your brains feel better.
3. Focus your intention to see the light coating your head like a tight-fitting and yet comfortable helmet.
4. Double the thickness.
5. Triple the thickness. Feel contained inside your skull.
6. Feel safety again. Just to get going, visualize a time you were very safe.
7. Thank your brain, your skull, your Bioelectric and Biochemical Systems and the Source for doing such a great job.
8. Go about your day confident that you will be stronger and more capable than the day before.

Eight Resonating Chambers

There are eight major resonating chambers in the Harmonizing Network. Each chamber is filled with a specific harmonizing frequency of one of the seven systems. An additional resonating chamber is dedicated to

harmonizing blend, which combines all the other system frequencies with an additional set of supporting frequencies making a potent blend similar to spinal fluid. This chamber is the only one of the eight that does this job and without it the others would be much less effective. Harmonizing Blend is a vital conducting frequency that fills major hub centers in the HES.

All the chambers are closed to other energies entering but as strong and vibrant source locations they ring out into the larger Human Energy Structure in waves, much like ripples in a pond. In this way the force of your energy is felt in the world. For a deeper look at the energy flow of the eight resonating chambers see [page 319](#) in Chapter Twelve of *Your Technical Manual* on the Harmonizing Network.

Nine Harmonizing Energies

All portions of the anatomy must be harmonized with all other portions of the anatomy to operate effectively and to radiate optimum health and well being. The systems have to be in phase with each other and with themselves. The nine harmonizing energies are directed by the anatomy of the Harmonizing Network, into all the systems of the HES. They also fill the connections the systems make within themselves and support the interactions between multiple systems. These nine energies are what make up the subtle anatomy version of the biochemical directors of the physical body such as neurotransmitters and hormonal secretions. The harmonizing energies tell the one body how to work as a unified whole. They operate as frequencies and can be heard by sensitive people and animals. Canine diagnosticians used by some forward-thinking medical practitioners have learned that diseases not only have a smell but they also have a sound to dogs. This is also true to some clairsentients and clairaudients who report that they can hear certain diseases in an energy structure.

Stabilization

As each moment is created anew, the Harmonizing Network makes shifts and adjustments rising up out of the destabilizing affects of change to achieve harmonious equilibrium. Stabilization is, to a large degree, self-explanatory. It is order, balance and resting at the center, and it occurs in the Harmonizing Network.

Witnessing

Witnessing is being with what is present. Being present with what shows up in front of you. Sitting with it. Not trying to change it or make it different, but in the breathing in and breathing out of the moment simply being with it and seeing it as whole and complete just as it is. Anatomically, this job is done in the Harmonizing Network. The channel witnesses the majesty and productivity of the core; the framework witnesses the Layers, and the lungs witness the breath. Your HES says: “Yes!” and witnessing is there. The gift of the Harmonizing Network is to “be with” the incredible swirling light and to see it as something, to witness the birth of order and purpose out of the chaos of creative inspiration. This is a function of the sacred anatomy and may be the greatest offering it can give.

As someone who has worked therapeutically with others in a wide range of capacities, I think the most real and lasting healing comes from our ability to simply witness with no attachment, no agenda, just awareness and acceptance of the remarkable divinity that is each and every one of us.

**-Lorin Kaufman, MCAT, BC-DTR, CIP, CoreIndividuation™
Practitioner**

A Harmonizing Network Story

Becky's Collapsed Channels CI Practitioner: Desda Zuckerman

Becky is an experienced client and is usually good at describing what is going on and often feeling her subtle anatomy as acutely as she does her physical body. This time was no exception. Becky's knock on the door was weak and she looked like she had the flu. “I think I might have mononucleosis or something. I'm completely exhausted. Utterly fried. Help!”

Assessment showed that in addition to feeling hard to breath, walk, talk and move in her physical body Becky's spiritual aspect was struggling to get its message delivered throughout and that her physical aspect's difficulty with functioning was now dominating the experience of the Human Energy Structure. Her problem was deep in the five harmonizing channels. The five channels along with the resonating chamber are dedicated to the generation of the primordial

energy: harmonizing blend, one of the most important harmonizing energies.

All of the places that are hub locations in the structure are filled with it among them: the edge, the inner edge of the soul layer, the five harmonizing channels, and both the channel and core sheaths. This unique energy has a quality like amniotic or spinal fluid and looks and feels like liquid light. The presence of harmonizing blend softens the connections at the interior and at the same time strengthens the resolve of the Harmonizing Network to do its primary job: hold everything together. Becky's five harmonizing channels were collapsed, pulled in and constricted, and her resonating chamber dedicated to the generation and creation of the important, harmonizing blend was still.

Immediately we aligned the five harmonizing channels with an adjustment to release constriction. "That is amazing. I can breathe again!" Becky exclaimed standing up and stretching as she swung her arms above her head. "I didn't even think I could do this before. Look!" She did indeed look better but we were not quite finished.

Her resonating chamber was still and that was not a good thing. Bringing in stimulating energies and directing them into the resonating chamber she literally squealed with delight. "Yeah! That's just what I needed. I feel like I'm alive again." She jumped to her feet again and twirled in happiness. Her physical aspect cooled, the spiritual was once again asserting itself in proportion. She was balanced and full of critical harmonizing blend.

Becky left the office with a bounce in her step and a positive feeling about her life. Five years later she has not had a reoccurrence of these symptoms.

Witnessing to Encourage Health

Witnessing consciously is a way to deepen the experience of personal and group transformation. Anytime you are in a place of change, being witnessed, as you are moving through the shift can expand the possibilities of how you make it to the other side. Being witnessed can mean the difference between real change and slipping back into the old way of being, thinking or feeling.

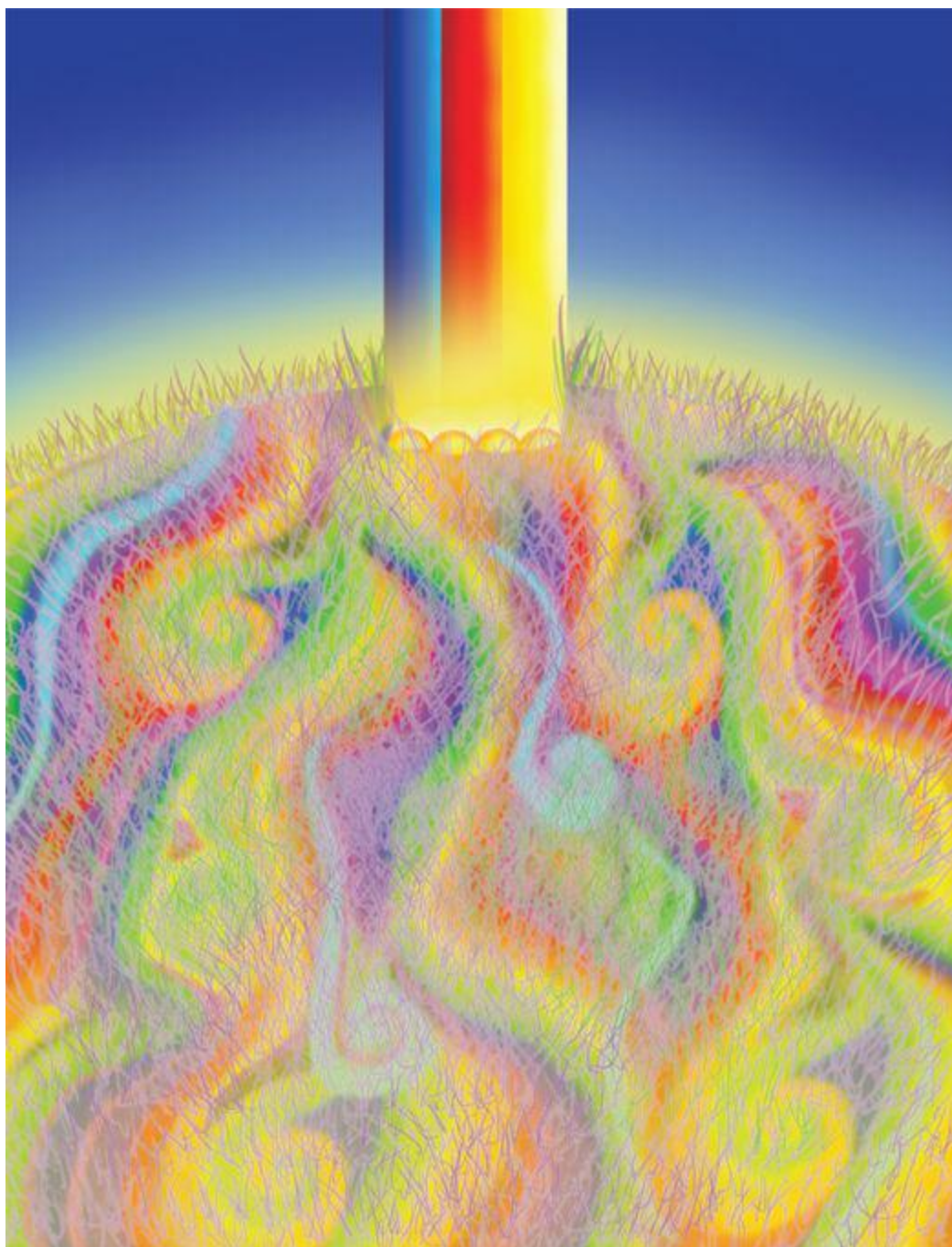
How many times have you longed for someone to just "see" you? It is what we all long for, what we seek in therapists and ministers, friends and

teachers. It is a wonderful thing to do for someone you care about and an extraordinary experience to have with yourself. Sitting in the witnessing chair is very simple, but the function that it provides is profound. It is done by consciously *sitting with* either yourself or a friend and gently holding the Human Energy Structure as it shifts into absorption of transformation and then acceptance as a result of whatever life has brought your way including healing work you might have received.

Witnessing

1. Ask permission of the person you are about to witness.
2. Return presence to your body.
3. Extend light fingers.
4. Holding the structure:
5. Clear your mind of any need to accomplish anything or of any agenda and relax your own Human Energy Structure, breathing deeply.
6. Gently place your light fingers anywhere in your friend's Human Energy Structure.
7. Sit a moment with the HES, allowing it get used to your conscious presence.
8. Watch the shift
9. Synchronize your breathing with your friend.
10. Focus your intention on simply *being with* the person or your own Human Energy Structure and wait for the shift to occur.
11. Remain interested in whatever movement you are observing but do not project any theories about what is happening or any speculations about what the outcome will be.
12. NO AGENDA IS NEEDED.

13. Sit in compassion for your friend comfortable within your structure.
 14. As the absorption of transformation occurs
 15. Breathe in and maintain holding the Human Energy Structure until it settles in
 16. Stay in a receptive state with NO AGENDA
 17. Acceptance happens as the HES experiences a slight contraction and then a sigh as it drops down into what feels like a more expectant stance. It is as if the structure says: “That felt good. What’s next?”
 18. Witness the expansion of spirit. (You will literally feel their Human Energy Structure expand and so will they! You might feel the expansion push your hands out...if so, go with it)
 19. Enjoy witnessing and being witnessed and use this technique everywhere!
-



Chapter Four

You Are the Sum of All Your Parts

How the Anatomy Works Together The Journey Through Shadow and Light The Sum of All Your Parts

*Sustained by the power of Earth and transformed by the power of Heaven, humanity cannot be separated from Nature—we are Nature, manifest as people.*¹⁴

-Harriet Beinfield, L.Ac. and Efrem Korngold, L.Ac., O.M.D.

How the Anatomy Works Together

Although the sacred anatomy is not exactly like the physical anatomy, it works in a similar way. All seven systems have interactive and complementary functions, which pump and make use of the fuel of living light. This fuel both makes and remakes the structure, renewing it constantly. The subtle anatomy, like the physical anatomy, is fundamentally supported by the essential and cosmic elemental energies of life.

You are not contained *in* or *by* your sacred anatomy instead, you *are* your sacred anatomy. You are a complex and elegant structure that identifies and then reacts to the stimulation of creative forces, the Source and the intelligence of the cosmos. You are individuated out of *all that is* and focused into a *one-body identity* as a subtle/material form that has the ability to respond. Your form can respond because it is self-aware and it is this self-awareness that seeks and makes internal connections.

Because your sacred anatomy is a conscious anatomy it can communicate not only within itself but also with the vast world around it. Each system is attuned to interact efficiently in a coordinated symphony dedicated to the highest course of your soul's purpose. Every action of your sacred anatomy and your physical anatomy is designed to align with your authentic nature.

The subtle systems have twin systems and functions in the physical body and some jobs of the material anatomy crossover easily into subtle anatomy. Intra anatomy communication is one way this occurs and two systems specialize in internal communications. The Template and the Harmonizing Network ensure that each of the far-flung parts of the Human Energy Structure knows what is going on and that the whole works together as a cohesive unit.

The Template is primarily a complex of strands that carry signals through every part of the structure like a neural net. This includes going into and out of the bio layer incorporating subtle and material within a single master Nervous System. Beyond that, the strands leave the boundary of the structure extending past the edge in the form of tiny villi antennae, which wave coquettishly to Source energies in the universal soup around and between us all.

The frequencies of the Harmonizing Network approximate our biochemical heroes, the neuro transmitters, and serve as conductors, directing signals throughout to create relationships and a peaceful balance among the parts. Elements of the Harmonizing Network are connectors and frequencies that inspire harmonious interaction within the one body. Connecting membranes and sheaths surrounding anatomical parts function to contain specific energies and tasks as they radiate well being and purpose for the whole.

Like the tuning pegs of a guitar, each system of the Human Energy Structure has a special frequency to attune it to itself and to the whole. This compares to the biochemically charged fluids in the physical body, which conduct information, deliver messages and act as a gentle suspension system for movement. In the subtle structure, the fluids of the material body resonate as frequencies.

The meridians of the Harmonizing Network are connected to the same meridians that ancient Chinese acupuncture use in the physical body. As conduits for charged information traveling throughout the greater structure,

they go about creating a sense of harmony, vitality and balance. Large resonating chambers of surplus and renewed energy used to fuel each of the systems and more compare to the Traditional Chinese Medicine concept of the eight extraordinary vessels.

A subtle light matrix runs through all of the framing structure of the HES making a light skeleton that completely integrates the bones of the physical body, with the Bones of Light. An amazing discovery we have made working with broken bones is that using the subtle light matrix to weave the fabric of the physical bones can speed healing progress and reintegration of the new bone as it forms into and with the light skeleton. In many cases we have found this technique, combined with other supporting measures and sound medical care, promotes more rapid healing and better-integrated new bone matter.

Systems Magic

Each system has within it very specific crossover points. These are the anatomical translators and bridges that make a HES possible. Following are the most important intersystem connections that happen. It helps for you to know about these connections, as it will begin to give you a deeper sense of how cooperation occurs within the microcosm of the HES. A much deeper look at how the systems function together is addressed throughout *Your Technical Manual* beginning on [page 105](#).

A Bones of Light Story

Subtle Light Matrix and Thea's Ankle

CI Practitioner: Desda Zuckerman

In the summer of 2009 I got a call from Thea, a 63-year-old health care provider in distress, shock and pain. An avid swimmer, she had badly fractured her ankle by stepping into a gopher hole while walking back from the river in the Trinity Alps of Northern California. From long distance, I immediately lifted shock frequency signature out of her Bones of Light and began to address the trauma and pain, releasing it in hot waves from her body. Soothing Source energies reduced inflammation and swelling. Broken in six spots, the fragmented ankle would have to be reconstructed. Surgery was required to place a shaft of stainless steel into the fibula and three

screws at the base of the tibia. One concern was helping her porous bones hold plates and screws and heal. As I sensed into it, the ankle felt jagged and inflamed in separate regions.

Another need was pain management. Since Thea was allergic to all pain medications, an alternative was required. Although the energies were helping to calm her down, we had to step it up. I went into the building blocks of the Bones of Light System: the subtle light matrix. Within minutes of beginning to knit the bones back together she sighed deeply and said: “That’s so much better. Whatever you are doing, keep doing it.” I ramped it up, moving up the leg to the knee, knitting and blending the subtle light matrix into muscle, bones and tendons in both legs. Her acute pain decreased, and we ended the call.

We spoke frequently after that, and I worked with her Human Energy Structure to support her return home and to undergo reconstructive surgery. When I saw her in person I found her ankle fortified with eight metal screws and a 6-inch plate. She was doing pretty well with the pain but attuning the metal to her body helped bring the discomfort down on the pain scale from a seven to a two. I kept bringing in soothing energies and releasing new trauma, but the turning point was when I brought into the ankle joint the Source energy of synovial fluid combined with the subtle light matrix. The hot, red swelling cooled to almost normal levels in minutes.

Thea commented when she remembered our healing work, “Remarkably the inflammation went from a searing heat to reasonable warmth within minutes. Even the color changed. Desda said that she was untangling template strands of chaotic confusion in the subtle body of the lower leg, and I could feel a profound shift in pain as she did this. This healing really helped me tremendously.”

Thea’s healing was more efficient and speedy than expected, impressing her orthopedic surgeon. Three years later she is active, has no pain and has made a full recovery.

The Layers and the Blended Energies System

The soul layer is an integral part of both the Layers and the Blended Energies Systems. The containing feature of this layer and its three individuated strata in the form of currents are part of the Layers System. It behaves like a layer, holding the energies as they swirl, and it supports the

combining energies as they translate into anatomy, moving from the outer soul layer into your inner bio layer, all the while performing critical functions for the Human Energy Structure.

The Blended Energies System organizes the incoming soul pathways out of these currents, taking them from the soul layer into alignment valves set in the inner edge of the soul layer and sending them on to become chakras and chakra streams. See illustration ([Fig. 8.3](#)) to see the formation of an alignment valve in the Blended Energies System chapter on [page 186](#). The information gleaned by the pure energies as they cross the core and transform into empowered messengers is both nurturing and directive. It passes through the dispersal valves on the inner edge and rejoins the fuel contained by the soul layer. As your informed chakra energy mixes into the soul layer, the Blended Energies System is creating your personal hybrid fuel; while your Layers remain in collaboration, containing the structure and giving it a shape.

The Soul Layer and Individuation

The soul layer is more than a glorified nurturing gas tank sustaining the inner edge of the container and the outer skin of the HES. It is the birthplace of who and what you are that you carry with you always. It is the seat of the soul, the home of self-realization and awakening. It is the pure individuation, the fundamental fuel of life that makes you soul powered!

The Layers and the Elimination System

The soul layer acts as a transit location for the Elimination System as its release tubes pass through at least 40 locations within it to release debris through sphincters at the edge.

The Template and the Blended Energies System

The star point at the center of the Template System attaches to the core sheath of the Blended Energies System at its rear and thousands of Template strands enter into the sheath above and below the star point.

The Blended Energies System's Core Sheath and Inner Edge of the Soul Layer

The core sheath is an enormous hub of connection that includes multiple system interactions. It contains not only the Template through the star point, and also the Elimination System at its hubs, the Bones of Light at the grand cross and the caduceus, as well as the Harmonizing Network with its core meridians and the 13 Blended Energies System chakras that occur around the sheath.

The inner edge of the soul layer is filled with inserts, connections and anchors. The Template strands anchor here; the Elimination System docks to begin to release debris out to the universal; the Human Electromagnetic Field sends anchors to this place to stabilize; the substructures of the Bones of Light attach and also stabilize; the chakras form into their triple-current incoming streams in alignment valves set into the inner edge of the soul layer and more. If you are curious about the many more important connections made in both the inner edge and the core sheath locations read about them in greater depth in *Your Technical Manual* on pages 218 through 221.

The Bones of Light and the Template

The receptor sites and the Template villi antennae are the parts of these two systems that together attract Source energies for the nutritional benefit of the one body. At the edge are located billions of receptor sites that are part of the Skeletal System, the Bones of Light. The tiny antennae are held in place by the receptors and extend through them, sticking out past the edge of the Human Energy Structure. Each receptor site has a specific or a generalized function, and it directs the villi antennae to accept either a single energy or several energies from the constantly expressing Source.

These energies are received, cross the soul layer and enter into the Template strands where they continue their journey of distribution and use throughout the entire HES. Your internal support system, the Bones of Light, and your Nervous System, the Template, work like sacred anatomy team to attract the most potent and nurturing universal energies to you.

The Bones of Light and the Core

The Bones of Light caduceus creates a vertebral column around the Blended Energies System core inside of the core sheath. The 13 incoming generic soul pathways and their matching outgoing chakra streams, the core, the channel and the caduceus are the only parts of the anatomy with triple-

current streams. The caduceus streams are surrounded by their own sheaths and located inside your core sheath where they give both the core and the core sheath skeletal support. In a major piece of cross-system cooperation, the caduceus also crosses underneath each major chakra and acts to support and stabilize all 13 at the core.

The Human Electromagnetic Field, the Layers and the Blended Energies System

The four inner layers of the Layers System, bio, emotional, primal and mental, are like organs deep in the Human Energy Structure, each performing necessary jobs. The four reflective layers or r-layers of the Human Electromagnetic Field act as a delivery system for them by reflecting their vibrational message out into the world.

In the same way 10 Human Electromagnetic Field reflective chakras overlay all but three of the 13 chakras of the Blended Energies System. Solar, crown, brow, throat, heart, solar plexus, dan tien, root, lunar and axis chakras all deliver their potent voices into the world around you through the r-chakras.

When the human body dies, the reflective layers and chakras die with it, and the wisdom, purpose and function currents of the 13 major chakras continue organizing, pumping at the core and delivering their knowledge into the soul layer where it is utilized by the Human Energy Structure. Their message is no longer relevant in material reality and is no longer delivered into it.

The Human Electromagnetic Field and the Bones of Light

The Human Electromagnetic Field partially anchors into the framework of the Bones of Light between the mental and cognitive layers. This anchoring portion of the framework acts to stabilize the entire Human Electromagnetic Field System so it stays firmly in place and performs its functions without drifting.

The Harmonizing Network and the Human Energy Structure

It is the function of the Harmonizing Network to connect everything together, to essentially hold the HES in a light-form like energetic glue. It does this with harmonizing frequencies and touches every single system.

The Journey Through Shadow and Light

Each of the seven systems is interwoven with all of the others and incorporates the basic function, purpose and wisdom of the one body into the operation of their unique specialization. Much like strands of DNA tell the story of a person's genetic history, the structure writes and records the living journey of your ancient soul.

From the birth of individuation, perhaps many thousands of years ago, to the conception of your beautiful biologic layer, right up to this present moment in time and space, your Human Energy Structure contains all of your experiences. Cultural influences and genetic memory full of powerful stories and shared human legacy are recorded like soul-filled imprints for your use as needed within the human energy structure.

The Human Energy Structure is the original library, safeguarding in currents and anatomical constructions the documentation of your soul's mythology and the records of the millions of moments of realization and growth. It is dense with ancient memories of forgotten passions and the lessons of buried ancestors resting right beneath the surface. Many doorways into the collective super-consciousness of the human species exist for you in the chakras and layers, elimination wheels and Template strands. The sum-total of everything you have ever experienced in all the incarnations you have ever had as you have struggled and dreamed your way into this moment is anchored in your sacred anatomy.

Here for your use and inspiration is stored the wisdom of the ages and all the brimming potential of the shared promise of humankind. Within each man, woman and child who walks upon this Earth resides their past, their present and our collective future in all its intelligence and fire, its fear and courage.

The dark side of the human soul can also be found everywhere in your HES; right in the middle of the heart chakra, in the Template villi at the edge or in a dark belief stored in the acceptance stratum of the mental layer. Within the stuff of the structure are contained catalogues of all the justifications why you cannot rise above your circumstances and free your spirit. And these live in harmony with all the reasons why you must and the

brighter temper of your spirit. The Human Energy Structure itself is made of the shadow and light qualities, experiences, triumphs and failures and this is what causes you to be who you are at your most primordial.

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

Exploring your dark crevices is a big part of overcoming the burden of limiting beliefs that literally keep the one body clutched in a constricted and imprisoned form. We are less until we realize we are more.

Understanding the sacred anatomy is helpful when working with your limits. The parts of it that speak to you, that call out your name and activate in recognition when you read *Your Sacred Anatomy* are two sided. The strengths and the weaknesses of your authentic nature take equal space. You are as much your shadow as you are your brilliant light-filled beingness. Becoming consciously aware of your subtle anatomy is a personal way to begin healing and realigning the areas of it that are the most awakened to the dark hidden sorrows and fears as well as the light driven joys and loves. One does not exist without the other.

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 heart, minds and spirits compassionate solutions for the difficulties we face together as a planet. Making peace with the power of both the dark and the light inside your own being brings you closer to your most authentic self. Within your very anatomy lie not only your own potential brilliance but also all of our hopes for the future.

The Sum of All Your Parts

All the parts of what you now think yourself to be and more than either you or I have yet to learn about or discover combine to make up the extended Human Energy Structure. This subtle and material composite of systems and parts holds the sum total of what you are and makes space for a greater human being-ness. A broader sense of self and the accompanying increase in potential opens doors wide to a new definition of you. Filled with

different ways to intuit, read, understand and analyze how you function, you can now fulfill purpose and illicit deep wisdom from within yourself.

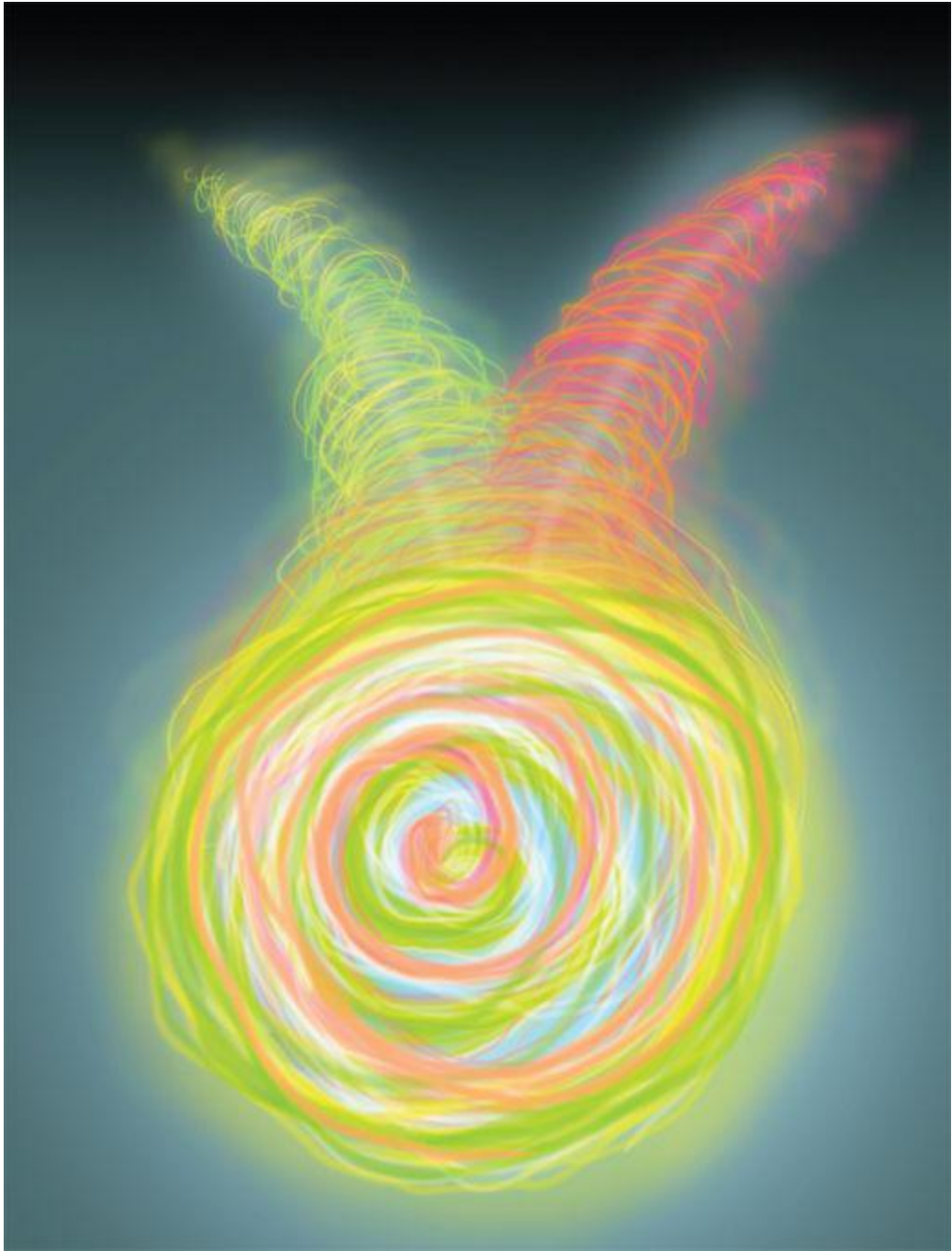
Right now, breathing into this moment and into the sacred anatomy, you can feel a larger sense of capability and a greater dynamic alert within the Human Energy Structure.

It is possible that during the process of coming to conscious awareness of the HES by reading *Your Sacred Anatomy*, you have awakened to a bigger internal view. If that has happened for you, congratulations! You can now embark on the exciting journey of owning your newly defined structure. Step into it and allow the exercises, the illustrations, and the information included in the *Owner's Manual*, give you a new way to feel into your embodied soul.

Because all other beings also have the same large and powerful Human Energy Structure, the way you think about your life on and with this planet and your relationships to others must change. This is the moment. This is the time. This is a way to do it.

You are a being filled with light, fueled by the Source of creation and life itself. You are whole, with four focused aspects of an authentic self seeing the future as clearly as the past, and you are capable of doing so much more than you think. Into the spacious greater mind, beyond the limits of your personality and ego, in concert with the deep river of your soul's purpose, you are listening to your voice within and following its call to a new self-identity.

Our human species today stands on a precipice. Before us is the potential of a dark and painful decent into oblivion; behind us are the mistakes of our tribes; within us is the choice for liberation. Right now we have the chance to clearly see what we have denied for so long, to let go of a myriad of deceptions and become what all the great teachers and sages since the beginning of time have held out that we humans could become.



You 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. Simply say yes to your expanded and sacred self. The great Mahatma Gandhi once said: “Be the change.”¹⁵ By knowing your Human Energy Structure you are indeed being that.

BOOK II

Your Technical Manual

The soul, whose essence is life, lives as a living fire in the body... [16](#)

—Hildegard von Bingen

You are launched. You've read the Owner's Guide! Going forward you can choose to chart your own adventure through sacred anatomy. Ask yourself where you feel drawn to read and how much is right for you today? Listen to the answers and follow your intuition. It will be right. Be aware that the Technical Manual takes you much deeper than the Owner's Guide. It is meant for advanced seekers and professional healers. Proceed consciously and with sensitivity for the many ways the material may impact you.

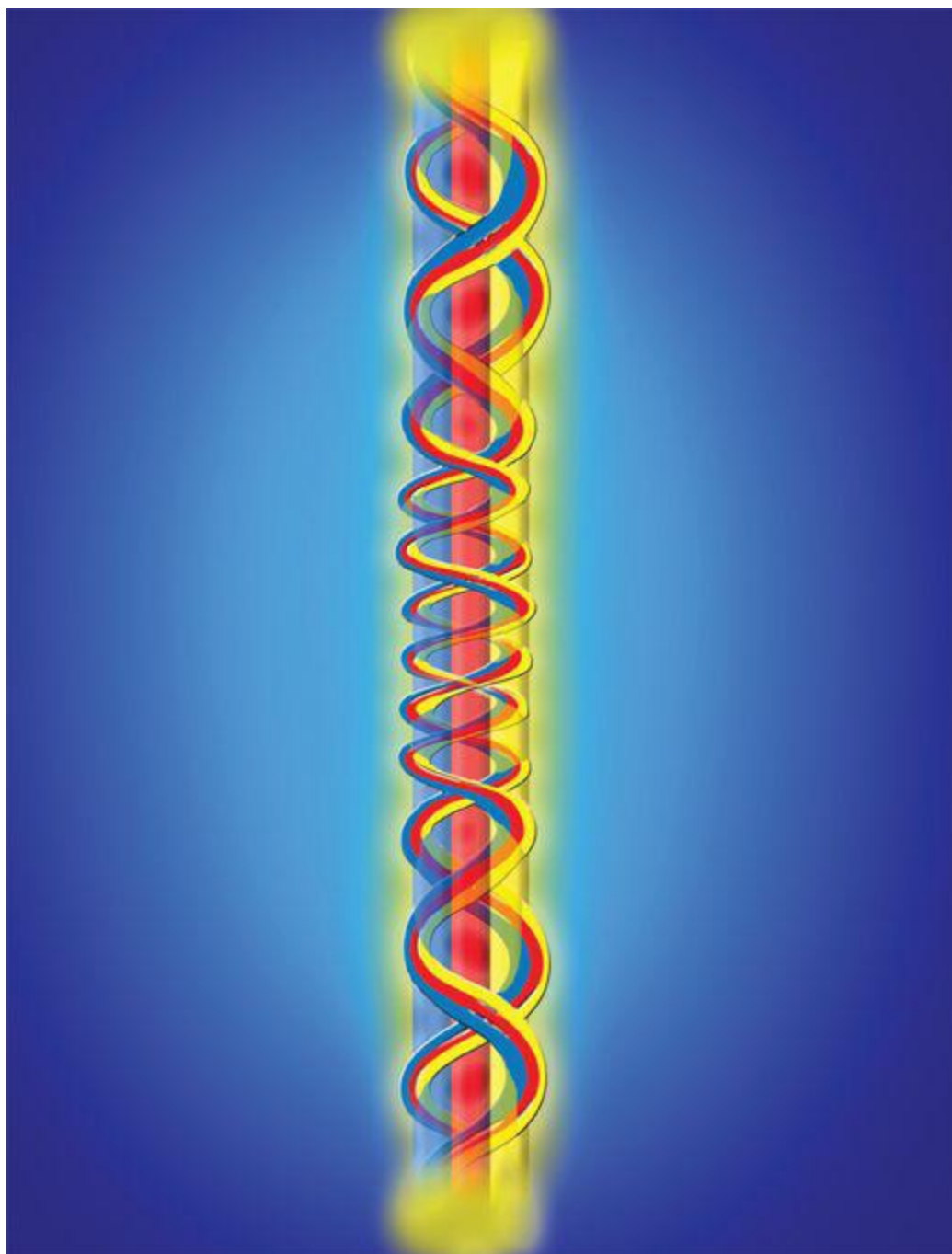
For optimal absorption of the Technical Manual consider the following.

While reading it will help you to:

- Return to presence and focus intention
- Slow your rhythm down and breathe deeply
- Read anatomical names out loud
- Read consciously, feeling into your anatomy
- Drink water

When not reading it will help you to:

- Be aware you are still “in the book” process
- Take in extra protein and water
- Move your body — stretch, walk and shake it out
- Devote time to your spiritual practice



Chapter Five

Advanced Sacred Anatomy

Why Sacred Anatomy Matters to You
The New Paradigm- Soul As Body
Advanced Sacred Anatomy Fundamentals

Why Sacred Anatomy Matters to You

Sacred anatomy in all its spectacular complexity responds to conscious human awareness. Included in *Your Technical Manual* are in-depth descriptions of each part of every system, detailed illustrations of anatomy, and the underlying philosophy of the Human Energy Structure. This explanation of sacred anatomy exists for two reasons: to unveil for you your own amazing beauty and in so doing, to stimulate the relationship between you and your expanded self.

Naming the anatomy is a part of the alchemical awakening process. Exposing yourself to it is like stimulating the Immune System with vitamins- it helps what is already there to work more effectively. The mere act of reading this book enables your structure to begin to develop an interactive relationship with your consciousness. This relationship will intensify over time and the more exposure you have to your sacred anatomy the deeper you will go.

At the dawn of this new millennium we as a species are starting to come of age, to awaken spiritually and intellectually as never before. Intentionally raising your own awareness in this way will help you take greater

ownership of your whole self and support you to do your part in our human community. Today, you are taking a firm step toward a new way of being.

Simple awareness is the key that unlocks the treasures inside your structure and translates the language of the esoteric into useful technology. Understanding your sacred anatomy is claiming a new understanding of what it means to be alive.

Learning about sacred anatomy has been nothing less than the journey into the most profound understanding of my true purpose and abilities. I am convinced that sacred anatomy is a path to reveal almost any secret knowledge, power or wisdom about others and myself. I am sure this is one of the sacred paths to awakening and evolving the potential of being human. Most satisfying of all, I feel more able than ever before to truly be of service to others who seek my help.

-David Kitts, L.Ac, CoreIndividuation™ Practitioner

The New Paradigm- Soul as Body

We have within us, a part or quality which is beyond time and space and birth and death that never changes – a vast formless love, light and intelligence that is our very essence. We are individuations of That – call it whatever you will: Life, Creation, the One, Brahman, God, the Mother, the Great Spirit, the Spark of Life. There are many names for this one overarching idea but the point is this: we are microcosm to the macrocosm, offshoots of and one with the Source of life. As the 12th Century mystic Hildegard von Bingen saw in one of her enlightening visions: “The soul is so deeply within us that it seems our body is animated of its very self. The soul knows it comes from the Creator and calls God by many names.”^{[17](#)}

Soul is the animating and vital principle in man credited with the faculties of thought, action, and emotion and often conceived as an immaterial entity... the spiritual nature of man, regarded as immortal, separable from the body at death, and susceptible to happiness or misery in a future state.^{[18](#)}

-The American Heritage Dictionary

Unfortunately, this traditional meaning, based on a narrow idea of what we are, boxes the idea of soul within human limitations. While the soul is the animating and vital principle in man and woman, and it certainly is non-corporeal and ethereal. Thinking, action and emotions are aspects of the small human experience and are not the stuff of the larger soul. The Human Energy Structure shows us that the soul is life, and it is outside of the organizing beliefs and principles that commonly define what it means to be human.

Suggesting, as does the above definition, that the soul thinks or experiences emotional reactions is a limiting idea.

The soul is larger than this, that *you* are larger than this. What the authors of this dictionary and many Westerners think of as soul is at best an 18th Century approach, one that keeps us small and out of true shoulder-to-shoulder conscious and co-creative partnership with power of the vast and non-human universe.

Another way of understanding the sacred anatomy introduces a new paradigm of human life. The idea that the soul separates from the bio layer or the physical body at death means that something remains that exists without this physical expression. It is a view that the soul lives on as the energy structure. This is different from saying that the soul is altogether beyond the boundaries of the concepts of beginning and end and that it belongs to another realm of existence because it is still contained in a structure.

The sacred anatomy teaches us that the soul or the manifestation of the soul, in this case the individuated energy structure, lives beyond the lifetime of the physical body. The soul is not outside us or from somewhere apart from us but is the driving force within us and the most fundamental part of who and what we are as human beings.

Understanding the Human Energy Structure turns everything inside out. We are not bodies having a spiritual experience; we are spiritual entities or souls having a human experience. We know that if a thing has life, it has death. But, if a thing is outside of physical life, it may have a totally different sort of being-ness, one that goes beyond the barriers of who and what you have thought you are and even what you have thought human life to be.

The HES is a hybrid of material and subtle, physical and spiritual. The sacred anatomy expresses this through the part of you that lives on, that is

continuing to grow and evolve, as well as the part of you that dies with the physical body. What dies is clearly biological, but what goes on? How do we think of it or incorporate it into what we are?

In the ancient Hindu scripture the *Bhagavad-Gita*, Atma is the pure indwelling reality of human beings that remains unaffected by all worldly changes.¹⁹ In this great text, Krishna, the manifestation of Brahman (the Godhead) on Earth, discussing the true nature of reality with his pupil Arjuna says:

*One's body, according to this logic, is not Real. And yet, there is something that dwells within the body that is Real: the Atma, which is existence itself; awareness, pure consciousness. Get to know this Reality. It pervades the entire cosmos and is unchanging and indestructible. No power can affect it. No one can change the changeless. This Atma, Arjuna, is like space or sky. Clouds appear in the sky but their presence does not cause the sky to grow apart to make room for them. In the same manner, the Atma (the True Self Within) remains ever itself. Things of the material universe come and go, appear and disappear, but the Atma never changes.*²⁰

-Krishna to Arjuna in the Bhagavad-Gita

The *American Heritage Dictionary* definition of soul as the spiritual nature of man is also murky.

Spirit as a condition, a nature, yet again seems too limiting. Is spirit actually the nature of man or is it something more? I have seen over and over working with the structure that what motivates us is purpose. It is certainly spiritually based, but purpose is neither our nature *nor* our spirit. The HES shows us that the nature of man is more of a composite than this, more a compilation of raw knowledge, enlightened purpose, deep and visceral wisdom and primary organic and subtle function in action.

Human nature contains both elements of spirit and soul, but is not either one exclusively. Anatomically the Human Energy Structure shows that spirit is quite different and much simpler, like precious and vibrant energies always with us, holding us while we develop and grow.

When we speak the clear and specific language of sacred anatomy, teasing apart the meaning of words and their applications, it begins to make

sense. Soul fuels us. Purpose drives us. Spirit contains us. Human nature defines us, and the Source awakens us. These are different ideas, different vantage points, and different vibrations than current-usage definitions bring to mind.

One Body-ness

By natural extension, if we are all Source or Atman having a human experience, then we are all differentiations of one unfathomably large organism. Diane Ackerman writes of this in *An Alchemy of Mind*:

*A stand of aspens in Oregon is reputed to be the largest single organism on Earth, an underground mass from which over a hundred thousand trees tower. It flows over hillsides and along valleys, looking like a mob of distinct, separate trees, but combining, in one network bolder than its sum, an organism that masters time and space.*²¹

-Diane Ackerman

The Human Energy Structure shows us this sort of network connection may be true for the human species. Imagine that we are interrelated bio energetically and in touch via a shared collective unconscious filled with tribal and lineage memories, experiences and histories. Imagine further that our individual minds really are just offshoots of a larger Source mind that fuels and feeds what we perceive as our separate minds. Imagine that this Source mind fills the entire universe as a large self-aware field of energy and we, as reflections of that Source are also self-aware energy. Together we are self-aware energy thriving and yet asleep within a field of self-aware energy.

We are one. Distinctions disappear as we sink into the realization that what affects one affects the whole. What affects me affects you. The Golden Rule, “Love thy neighbor as thyself”²² is not just an ethical practice but also a profound statement of universal truth that our energy structure instinctively understands even if our mind does not.

The fact that the Human Energy Structure exists reveals a larger capacity for human potential than possible with only a physical body. As we discover what is recorded in the sacred anatomy we learn how connected we are to the continuum of human history. The HES holds within it the

memories and the dreams of everything that the human species has ever been and hopes to become. It is soul in shape and contour, form and function. All that you and I are *already exists* within the boundaries of the self-realized being of the structure. Striving to emerge from the armor of trauma and struggle we strip away the artifice of history and personality and reveal the simple beauty beneath. We feel excited and think, “This is it!” This is transforming, the bigger, better self is being born. And, this is right. What is happening as we lay down our burdens is that the energy structure is finally getting a chance to live unconstrained. The authentic nature is at last seen and heard as a one-body-being-ness.

The basic Human Energy Structure consists of a pillar of light vertically piercing the top and bottom called the core and another that moves horizontally from front to back called the channel. Four balls of light located on the core at the very top of the HES act as the operating committee, giving direction to every part. They are called the four aspects of the authentic self. It is the energy of the core held and supported by the channel and focused by the four aspects that invoke an individuated structure, giving us shape. The Human Energy Structure breaks down into seven separate anatomical systems, each containing complex interacting parts that serve specific functions. All of the parts are interconnected and rely upon each other to support the egg-shaped whole.

The structure is made up of intelligent interactive light that can be felt, seen, worked with and understood. We live in the universal field, which is also intelligent and made of interactive light, but unlike us, it is unattached and unformed. This is a field of infinite possibilities; it is cosmically self-identified and can be thought of as an aware and conscious self that is unengaged with having, doing, caring or knowing. We are contained by it; we are of it; we are it expressing as humanity. While we know we are human, the universal does not care that it is universal. It only is.

No Illusion

Like the universe surrounds and encompasses our Solar System, your HES is located all around and through your physical body and like the Solar System is part of the cosmos your physical body is part of your energy structure. Because it is able to move through the physical body like radio waves, the various systems are in, around and through what perhaps until now you have thought of as your dense physical body. The Human Energy

Structure exists, even if you do not think it does, even if you do not believe in it or even if you reject the idea completely. It is not a figment of imagination or mental trickery. It is not an illusion or a joke. It is not a delusion or a lie. It is really here. It is all around you, and it is part of you. More to the point, you are part of it, and you experience it already.

Your structure says a lot about your health and well being, but it is not possible to know everything about you from looking at or feeling into your HES. Everyone can have hidden secrets and lies tucked away. All knowledge changes the size, shape and potential of who and what you think you are.

Repairing the structure is not a quick fix for severe physical illness, personality defects, mental illness or psychological problems. There are no shortcuts. Even so, the more you are aware of the HES and the more you bring to consciousness, the more *you* there is - to love and learn from and about.

It is possible the Human Energy Structure might exist in multidimensional reality; String Theory suggests the idea as a possibility. Because the HES looks transparent and luminescent while interacting with the density of the physical body, it could be that the structure is in another dimension apart from the three we currently understand. It certainly poses interesting questions about what might be required of physics to explain light or energy refracting through dimensional space and the effect of one dimension upon another, from material to subtle forms of manifest energy.

It is also possible that the Human Energy Structure is made of the little understood strong force or even that it could be a different type of yet undiscovered energy. Because we really don't know for now, our minds are fertile, questing, and we are learning.

Experiencing You

What looks like sparkling luminescence in and around you, can be felt by many and seen by some with inner and natural sight. Human Energy Structures can be heard, smelled, tasted and intuited. How you can learn to do this, and what is happening when you are doing it, is the subject for another book or five!

It is possible for you to become aware of your HES, to work with it, and to develop skills in interacting with it.

Yes, people who are unable to feel, sense, or see energy can learn to do so with instruction. It is easier for some than others, and it definitely is related to the ability to focus attention, to be present and get out of your own way. But I believe you can experience it and have seen over and over with students that with attention these are skills people can develop.

Damage and Change to the Human Energy Structure

Stored injury and trauma of a personal, tribal, genetic and even global nature all affect the condition of your Human Energy Structure. Memories of events, woundings and deep decisions create different kinds of holding, patterns and damage that can lodge in a part of the anatomy and be as painful as the original act.

Often people know something is wrong, but don't know how to fix it or even name it. This feeling can have psychological basis and impact, but sometimes it does not. Because, sometimes the HES is where the damage is held and not in the psyche or the physical body.

In the course of my work I have seen people with many different and complex structural wounds. They usually try to cope with life the best they can and work very hard to function normally, learning from their challenges and relishing the ride. Still, too many people suffer and struggle with the persistent *something is wrong* feeling, while plugging ahead with their plans, keeping a positive attitude, doing personal work or using meditation and prayer or in some cases medication to mask the resulting deep feelings of disconnection, sadness and despair.

There is definitely a percentage of the general population who fight the good fight with depression and other neurological imbalances that need medications to balance the body. Again, love and blessings on these people who are doing the best they can with the tools they have.

We have all seen the increased use of psychotropic drugs and selective serotonin reuptake inhibitors (SSRIs) to medicate feelings and reactions like anxiety, insecurity and sadness. In this new HES paradigm the choice to regulate or medicate overwhelming emotion can sometimes mask the legitimate symptoms of an energy-anatomy based problem. I do not suggest dumping your prescriptions down the toilet. Change like that requires

conscious and competent support, and as it may not be the best choice for you, it is not something to ever attempt on your own.

Having said that, how much better it is to relieve the root problem and facilitate the emergence of a stronger healthier person! Over and over I have seen people let go of medications of all kinds that suppressed painful symptoms because those symptoms were resolved by careful interaction with the anatomy of the Human Energy Structure. While not a panacea, becoming aware of the sacred anatomy can be helpful to the medical professional faced with suffering and unrelieved patients.

Correcting structurally based issues can be as powerful as setting a broken leg, and it can result in a more effective life. People can move into a more fully expanded version of a brighter existence by treating and ultimately transforming the one body.

The bottom line is that with proper training, the light of the structure can be interacted with and purposefully shifted into a refreshed and renewed condition. Using focused intention and knowledge of the sacred anatomy, existing interactive light can be used to change and correct problems. Just by becoming aware that you have a HES, you begin to experience being in it.

Much like the athlete inhabits their body differently than the couch potato, an individual conscious of their Human Energy Structure inhabits it differently than the uninitiated. Physically, each cell responds equally to the conscious awareness of the athlete's highly refined system, exhibiting the affects of constant exercise and attention to cultivating skill. On the other hand, people who never walk if they can drive or move if they can sit and watch the world go by demonstrate muscular unconsciousness and a lack of awareness of the needs and wisdom of their own body. The more awake you are to your authentic expression the more present you become in both the material and the subtle anatomy.

Universal

The universal exists everywhere. It is the soup we walk through and breathe into. The universal is benign. It is around the Human Energy Structure holding it as it evolves, accepting all in complete non-attachment. The universal is devoid of content. Content has identity and must be attached to form.

The universal is not a layer but is everywhere around us. It is the pure expression of expansiveness and space. What is not in form resides in it, and it also acts as a clearing zone between us. Human energy debris is discharged from our Human Energy Structure into it all the time. The universal dissipates this discharge. As long as the one body is conscious and healthy, it does not reabsorb discharge or debris unwillingly.

The universal is also the location where we store *resolved* but *not released* life issues. We remain attached to upsets and problems even though we have *worked out* our tribulations by placing them outside ourselves like little gifts, tethered to our edge ready to be unwrapped when things are getting too good or we start to feel like we are getting too fulfilled. The more neurotic the individuation or the personality, the more attachments are stored at the edge.

Advanced Sacred Anatomy Fundamentals

Discovering sacred anatomy has been like finding an oasis in an arid desert. These sacred anatomy teachings have given me the macrocosmic understanding of the subtle I was searching for and now I draw upon this expanded knowledge and awareness daily, in my holistic healing work. But the greatest gift has been the discovery process of 'who I am,' and 'who I am not.' The principles of sacred anatomy have given me a deeper awareness, appreciation, acceptance, and ownership of my own authentic nature.

**-Regina Schulman, LCMT, NCTMB, CoreIndividuation[™]
Practitioner**

The Dual Nature of Life, the Core and More

The core is a pulsing, pure, manifestation of divine light that can never be broken, never be injured or damaged and can never get sick. At our very center, we are always whole. But it is not only humans who have a core; every single living thing has one at its center. From planetary bodies to ants, all expressions of life have a core of pure Source. In humans it is the essential seat of power of the human structure and the starting point. See a

picture of the core in illustration ([Fig. 2.2](#)) on page 18 of *Your Owner's Guide*.

The core moves vertically and consists of a triple-current stream of interactive light. Each current has a specific job, a specific color, and a direction that it spins in, independent of the movement of the whole. This self-aware Source fragment has potential for an identity separate from the Source and yet still remains Source at the center. It is the great *I Am* within.

The core can never suffer or come to an end. Because of this eternal quality, it would stand to reason that the core might be defined as our own soul, but it is more than that. It is the internal manifestation of the Divine, the Atma of the ancient Hindu, and the whole macrocosm within our individuated microcosm. Your core is a fragment that contains the stuff of everything. It is not an individual soul, but the complete manifestation of the beginning of life *within* your HES.

Without question, the biggest thing to ever happen to any soul is the moment of breaking away from the great elemental Source. The impetus to accomplish separation is based in the primordial need of the Source to express. It is not a desire for companionship but instead, a continuing and accelerating drive to expand the realization of self. Human beings are fundamentally balanced between an expression of the creative force and an individuated self. See the core individuation illustration ([Fig. 2.6](#)) on page 22.

It is the Source's self-identification as *I Am* that allows for the idea of your individuation or *I Am Not* the Source. Holding a dual awareness of *I Am* and *I Am Not* at the same time causes the core to break into three separated currents. This is the birth of your individuated soul, which is the personalized and triumphant self-awareness of: *I Am, me*. This is the dawn of independence or separation and the beginning of identity.

So at the core, you are identified as one with Source. But in your one body anatomy you are identified as *I Am Not* Source or *I Am*, which is you. With this self-awareness you have embarked upon your anatomically based journey of self-realization and the fulfillment of your goal to return to the core.

This, in a nutshell, is the journey of your soul from inception to individuation and back again to oneness and reunion with Source at the core. As your separation and awakening occurs anew every second, it fuels the existence of the Human Energy Structure.

Human beings are manifestations of the dual nature of the universe. The yin and the yang, the solar and the lunar, the dark and the light are all ways to see the principles of repulsion and attraction alive within the human condition. We are a result of creative laws that both push us away from and toward our essential nature. We hold within our one body the infinite, with no form or shape, and the finite with shape and contour. As congealed light, we shift over time, and as subtle light we react to the needs of the individuation to grow and develop.

Simply put: within each person, the core is the Source expressing itself. The way we develop individuation is in the creative action of the triple-current stream as it becomes self-aware and bursts apart from the Source. The formation of the HES is the creative expression of the core, which is always whole and always remains the Source.

To release the core, literally becoming it, surrendering your individuation, giving yourself over to it, may be the ultimate evolutionary goal or enlightenment. The friction between the pure light at your center and the yearning of the empowered authentic self to create an individual expression writes the story of your soul as it instinctively seeks universal wholeness through the vehicle of your intelligent structure.

The Channel and the Grand Cross

The channel is made of the same energy as the core. Together they make an intersection called the grand cross. Elementally, until the core encounters the channel it is only in space, moving freely and alone. The channel crosses it, and the core in space is now anchored in cosmic time. Because there is a “before” crossing and “after” crossing, time begins in the channel. So your grand cross is you in the elements of space and time.

When the channel and core first encounter one another, the core realizes it is not alone - that there is an I Am that is NOT the core. The formation of the grand cross is the moment of realization of I Am Not. Out of this moment springs the birth of individuation and the beginning of your HES.

Even though they are initially the same, the channel chooses a different role, acting instead as the patient midwife to the individuating streams, layers, swirls and crossing points that come forth to make up the Human Energy Structure. This is the great partnership that comes about in the first inklings of anatomy - the core making individuation out of itself and the channel witnessing and supporting the birth. This is the harmonious balance

that must occur to create the life of your soul. See the grand cross illustration ([Fig. 2.4](#)) on page 18.

Witnessing

Witnessing is a stance of acceptance. It is the primary function of the channel as it aligns with your core as it individuates. To witness means to stand in the shoes of self-realization, uninvolved with facilitating the process of whatever action is taking place, with no agenda or investment in outcome. Witnessing is a state of awareness that allows another to become. It is a critical part of the unfolding of the potential of life, and it is the main job of the channel to witness the core and the resulting evolution of the one body structure. It is also a function of the Harmonizing Network. For more see the Harmonizing Network Chapter Twelve section: *A Witness to Transformation* on [page 308](#).

Core Sheath: a Meeting Place

Every single system has some relationship with the core sheath. Most anchor, connect or insert into it in the throws of their magnetic attraction to the core. But it has its own power. Even though its primary role is to protect and buffer the core, the sheath is empowered to hold the blueprint of the structure. It knows the plot and directs the unfolding of the anatomy.

The core sheath hosts multiple energies within it. The Human Electromagnetic Field and Blended Energies System chakras rely upon the powerful core and the core sheath to exist, and they are all in relationship with the core sheath. The Template inserts thousands of strands into the core sheath and anchors its star point into it. Four Template intake vents open at the top of the sheath to support the system with pure universal energies. Five of the Elimination System's wheel hubs link to the core sheath as they fan out their spokes from five different locations. Another four big Elimination intake vents open to Source energies at the very top of the sheath and run the entire length of the core, delivering needed support for the process of elimination as they bring in powerful energies to accomplish system tasks.

The Harmonizing Network fills the core sheath with harmonizing blend and supports its function as a conduit and connector for the Human Energy Structure. The Bones of Light sustain the core with the caduceus, intertwining streams of pure Source light buried in the core sheath. See

illustration ([Fig. 9.2](#)) on page 232 in Chapter Nine of *Your Technical Manual*. The caduceus is composed of two separate streams that look like miniature cores, weaving up and down the front and back of the core, making a closed circuit and acting as strong support for the vertical structure of the core. The caduceus is part of the Bones of Light as is the channel and its sheath, whereas the core and core sheath are both part of the Blended Energies System.

The extragenic-stomach, which is part of the Template and the Elimination Systems, wraps around the core, safely tucked into the sheath. The way your one body blends and digests both internal and external universal energies is tied into the life of the core sheath. Turn to page 164 and look at illustration ([Fig. 7.8](#)) in Chapter Seven about the Template to see a picture of the e-stomach.

The Individuation

As the triple-current splits apart and out of the core into red, yellow and blue single streams, it begins to evoke anatomy. The swirling and wild movements of red, blue and yellow cross and merge, blending to make hues of orange, purple, green, magenta, lavender and indigo into a golden glowing rainbow body. In *Your Owner's Guide*, see core individuation illustration ([Fig 2.6](#)) on page 22.

Individuation is specific to each of us and is the fundamental action of the soul; pure, self-realized intelligence that expresses constantly and in the moment. It is not mind, thought, action, memory, sensation, intention or emotion. It is neither joyous nor miserable. It has no agenda, but rather has a deep and abiding purpose to express. Simply express.

Individuation is an energetic construction that comes forth from the wisdom of the core, aware always that it is independent from the whole of Creation and yet one with it at the very center. This is the birth of energy as a structure. Once anchored, the core becomes self-aware, realizing *I Am*. It achieves consciousness. The very next thing it realizes is *I Am Not*, and in that millisecond, the spasm of splitting apart occurs, and individuation is born.

This is what we are: individuated filaments of self-realized Source. We are the *I Am Not* to the *I Am* of Creation. Without us, without our potent unique souls, the Source would not fulfill its need to express, to create out of nothingness. This is the beginning of the HES, the very moment of birth

of our individuation, which, exactly like a hungry infant, is constantly reaching out to the Source for more sustenance.

The Fable of I Am the Source

Once upon a time, in the void of emptiness and space a light came to be. That light was fierce and strong and shone bravely into the emptiness like a beacon. In its eternal solitude and mystery the light grew in strength and had a great realization. It became aware that it existed - that it *was*. And in that split second of self-realization the light exploded into a billion tiny fragments. Each fragment swirled out through the enormity of space, each one self-aware and a filament of pure Source light, filled with the power and force of the one great primordial realization: *I Am*.

In the fullness of the universe, these little fragments of light sought their own creative expression. They sought a purpose and were attracted to each other. After all, they were the Source light that must continue to express and express with no other truth than the great *I Am*. So, they were determined to do just that and create out of nothing a pure expression of something. It was not long before they formed a web, and, as it grew, they made a gigantic and endless net of lights, crossing one another at jeweled points in what was once the great nothingness.

Busy weaving the fabric of space, there was another great realization for the fragments. As each one wove across another to make the giant web it suddenly realized *I Am Not* because, sure enough, there was another one crossing them who was *Not* them. So, of course, since there is only one great *I Am* they were different and not *That other one*.

This is complicated. If you had been there you could have explained that all things are one, but you were not, so the fragments were left to sort this out all on their own.

Meanwhile, the Source of all light, the One, the Whole, the Totality, the Creative Force, the Beginning, the *Great I Am* continued to express. It had no need of an agenda, of a program or a plan. It simply expressed, and it continues to express to this very day. I have heard that it is very happy doing this job.

Before long, the jeweled crossing points in the web started to do something amazing. The fragments used the only tools they had, the stuff of the light they are made of and the knowledge of *I Am* and *I Am Not*. Out of the revelation of this dual nature came the most beautiful thing yet to be.

Celebrating their uniqueness, one fragment identified as the core and held the eternal truth of *I Am*. The other fragment identified as the channel and held the awareness of *I Am Not*. Together they made a beginning to become something new. Together they became *Other*. Immediately the shimmering streams broke off parts of their whole selves and began to shape: *An Other*.

Today you are the conscious partner with these two parts of your anatomy, the core and the channel, which continue shaping you as an individuated expression of the Source. And the spark of life continues to live and pulse at your very center as your core.

Thus ends the fable.

The Appearance of the Human Energy Structure

The shape, character and style of the soul layer all contribute to defining the appearance of the rest of the HES. The soul layer is the most responsive part of the Human Energy Structure.

It reacts to assault and trauma immediately and often carries hidden within it wounds long ago recuperated from in the bio layer. Because so many anatomical parts of the one body link into, draw nourishment from or are powered by the life force contained within the soul layer, it is in a uniquely influential position to mold the shape, character and style of the greater whole.

Shape is greatly varied, like finger or footprints. Patterns or combinations of patterns representing the issues of the HES occur and influence and form the shape of the soul layer. For example, it might be mushroom shaped, tree-like or cylindrical.

A unique soul layer character is a factor of structural maturation, and although some shapes may indicate pathology, more often the shape is simply a response to life. However, the character of the soul layer is how we wear our history. Character is developed over time and is representational of the issues of the one body. A childhood abuse survivor may appear diffused; a war veteran or accident survivor may have collapses or dents in the area damaged from impact or trauma.

Because the edge of the soul layer varies the most from person to person, it best reveals deviations in style. Style describes the texture and appearance of this portion of the anatomy. For example, upon sensing some

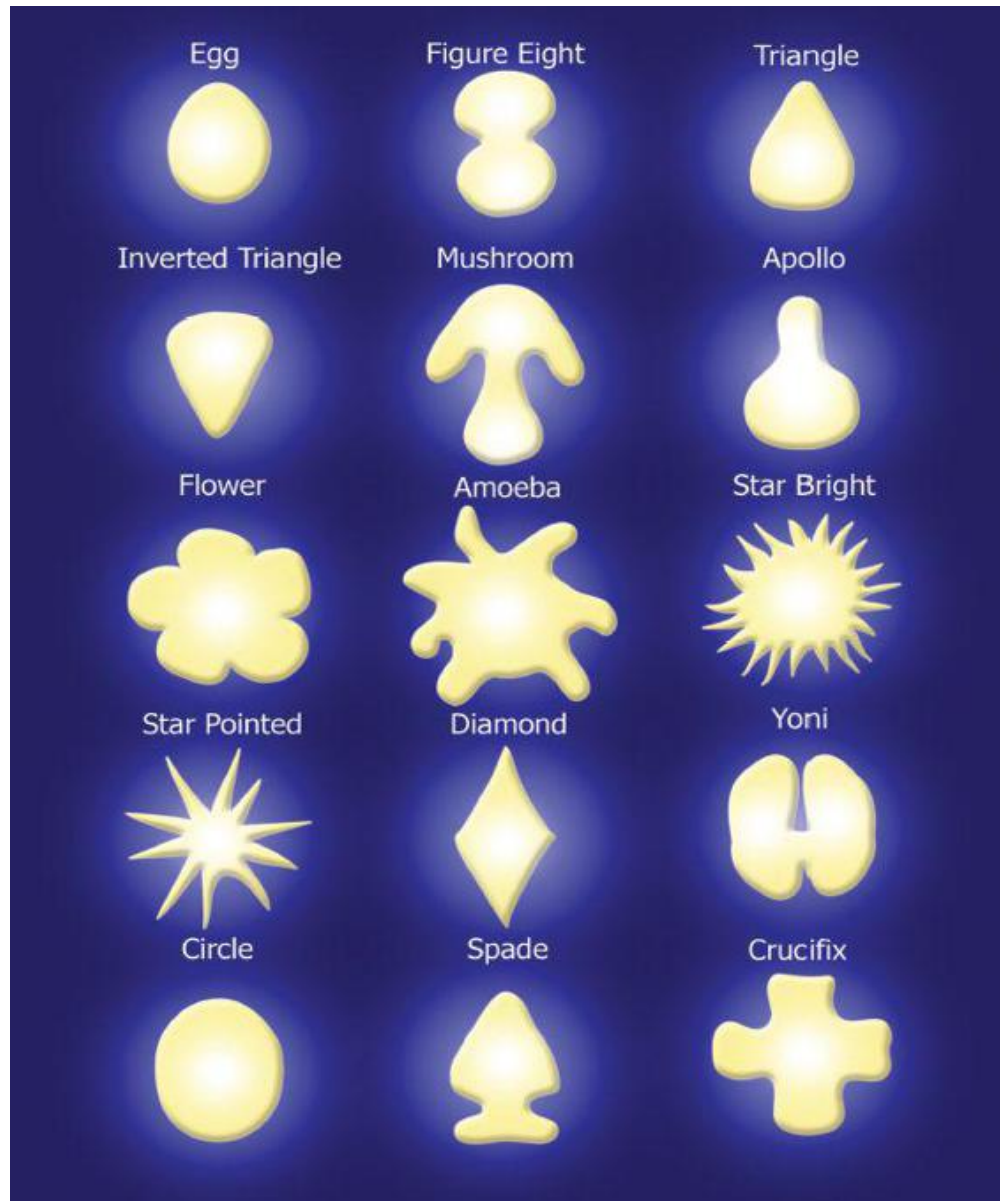
trauma sites, hot or bumpy lumps may be felt; there may be cold spots in areas that are imbalanced from difficult life circumstances.

These qualities combine to bring enormous individuality to the Human Energy Structure. Mixed like curry to create diversity, you are luminously animated, the very definition of distinctiveness. Just as the color of the eyes, skin and hair define what you look like, to some degree, the shape, character and style shining through the edge, soul layer and HES speak volumes about your expression and history.

Shape of the Human Energy Structure

The shape of the soul layer reflects the whole Human Energy Structure. Ideally it is an egg shape, with the tapered ends of the egg at the top and bottom. Often people have lost this shape and appear amorphous or amoeba-like, with punched-in or dense sections resembling a mushroom or triangle. The twists and turns of a lifetime result in many other shapes, each with shifting, dense or defused sections. Shapes are greatly varied, but patterns or combinations of patterns occur to create both an individual appearance of the soul layer and to reflect issues of the larger HES.

*The Many Shapes Of the Human Energy
Structure (Fig. 5.1).*



Character of the Human Energy Structure

Unique character is a natural factor of the maturation of the Human Energy Structure and does not always indicate a problem but can be the way some kinds of structural issues are demonstrated. This is, as always, a matter of degree and only as useful as it is instructive.

The overriding character of the HES tends to stay more or less the same through self-analysis and healing, but major shifts may be reflected in the contour of the structure as transformation begins to allow greater expansion and vitality. When this happens, the look of the HES may substantially change in character. Character could be compared to the wrinkled appearance of an elderly face giving it dignity and showing the history of the experiences that make up a life. A healing shift gives the face a lift, helps it relax and look softer. As a general rule, size changes constantly in reaction to life situations. Usually the structure is a combination of several conditions and character is created as much from the difficulties of a life as it is from ease and good luck. It keeps on changing in reaction to healing, awareness and stress.

Common Variations

- ☞ Dented HES: pock-marked or depressed, like a banged fender
- ☞ Collapsed HES: caves and caverns devoid of presence
 - ☞ Collapsed HES with debris: caves and caverns filled with debris sometimes coated with a light membrane attempting to fill the hole. Caves may act as storage for various wounds and debris.
- ☞ Ridged HES: rippling, unyielding, like ridges of tin or cardboard
- ☞ Spiked HES: star-burst, with different sized spikes shooting out
 - ☞ Self-Attacking HES: self-imploding HES with spikes shooting inward. Sometimes caused by internal walling up syndromes; outer layers continue trying to break through the barriers to achieve wholeness.
- ☞ Conflicted HES: a tendency to surround other beings or things to incorporate them into the HES, this is ineffective and represents a confused use of potential
- ☞ Radiant HES: bursting out in all directions. (Never combined with any other character types.)

- 🌀 Non-distinct HES: distinguished by lack of definition at the edge, takes a very loosely defined shape that changes moment to moment and is acutely reactive to environment
- 🌀 Aggressive HES: Strengthens in response to perceived threat, becomes hard/pushes out, posturing defensive position, dominating
- 🌀 Shrinking HES: Weakens in response to perceived threat, becomes soft and pulls in, posturing a defensive position, submissive
- 🌀 Fully-expressed HES: Naturally expanded to the edge with vitality, yielding friendly texture, good boundary

Style of the Human Energy Structure

Style describes the texture and qualities of appearance of the soul layer and the Human Energy Structure. The texture can vary from person to person but is usually distinguished by the levels of movement and stamina that can be felt often as heat or as a slightly denser and heavier quality of energy. It is the edge of the Human Energy Structure that is most distinctive from person to person and demonstrates unusual qualities of style. All the styles have varying degrees of warmth or coolness.

Common Variations in the Edge of the HES

- 🌀 Stronger definition, a well-maintained and definite edge
- 🌀 Rigid hard edge that feels blunt and crusty with extreme movement in soul layer- a restless quality.
- 🌀 Softer more cloudy or fog-like, will feel fluffy
 - 🌀 Swiss cheese or wire mesh, permeable and porous, vulnerable, inviting invasion
- 🌀 Leaks and ruptures, losing vitality, weakened state
 - 🌀 Hemorrhaging, large floods of light shooting out as defusing rays, weakening the HES
 - 🌀 Spiked points with large bulbs at the tip that swell and sometimes burst open
- 🌀 Bumpy, lumpy cotton batting with both cold spots and hot spots

The Fuel and Reclaiming Your Soul

The individuated soul fuels the Human Energy Structure. Everyone has a unique soul functioning as the living power that drives our graceful organism. Simply by gaining an understanding of the anatomy and the concept of the one body, it is possible to begin reclaiming conscious ownership of your own anatomical soul as a vivacious and useful part of who and what you are. Just becoming aware of the HES opens the doors into the mind and heart and permits a timeless remembering of the scope that we humans embody.

The basic idea is simple. Each individuated essence is the driving force, the fuel of life stored within the structure. Reclaiming your soul means consciously using the soul. Relying upon the soul for expanded personal ownership of a powerful new way to think of your most intimate self. This allows you to become a fully conscious partner with your own unique individuation as it expands and grows. Your brilliant living anatomy of light is an essential, embodied self-realization. See the soul layer illustration ([Fig. 2.8](#)) page 25.

The Triple Currents

The three currents making up the core and the channel are the essential Human Energy Structure building blocks. Ultimately everything springs from multiple combinations of the red, yellow and blue currents. The action of their self-realization and awakening, happening continually as they split off from the core, is your individuation and light-filled fuel, your soul power.

The swirling movement in the soul layer makes for combinations of purple, green, orange, pink, lavender and more that create your HES. Each of the colored currents holds consciousness and expresses this consciousness in its quest to return to the Source, constantly evoking more and more sacred anatomy and more twists and turns for the evolution of the individuated being.

The currents fill us with a potent life force, each doing a specific task and giving a particular gift. As the function of the blue current, the purpose of the red and the wisdom of the yellow give us their treasures, we discover who we fundamentally are. In each moment of life the currents speak through our actions and our greatest dreams.

We are ultimately a part of the creative fulfillment of the building blocks of all creation. Allowing this idea into your heart is a beginning step

toward co-creation with the all-expressing Source.

The function current gives everything there is to know and do about functional action and behavior. The purpose current focuses the mind, body and spirit purposefully at every turn, giving you the chance to choose and to decide what you want from the experience of your life. The wisdom current carries ancient wisdom and knowledge brought to you from its close association with the core. It exists to inform you, to remind you and to awaken you to your highest calling.

The Edge

The edge is the final boundary of the one body. It is what could be called the third skin. The first skin is the edge of the bio layer or the derma; the second skin is the edge of the Human Electromagnetic Field or the containing membrane, and the third skin is the edge of the soul layer. This place is a very powerful seat of awareness. The edge can be used as a location to hygienically and ethically place attention in the HES, to live awake and in relationship to the rest of life. See the edge illustration ([Fig. 2.9](#)) on page 26.

Divine Masculine

Outside the HES, the divine masculine universal stands guard, a warrior king watching over his family and home. Like a father nurturing the potential of his children, the presence of the great father shines a light in the distance.

Two parts of the anatomy interact directly with the universal at the edge of the structure: receptor sites and Template villi antenna. Receptors are fuzzy and a little prickly and are golden yellow. The villi antennas, which feel like they are the most delicate of feathers brushing your skin, are pale lavender and green and vary in thickness. The receptors make up the edge and are part of the Bones of Light, and the antennae are part of the anatomy of the Template.

The Four Aspects of the Authentic Self

At the top of the core imbedded into the front of it like mastheads of a ship are four balls of light. These are the four aspects of the authentic self.

They are the manifestation of the *Other* born out of the meeting of the *I Am* of the core, and the *I Am Not* of the channel.

The four aspects are the first inspiration of unique identity. They are divided into the physical aspect, emotional aspect, the mental/psychological aspect, and the spiritual aspect. Every part of the anatomy is related to one or more of them in some way. The health of the Human Energy Structure is directly related to the balance, vitality and connection of your four aspects.

The four aspects can be seen as four gateways into your higher self, more accurately your authentic self, because these four aspects are exactly that. You are your four aspects, and they are you. Understanding how to identify them and work with them is the basis for much of modern medical philosophy and thought. They are not super egos or higher powers; instead these aspects are more like four branches of the government of your HES. They comprise a board of directors who monitor your every action and exist to work with you toward your ultimate goals. They are not driven by your personality or much affected by what your inner child wants to have on his or her ice cream. They live outside of the confined physical body incorporating direction into the life of the bio layer.

They are angelic in nature and power and beyond the confines and restrictions of your physical limits. Each one of them has what can only be described as other worldly powers.

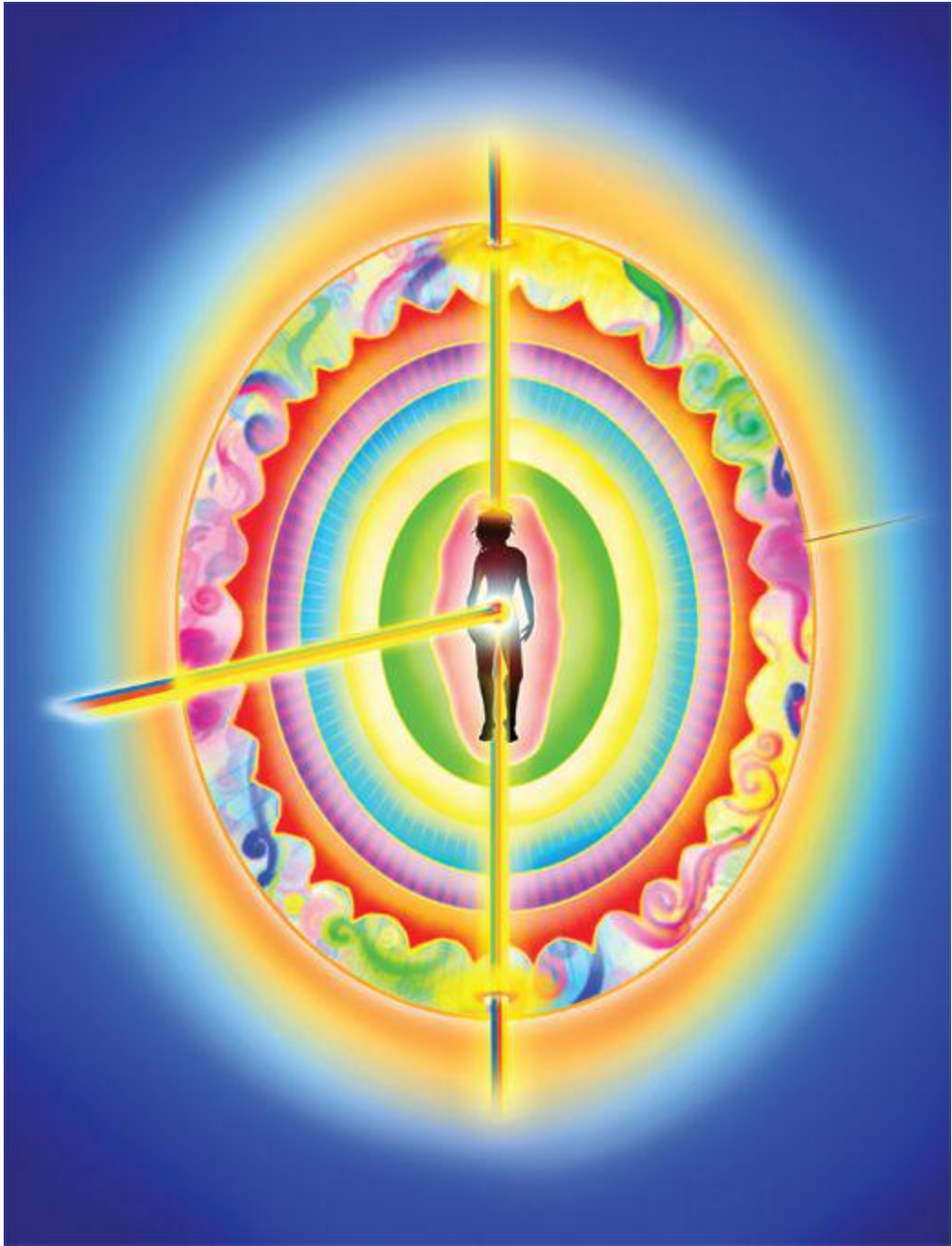
The physical aspect is especially interesting as it has no physical limitations and can always experience tremendous health, movement and vitality. It does not age in the way your body does, so it remains youthful and supple even as you grow old. It represents the manifestation into congealed light of the creative Source.

The emotional aspect is completely steeped in the cosmology of emotion. Everything it does is inside of your emotion, not *about* the emotion, but deep in it. All love is possible for the emotional aspect.

The psychological aspect is brilliant and can think its way out of any situation. It knows all the relevant data and understands the most sophisticated mental gyrations instantly. But its forte is about accepting the possibilities in the mental context- staying open to the potential of situations.

The spiritual aspect subdues the mind, constantly practices relentless inquiry, is not attached and has faith in the truth of the deeper wisdom. It is a bastion of peace and tranquility, a champion of your possibility and

speaks for your spirit when you call. See the four aspects illustration ([Fig 2.10](#)) on page 27.



Chapter Six

The Layers System

Why the Layers System Matters to You
Layers: the Organs of the Human Energy Structure
Layers System Components
The Sacred Anatomy of the Layers
Functions of the Layers at a Glance

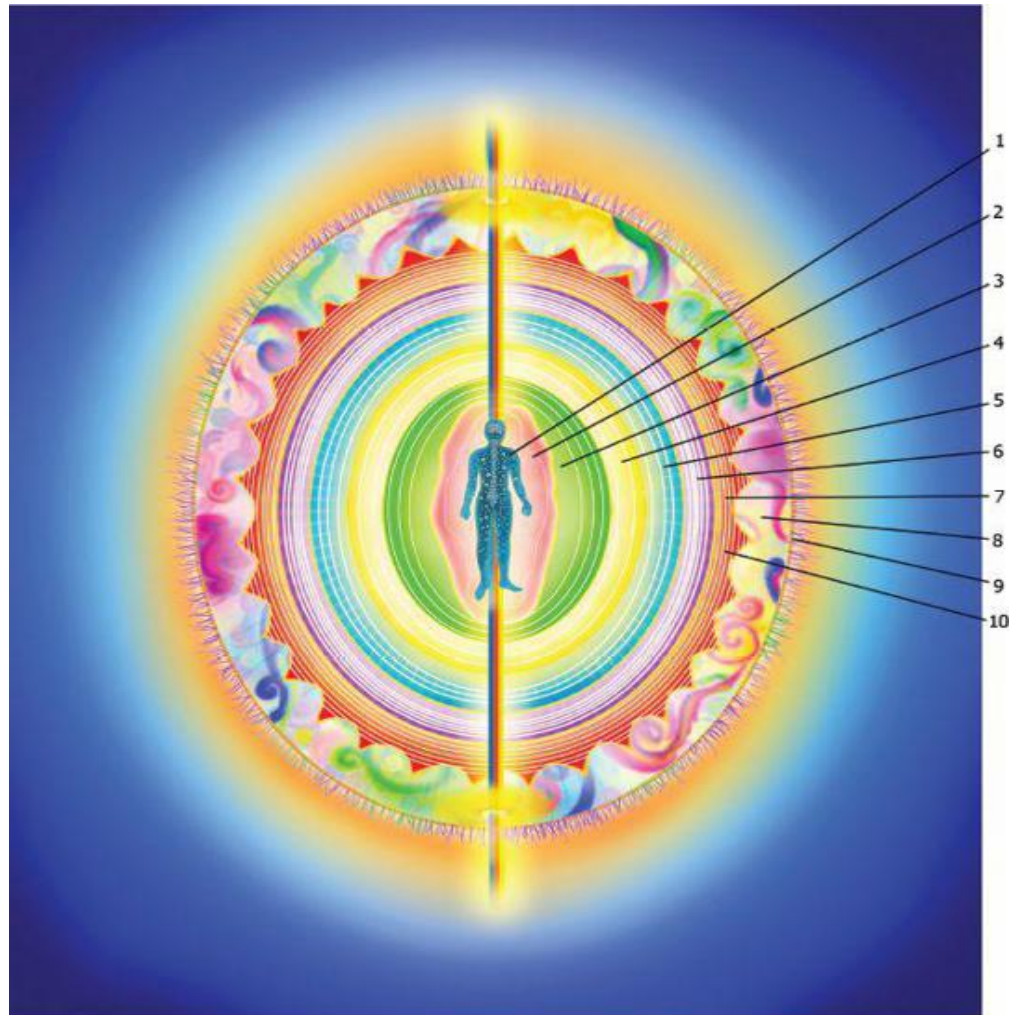
Why the Layers System Matters to You

The Layers are the storytellers of the Human Energy Structure and they tell the legends of your soul's long journey. Each story holds realizations and explanations of how you got the way you are and why you make the choices you do in your life. Every layer is devoted to a different realm of human experience and each layer has a stratum dedicated to acquired wisdom specific to that area of expertise. As you become aware of the Layers you gain access to vast stores of historical knowledge, which can help you make sense of yourself and wake up to a more complete version of who you are.

The primary goal of the Layers is to support a paradigm shift that will bring about a more compassionate and skillful point of view toward yourself and the challenges you face. Stepping into your Layers stimulates your authentic nature to take a greater role in reshaping parts of your current personality to actualize your spirit.

Your Layers will actively help you rewrite your story, recreate yourself, and strip away the blocks and stops of trauma and conditioning of this and past lives that have shaped you. In the Layers, issues release and Karma resolves as the egoic nature grows into to ownership of the authentic self.

The Layers System (Fig. 6.1)



1. Bio Layer
2. Emotional Layer
3. Primal Layer
4. Mental Layer
5. Cognitive Layer
6. Spiritual Layer
7. Etheric Layer
8. Soul Layer
9. Edge of the Soul Layer
10. Strata

Layers: the Organs of the Human Energy Structure

Each layer is like an energetic organ that expresses a different stage in the journey of creative manifestation - life. There are eight layers of interactive intelligent light or charged energy that make up the structure. In this book they are understood as layers and not “bodies,” as some traditions call them, because in the sacred anatomy teachings there is only one single body made up of many parts. In this book the terms: Human Energy Structure, HES, structure and one body all mean the same thing. The Layers are a system that interacts cooperatively with the anatomy of another six systems to make up the HES.

The eight distinct layers of the Layers System are separated from each other by the Bones of Light membranes and framework, which create the egg-shape structure keeping it supported, up and open. The Bones of Light System partners with the Layers to keep them apart with its framework and to help them stay segmented inside each layer with delicate membranous strata. There are 36 separate strata divided up among the eight layers.

A layer is an interdependent organ, a little like the organs of the bio layer, each dedicated to their own tasks but in sympathetic relationship to the larger whole. Like biological organs, the layers hold wisdom, memory, history, critical functions and skills, each performing a set of actions that support the Human Energy Structure overall.

For our purposes, the Layers are described in concentric order, moving from the outer soul layer inward toward the center the bio layer.

One Upon Another

Each layer and each of their stratum build upon the ones around it to define its value and what sort of jobs it does. The soul layer, filled with individuated purpose, function and wisdom, first exists as an island, until it calls out for the etheric layer to be a storage facility in which to record its journey. The spiritual layer hones this purpose into a focused expression or spirit and finds a place in service of creation. The cognitive layer acts as the control tower and director of the Human Energy Structure, but first it is the functional fertile soil that the spirit takes root in and grows into fulfillment. The mental layer simply accepts and organizes a response and a way *to be*, becoming the wisdom and voice of the HES. Instinct is held in the primal

layer and articulated into a lineage, a legacy and a tribe. The emotional layer rejoices, knows love of others in community and family, and the bio layer fulfills the promise of soul made manifest.

The Layers System shows us how we can stand in partnership with all of creation through the sacred anatomy. It shows that we are not alone, that we are never alone and that the organs of the structure are supporting the experience of the whole.

Layers System Components

Layers and Strata (listed from outside to inside)

Soul Layer

Function

Purpose

Wisdom

Etheric Layer

Recent experience

Death and Karma

Maturity

Youth

Childhood

Infancy

First Phase

Inception

Spiritual Layer

Deity

Angelic

Intuition

Fairy Folk

Elementals

Guides and Guardians

Cognitive Layer

Point of Transmutation

Systems

Structural

Organs

Mental Layer

Chaos

Acceptance

Organization

Primal Layer

Tribe

DNA

Legacy

Instinct

Emotional Layer

Foundational Emotion

Present Emotion

Biological Layer

Dermal

Muscular

Visceral

Skeletal

Cellular

Sub atomic

The Sacred Anatomy of the Layers System

The Soul Layer

Different from the other layers, the soul layer acts as the housing for the powerful energies that enter the Human Energy Structure as they separate from the core. This layer has dual loyalty and is also an intricate part of the Blended Energies System. It is the receiving and storage facility for all individuated energies in addition to processed and empowered energies being cycled within the layer for use as nutrition. It is in constant motion and swirls in emanations of three primary colors, red, yellow and blue, mixing other colors as they blend and creating a rainbow effect. The Tibetans call it the Rainbow Body or *Zha Lu* and it is depicted around figures in their sacred art.

A Layers Story

Making Room for Jack CI Practitioner: Lorin Kaufman

Jack is a 67-year-old therapist with an established private practice. He also teaches and supervises graduate-level students and provides ongoing weekly therapeutic support for low-income students and families. At this session he reported struggling with finding a balance between the extensive amounts of time he spends providing support for others and providing himself with the space, time and rest he needs to take care of himself. He reported feeling like his life was spent “preparing for things” rather than being grounded in the life experiences themselves. His conversation followed themes of life being woven too tightly, with no time or space in-between one thing and the next and the desire to live a life of truth and beauty that accurately reflected who he is. Current physical symptoms included dizziness, anxiety and headaches.

My initial assessment found a labored, sluggish and constricted emotional aspect with a lack of full expansion into the spiritual aspect of the authentic self. Using the template echo, I could feel a sense of heaviness and the labor it took for him to move through the multiple demands of his very full days. Both Jack’s life and Human Energy Structure seemed cluttered with enormous amounts of debris. He was full with the needs and stories of so many others.

We assessed an advanced clearing of the Layers was necessary to provide relief from so much accumulated debris. We also spoke of working and living from the edge – taking a conscious stance for living that would allow him to not take on or merge with others.

Immediately after the session, Jack reported feeling much lighter and took some time for himself to do an art project that explored the metaphor of weaving a life together to include more spaces between things and space for himself, especially projects and activities that were “just for him, not for others.”

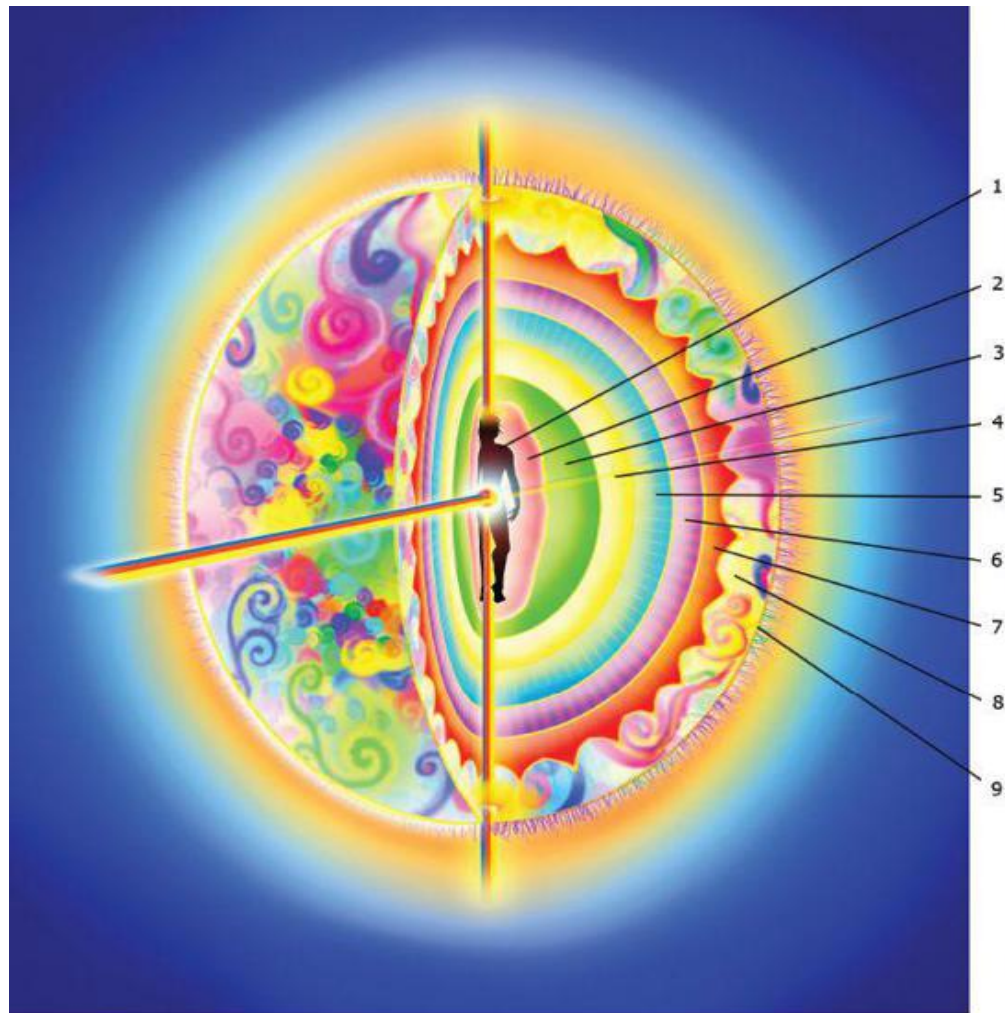
While still searching for ways that might relieve some of his need to make choices that require such a tightly woven and organized weekly calendar, Jack reports being more open to possibilities in his life and how he can lead the authentic life he so deeply desires.

The soul layer is anywhere from 8- to 20-feet out from the bio layer and can vary from 1 to 6 feet in thickness. The three colors break out from the core making strata: function, blue; purpose, red, and wisdom, yellow. This movement is unique to the soul layer because unlike the more static strata of

other layers they are in constant and unpredictable motion, creating a wild swirling appearance. The three strata are function, purpose and wisdom.

The soul layer is the entrance and exit of the core from the Human Energy Structure. This gives the energies of this place a fresh and rarefied nature. Suspended at the top and bottom of the layer it also contains two major chakras: the divine gate and the chi pool. The soul layer reflects an effervescing golden light as the primary colors split from the core to swirl in rainbow mixtures throughout. This is the stuff that powers the HES and spins throughout as a vital, living fuel and self-generating power source.

The Layers of the Human Energy Structure (Fig. 6.2).



1. Bio Layer
2. Emotional Layer
3. Primal Layer
4. Mental Layer
5. Cognitive Layer
6. Spiritual Layer
7. Etheric Layer
8. Soul Layer
9. Edge of the Soul Layer

As the triple-current stream core enters the structure, it individuates into three separated single currents that make up the rainbow effect of the soul layer when they cross and blend. As a function of the Blended Energies System, these three single currents of red, blue and golden yellow organize themselves once again at 13 alignment valves and shoot into the various chakra pathways as triple-current streams. The charged energy created and housed in the soul layer working with the Blended Energy System is what powers you.

The three single currents each represent a stratum of the soul layer. The blue function current is coolest in temperature with an electric buzz to the touch. The red purpose current is warm throughout and hot in some places and has the same electrical buzz the function current does. The difference is that the pulse of the buzz is faster for the purpose current, (an analogy might be the buzz of a bumblebee compared to the hum of your car engine). The bee, like the purpose current, wins that race every time. The golden wisdom current is the fastest of all and extremely white hot. This heat makes it feel hot to the touch. The buzz is more constant because it is faster; the comparison here is to a lightening strike- that will trump a bee every single time. It is possible to sense more movement in this layer than in other layers, with the exception of the bio layer with its Circulatory System and constant internal motion. When sensed, the soul layer feels like buzzing gases of different weights spinning in constant motion.

Unlike the other seven layers, the Soul Layer is sandwiched between two of the most potent sacred anatomy parts: the outer and the inner edges of the soul layer. Both of these locations are filled with harmonizing blend, the vibrational spinal fluid of the Human Energy Structure, a basic Harmonizing Network frequency. You can read more about harmonizing blend on [page 325](#) of Chapter Twelve on the Harmonizing Network. Each edge contains and anchors many different parts of the anatomy for multiple systems.

The Soul Layer, Where Systems Combine

The soul layer acts as the fuel tank and the shell for our egg-shaped structure. Unlike all other layers, the stratum of the soul layer interact with each other, moving around the layer making many different colors and connections as they go. At the boundary of this magnificent container is the third human skin, the edge, also a part of the Bones of Light. This skin is

covered with billions of tiny Bones of Light receptors and from each a small hair-like villi antenna protrudes. These villi antennas are part of the Template and along with the receptors give the edge of the structure a fuzzy, slightly, prickly appearance and feeling. They also enable us to sense and interact with pure energies as they emanate from the Source. For more information on the Template see Chapter Seven [page 149](#). Refer to illustration ([Fig. 7.6](#)) on page 160 to see a picture of the pitch-catch feature.

The soul layer is also a transit location for the pitch-catch feature of the Template. As the Template villi receive universal Source energies at the edge they pitch them across the soul layer and catch them at the mouth of Template strands imbedded into the inner edge of the soul layer. The strands transport universal energies into the interior of the HES and the Template System releases them after they have been personalized and initialized by the e-stomach. Next they are filtered by the Blended Energies System filters at the chi pool and released ready to go back into the soul layer where they are swept up for immediate use.

Additionally as a part of the Blended Energies System the soul layer houses and protects all of the forming triple-current stream soul pathways as they enter alignment valves and swim toward the core to create chakras. It also receives the input of the empowered chakra streams, as they break apart at dispersal valves releasing debris and critical information out into the swirling fuel. Receiving fuel-producing energies from the Blended Energies System and the Template the soul layer acts as a gas tank for the engine driving the Human Energy Structure.

In at least 40 locations the soul layer houses Elimination System waste release tubes which release debris through sphincters at the edge. The Elimination wheels dock into the inner edge of the soul layer as do some part of almost every other system. The Human Electromagnetic Field reflective chakras spin their message right through the soul layer into the universal and anchor into the inner edge for stability. The Harmonizing Network does the same thing with the nine harmonizing frequencies that ripple out from their resonating chambers into the atmosphere and its core meridians that end in the surrounding universal as well. All of these transient energies impact the contents of the soul layer in different ways.

[The Etheric Layer](#)

The etheric layer is the storage location in the Human Energy Structure of all historical soul knowledge, the repository for karmic records for the individual and the location of the individual Akashic records. It records all the birth and death experiences of the individuation for all time. Each lifetime stored within the etheric is broken into appropriate sections, from inception to death and karma. All experiences are catalogued in relationship to chronological age as are all major accomplishments, defeats and agreements of a soul nature, no matter where or when they are made.

The etheric layer is from 8 to 18 inches in thickness. On the inner rim there is a jagged rim I call the *Himalayan Mountains*. This is because it feels and looks to me exactly like that mountain range. It is sharp and cold in places and has a rough uneven quality. The color of the etheric is usually orange to peach with lots of patches of browns and tan, indicating karmic issues that are usually unresolved.

The etheric layer is the location of the library of the soul's recorded history. Named for the Akashic records referred to in the seminal work of Edgar Casey, these stories are actually captured in the spiritual layer and recorded onto a thin document or filament of light. This document is lodged in the etheric as a living recording of the critical events of a lifetime, the experiences and passions that develop karma, with all the struggles and pleasure that life can offer. The value of the library is endless.

Information is stored in this layer for your use through memory recall and contains lessons for the development of the soul. Access is tailored to needs that show up in our present lives. But when it releases, it comes forward, ready to inform and enlighten in spontaneous recall for the good of your evolving path.

The etheric layer connects with the angelic kingdom accessed in the spiritual layer, through which the Source feeds and cares for our eternal nature using focused intention. The etheric use of the connection with the angelic realm goes beyond the self-identification with your angels achieved in the spiritual layer. This is an access point used to document the detailed history of the individuation's journey. The soul's most influencing guides and teachers also gather here to discuss and record their work with an individual. The four aspects of the authentic self, even though located in the core sheath, are grounded in this location and you can find a way to meet with them through the relevant stratum of the etheric layer.

It has eight different strata that begin with recent experience, which has usually occurred in the last month, and ends with inception, which is the period before conception. From outside to in they are recent, death and karma, maturity, youth, childhood, infancy, first phase and inception. The textures of these differ only slightly, and the distinguishing feature of this layer is mainly the mountain range-like edge and ridges that create peaks and valleys throughout the strata along which data is stored. It is possible to find the record of a specific lifetime and to follow it down the ridges through the strata from inception to death and karma and to do an etheric reading of the personal story.

This is exactly the anatomical spot where good psychic readings tap. The etheric layer runs the gamut between icy cold and fiery hot spots, as each person is distinctive and each history unique. Occasionally, etheric shapes and objects of great importance are lodged here, such as weapons or totem, healing charms or wedding rings.

The recent stratum is the place where the relevance of a particular memory is to the present. It is usually only possible to access information that is meaningful to current circumstances, and it carries wisdom or insight that could help you cope with current experiences or life lessons, which often also stored in this strata.

The Spiritual Layer

Located 4 to 15 feet out from the bio layer, the spiritual layer is the place where flashes of insight and inspiration generate an elevated state and where we are able to experience a mystical communion with the Divine. This is the location of your connection to your Source nature and the seat of the divine intuitive self, that which is able to stand in partnership with all Creation. But the main function of this layer is the generation and ownership of your individual spiritual focus.

The individual Akashic record or personal history is documented in the spiritual layer and transmitted to the etheric layer for storage. We create our Akashic record here, spinning it out on a thin strand to be recorded in our enormous etheric library. Our Spirit writes the truth of our experience, telling no lies, embellishing nothing; this is the place of greatest clarity within the individuated Human Energy Structure.

Communion with nature, the Earth mother, the stars, maybe even extraterrestrials can happen here in the home of the soul's purpose. Spirit

guides and power animals, spiritual ancestors and descendants, plant teachers and special connections with trees, herbs, rocks and anything within nature are all energies that vibrate compatibly with this place and increase spiritual union when absorbed in whatever way they can. The spiritual layer is the seat of divine intuition, the home of the purest most exalted part of the human experience, including the capacity to release and realize the deepest desires of our evolving spirit. It is the place where our soul's purpose begins to translate into material experience and where we remember who we are. The actual vision of our lessons, their contribution and offerings, even the shining value of our deepest gifts, is realized and embraced in the spiritual layer as the truth of who we are. When confused about what your purpose is, spending time with the energies of this layer can help develop focus. The spiritual layer has six strata. From the outside to the inside they are deity, angelic, intuition, fairy folk, elementals and guides and guardians.

The color of this layer changes slightly from stratum to stratum, but is mainly lavender to purple to blue to deep lilac. The texture is like an electric spider web, barely there but with a slight tingling charge, and yet it is strong enough to withstand great winds and stresses. Texturally, the strata do not change much from one to another; it is mostly the color that changes slightly. Occasionally there is a golden or silvery tinge to the colors. This occurs in the stratum where awareness is most focused.

Each of the strata deals with spiritual connection to a specific facet of the Source. Every one of us has a relationship with these mythical or archetypal energies incorporated into the fabric of our being. You have intuition, angelic guidance and the capacity to touch the fairy folk as they dance in the woods at night. You have wise otherworldly guides and guardians of light, and you need these associations because the origin of your spirit is of these realms. Ultimately, we are all of sacred lineage and usually identify with one or more of these archetypes.

The Cognitive Layer

This layer is named for a secondary definition of the root word cognate. This definition describes something that is related or analogous in nature, character or function. For example: Italian is cognate to Spanish, or black beans are cognate to pinto beans. The cognitive layer is mostly like the bio

layer in nature, character and function; it is only the organization and outward appearance that is different.

Located from 3 to 10 feet out from the bio layer, and ranging in thickness from 12 inches to 12 feet, the cognitive layer is the control tower for the knowing, conscious function of the overall structure. There are four strata, and each of them has a role in the functioning of a healthy Human Energy Structure. Ranging from outer to inner, the strata are the point of transmutation, systems, structural and organs.

Each stratum contains specialized information and access points, which feel like switches, jar lids, portals, lumps, levers, bumps, sockets and buttons. These look like points of light within the colored strata and, when activated or in need, show as brightly glowing red, orange, electric green, blue or gold.

The cognitive layer is without question the most complex layer of the sacred anatomy. Each stratum has contained within it an area dedicated to particular functions of the HES and the anatomy with which the part works in concert. All of these dedicated areas or regions work toward the goal of harmonizing and blending a perfectly functioning Human Energy Structure.

The first, organs, contains in dedicated areas subtle versions of all of the organs and specialized areas of the bio layer: heart, brain, eye, ear, nose, throat, pharynx and larynx, tongue, skin, hair, teeth, liver, kidneys, gall bladder, sex organs, lungs, pancreas, spleen, stomach, and intestines, both small and large. It also includes the subtle organs: the Template, template strands, villi antenna, the Human Electromagnetic Field and the inner seven Layers and all their strata. It is the expertise of this portion of the cognitive to hold the inspiration and desired function for the individual organs of the structure.

This stratum is different than the others as the colors are darker and the texture is denser. It is lumpy and feels a little like room temperature mashed potatoes. The colors range from darker teal greens and shades of blues to, occasionally, wine-grape purples. Specialized areas of the stratum are often completely different colors than the region right next to it.

The second stratum, structural, contains the muscular and skeletal (not only as systems but also as components), each part of the skeleton, each muscle and tendon being given equal import. The Bones of Light is also addressed here: the framework, the receptor sites, the channel and channel

sheath, the substructure and guide wires, as well as the caduceus of the core sheath.

The expertise of this portion of the cognitive layer is to hold the inspiration for the structural components of the Human Energy Structure. It serves to blend and harmonize their systemic and individual functions so that the entire thing operates as a whole. The colors are similar to the organ stratum, but they are lighter, and the texture is more stringy and fibrous rather than lumpy.

The third stratum, systems, includes all the operating systems of the bio layer: muscular, skeletal, nervous, autonomic nervous, vascular and viscera, lymphatic, digestive, respiratory, urinary, female and male Reproductive Systems and Endocrine System. It also contains the Blended Energies System, which includes the chakras, the soul layer, core and core sheath, the Elimination System and all its components, and the Harmonizing Network.

The expertise of the systems stratum of the cognitive layer is to unify the actions of the individual parts into a smoothly functioning whole. In some ways this stratum can be considered the mechanized center or brain of the cognitive, as it also holds the key to cognitive function within the larger structure. Here a churning action takes place that causes information to be transmitted from this “brain” into the bio layer, as well as pure fuel from the soul layer into the bio brain. All three of the triple-current streams are used to form this action but the most dominant one is the blue stream, function.

The colors of this stratum are also the same as the others but they tend to be extra active, and more movement happens here than in the other three strata of the cognitive layer. The stratum, which is very fast moving and thin, feels warmer and is more difficult to sense into because so much is happening. It is confusing at first and feels like a torrent of information. Slow down and just feel one thing at a time here. The smallest bits are a big win!

Definitely the most complex portion of the structure, the cognitive layer contains as its outermost stratum, the point of transmutation, where inspiration and intention meet to manifest in physical reality. This is where the shift occurs to create manifestation. It is called the fertile *soil* or the Garden of Eden of the structure because the level of receptivity displayed here mirrors the evolution of the individual soul’s expression and the desire of that soul to serve through and in physical reality. The texture is sandy and grainy. The colors are the same only tinged with golden light

throughout. Contained within this stratum are two parts of the Harmonizing Network, the five harmonizing channels and the resonating chambers dedicated to the Layers System.

The cognitive interfaces with raw energy differently than the other layers. It behaves a little like a giant chakra because it performs in a similar way, taking in energy, stimulating a shift to a charged state and producing a result.

It is in the exact center of the structure and marks the change between the inner regions, which are more biologically driven, and the outer realm, which is more Source driven. Being the point where spirit meets possibility, the cognitive layer holds sway over the means the physical body chooses to interpret the Divine or cosmic idea of the individual. Because of this, the point of transmutation can be the root of systemic disease and imbalance. It can be the root of brilliant qualities and traits also. It depends on the way these ideas or seeds were planted in the fertile ground of the point of transmutation.

This constant implantation of the inspired idea that is the individual manifestation is an ongoing process and does not stop after bio birth. Each moment of its existence the bio layer recreates itself based in the implanted ideas that are installed in the point of transmutation. So we can make ourselves anew in each new moment.

The point of transmutation contains everything we are of the tragedy, the opportunity, the glory and the struggle of being human. All of human potential and history is included in the larger idea of who each being is; we are made of what we are. At this level of *idea* we are capable of perfection, and yet as we manifest, we fall short of this mighty goal dangled in front of us by the cosmic joker. We are taunted from a distance with a carrot on a string; we snap at the dream and in the same instant forget utterly how real the process of embodied divinity actually is.

We have been, and will always be, raw material waiting for direction. Poised on the cusp of tranquility and chaos, the cognitive is both the closest humanity may get to God-like perfection and the farthest away.

The Point of Transmutation

It is the edge of this stratum, the point of transmutation, where our deep-seated truth is buried, waiting to be tended by focused intention and owned by the inspired idea of what is: *my life*. This place must be excavated with

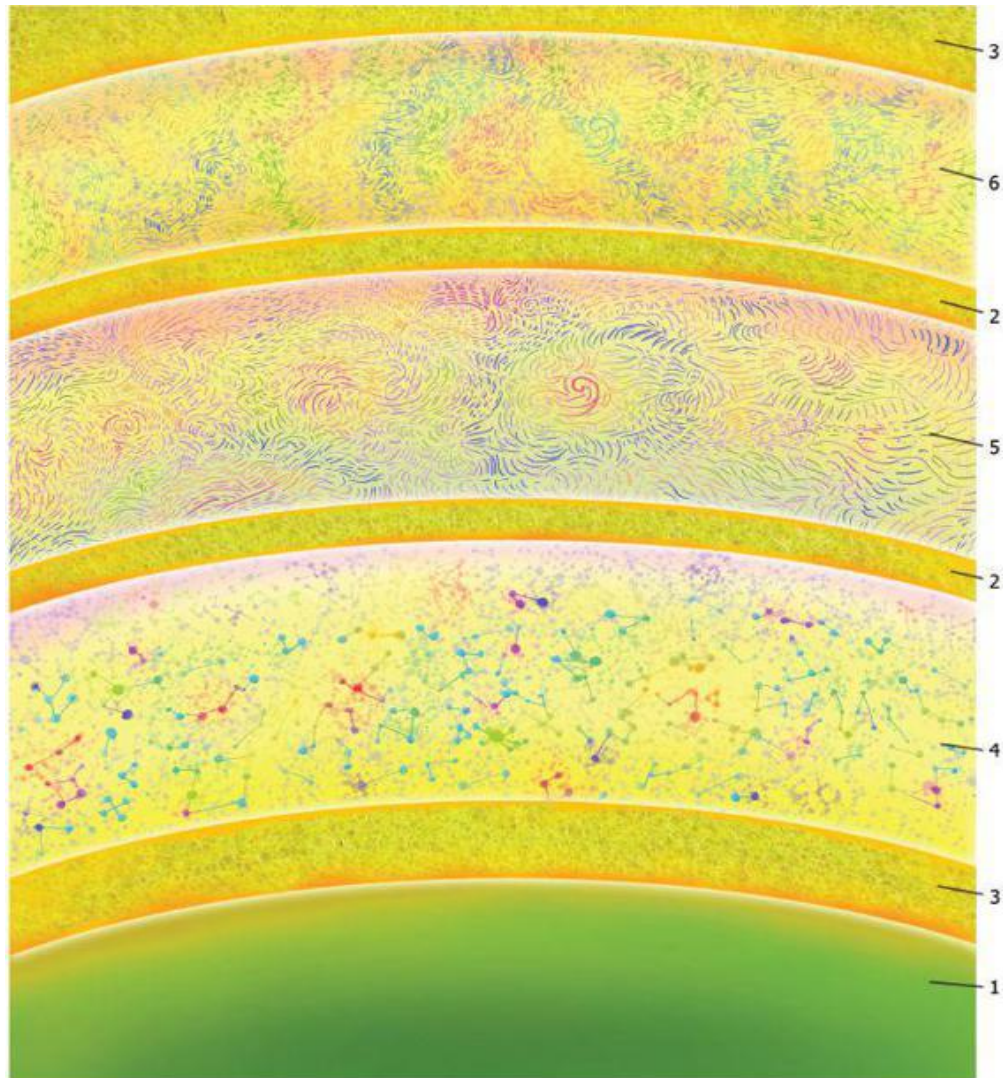
tools of the spirit such as meditation, contemplation and prayer. When we align with the truth of the brilliant and captured vision constantly hatching in the cognitive, the stuff that we are being made from, which is brand new each moment, is finally available to us for conscious refocusing.

Real, lasting, life-concept healing happens in this layer. This is the anatomical Garden of Eden where any concept about the self will take root and grow to be big and healthy. You can remake yourself by planting positive ideas of who you are right here in the fertile and verdant point of transmutation.

Negativity affects us and settles in the point of transmutation in spite of all our best intentions. Your parents planted their hopes and fears about you. Your family brought you up as a Catholic and taught you to be proud of your Russian great grandparents who came to the US in 1894. They gave you an identity through your heritage. Society tells you what is sexy. Media sends out messages of body image and tells you what possessions you need to be a popular and successful person. Your piano teacher implanted ideas about how musical you were as a child. Your intelligence was weighed and measured by the time you were in second grade and your grade school teachers implanted their own beliefs about what you were capable of or how well you played with others.

By now, after therapy and self-examination you have changed a lot of these inherited beliefs. You stood up for yourself and have fought for your rights and your own identity on your own terms. It is the point of transmutation where your positive affirmations, self-talk and reframed beliefs have taken root and grown like weeds while you shifted and changed your thinking. Being aware of the power of this place just gives it more juice- so next time you affirm, “you are growing stronger everyday in everyway”. Be aware this idea is going right into the fertile soil of the cognitive layer and that it will blossom.

Three Strata of the Mental Layer (Fig. 6.3)



1. Primal Layer
2. Membranous Strata
3. Framework
4. Organizational Strata
5. Acceptance Strata
6. Chaos Strata

The struggle of the physical body is dominated by the secrets of the cognitive layer. Grasping at wisdom, we dig through long-held traumas lodged harshly in the organs, skeleton and the operating systems of the bio layer for answers. Still, in the struggle, we must see that the hard and painful lessons of the physical remain the most valuable lessons fought for, yet seldom won by the souls of humanity.

You can, if you dare, cultivate this mysterious place in the perfect center of your HES and, like Mother Nature, plant the seeds of your own reality. The power of this place is why the Harmonizing Network locates several primary anatomical parts here.

The Mental Layer

Located at the inner edge of the cognitive layer, the mental layer wraps around the Human Energy Structure in an oval shape. It is from 6 inches to 16 feet in thickness and varies in color from yellow to green to turquoise blue. The mental layer has no standard color. The variations appear to be related to the individual's mental orientation – whether the person is a linear or circular thinker - and to distinctions like right- and left-brain dominance. It seems that linear left brained people tend to the yellow/green, and circular right-brained ones are green/blue. It should be noted that this is not a hard-and-fast rule, only an observation. Also I am unaware if this changes from life to life or if it is a permanent orientation. I tend to think it may change with the needs of the particular incarnation.

The texture of the mental layer is thinner and more airy than the next two, the primal and emotional layers. It has three strata; from the outside to the inside they are chaos, acceptance and order.

The texture changes for each of them. Chaos feels a little like you might expect, except the temperature is always warmer when compared to the other two. Chaos is the part where dissolving mental constructs reach a moment of truth and evaporate. This happens as we grow and develop.

Acceptance is thicker, and the biggest strata, containing large numbers of constructs and parts of constructs. This stratum is also the seat of the divine feminine archetypal principle, the mother, the goddess of Creation, the sacred female who is virgin, mother, temptress and crone. She sits in the acceptance stratum and radiates pure approval for you, her offspring.

Order is almost undetectable, very gossamer, the most tactilely invisible part of the entire Human Energy Structure. One of the most interesting visual things that occur in the structure happens here. Specific mental-layer strata glow neon bright and sometimes blink as a construct is transforming, dissolving or a new one is being formed. People light up for all to see when they learn new and exciting things.

The Mental Construct

It is the site of the mental construct, where we build our systems of belief and develop the attitudes we become attached to in life. All manifest beings are products of organized mental constructs that form our intellectual orientation and approach to living, thinking, organization and *having* of emotions, spiritual belief and automatic reactive thought. These structures, which look like crazy quilt, Tinker Toy fantasies, are an attempt by the unfocused mind to order and understand the Universe. The mental layer is the seat of pure creative intellect, mental process, clarity of thought and understanding concepts.

Mental constructs are peculiar to the mental layer. They vary in texture from metallic to spongy and soft. Their colors tend to be gray and blue with varying intensities of hue. They are usually cold but occasionally a *hot* issue will be warmer and red. The construct can change color as it ages. Older parts of it may appear to be more solid, even rocky in texture, like stones in the kidneys and darker in color. More recent portions of the construct will appear to be paler in color and softer in texture even mushy. If an idea is still unformed, that portion of the construct will appear gaseous. We are constantly adding to these powerful tools, writing and rewriting the scripts of our inner realities.

All manifest beings are products of organized mental constructs that form our intellectual orientation and approach to living. Skills like thinking, organization and experiencing emotions are learned and devised by human beings with diverse sets of rules and regulations. Religious belief, complete with multiple definitions that instruct the faithful how, when and where to relate to a given deity is an example of one of the mental layer's great achievements. Another is what to ask or feel when worshiping or observing complex sacred teachings dictating application of a particular response or belief. Examples are the Christian concept of sin or the Jewish assignation of guilt, blame or innocence for wrongdoing; Buddhist or Hindu understanding of frightening or challenging situations, and Islamic beliefs about right and

wrong behavior all represent the pinnacle of complexity in mental constructs about religious and moral beliefs. The human family thrives on the intricate beauty of the many mental constructs we continue to design to fit the vagaries of life.

Transformation in the Mental Layer

The function of the three strata of the mental layer encourages profound acts of invention. It holds that part of us capable of riding the wave that makes things happen, where we recognize and demolish our shabby old and useless constructs and where hatching a new belief occurs. The mental layer is where we are able to discard old ideas that no longer serve us and reinstate new ideas that are more daring than old limits would have allowed us to conceive. It is a safe creative place, a building ground, and where understanding lives.

The mental layer exists in the flow of the river that Siddhartha and Lao Tsu speak about, the powerful truth that nothing is separate from the Source and the primal idea that follows: *If nothing is separate, all things are one*. If all things are one, then one thing is as another, and finally, from the realizations of the Buddha as recorded in the ancient text of the Heart Sutra: “Form is nothingness, nothingness is form.”²³. The mental layer holds the key to transforming limiting beliefs so that they no longer have any power to control the outcome of any situation and true freedom is possible

The Primal Layer

The primal layer roughly follows the contour of the mental at the outer edge and is increasingly oval in shape. The primal layer adds another 8 inches to 3 feet to the thickness of the egg. It is dedicated to the primal experience of lineage as it shows in DNA, heredity, ancestral memory, tribal affinity and cellular memory. There are four strata; from outside to inside they are tribe, DNA, legacy and instinct.

This layer reads as muggy. The color is almost always an avocado or pea green with tinges of yellows, rust and brown. It does not have a shimmering quality like many of the others, but instead appears duller, thicker and viscous. The density is greater than other layers and often the primal feels chunky or lumpy to the touch. Frequently a clammy damp sensation will register, which can turn quite warm if the person is working hard in the layer or a primal issue is up.

Ghostly images of power animals and totem objects may appear in the Primal as signposts on the individual's tribal journey. Familiars or specific animal helpmates with an important relationship to the person will attach to the primal, even after death, as a constant companion. Occasionally fairies, trolls, elves and other mythic creatures will appear to reside in the primal, as well. These helpers are in addition to whatever helpmates you have in the spiritual, and they are generally devoted to something very specific and much more primitive than mythic or totem creatures that might attach to the spiritual layer.

These sorts of ghost beings are actually *living memories* based in a previous relationship with elemental energies. They can also represent an established link to a sacred site or a specific earth energy still maintaining a soul connection. Once aligned with an elemental energy, a working attachment can form that lasts a very long time. If this has occurred in the history of the soul, the images will still be active in the primal layer and will be available for use as awareness or memory awakens.

The primal has a magical and mysterious Louisiana swamp character that can absorb and distract the individual on his or her path. When people become overly interested in the psychic or the occult, such as uninitiated voodoo or manipulative witchcraft, they become trapped in the quicksand of the primal layer and lose perspective as they become locked into magic and deception.

It is very important, especially when working with this layer, to stay focused on the bigger picture, the higher ground. The HES as a whole is full of endless information, secrets and universal mysteries that can act to obscure the simplicity of the teaching of the core within.

The Dragon's egg is buried here, and you can sometimes find an ancient secret part of yourself filled with mystic wisdom or, by contrast, you can sometimes lose track of your way and end up in quicksand. The primal layer is a wildish place where you can strip away the bonds of civilized limits to reveal your tribal nature.

Lineage work is always located in the primal because it is exactly that: a peeling away of ancestral obscurity of the shining light of truth and direction within a familial bloodline. Everyone has at least a few lineage pieces they wrestle to resolve in a lifetime. They are karmic in nature and will only appear for resolution as the individual has completed a great percentage of their personal work. They take years to unfold and may require

a pilgrimage to the old family home, researching genealogical history, traveling to an ancestral land or mastering a family skill such as cheese making, quilting or hunting.

Lineage work is completely individual and will usually begin to show up as hobbies or interests years before the actual conscious awareness of the lineage piece appears. The primal will have been influencing the direction of personal spiritual development colored from this major function of the layer.

The primal layer is tethered to the reptilian brain, the primitive urge and the memory of the primordial ooze. You can feel the pulse of this part of your self as you expand into it. Beyond mental analysis, we move into the realm of ancient memories, of smoke, burning meat and the ground trembling. Here survival, fear and knowingness exist side-by-side in harmony. A greater sense of your ancestral calling comes to you when you open to this place because here, your people, in the mists of time, still live, shrouded in mystery and magic. The memories of a long-forgotten language and hierarchy, still echo deep in you as your lineage stretches across the ages to the caves or lands of your ancestors. A voice awakens within you as the calls of birds of prey and wild beasts are heard in the distance. Safe in your den you can protect the young ones and give honor to the old. There is rightness to things here, a quality of present time to past remembering. Primal knowingness is locked in the very fibers of your genetic code. Your group memory, the cellular connection you feel with your kind vibrates in your structure, massaging your deep understanding of the eternal breathing in and breathing out that is human and alive.

The primal layer's purpose is the place of origin, processing and generation of DNA, heredity, ancestral memory, tribal affinity and cellular memory. The lush feel of a jungle, the musk, ripe earth smell of tropical heat and mulching plant matter inhabit this place. Here there is no separation from the ancient history of humankind.

All of us have biological tags called genetic markers. We know organically how to survive in the wild somewhere inside us. Like all other species we are born knowing how to choose life with internal wisdom that is sealed so deeply we can hear the stones tumbling aside when we finally get to it. The smells are stronger; the tastes are less refined, the urges more primitive. It is true, we have become remote, removed from our primal natures; we are civilized and have forgotten the hidden entrances into secret places within ourselves... or have we?

I remember a student who, while talented, was unsure she would ever learn how to help anyone. She kept saying, “All the other students are already healers and I don’t think I’ll ever be able to do what they do. They are so intuitive and sensitive. Honestly, I’m really more of a client than a practitioner.”

That was true for the first year of her training as she learned basic anatomy and how to work with it for her own benefit. Finally, somewhere around the second year she had a breakthrough and just started to “know” things. Over time she had learned how to “tune into” the primal layer and suddenly she had awakened her primal knowingness and her primal intuition. Now, she was a star. Knowing instinctively what people needed in a session, feeling- before she could even speak, what part of the anatomy was blocked or wounded.

Her hands began to generate heat and she started to perspire when she was practicing on fellow students, an indication her Human Energy Structure was vibrating faster and was more available. The path for her had been through the primal layer and the wisdom, skills and memories held in that part of her sacred anatomy. A healer was born and today I call upon her for help myself!

A Layers Story

Lynda Empties Out CI Practitioner: Pauline Seroya Crouch

Lynda is an active and youthful looking 76-year-old woman with a history of multiple chemical sensitivities as well as stiffness and joint pain in her hips.

At first she came for naturopathic care, and after several appointments it became clear that she could benefit from the sacred anatomy work of CoreIndividuationTM. Although she has been fairly emotionally repressed, she expressed that she wanted to release emotional pain as she felt that it was aggravating her physical symptoms.

Our first session called for clearing the Layers. This was a very long and deep process during which Lynda cried throughout exclaiming, “I don’t know why I have tears. I’m so aware of emptying out — amazing! Wow, there is space for me in my body!”

The Emotional Layer

Located immediately off the bio layer and loosely reflecting its shape, the emotional layer may be anywhere from 6 inches to 3 feet in thickness. Its primary function is to direct and store emotional beingness. The personal experience of the emotional layer is one of *being with emotion* as opposed to *having* or *understanding and processing* emotion. It is totally in the present moment and is extremely subjective in nature. Remember, anytime you are *processing* an emotion or *feeling* your emotions you have left this place and gone mental construct shopping!

The emotional layer is only in the moment and current beingness of the emotional state. When you see a toddler throwing a tantrum, they *are* the emotion. Maybe you have had an experience of losing your temper and forgetting what you were really angry about? That's an emotional layer hallmark. There is no thinking involved - only being the emotion. The same can be true for love. Accompanied by the opening of the heart chakra, a love activation of the emotional layer feels so good you never want it to stop.

There are two strata in the emotional layer: foundational emotion and present emotion. Foundational is dedicated to the groundwork of the emotional experience, those that define our emotional context. Foundational emotions are the very first emotions of the human experience against which all other emotional events are referenced. Foundational emotions arise from three sources: the emotion expressed at the moment of individuation; the emotion experienced at the moment of birth into this body; the emotions stored as the memories of the first emotions of past incarnations.

This stratum stores these emotions, and all other emotions are weighed and measured against them. For example, if the foundational emotion of your present incarnation, the one experienced in the first moments of life is fear, all other emotions are referenced against this foundational fear. This sets the tone for the emotional climate of your lifetime. Mostly you go about your growth and development unaware that your approach to emotional experience is based in and measured against this first fear. But the big lessons will always have to do with the question: What am I afraid of in this moment? You will spend a lifetime answering this question and wrestling with rewriting your foundation.

How much better to simply know what this emotion was and to be able to make the choice to overwrite it? Just imagine reprogramming yourself like

a big computer, choosing another foundational emotion such as love or joy. Interesting thought isn't it?

Your present emotion stratum is exactly what it sounds like. Right now, this moment, this emotion. It is pure beingness. This stratum lives only in the present moment - when you *are* the emotion - not when you are analyzing or understanding the emotion. It leaves this realm the moment you become aware you are experiencing an emotion, at that point you have entered into an intellectual relationship with emotion as an event, so it has moved to the mental layer and you must follow it now as a mental construct.

The emotional layer is always moving. When static, it is caught in an emotional trauma loop, a replaying of the same state over and over in either strata. This can be extremely difficult or just part of a day. It all depends on your skill with emotional beingness and intelligence.

When sensed, the texture is like a light pudding or Jell-O before it has completely hardened, a light-bringing version of spun, aerated mousse. It is not cold, although cool spots may be sensed and these are things that need to be healed. The emotional layer is warm and not warm in a strictly physical determination, it *feels* warm and silky soft like the fat belly of a little puppy.

In a grounded person, this layer has a light hint of movement and emotionally upset or disturbed people have breezes or sometimes storms that can be felt as impending drama. The structures of individuals with quick tempers or violent tendencies are interesting because they go from totally flat to a tempest in seconds. Pubescent teens in a snit and premenstrual women being, well...premenstrual, are great demonstrations of the layer. Our hormones release, and the radiation of them out into the emotional layer can be tangible.

Some people have jagged and uneven emotional layers. They are often people who are uneven emotionally, who swing from hot to cold to emotionally distanced in the space of a single conversation. The emotional layer is very reactive to the health of the Endocrine System as well as the liver, and those who swing on emotional pendulums may sometimes be suffering from liver or hormonal issues.

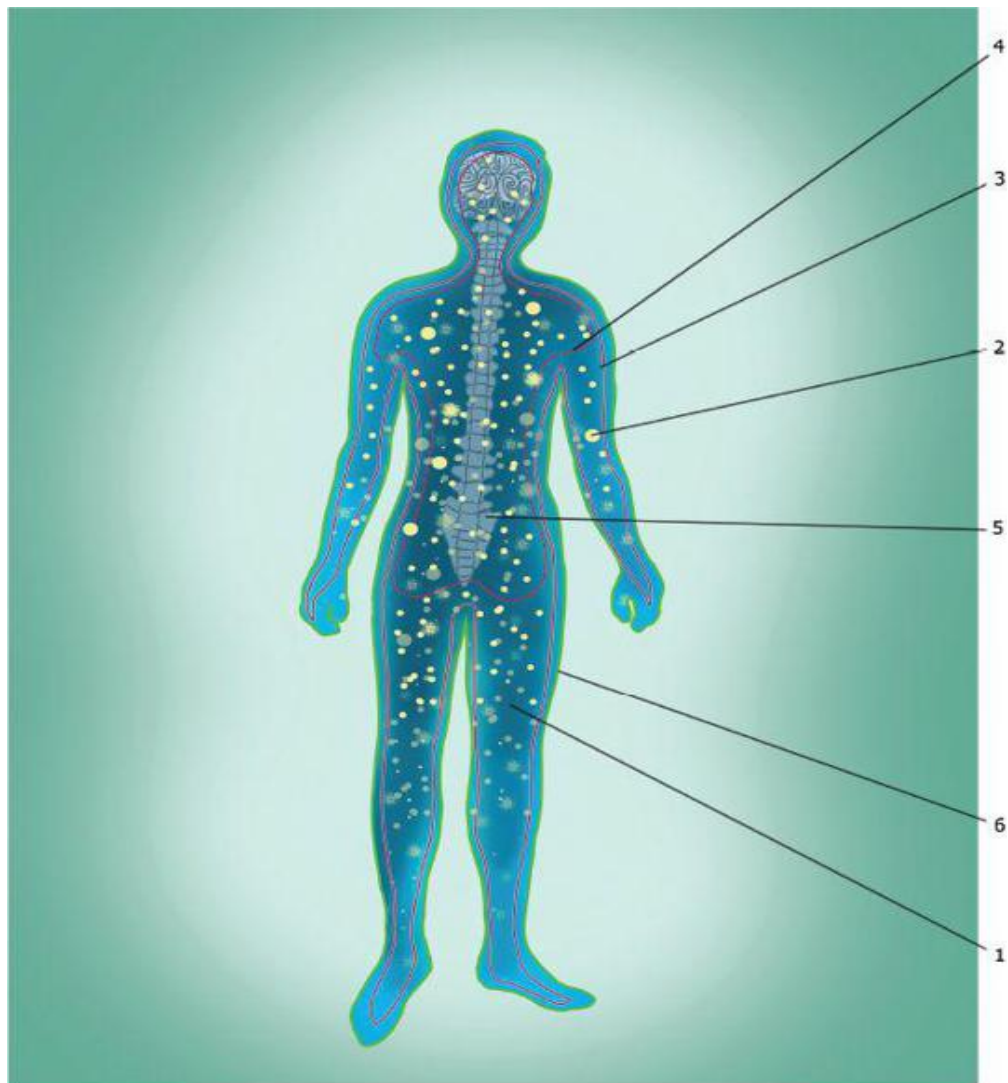
Visually, the emotional layer is usually a warm color, peachy, pink, rosy or sunny yellow. Occasionally a person is turquoise or another bright color, but these are usually people who are wired quite differently emotionally. Between all the layers is a slightly cool framework, which anatomically is part of the Bones of Light. The framework between the bio and emotional

layers is thinner than some of the others so we sense our own emotional energy most easily.

There is no future and no past in the emotional layer as it is completely in the present, with the exception of the big dense foundational emotions that are constantly reliving and the living again first experiences of emotions after both the primary individuation and first emotional experiences in any incarnation. Comparing all other emotion to this litmus test.

The emotional layer is innocent and could be thought of as the soap opera of the HES. Because it is always in the present moment, it can easily become a reactive cauldron of passion and pain. We experience our joys, sorrows, hates and loves in the moment before the shift from one emotional state to another, flipping through our choices like we are searching an address in a desktop rolodex.

The Bio Layer Strata (Fig. 6.4).



1. Sub Atomic Strata
2. Cellular Strata
3. Muscular Strata
4. Visceral Strata
5. Skeletal Strata
6. Dermal Strata

The instant we identify or categorize the emotion, giving it a name and attaching it to historical relationships, it ceases to be an emotion and becomes instead a memory, a story, an analyzed feeling that is no longer the territory of the emotional layer. Emotional content is not exclusive to the emotional layer, but all emotional experience is connected to the strata of the emotional layer.

The Bio Layer

The only layer that takes manifest physical form, the bio layer is located at the center of the HES, much like a yolk at the center of an egg. The entire manifestation of the bio layer consists of six strata. From outside to in they are dermal, muscular, visceral, skeletal, cellular and subatomic.

Of course, there are many more complexities that make up the study of the bio layer and many fascinating things to be learned about the physical body. The bio layer is well understood and well documented and there are many different places to turn for this information.

In our study of the sacred anatomy of the bio layer we focus instead on the subtle *within* the material. Many people think of the energy structure like a sort of ghost within the physical. This is partially true, as the Human Energy Structure is also an energy body. The physical body only represents one-eighth of the whole of one system: the Layers. All seven systems move in and out of the physical body in different ways, incorporating it into the entirety.

Solid form is nothing but congealed light. Each molecule, down to the subatomic level, contains the life force that holds all creation together. This is the same light frequency that powers the soul layer in individuation and the same light that drives the Blended Energies System. It is also the same brilliance that makes up the core, the channel and the Layers. This light wraps around each atom and moves through each and every portion of the bio layer as a unifying force.

It is my hope that it is at this subatomic level, the place humanity cannot yet see, where new discoveries of science in the next decades will reveal more and more the subtle ties that bind mortal beings to the universal fabric of multi-dimensional light.

The colors red, yellow, and blue are the primary colors of life and combine to shade everything we know in physical reality. All of the systems

move through the physical body, making connections amongst every other part of the Human Energy Structure. Even the densest parts of the anatomy, the bones, are in touch with the faraway soul layer. The neural-like net of the Template strands makes a visceral-like connection transporting somatic experience from the outer to the inner and back again. This sophisticated bio layer awareness supported by the Bones of Light increases the stamina and integrity of the structure as sacred anatomy incorporates within the physical body connecting subtle and material realities.

By understanding the connections to the greater whole, we will learn more and more about the health and well being of the bio layer. As a species, we will continue our evolution, developing not only our minds and technologies, but learning the greater capacity that our physicality has because of its connection to the sacred anatomical power that drives all life.

A Layers Story

Nancy's Release CI Practitioner: Regina Schulman

Nancy, a 45-year-old yoga instructor, arrived in chronic pain. A year before a car trunk lid had closed onto her head, giving her a concussion, a bad cut and lingering issues of pain. She came to me hoping a massage would help with her post-concussive disorder.

Nancy had tried everything from chiropractic to craniosacral therapy to alleviate the intense discomfort she experienced, with little relief. Rating her pain a nine out of 10, she located it along the occipital ridge and upper trapezius muscles of her upper back and neck. But her chronic post-concussive symptoms were even worse: “I was constantly exhausted. My stamina only carried me for a couple of hours at a stretch before I’d need to rest. After a certain amount of noise or interaction with others, I’d be down for several days. I felt a really tight mesh chain over my head, down my neck and across my shoulders and upper back. One area of my brain throbbed with what I called “hatchet head.” It felt like a hatchet-headed split, and my left shoulder/scapular hurt all the time.”

Although Nancy was not familiar with sacred anatomy, she was willing to try something new, if there was even the slightest chance of success. She was “open to the possibility” that she was holding trauma from the accident underneath the muscles in her upper back

and neck and in the acute pain she was experiencing. I assessed her HES and found that although very physical in presentation, her pain was held primarily in the psychological aspect of the authentic self and was manifesting in the physical body. In addition to the bio layer, Nancy's energy structure was contracted and holding a traumatic memory of the accident in the emotional and primal layers, parts of the Template, the framework and substructure of the Bones of Light.

Release was stimulated in the areas of her greatest distress in the bio layer while Nancy named and felt the emotions holding her Myofacial tissue, in a cloak of pain around her head, neck, shoulders and back. She shook as she released long-held anger, not only from the accident, but also from past abuse from others and toward herself.

We had opened Pandora's box! She identified deeper and deeper levels of emotional pain, blowing the lid off. The tightness in her neck, shoulders and upper back soften so significantly, that it began to feel like someone else's body beneath my hands. Every affected anatomical part was releasing! Weeping in relief, Nancy could breathe fully for the first time in over a year.

A month later Nancy reported: "I immediately felt much lighter after our first session. By the next day, pain that had been a nine out of 10 reduced to a two at best and four at worst. What a difference! The shoulder pain was gone completely, and the other pain had reduced dramatically... My posture changed for the better. I could breathe more fully and my stamina improved. I have more work to do both on a physical level and deeper, but I have hope and the energy to meet the challenge.

Functions of the Layers at a Glance

- 🌀 All layers support the growth and evolution of the individuated soul, escorting, nurturing and caretaking it from inception to dissolution in reunion with all creation.
- 🌀 The soul layer acts as the container of the individuation and the fuel for the one body.
- 🌀 The etheric layer houses the soul's historical record.
- 🌀 The spiritual layer nurtures soul's purpose.
- 🌀 The cognitive transmutes the vision and purpose into the seeds of manifestation and acts as the control tower of the Human Energy

Structure.

- 🌀 The mental layer accepts the chaos of the creative process we are and organizes it.
- 🌀 The primal layer realizes the need for tribes, clan and family and works to create meaning out of those connections leaving a legacy for generations to come.
- 🌀 The emotional layer is present to emotional content and experience.
- 🌀 The bio layer is the manifest form, the ultimate creation of our individuated dual nature. We are one with all that is at the core, and we are separate expressing as self in the HES.



Chapter Seven

The Template

Why the Template System Matters to You
Template Echo: A Sensing Tool
Template System Components
The Sacred Anatomy of the Template
Functions of the Template at a Glance

Why the Template System Matters to You

Your Template strands form a web of connection to every nook and cranny of the Human Energy Structure. No part is excluded or forgotten; the Template is utterly inclusive. Understanding the Template means living an expanded life. Not only feeding, and relaxing the combined nervous systems of the physical and subtle Human Energy Structure but gently leading you toward releasing grasping and struggle in your life. Learning about this system gives you ways to live in a consciously expanded and relaxed state allowing you to open to your own possibilities and to attain a more enlightened state of being.

Template Echo: A Sensing Tool

With thanks to the questing minds of the first CoreIndividuationTM apprentice class.

Contained within the Template there is an echo that is felt in the Template web, which surrounds your physical body and includes it. This echo is reflectively *felt* or mirrored in the Template of a person who is making an intentional connection with you. Such as the sort of an energetic connection a massage therapist or a bodyworker makes with their client. It might feel to them like they are “reading” the client through their hands but it is their own Template echo that makes this happen and activates the hands as the lens through which information is accessed. When it happens to you it feels like a gentle awareness in the part of your physical body where your intentional connection (the other person) is experiencing an issue. For example if they have a bad toothache you may feel like a gentle throb in your mouth near the tooth.

The echo is one way that the bio layer responds to information held in the Template of another person. A sympathetic resonance is present that can allow a response to the condition of the Template of another. For more on compatible resonance see Chapter Twelve, The Harmonizing Network on [page 306](#).

The echo also serves to warn us of danger or to inform us of the *climate of safety* in a physical space. This magnificent feature of the Template can be used to assess and educate. If you have ever walked into a building and felt uncomfortable feelings that seemed to come from out of nowhere, it is most likely your Template echo was giving you more information than you could process about events that occurred there or emotional energies that were clinging to the furniture and walls and still cluttering the space.

The *feelings* of the echo do not need to be *taken on* by the individual who senses them. It is possible to learn how to scan the echo *within* your structure to sense another’s condition like reading an interactive book. Developing your relationship with this amazing part of yourself by learning to consciously expand the Template out of a contraction will enable you to deepen your own sensate skills. See the Template Expansion in *Your Owner’s Guide*, Chapter Three on [page 54](#).

While reading this chapter, practice scanning your Template echo, as reading about this system will activate it, stimulate it and send out the call that you are ready to know your Template echo consciously.

As you are learning, be aware that what you are sensing may not belong to you. If this is unpleasant for you, take a deep breath and simply tell the other person’s energy to go back to where it came from. They cannot and

will not harm you nor will they stay, as they are just being human doing a normal human thing. Remember to breathe and release them with compassion.

The Template Journey

The Template is most easily equated with the Nervous System of the physical body. It has components that operate like antennae to attract specific useful universal energies, strands that behave like synapses, moving the energies toward the core, and a stomach-like organ that receives and personalizes these energies for use by the HES. In the arena of the one body the Template is the multi-tasking gladiator who makes all things possible.

The story of the Template begins at the edge with the villi antennae calling out to the pure creative expressions of Source that exist as frequencies and light energies all around you. When an antenna captures energy, it transports it to the wild chaos of the soul layer and deftly pitches it across the melee. The energy is caught by anatomy anchored into the inner edge of the soul layer that launches the Source energy inward on its journey.

This is the boundary of the Template and is made up of hooks that attach into the inner edge of the soul layer. These open-ended funnel-shaped Template hooks have several jobs. They act as catchers for Source energies traveling across the soul layer from the villi antennae, and they also attract and capture the swirling single currents of the soul layer that have broken away from the core. These energies combine in two different ways: blue and red or yellow and blue.

The catcher marks the beginning of the Template strand, which houses the synaptic-like transfer of energies toward the interior of the Human Energy Structure. As the individuated yellow and blue or red and blue currents mix together, they give Template strands their beautiful blended lavender and green colors. Each strand is affiliated with an antenna waving at the edge, open to receive the constantly expressed specific energies of the Source. While the strand receives through the mouth of the hook the energies that lend it color and power, the Template is also transporting the harsher and stronger pure Source energies. This is the beginning of the process of initializing and personalization.

Within the strand, the two combinations of individuated energies mix with Source energies, and as it travels to the core sheath, raw power begins

to turn into- you. The strands continue focused on their purpose, through the soul layer, from the villi all the way into the core sheath. Strands stretch from the inner edge of the soul layer to where they attach at the center of the Human Energy Structure through Template inlets buried in both the core sheath and star point. Template hooks; strands and inlets effectively suspend the subtle organ and stabilize the HES even as strands pass through other anatomy including the bio layer.

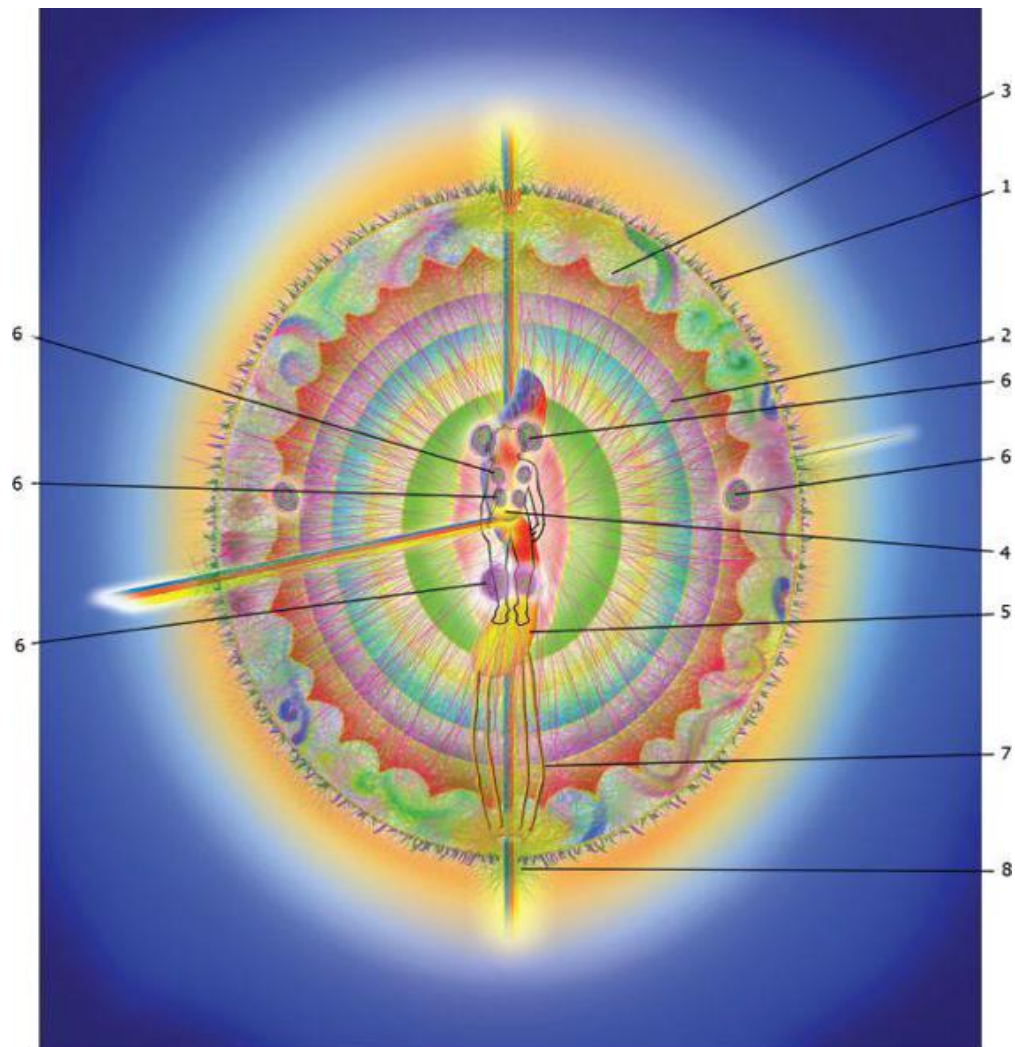
All of the inlets move the contents of the strands into a large extragenic stomach, which wraps around the core like a long pouch. They get there either by way of the core sheath into insertion points or through a larger entry at the rear of the star point. The extragenic^{*} stomach rests inside of the core sheath and does not actually touch the core. See page 164 for illustration ([Fig. 7.8](#)) of the exterior of the e-stomach.

Once arrived at the e-stomach, the individuated energies are stripped away and the grinding process of initializing starts. Some of the function, purpose and wisdom currents soften the energies within the stomach and as they are finally released into the soul layer what began as a pure expression of Source now has been softened, personalized and shaped into your fuel.

As each and every being has different nutritional requirements, the e-stomach grinds up and separates the pure Source energies and any debris carried into it down the strands. This process initializes the energies and makes them compatible with the existing individuated fuel of the Blended Energies System. It then expels this *changed energy* (initialized or personalized energies) into Template drains that carry it down the length of the core from the e-stomach through the big filters at the chi pool and into the swirling soul layer. What started out as specific Source energies attracted by the Template villi antennae at the edge of your Human Energy Structure, finally end their journey by entering the soul layer as nutrient-rich food for your individuation at the base of the HES.

^{*}Extragenic: Taken from the term extragenesis, which means before or above the beginning. Extragenic is a descriptive applicable to transformational change. Energy that is extragenic is charged with the inspiration of possibility.

The Template Network (Fig. 7.1).



Potential of the Template

When we react to the stimulus around us, whether it is at a subatomic or the gross physical level, we are engaging the chemical responses and emotional, psychological and physical consequences, which are our experience of life. But, we are capable of more. Human beings are actually able to *consciously respond*. We can drive our own bus, not just be a passenger- flying out of a slippery seat when taking a hairpin curve.

Consciously interacting with the Template allows us to go back to the root of who and what we are, back to the beginning, to the Source. We, as *consciously interacting* individuations of Source, manifest in congealed light or physical reality - that which we know at an evolutionary moment to be true about ourselves. The way we hold ourselves back (or not) is relative to *what we know* and *how available we are to shift* this knowingness.

Learning how to expand the Template as you did in *Your Owner's Guide* makes a positive and purposeful groove in your brain. Using your sacred anatomy to make a physical/chemical reaction that affects how you are in the world at the same time as it is empowering the sacred anatomy is the amazing potential of the Template.

The Master Organ

This is just the beginning of what this amazing organ does! It has so many diverse functions that it really is a master organ of the HES. Each organ, skeletal segment and system contained within the sacred anatomy has a dedicated region of the Template. Like the brain, these regions have been mapped and can be interacted with to the benefit the structure. When an imbalance is found in a part of the anatomy, the corresponding region of the Template may have an issue, a holding or wound. Working with the affected region can support well being.

From core to edge, the Template is the great communications network of the HES. The star point, located above the belly button of the bio layer at the center of the Template, can be used for access to the larger organ. Many inlets go right into the star point, while others travel to it through the core sheath. Some strands insert directly into the e-stomach. With strands suspended like neural-net ligaments throughout the structure and the Template connected into a central star point, it can easily manage the expansion and contraction feature of the subtle structure.

The Template expands and contracts reactively to all stimulation. As you learned in *Your Owner's Guide* Template expansion exercise, knowing how to control this reflex gives you more power over your own life responses. The expansion feature of the Template can be activated through touch at the star point and trained to respond on command. This action can be used for healing, increasing well being, building stamina and relaxation.

The Template also houses the greater mind, which is constantly reacting to the stimulation of Source energies. As they are received by the villi and blended with the individuation of the soul layer, these energies travel rapidly down the strands toward the star point and the core sheath via neural net fibers.

An energy or combination of energies makes quantum leaps from one tiny fiber to the next as it rapidly moves toward the e-stomach to ultimately become initialized as your own. The neural network of the Human Energy Structure is the home of the greater mind, open to larger ideas, universal concepts and the epiphanies that come from the void. Deep inspirations and insights occur from pure interactions with undiluted Source energies and the individuated wisdom in the form of the function, purpose and wisdom currents as contained in and used by the Template organ.

Template System Components

Star Point

Star Point Conduit

12 Radiant Points

Template Strand Anatomy

Template Villi Antennae

Villi Hooks

Pitch-Catch Function

Template Hooks

Singular Template Strands

General Template Strands

Neural Template Fibers

Extragenic Stomach Anatomy

4 Template Intake Vents in Core Sheath

Inlets

Extragenic Stomach

Stomach Villi
Wisdom Section
Purpose Section
Function Section
Grinding Function
Template Drains
Chi Pool Filters

The Sacred Anatomy of the Template

Villi Antennae

Villi extend from the edge, reaching into the universal with the mission of attracting nurturing Source energies. Each tiny antenna located at the center of a Bones of Light System receptor, is assigned to receive a specific universal frequency. The direction of which frequency the villi will attract is given to the receptor site. The villi are the end of the Template strand, and each one is related to a longer and larger strand that conducts the attracted energies to the center of the Human Energy Structure. The associated strand across the soul layer has predetermined the number of specific energies each villus attracts and that the strands are able to accommodate. Villi are also lavender and pale green in color. See illustration ([Fig. 7.2](#)) on page 155.

Villi Hooks

Just like the Template hooks that form the base of the strand in the inner edge of the soul layer, the villi antennae also have hooks that anchor them into the inner part of the edge and open into the soul layer. Each villi antenna is darker in color than its strand but it is made of the same ingredients. To form the antennae, villi hooks funnel the same red (purpose) and blue (function) currents to make some deeper purple antennae and yellow (wisdom) and blue (function) currents to make some darker green villi antennae. The hook opening is also the location of the pitch of the pitch-catch- feature. See page 156 for illustrations of hooks ([Fig. 7.3](#)) and ([Fig. 7.6](#)) on page 160 for the Pitch-Catch feature.

Template Villi Antennae (Fig. 7.2).



1. Villi Antennae
2. Edge Receptor Site (Bones of Light)

Template Strands

Your Template is primarily constructed of strands that span the interior of the Human Energy Structure from the inner edge of the soul layer to the opposite side of the inner edge. There are two styles of strands: singular, dedicated to transporting only a single universal energy, and general, which are thicker and may move up to three energies. All meet at the center, where, employing template inlets, they make their way to the extragenic stomach via both the star point and the core sheath.

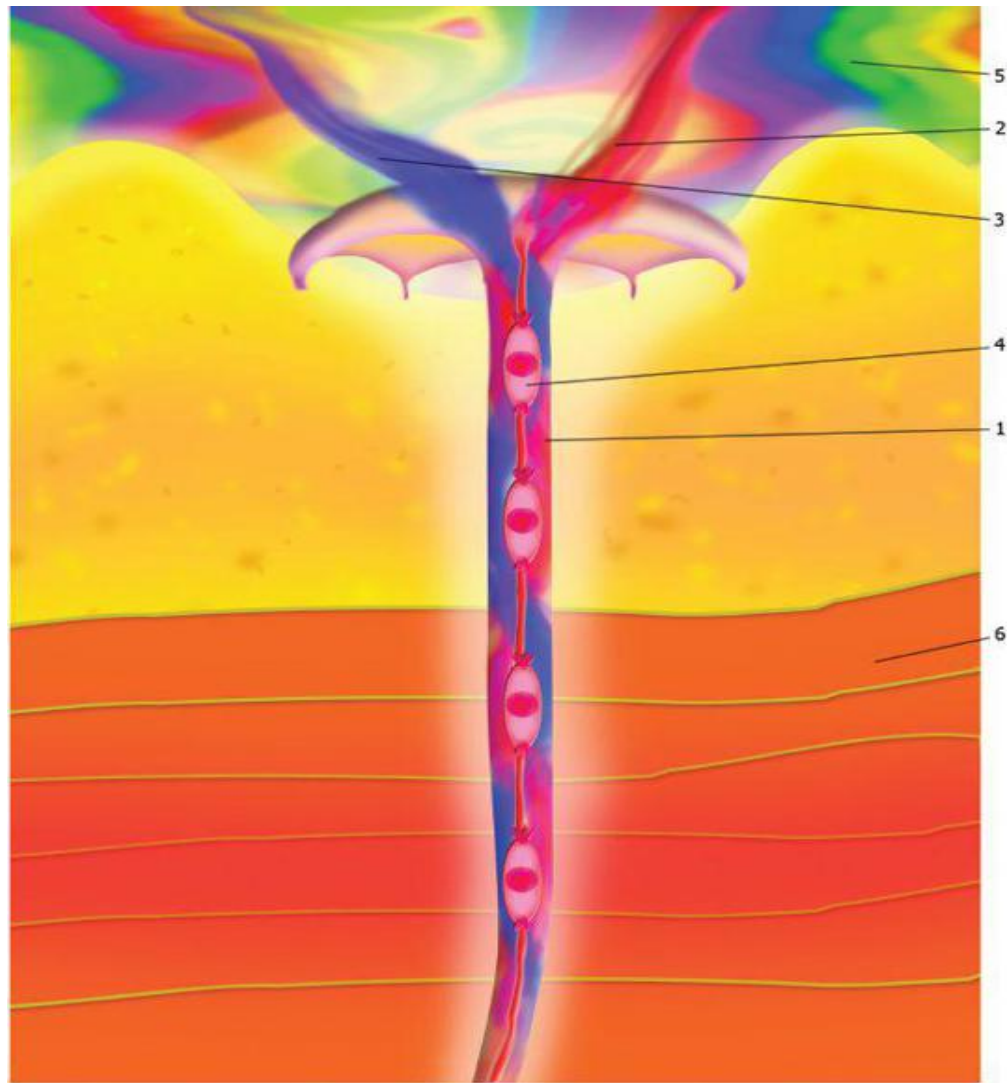
The strands are the workhorses of your Template. Without the strands, you would not contract or expand, nor could you absorb the harsh but vital universal energies without the Template's valuable personalization process.

Strands are fascinating because they pass internal communications along neural Template fibers and at the same time are filled with the

incoming individuated currents and undiluted Source energies. See ([Fig. 7.3](#)) on page 156 for illustration of this feature. Both kinds of strands are lavender and pale green in color, with the thicker strands displaying a deeper color. Green strands are made up of yellow (wisdom) and blue (function) currents; lavender strands are made up of red (purpose) and blue (function) currents. The individuated currents mix together inside the strands flowing around the neural fibers. See pages 156 to 157 for illustrations of both types of strands ([Fig. 7.3](#) and [Fig 7.4](#)).

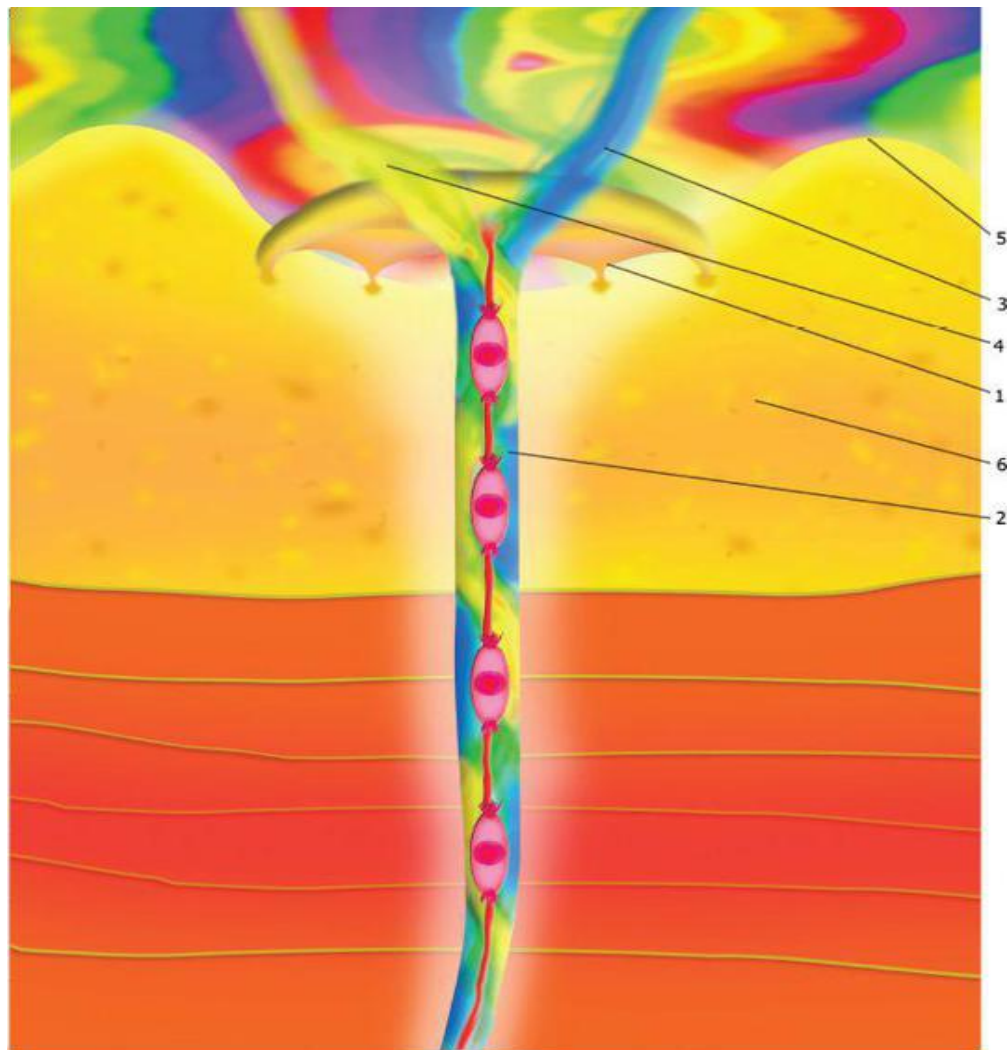
Because of the way both kinds of strands connect across and right through all parts of the HES, they are uniquely positioned to serve as a way for even remote parts to communicate. For example, with the help of the Template strands, the outer edge of the soul layer can be accessed by the bone marrow in the right thigh of the bio layer. This way the bone marrow receives information from outside of the smaller physical system, even though it does not have nerve endings or any physical way *to feel* the communication impulse. The strands running through every single thing within the structure establish a sense of connection and harmony, allowing the bone marrow to receive direct and valuable energy from the Source for healing and well being.

A Purple Strand and Neural Template Fibers (Fig. 7.3).



1. Purple Template Strand
2. Red Purpose Current
3. Blue Function Current
4. Neural Template Fiber
5. Soul Layer
6. Etheric Layer

A Template Hook and Green Template Strand (Fig 7.4).



1. Template Hook
2. Green Template Strand
3. Blue Function Current
4. Golden Yellow Wisdom Current
5. Inner Edge of the Soul Layer
6. Framework

The merging currents of energy pick up any debris inside of or passing through the strand. Much like the intestines continue to digest food, the strands begin the personalization process to make Source energies usable. Source energies and individuated currents combine together to create a rich and active atmosphere inside the strands. Sometimes information being conducted around the HES is polluted; when that happens toxins are ejected by judicious and finicky fibers into the strands that house them. This is why we sometimes need clearing for the Template.

A Template Story

Ruby's Awareness of Death CI Practitioner: Regina Schulman

Ruby, a 40-something schoolteacher suffered from chronic throat spasm affecting her speech. Just before the Thanksgiving holiday Ruby came down with the flu, a 102.5-degree fever, stomach pain, shaking and coughing. She was still experiencing discomfort in her right inner ear and awoke the morning of our session with the smell of the heating pad evoking a memory of a serious ear infection at age two. Ruby shared that eight years ago when she was “the age her youngest daughter is now,” her mom, only 59, had a massive stroke affecting her speech. Ruby’s Human Energy Structure was reacting to a combination of these painful memories and the flu. Assessment disclosed an energy swelling loaded with information lodged at a junction where Template strands cross the bio layer deep inside her right inner ear. The swelling contained the word: death. This had tremendous significance to Ruby.

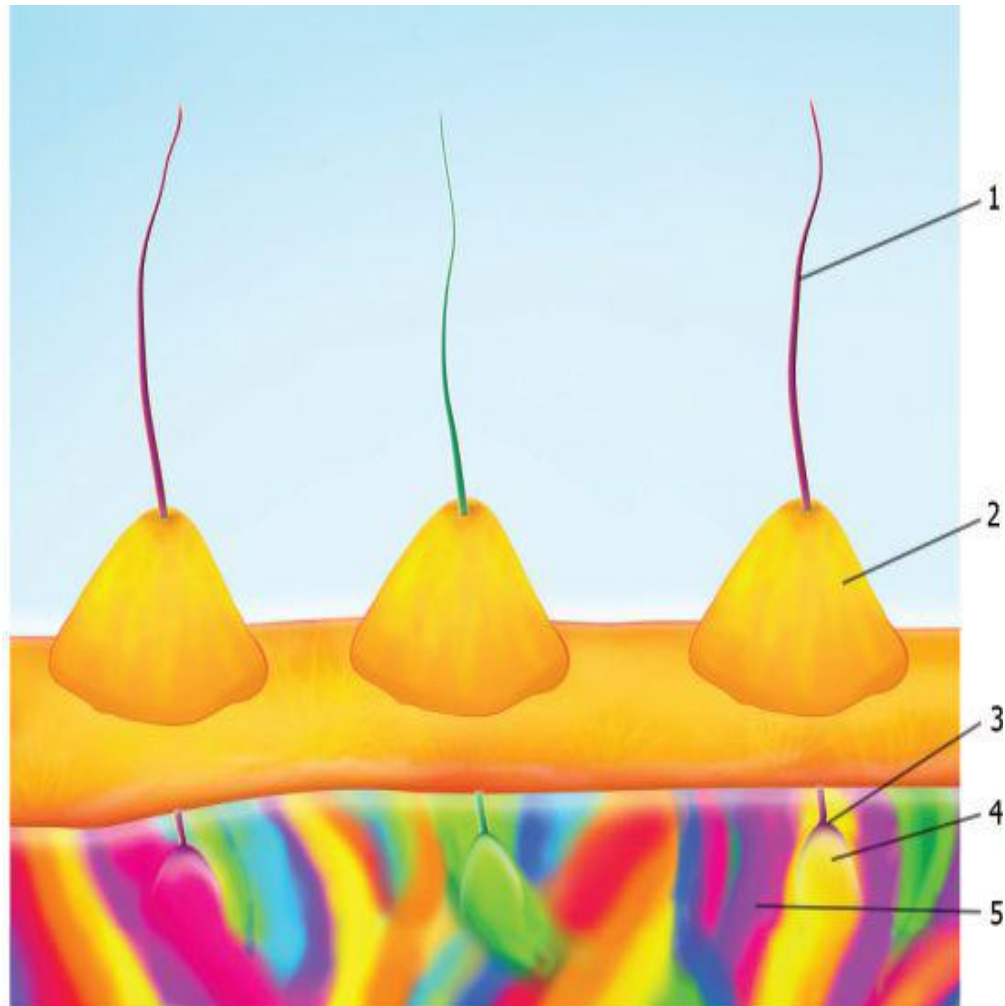
“I have lived every day with the awareness of death. I will die. People will die. It shocks me that people don’t really think about death. I was preoccupied by the thought of it. It was my job to keep my mom safe. My role in the family was that of a scapegoat. I could never really “hear” what was going on and be on top of a situation.” Ruby was in her own little world.

She realized the benefit of holding on to this death swelling was that she had to make the decision to “choose life” on a daily basis. Being separate kept her away from the toxic muck of her family and had helped her to survive.

But now the swelling was turning into a liability and was at least partially responsible for her chronic illness. After removal, Ruby took the initiative and created an affirmation she would work with: “It is okay for me to be powerful and authentic. In fact it is more than okay. This is my birthright! And I take it back now.”

Today Ruby reports: “I feel more in my belly, more grounded and substantial in my body. I am talking better and more consistently.”

Template Villi Hook (Fig. 7.5).



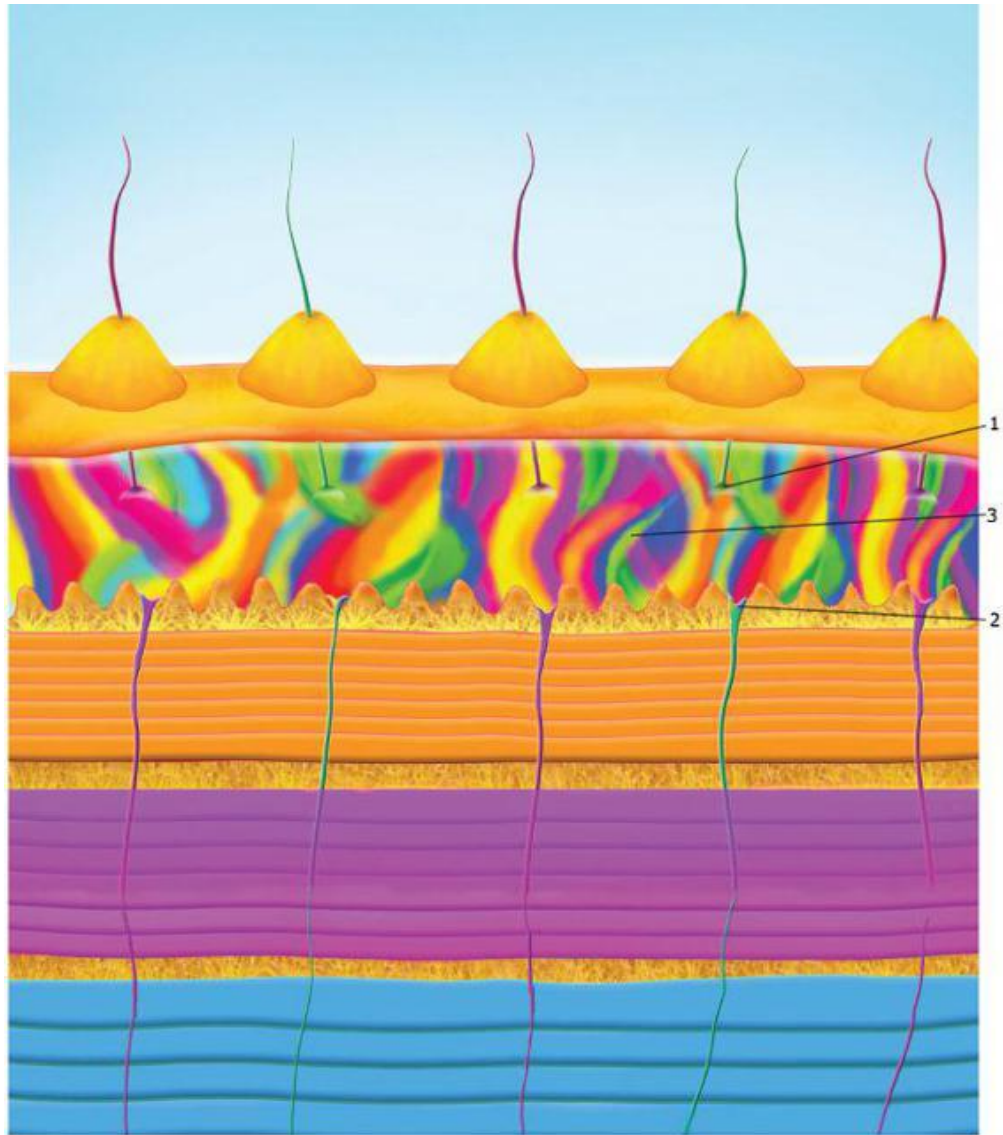
1. Villi Antennae
2. Receptor Site
3. Villi Hook
4. Pitch-Catch Feature
5. Soul Layer

Template Hooks

Template hooks have three basic functions. The first is as an anchor, the second is as a funnel where energies are combined, and the third is as a catcher for the pitch of the villi-like antennae. The Template hooks hold the Template in place and allow the expansion and contraction to function without collapse.

Template hooks act as funnels for pure individuated soul layer energies that create the Template. The hooks also combine these energies, softening them so they form new blended colors. The colored currents of yellow (wisdom) and blue (function) merge to create the pale-green hue of some of the strands and the red (purpose) and blue (function) colored currents create the lavender. The Template as a whole appears to be a combination of these two iridescent colors, pale green and lavender.

The Pitch-Catch Feature (Fig. 7.6).



1. Pitch
2. Catch
3. Soul Layer

The Pitch-Catch Feature

The Template hook narrows and refines both the general Template strand and singular Template strand down into their next function as catchers for the pitch from the villi. Universal Source energies are attracted by the seductive villi and only stop at the exterior edge of the soul layer to ready for the pitch. Held within the villi hooks at the central base of the antenna is the pitch function, and here the pure unfiltered Source energy is pitched across the wildly swirling river of the soul layer into the waiting opening on the other side. Villus hooks pitch from the center of the funnel, as individuated currents are flowing into the villus, creating their color and stimulating their action at the sides of the funnels.

The Template hooks are already receiving the red (purpose) and blue (function) or yellow (wisdom) and blue (function) currents that will give the strands their color. There is the same sort of movement at the central entrance of the Template hook when it catches the pitch of the villi hook. Source energies move from center funnel to center funnel.

Neural Template Fibers

Tiny, short, pale-pink, rod-shaped neural Template fibers are contained within both varieties of strands and act as conductors for impulses that carry information from one part of the system to another. Information appears to make a quantum leap from one neural Template fiber to another as part of the extensive larger network. Fibers eject any debris out of the pure energy streams and when this happens debris may collect in the strand causing congestion.

Star Point and Star Point Conduit

Because the core is encoded with the self-aware intelligence of the cosmos, it contains the full potential of the HES. The core sheath encasing it, receives Source energies trapped by the villi and funneled down the strands into inlets and the star point, both located in the core sheath at the center of the vast Template web. See illustration ([Fig. 7.7](#)) on page 162.

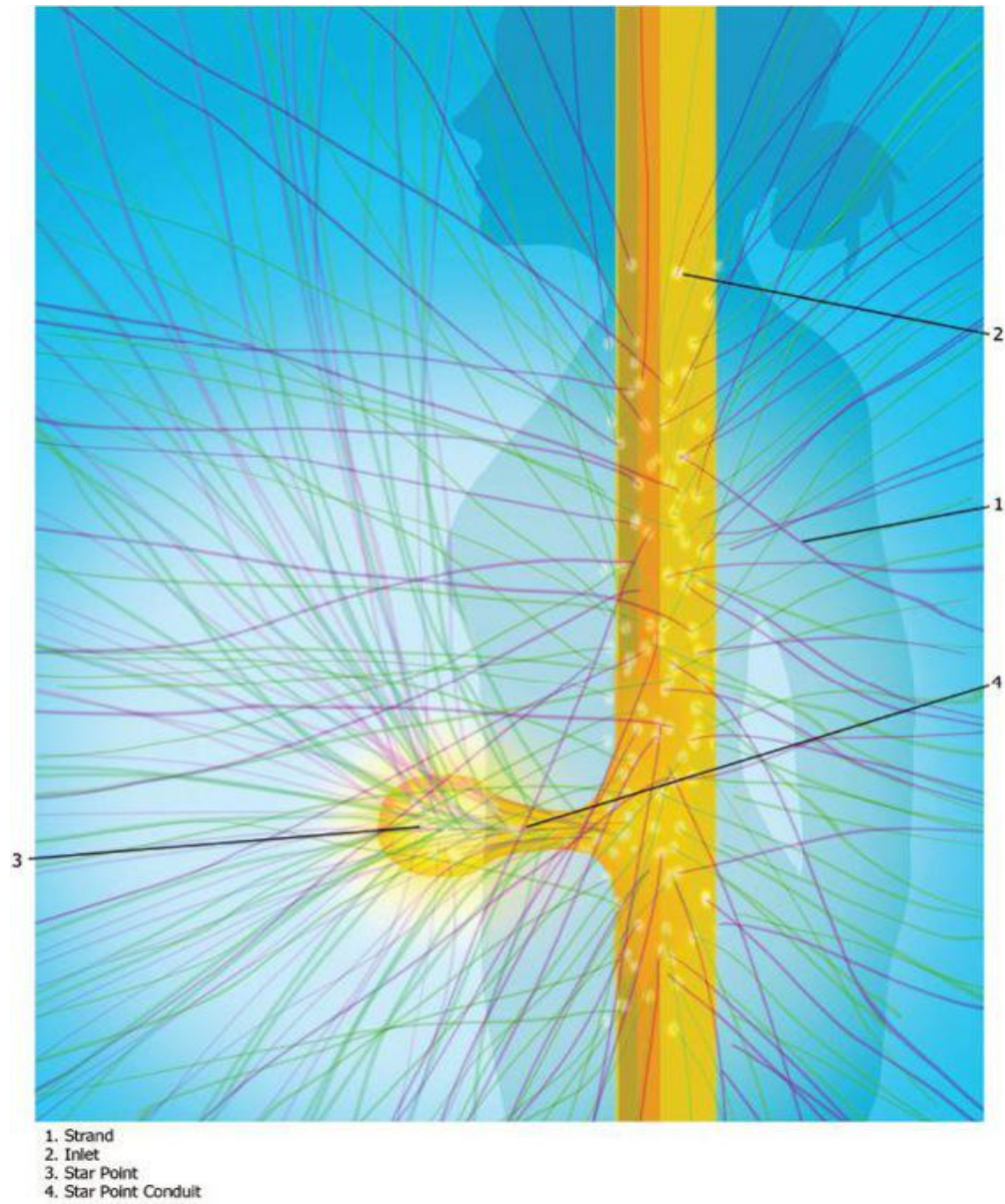
The strands that congregate at the star point release their cargo into inlets in the point, and the energies move from there down the attaching star point conduit at the back of the star point and into the core sheath.

Ultimately, these nourishing energies are ground in the e-stomach and excreted out through drains at its base and through chi pool filters into the soul layer. This is how the now transformed universal energies feed the rainbow swirl that is the gas tank of the HES. When the function of the star point is compromised, the structure suffers a loss of pliability, stability and the ability to stay nutritionally balanced.

Relaxing the Star Point

Training the star point to relax is one of the most valuable tools you can learn to establish tranquility of spirit in the HES. The expansion and contraction response of the Template is habitual in nature and we can even become addicted to needing a certain amount of tension in the system to feel “normal”. The optimum state of the Template is expanded. The expand exercise in *Your Owner’s Guide* showed you how to expand the Template and this one will show you how maintain a state of readiness for expansion. A relaxed star point is always a happy star point.

The Star Point (Fig. 7.7).



Template Inlets

Template inlets receive the Source energies entering from the strands at the core sheath and star point and carry them to be digested in the extragenic stomach. Located in the core sheath, Template inlets run the length of the core sheath, transporting Source energies and debris from the strands into the e-stomach.

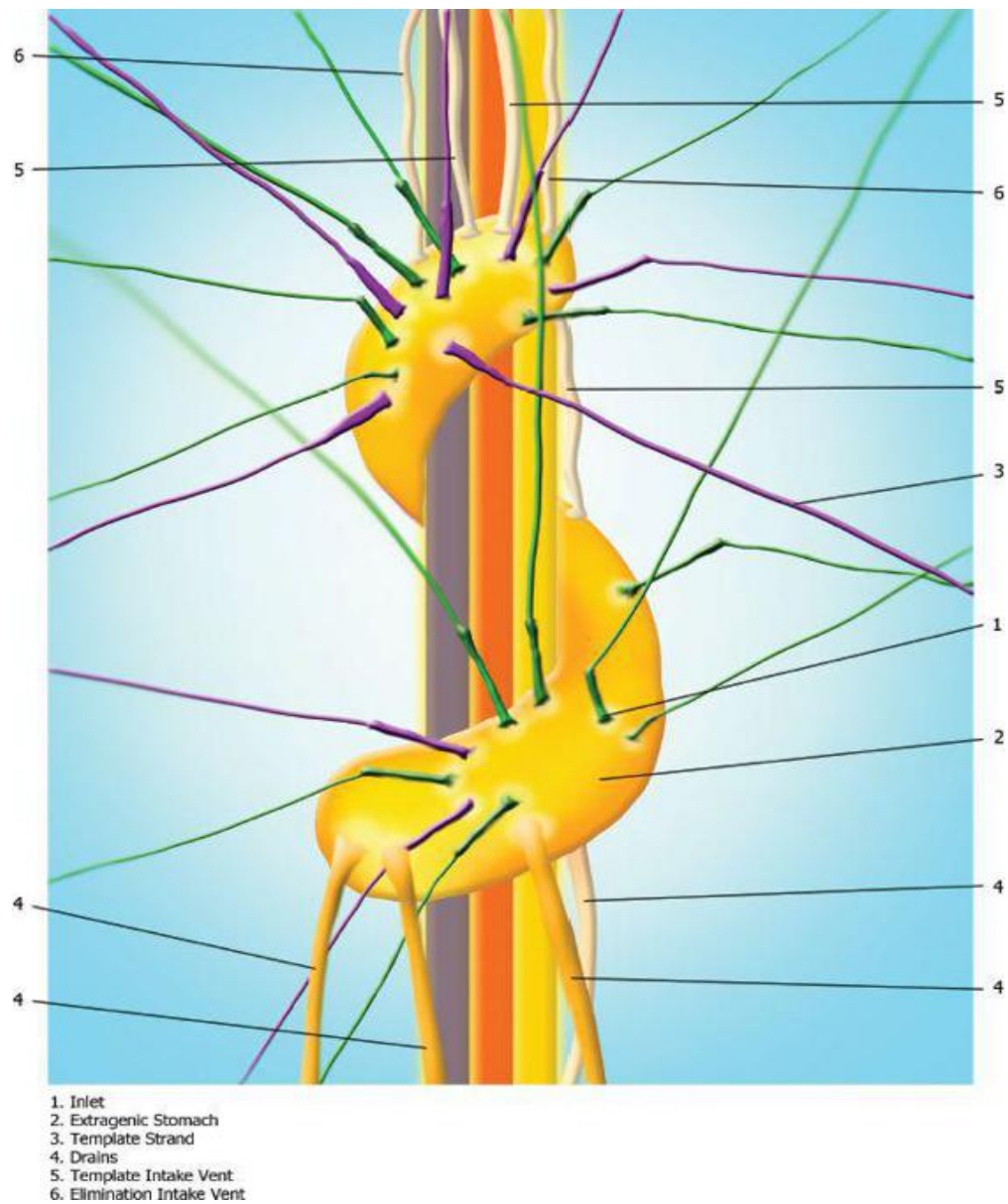
Relaxing the Star Point

1. Standing consciously, return presence into your physical body.
2. With a deep breath, use your intention to be aware of any tension near or around your belly button. Investigate the area right behind your belly button or just above or below it for holding, contraction or tension.
3. Extend light fingers, take a deep breath and insert them into the areas of tension.
4. When you have them located, push behind those places and go all the way to the core sheath near your spine. Be careful not to go past the core sheath and into or through the core. If you accidentally experience a “core incursion” *it will not harm you* but it might make you feel nauseated, queasy or vaguely disturbed while it is occurring. So if you are experiencing anything like this, you have gone too far and passed the core sheath. Pull back.
5. This is the back of the star point where it connects to the core sheath.
6. Keep your fingers there and gently stroke the back of the star point until the tension or the tightness you felt before releases.
7. Notice how you have relaxed. This is helpful for self-soothing in stressful times.

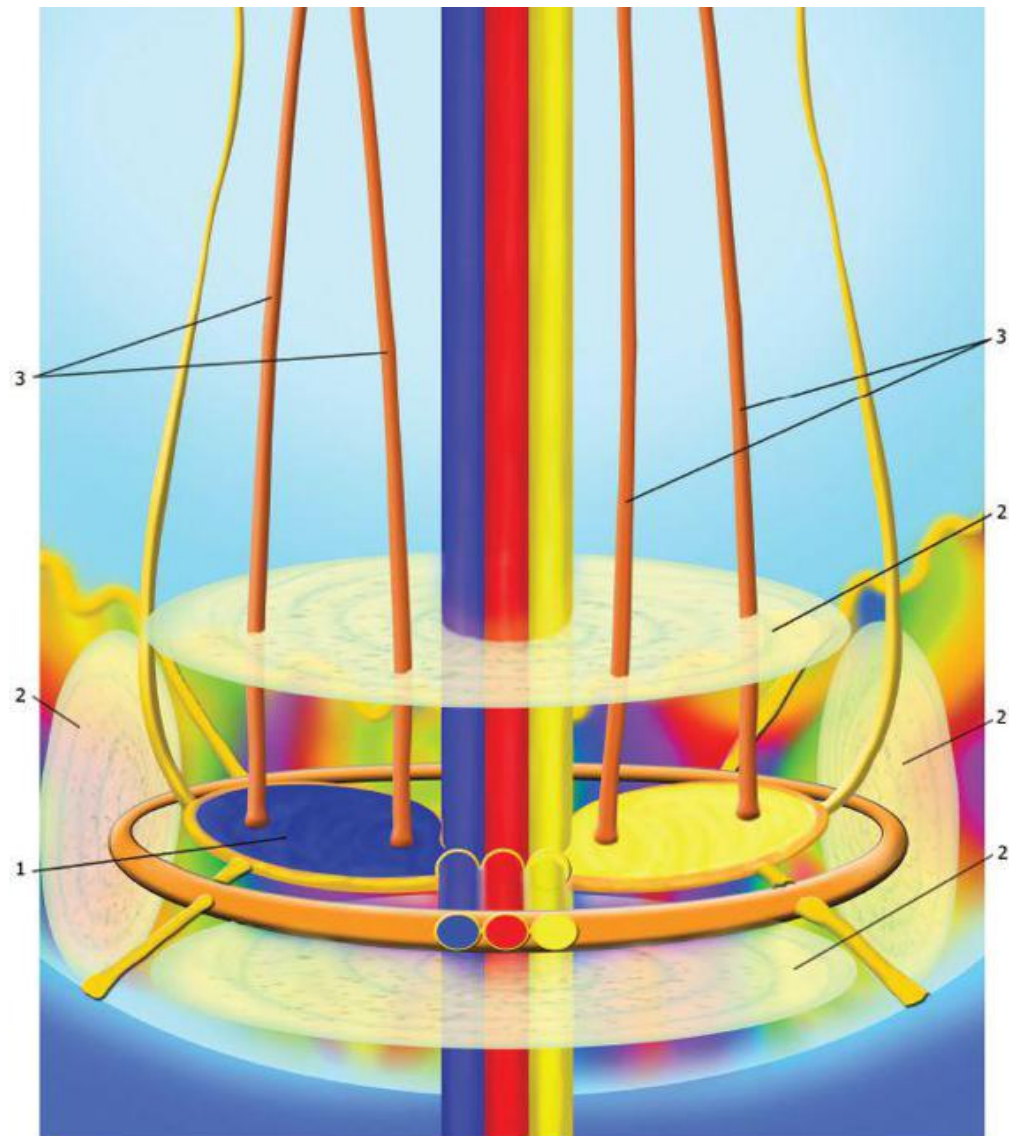
Extragenic Stomach and E-Stomach Villi

The extragenic stomach is part of the function of the Template and the Template System but is also incorporated into the Elimination System. Ranging from 5- to 10-feet in length, it wraps around the core and nestles into the blanket of the core sheath where it receives Source energies from the Template inlets. For most people the e-stomach is longer than the bio layer starting a foot or more above the head and ending well below the feet. In children, the e-stomach appears to be more than double the size of a typical kindergartener. Like the rest of the subtle anatomy, it does not grow in relationship to the physical body but instead the bio layer “grows into” the extragenic stomach as does the Template and all other sacred anatomical parts. The grinding digestive action of the e-stomach changes the pure Source energies further by making them compatible with the HES as personalized nutrients. See illustration ([Fig. 7.8](#)) on page 164.

Exterior Extragenic Stomach (Fig. 7.8).



Chi Pool Filters and E-Stomach Drains (Fig. 7.9).



- 1. Chi Pool
- 2. Chi Pool Filters
- 3. Extragenic Stomach Drains

The energies arrive at the e-stomach completely merged and already deep into the personalization process. Blended purpose and function (lavender) and wisdom and function (pale green) currents mix during strand-transport with the universal Source energy or energies that the strand is conducting.

The interior of the e-stomach is divided into three areas, each with the same job description. They must now do several things that are similar to the actions of digestion in the bio layer stomach. This is called grinding.

The E-Stomach- Sorting to Grinding

One of the major jobs of the extragenic stomach is to pull apart the pure Source energies and the individuated energies after they have been mixed together in the Template strands. Each section of the stomach sorts their individuated energy out-blue function pulls function, yellow pulls wisdom, and red purpose pulls purpose. Extracting the specific energies out frees the Source energies to be personalized and initialized through the grinding process for individual use as fuel in the soul layer.

The stomach removes any impurities from the individuated energies by rolling them over the villi in their section until cleansed. It next releases them to be personalized by tumbling through the entire e-stomach. The energies encounter stomach villi representing pure individuated versions of each of the triple currents in a way unique to only you. Doing this identifies the Source energies as belonging to you and makes it possible for you to assimilate pure divine Source into your HES as nourishment.

The Source energies tumble through the e-stomach, being personalized and each section influences the Source energy, putting a unique imprint on it before spitting it back into the central corridor of the e-stomach.

When this happens, the Source energy is ready for grinding. This is the point where the Source energies delivered into the e-stomach by the Elimination System are most helpful. These pure energies are geared to support elimination and stimulate the e-stomach to begin the grinding needed to personalize the energies received by the Template strands. Grinding is a spasmodic tension-and-release action that initializes or activated Source energy for use and release into the soul layer. If necessary grinding will re-integrate it back into blue, red or yellow current before

releasing it into a drain, depending on what else it needs to be personalized so that it can be best assimilated by the fuel being blended in the soul layer.

Four Template Drains and Chi Pool Filters

Four Template drains are placed in the base of the e-stomach. Take a look at the drains in illustration ([Fig. 7.9](#)) on page 165. They exit the blanket of the core sheath at the stomach base, two going to each side of the chi pool.

Two go into the function pool and two empty into the wisdom pool. The changed energies and any debris that still remains exit the stomach into these four Template drains. They move the initialized energies and the waste toward the soul layer where the drains empty through the top chi pool filters of the Blended Energies System and then out into the fuel tank. At the filters, initialized energy is cleared of any remaining debris and finally released and incorporated back into the soul layer. This new energy further enriches the fuel of the Human Energy Structure.

Because the chi pools are essentially made of function and purpose currents and the drains are dumping purpose and initialized source energies into them, a final piece of the digestive grinding takes place here. The function pool spins counterclockwise and wisdom pool spins clockwise, so as they spin the Source energies are ejected. The purpose current does not spin into a pool but immediately enters straight down into the soul layer. The function pool sends energies to your left and the wisdom pool to your right. This release at the bottom of the structure balances the individuation release from the core at the top of the one body. Any function or wisdom current energy will stay to rest in their chi pool until fully restored. Purpose current never gets a break.

12 Radiant Points

The Template has within it 12 locations that act as information hubs and Karmic activation sites. Suspended in between and attached to at least three or four strands for balance, each of these radiant points glow either bright purple or green and emanate as lights and heat out of the Template.

The 12 points work to align the HES and to render useful, important historical information retrieved from storage in the karma and death and recent stratum of the etheric layer. Karmic memories about death and birth events and records of major life events all stored in the etheric are brought

into active use in the Template by the stimulation of or intentional focus on one of these radiant points. When karmic information is activated, the Template then communicates it to the entire energy structure. We really cannot get away with anything!

Radiant points resemble r-chakras in their brightness, their spinning motion and a circular shape. Because all but two of them are located in the deep interior of the Template along the core and radiate out through the front and the backsides of the bio layer, it is the easiest to locate the rest of them using the physical anatomy. See ([Fig. 7.10](#)) on page 169.

Radiant Points Locations, Purpose and Names

The two etheric points retrieve information stored in the etheric layer and all the other radiant points have to do with karma activation. All the other points specialize in specific types of lessons and karma.

- ② Two etheric points are suspended in the etheric layer on the left of the Human Energy Structure in the etheric layer's karma and death strata and the other in the etheric's recent strata on the right side at shoulder level. They have to do with pulling buried information up and out of those strata about karma in relationship to death and any recent karmic events or developments.
- ② Two temple points are above the ears, slightly above and an inch or two behind both temples. The Temple points have to do with any karma about following your bliss, pathway or calling. The left side has to do with the receptive path and the right side with the aggressive path. All people have both sorts of paths woven into their lives.
- ② Two scapular points are at the back just inside and below the scapula. The scapular points have to do with karma about receiving support, knowing you are here for a reason and that you can contribute.
- ② Two shoulder points are at the outside of the collarbone and down to just in front of the shoulder joint on either side. The shoulder points have to do with holding steady on your course and being guided by the inner voice.
- ② One spleen point is located above the spleen. This point has to do with karma about the ability to recover, to learn and grow.

- 🌀 One liver point is above the liver. The liver point has to do with karma about strength of character and devotion to spirit.
- 🌀 Two calf points are located in the fleshy part of the rear of the calves. The calf points have to do with karma around standing your ground, reaching beyond your limits and sticking to your soul's plan as it unfolds.

The really good news is that there appears to be a *karmic window* during which time the individual can change the outcome for good. If you do some bone-headed thing, you can still repair the results instead of being trapped by the inevitability of the little Template wheels of karma (the radiant points) and the way that they balance the account books of creation.

Because what your intention is during any action determines the accumulation of karma, immediate apology and restitution for wrong headedness and error can turn off the radiant point and stop or reverse the creation of a karmic debt that must be resolved at some point.

Naturally, it is good to attempt this at every opportunity. Do whatever you can to make right any wrong you may have caused against another, even if it was accidental or your heart was well meaning, because doing so will ward off future consequences of unskillful and unaware actions. Being human, we may not always have the cosmic perspective when it comes to our own actions and behavior and must assume our intention is sometimes not pure.

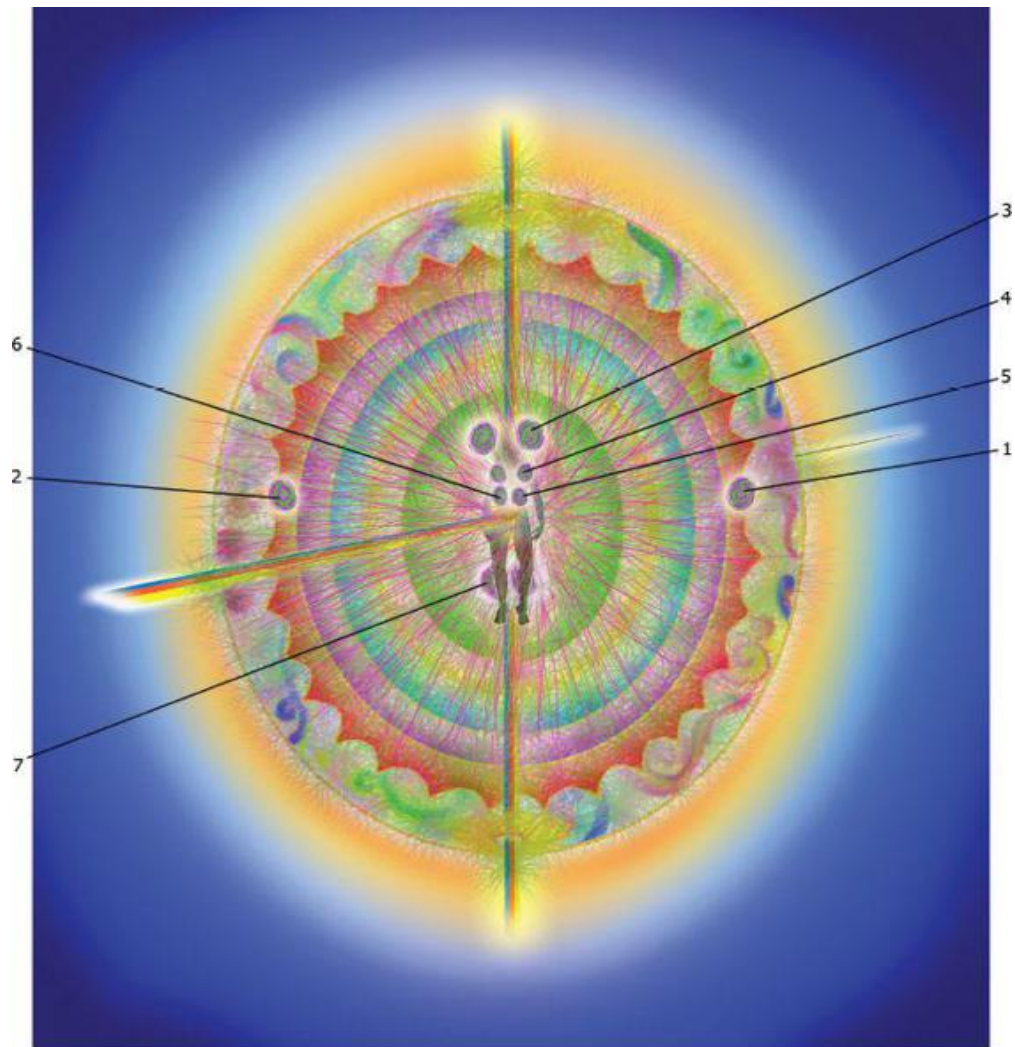
The 12 radiant points are a tool of the four aspects because by using them the aspects can affect the actions, reactions and behaviors of the HES. By stimulating karmic lessons and memory your four aspects can move you to a greater expression of your own authentic self. It is by peeling away lack of focus and unconscious intention that we grow.

All of the radiant points are important in the process of rebirth, reconnection with old karmic ties and the active state of consciousness required to fully release attachment to karmic lessons. When this kind of release happens we can let go of traumatic or difficult events that have passed and even disconnect from attachment to lessons learned as the activating events occurred. This is how we release old karma and are educated by the process. True release means no longer needing the looping memory, the replay of the traumatic event or the harsh emotions of sorrow,

grief, guilt, jealousy, fear and recrimination that usually go along with the accumulation of the debris of life.

Karma is created by the intention held toward another by you during an action or behavior. To release or resolve karma requires a great deal more than acquiring it. When all attachment to intention, the focus of held intention, and any consequences that have occurred because of your intention are utterly released you still are not done. Now you must go on to clear up the fall out created by the consequences- in other words, the consequences of the consequences!

Twelve Radiant Points (Fig. 7.10).



1. Etheric Layer Point- karma and death strata
 2. Etheric Layer Point- recent strata
 3. Temple Points
 4. Shoulder Points
 5. Spleen Point
 6. Liver Point
 7. Calf Points
- Scapular Points are not visible

All of these different levels of karmic entanglement are stored in the radiant points. One intentional event can affect multiple points and making you glow like a Christmas tree because the radiant points light up when they are registering karma.

Stimulated into acceptance the instant new karma evolves, the points can also accept big life events that are initially held in the Template strands such as accidents, birth or death experiences. The two radiant points located in the etheric layer, in the recent experience and the karma and death strata, pull related karmic memories from the strands and record them for future reference. When letting a karmic issue go the reverse occurs working backward to ending in the karma and death strata where the very last bit of a particular event can be- with focused intention and harm to none- pulled out at the root.

Four Template Intake Vents

At the top of the core sheath there are eight openings for vents. Each of these intake vents is open to universal energies, although they do not attract them in the same way that Template villi do. Instead the vent itself acts as the attracting siren, extending outside of the core sheath slightly to pull toward it the specific universal energies the Template needs to receive in the e-stomach to do the work of grinding, initializing and personalizing the Source energies.

Four of these intake vents are dedicated to the Template and they are located at the four compass points like a cross, another four vents are dedicated to the Elimination System. These vents will be introduced in Chapter Ten on the Elimination System beginning on [page 262](#). All Template intake vents begin above the core sheath and end in the e-stomach.

Regions of the Template

Just as the brain has areas that are devoted to different functions, such as speech, hearing, cognitive thought, somatic sensation and smell, the Template also has regions. It is broken down into separate sections that are each devoted to a specific use and yet work together as a whole organ in the contracting and expanding action of the Template when responding to the environment. The regions are devoted to all of the different functions of the Human Energy Structure, including those of the bio layer. When damage

occurs in the Template, the particular region is affected and can result in an impact or impairment to the anatomical part represented by that region of the Template.

The Placeholder

The bio layer exists energetically as an etheric memory before ensoulment, incarnations or births in the same location it occupies after the physical body has been formed; the information required is the same whether there is a body or not.

The placeholder of the Template continues to exist after the death of the bio layer and aids in the creation of any other physical bodies. It especially remembers birth and death experiences. Because it holds the patterns of ending and beginning is why I in the early 1970's originally named this System the Template.

The Greater Mind

Like the bio brain, the Template reacts to its own version of neuropeptides. See Harmonizing Network frequencies explained in Chapter Twelve, the Harmonizing Network on [page 303](#), as well as responding to the biochemically-based neuropeptides that cause reaction in the brain of the bio layer.

Everything contains the Template. The Central Nervous System and the Parasympathetic Nervous System are contained within the *larger Nervous System* of the Template. The electrical impulses of the physical Nervous System and the arching synaptic connections in the brain include the Template. The spinal fluid contains the Template, the liver *feels* because of the Template, the skin senses beyond touch and with *knowingness* through this magnificent organ.

A Template Story

My Template Healing CI Practitioner: Barbara Musser

I had been a client and student of CoreIndividuationTM for several years. During my practitioner apprentice-training course, it became obvious that the energetic extension of my physical Nervous System, the Template, needed to be repaired and activated. I was feeling numb and disconnected from my emotions, especially compassion and love.

I felt frazzled and over-stimulated all the time, wired in a way that left me exhausted.

Several large tears in my Template were repaired, as well as the places where the edges of it hooked into the outer edge of my Human Energy Structure. Once these repairs were made, and I learned how to expand my Template, everything changed. Suddenly, I was feeling things that I had only imagined prior – so much information came to me about others around me, and I learned how to distinguish between what was me and what was “other.”

Being connected to my own internal communication network meant that I had more access to my own intuition and could better read what was happening with others. This helped my work immensely, as I am a professional communicator and workshop facilitator. Clients and students were surprised at how much I knew and understood about them without them spelling it out.

For me, it felt like going from living in a black and white world to one of full color. There was more richness and fullness to everything. My sensitivities increased on all levels, and I gained much greater access to my own and to universal wisdom and consciousness. This has been a springboard for breakthroughs in every area of my life.

The potency of the Template weaves through every part of the Human Energy Structure. Stepping outside of the head brain into the greater mind located in the Template System allows you to immediately alter your consciousness and shift into a more expansive and what feels like an unbounded mind process. This is the place where epiphany occurs, where the out-of-the-blue inspiration comes from. When engaged with consciously it becomes easier and easier to access.

Functions of the Template at a Glance

- 🌀 The Template is the master organ and the location of the greater mind, which thinks outside of the limited body and head-mind of the bio layer.
- 🌀 The Template can hold damage, as does physical tissue and retain trauma, as does the emotional fabric of the psyche.
- 🌀 It is the extensive neural-like network that transports specific energies as impulses. It behaves as a vast internal communications system

carrying messages throughout every part of the Human Energy Structure.

- ② It contains villi antennae, which attract and capture vital Source energies.
- ② In the extragenic stomach, these energies are initialized, personalized and released to contribute to the fuel of the Human Energy Structure.
- ② The Template is an enormous sense organ, capable of echoing the physical condition of another person and *feeling* in all directions.
- ② It is a placeholder for the bio layer that upon physical death stores the components of bio layer memory within it. This is why it was originally named the Template.
- ② The 12 Radiant Points act as karmic activation sites and information hubs. They align the HES with the soul's karma and make it useful.
- ② The Template controls the expansion and contraction feature of the Human Energy Structure. It lights up in response by getting denser in color when it is contracted or collapsed and becoming paler in color but more iridescent as it expands.



Chapter Eight

Blended Energies System

Why the Blended Energies System Matters to
You

Meet the Blended Energies

Blended Energies System Components

The Sacred Anatomy of the Blended Energies
System

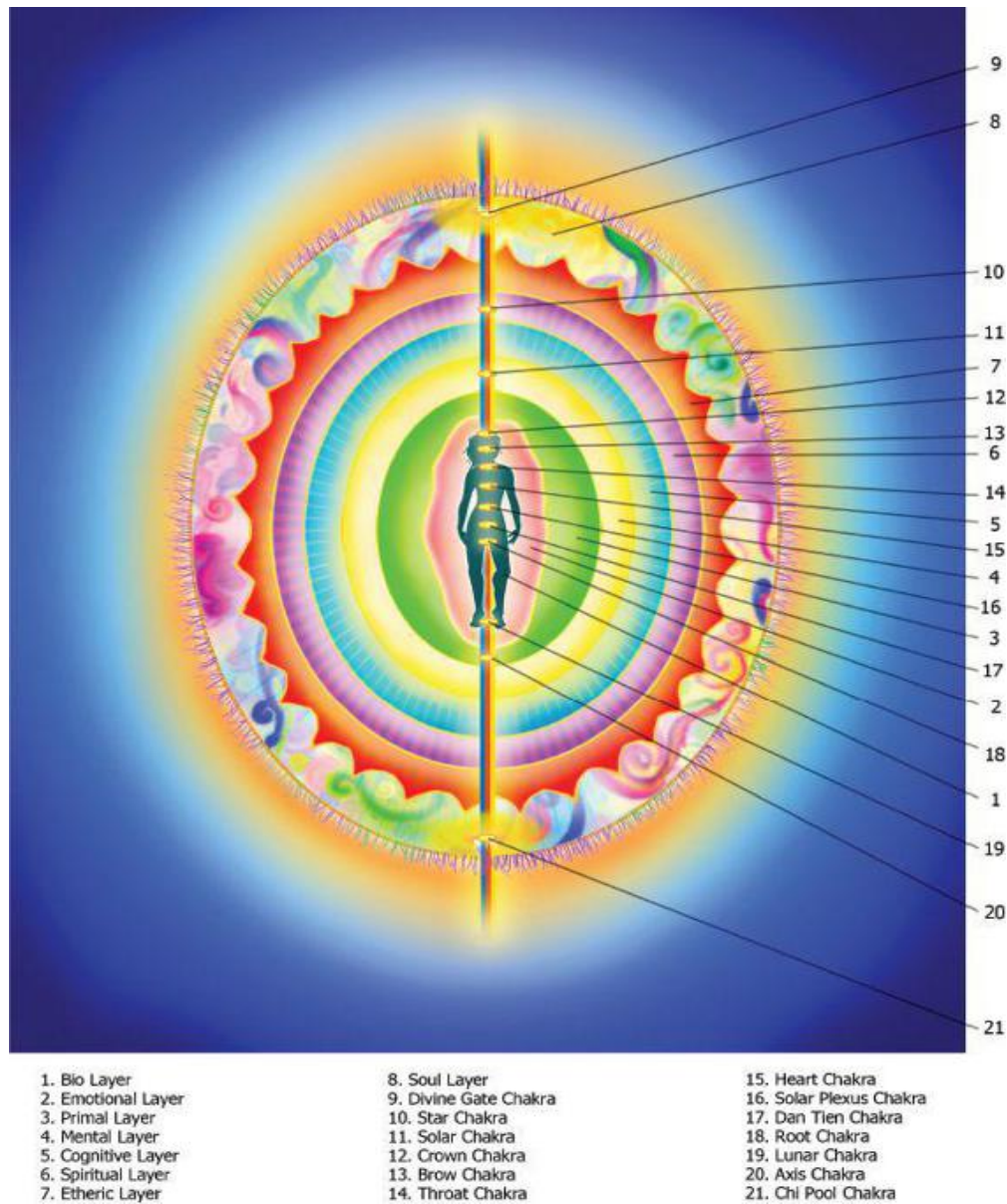
Functions of the Blended Energies System at a
Glance

This chapter addresses technical material about the major chakras in depth and is meant to inform and expand your knowledge about the workings of sacred anatomy. It is not light reading and because your structure will become stimulated and react to your awakened consciousness as you are reading, this chapter may affect you physically. Be prepared for your Blended Energies System to begin introducing itself to you. Observe your awareness and sensations and do not be afraid to put the book down while you allow your experiences to educate you even further.

Why the Blended Energies System Matters to You

The Blended Energies System is the birthplace of the individuated soul and within it you are born anew each moment. Because both the Totality and the individuation reside in your sacred anatomy, understanding their partnership will help you to enact real balance between your daily existence and your potential. To know the fundamental energy that guides and directs you will help you more completely understand the need you feel to serve, create and express love in your life.

The Layers and the Major Chakras (Fig. 8.1).



The nutritious fuel that powers this system is blended out of the partnership of your own soul and the creative forces of the cosmos. It is unique to you, holding your motivation and the drive you feel to focus and attain your highest calling. But the fuel of your sacred anatomy is also in sync with the spark of all life and *this* is the really big picture. Becoming awakened to the presence of *that reality* inside your Blended Energies System not only increases the tempo of your life experience but it stimulates the very foundation of universal consciousness alive within you.

Meet the Blended Energies

As the darkness of night vanishes when the sun rises, so too the darkness of ignorance and delusion is dispelled when you gain knowledge of your True Self.²⁴

-Krishna to Arjuna in the Bhagavad-Gita

One of the great mysteries of the ages is how a major chakra works. This is addressed here at the foundational level. You can add more fascinating pieces to the puzzle in Chapter Eleven on the Human Electromagnetic Field where the material delivery system of the reflective chakras is explained on pages 281 to 285. You will not fully understand breadth of the incredible magic of the chakras until you read both chapters. So get started right here!

The Blended Energies System is like the Cardiovascular System of the physical body in that it distributes vital life force and conducts it as fuel throughout the Human Energy Structure. It collects currents of energy that appear as lights as they separate from the core to fill the big fuel tank of the soul layer. Inside of the soul layer these pure frequencies are blended with universal energies and personalized in the Template to create a perfect mixture that will nourish and work tirelessly to build and rebuild the whole.

Like the Cardiovascular, the Blended Energies System has a pumping action that originates with the master chakra, the divine gate. This chakra establishes the rhythm of the entire Blended Energies System at the first inspired crossing connection of core and returning individuation in the form of an incoming stream called a soul pathway. Each and every chakra is synchronized at the same rate and pumps in coordination with all the others in a Human Energy Structure 13-chambered beat.

Every chakra has valves and incoming and outgoing streams. The core and chakra streams behave as arteries; the swirling individuated currents as veins, returning ultimately to the arterial core at the center. Each of the chakras is a generator with a specific job and each contributes in multifaceted ways to the operation of the HES.

The Journey of the Blended Energies

The Blended Energies journey begins with the four aspects of the authentic self. It is their rising to self-awareness that inspires constant individuation out of the core and ultimately builds the Blended Energies System. Take a look at pages 64 and 65 in *Your Owner's Guide*. ([Fig. 3.3.1](#)) and ([Fig. 3.3.2](#)) illustrate the sequence of the anatomy of the major chakra.

When the core peels off single-current streams into the soul layer, it is called individuation. This happens at two locations: where the core enters and, to a lesser degree, where it exits the one body. Both locations funnel currents into the soul layer where they combine to create its rainbow color. Roughly, 50 percent of the core currents separate from the downward thrusting core and become independent entering the container of the soul layer at or near the divine gate chakra.

Meanwhile the remaining core, wrapped inside of the core sheath, moves vertically through the anatomy of the Human Energy Structure to the lower end of the structure where at the chi pool chakra, more currents peel off as the core again, crosses the soul layer until it leaves the core sheath and exits the HES.

Inside the soul layer, many different currents swirl and pass through filtration at both the divine gate and chi pool filters. At the front of the structure, randomly occurring single-current streams enter 13 alignment valves located in the inner edge of the soul layer. These streams reconstitute into perfect triple-current streams, mirroring the triple-current stream of the core; they are always in alignment with the core with- blue facing blue, red-to-red and yellow-to-yellow. These 13 streams are called soul pathways and they hold all the potential and energy that will cause the chakras to generate even more energy. Even though they are organized, they do not yet have a specific job. These incoming energies will cross the core and form a major chakra, encircling the core like a donut with the core at the center. See ([Fig. 8.4](#)) on page 188.

Generic soul pathways headed toward the core pass through the lesser gates and enter the anterior chakra chamber where each current has its own anterior node. Here the currents learn about function, purpose and wisdom of a specific chakra. This area is called *intentionality*, and what happens here is exactly that: the setting of intention as it relates to a specific chakra.

After this occurs, the two outside streams, function (blue) and wisdom (golden yellow) each split in half and create the *blending energies* of the Blended Energies System. All of the purpose current and half of each of the function and wisdom currents move through the anterior greater gate in the core sheath, which is the entrance to the core itself. The remaining halves of incoming function and wisdom streams go to the sides of the chakra and push through two different anterior osmotic barriers - the gold into the wisdom corridor to the left side of the core and the blue into the function corridor on the right side of the core. Since these partial current streams don't cross the core, they stay unchanged in the corridors, with the intention of the specific chakra firmly held in an unchanged and cooling position.

The other halves of function and wisdom join all of the red purpose current to pass through the anterior greater gate and forge through the core. In this way these energies all become *informed* by the power of the surging core. They emerge from the downward-moving core currents on the other side changed by the encounter, transformed by the visit to the holy of holies and pass through the posterior greater gate in the core sheath into the chakra, once again bristling with energy.

The currents are next received and cooled by receptivity, which is the job of the posterior chakra chamber at the rear of the core. The twin to intentionality, receptivity receives the split-off energies from wisdom and function and the core-charged purpose, function and wisdom energies and *blends* them all.

This blending action mellows the currents enough to release them through the posterior lesser gate into the outgoing chakra stream. After leaving the chakra, the stream takes the name of the chakra it just passed through, such as the heart chakra stream, changing from the generic and uninformed soul pathway to a specific chakra stream with the job of carrying the message of that chakra throughout the Human Energy Structure.

Each chakra stream reaches a dispersal valve in the inner edge of the soul layer and breaks once again into three independent currents of energy, each destined to spin out its chakra lessons in the soul layer, delivering the

function, purpose and wisdom messages of a particular chakra as well as the qualities of intentionality and receptivity that have imbued the exiting chakra stream with so much focus.

These currents swirl for a time in the soul layer, gradually sharing all the information they carry in a process of slow and deliberate release. This educates and inspires the structure, sustaining and guiding it to fulfill the best possible version of itself. In the final leg of their journey, the single current streams, now spent and depleted, pass through the eight big filters, four at the divine gate and four at the chi pool where they are stripped of any remaining message, debris or contamination. These filters are placed above and below both of the soul layer chakras and to the left and right sides. They effectively box the soul layer chakras in a filtering system that keeps energies leaving and going into them as clear as possible. Now, the function, purpose and wisdom currents are once more generic, ready to begin the cycle over again!

Blended Energies System Components

The Blended Energies System consists of the following parts. Some are in one or more systems:

Core

Core Sheath

Channel (BOL)

Channel Sheath (BOL)

Core Sheath Caduceus (BOL)

Soul Layer (also part of the Layers)

Major Chakras

Divine Gate

Star Chakra

Solar Chakra

Crown Chakra

Brow Chakra

Throat Chakra

Heart Chakra

Solar Plexus Chakra

Dan Tien Chakra

Root Chakra

Lunar Chakra

Axis Chakra

Chi Pool Chakra

Chakra Anatomy

13 Alignment Valves

13 In-coming Generic Soul Pathways

Anterior Lesser Gate

Anterior Chakra Chamber: Intentionality

Anterior Function Node

Anterior Purpose Node

Anterior Wisdom Node

Anterior Greater Gate

Anterior Function Osmotic Barrier

Function Corridor

Posterior Function Osmotic Barrier

Anterior Wisdom Osmotic Barrier

Wisdom Corridor

Posterior Wisdom Osmotic Barrier

Posterior Greater Gate

Posterior Chakra Chamber: Receptivity

Posterior Function Node Posterior Purpose Node

Posterior Wisdom Node

Posterior Lesser Gate

Out-going Chakra Streams

13 Dispersal Valves

26 Chakra Connectors (part of the Harmonizing Network)

4 Divine Gate Filters

4 Chi Pool Filters

Definition and Types of the Chakras

Basically, a chakra is an anatomical crossing point. There are five different kinds: insignificant, lesser, minor, reflective and major. Literally millions of insignificant chakras, thousands of lesser chakras and hundreds of minor chakras exist in many Systems. But only the Blended Energies System houses the 13 major chakras of the Human Energy Structure. The reflective chakra, the delivery system of the major chakra, is a function of the Human Electromagnetic Field.

Major Chakras

The 13 crossing points of the incoming triple-current and the descending triple-current core create the major chakras. Here energy is generated in two stages. When the streams cross and as they merge, a contraction resembling a violent in-breath occurs; followed by a forceful expansion in an outward direction, resulting in empowered energy of intelligence and strength. What begins as a gathering in, an *inspiration* ends as a reaction of outward release in a contained and directed explosion.

The currents, and the streams within the currents of both the incoming currents and the core, spin at high velocity in opposite directions. The resulting friction at the crossing point causes three reactions in each of the currents of the core, making an informing center or a power station. It is a series of reactions that come together to create the major chakras and ultimately the Blended Energies System.

Minor Chakras

A minor chakra happens at a crossing point where action occurs that supports and influences the rest of the Blended Energies System. These are support chakras. For example, the alignment valves at the beginning of the soul pathways and the dispersal valves at the rear of the. chakra streams are minor chakras. They are important because something fundamental happens here in relationship to the greater Blended Energies System. The formation of the incoming triple-current stream out of the crossing single streams contained within the soul layer is a result of the minor chakra. Both alignment and dispersal valves act as minor chakras at the crossing point of the framework of the inner edge of the soul layer and the single currents as they converge into a single triple-current stream

A minor chakra has almost the same anatomy as the major chakra with the significant difference that there is no core at the center to inform the receptivity and fundamentally inform or change it. These are *empty* chakras in comparison to the powerful major

Reflective Chakras

Reflective chakras only occur in the Human Electromagnetic Field and act as a delivery system for the message of the major chakra resting beneath it at the core. A more in-depth explanation can be found in Chapter Eleven, The Electromagnetic Field, on [page 271](#). See Reflective Chakra illustration ([Fig. 11.2](#)) on page 282 to better understand what it looks like. The 10

reflective chakras of the Human Electromagnetic Field spin out of the electromagnetic energy generated by the bio layer at major chakra connections on either side of the main chakras. Cone-shaped spirals from connectors at opposite sides of the primary or main chakra create a larger circle surrounding the major chakra that is really two intersecting spirals in the Human Electromagnetic Field, spinning out from the force of the electromagnetic surge. I believe this is what many psychics and healers report as spiraling or spinning wheels. See illustration ([Fig. 11.3](#)) on page 286.

This electromagnetic energy is superimposed over the more fundamental action of the older and larger main chakra organism in service of the entire HES. These reflective chakras die with the physical body.

Lesser Chakras

Lesser chakras are the place where defining structural parts cross. For example, the incoming soul pathway of the heart chakra crosses the framework between the emotional and primal layers and an echo-like event happens, marking the occurrence. Nothing is activated or moves out from the crossing as a result. No anatomical event occurs.

Insignificant Chakras

Insignificant chakras are simply crossing points made up of any part of the subtle or material anatomy such as veins crossing tendons with no noticeable consequence, no hint of anything other than the crossing. Insignificant chakras reside in every place blood vessels and veins cross, and no energy center or event occurs.

The Sacred Anatomy of the Blended Energies System

Core

At the center of each one of us is a triple-current stream of pure Source energy called the core. It can never be damaged, injured or suffer. Located slightly in front of and sometimes incorporating the spine, the core can range in size from the width of a single hair to the width of the chest and even larger in rare exceptions. See page 18 in *Your Owner's Guide* ([Fig. 2.2](#)).

Each one of the currents is a different color. From (your) right to left they are blue, red and golden yellow. These currents and the location of the core are consistent. The core could be called a divine fragment, pure intelligence, Creation, the One or the All. It is the part of us that always remembers who we truly are. When the triple-current core stream enters the Human Energy Structure it does two things.

It begins the individuation of the Source and about half splits off into three separated single currents, each a different color, moving wildly inside of the soul layer. The remaining 50 percent continues on its downward journey remaining intact at the core.

A Blended Energies System Story

Rattana's Structure Gets Smarter

CI Practitioner: Desda Zuckerman

Rattana, a 43-year-old massage therapist and devout Buddhist practitioner, slumped in the chair, reporting feeling pulled in and contracted. "I want to be by myself. I feel isolated and just want to take it easy and not do much anymore. I feel down. I am really trying not to go into this sadness, but even my work with my spiritual community feels like too much right now. I feel like I need help getting this garbage out of me!"

After assessment, it was clear Rattana's spiritual aspect was in difficulty, and her Blended Energies System was holding the issues. The first thing we did was "take out the garbage" by doing an advanced clearing of her chakra system. She sat up in the chair, sighed and said, "Thank you! I really needed that!"

Rattana was also experiencing accumulated plaque-like debris in five chakras and a constriction in the heart chakra, so even though she felt better there was still more to do. "You know it occurs to me that lately I've had a hard time breathing, and I feel really tight up and down my core. I've felt stressed by things that usually I would know are not my problems." Interacting directly with the throat, brow, solar, star and divine gate, we released the clogging debris. Rattana began to beam from ear to ear! Taking a huge breath she said, "Wow! That is terrific! I can breathe more deeply, and I'm much more relaxed."

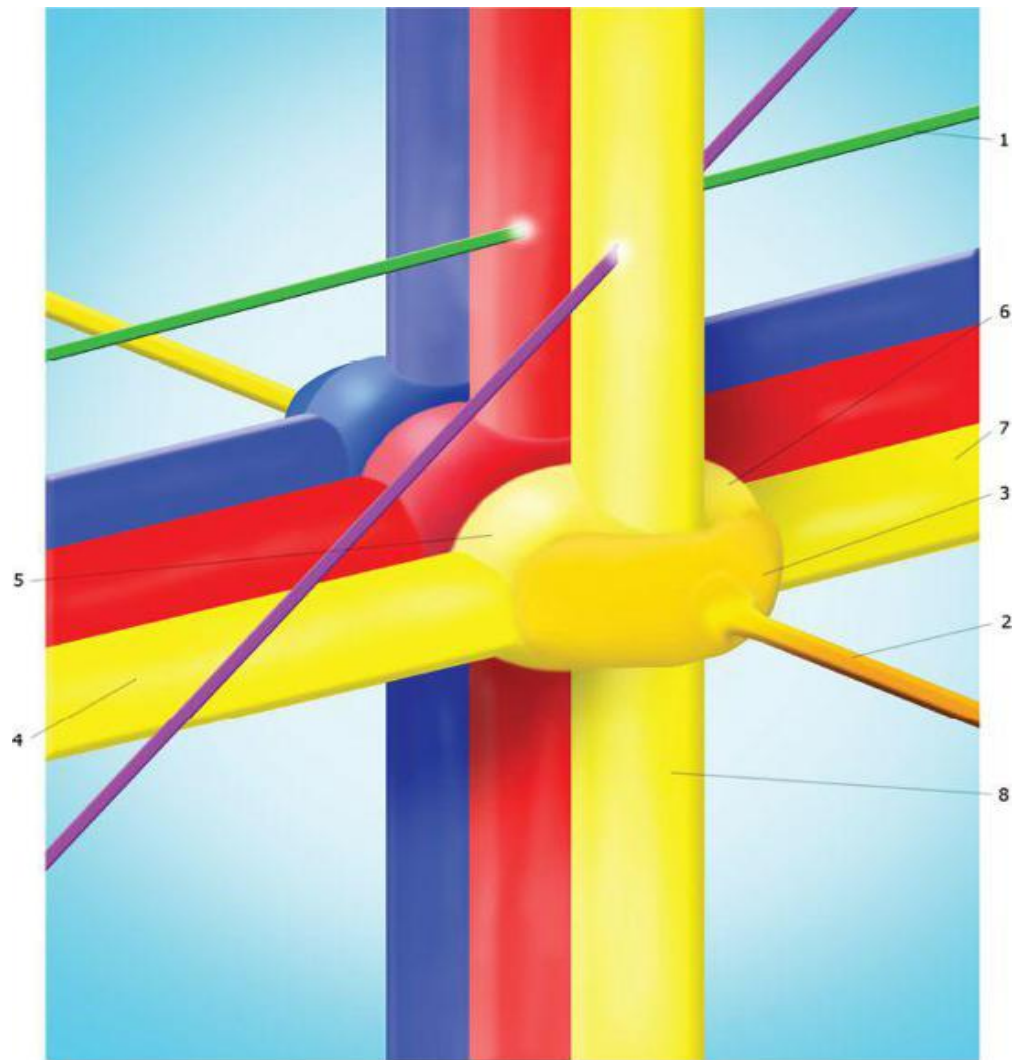
Our last Blended Energies System component to address was the constriction of her heart chakra. Rattana determined it had started four years ago when she went through the process of obtaining pre-approval for a loan to buy her house. But doing it all alone scared her, especially after her divorce. Rattana had wanted to protect her heart from any more disappointment and hurt. Owning something meant she could lose something again.

Placing my hands off her body over her heart area, we both experienced a release of this psychologically felt spiritually held wound. Tears filled her eyes as the constriction released from the region of her upper heart. This entire session had been about Rattana letting her spirit soar, and this was the moment it took flight. “The more I become aware of my subtle body, the deeper and deeper it takes me. I think my energy structure is getting smarter!”

In the follow-up Rattana said, “I feel like my spiritual nature and my physical self are strong and healthy. I do not feel depleted or blue anymore because my heart is more open, and I am feeling more joy. I am stronger and happier since our last session and doing way more powerful work.”

More recently Rattana reported, “Now I feel stronger and more confident. I know what I’m doing more, and I know I will not get lost or blue. People tell me I am strong, and they compliment me on my great work.”

Major Chakra with Template Strands (Fig. 8.2).



1. Template Strand
2. Chakra Connector
3. Wisdom Corridor
4. Incoming Soul Pathway
5. Intentionality- Wisdom node
6. Receptivity- Wisdom node
7. Outgoing Chakra Stream
8. Core

The Three Octaves of the Core/Spine

In order to talk about the relationship between the core, the chakras and how they incorporate the physical spine we divide the spine/core into three octaves. The first octave being the core above the head to the edge of the soul layer including the solar, star and divine gate chakras. In the second octave the core, incorporates the physical spine and the seven bio layer chakras. When working with the spine located in the second octave we can impact the health and vitality of the entire core. The third octave extends below the feet and to the edge including the lunar, axis and chi pool chakras. It is also possible to interact with the physical spine in the first and third octaves and in fact, significant results can be achieved in the physical body with *knowledgeable* adjustment of them.

Soul Layer

Because it houses the individuation, the outermost layer of the Layers System is also part of the Blended Energies System. The inner edge and the outer edge of the of the soul layer both have critical jobs. The inner edge is part of the Blended Energies System; the Template and the Bones of Light share the outer edge. See the illustration of the Soul Layer ([Fig. 2.8](#)) on page 25.

Core Sheath and Inner Edge of Soul Layer

The core sheath and the inner edge of the soul layer, both part of the Blended Energies System, serve to contain and define the Human Energy Structure in very similar ways, as they both receive and anchor many different parts of the anatomy. At some point, every system connects into both the core sheath, the inner edge of the soul layer and its lieutenant, the inner alignment track.

Both the core sheath and the inner edge of the soul layer are filled with the lifeblood frequencies of the Harmonizing Network, the harmonizing blend. This enables the Human Energy Structure to thrive in a grand symphony of connection, bathing everything that anchors in these two places in what could be thought of as the ultimate neurotransmitter or the spinal fluid of the structure. See more about this amazing system in The Harmonizing Network, Chapter Twelve on [page 303](#). Also see the core and

channel sheaths illustration in Chapter Two of *Your Owner's Guide* ([Fig. 2.5](#)) page 18. Explore the core sheath and the inner edge of the soul layer, their similarities and differences on page 215 later in this chapter.

Triple-Current Streams

All triple-current streams are made up of function, which is blue, purpose, which is red, and wisdom, which is golden. Originating in the core, they split into single currents in the soul layer and reform at the 13 anterior alignment valves, the origins of the soul pathways. They all line up with the wisdom current entering on the heart side of the individual, which is the left side of the bio layer. The purpose current is always in the center, and the function current is always on the right side. The core, the channel and all of the chakra incoming and outgoing streams are triple-currents that are identical.

The Chakra Path- Chakra Anatomy in Sequence

Alignment and Dispersal Valves

There are 13 alignment valves in the front of the structure that guide the assembly of the triple-current stream into soul pathways where they form from the raw material of the soul layer. On the backside of the Human Energy Structure, 13 dispersal valves at the end of the chakra streams release informed and potent chakra energies back into the soul layer.

Each soul pathway has anterior alignment valves at its beginning and each chakra stream passes through the posterior dispersal valve at its end. Both valve types have three segments, each designed to contain one of the triple-current streams as it enters and exits the major chakra. The core attracts the alignment to it and, conversely, influences the individuated disassembly and dispersal of the streams back into the soup of the soul layer. To see what alignment valves look like as they are forming a soul pathway see illustration ([Fig. 8.4](#)) on page 188.

Soul Pathways

In the soul pathways, the entering energy is generic in nature and has not yet become identified with a specific chakra. All soul pathways are the same until they enter the chakra. Soul pathways are formed out of the swirling individual streams of the soul layer into the triple-current streams that enter at the anterior alignment valves.

Intentionality

The incoming soul pathway is directed through the anterior of the chakra where the intentionality is seated. Intentionality is the antechamber of the chakra. This means that the purpose, function and innate wisdom of the individual chakra are stored and deposited to the generic soul pathways here. This energy is gearing up to enter and to be given meaning by the wise core. After passing through intentionality, function, purpose and wisdom become highly focused and have been given an identity as a specific chakra. Now they must surge forward with yang intensity toward the core.

Connecting Corridors

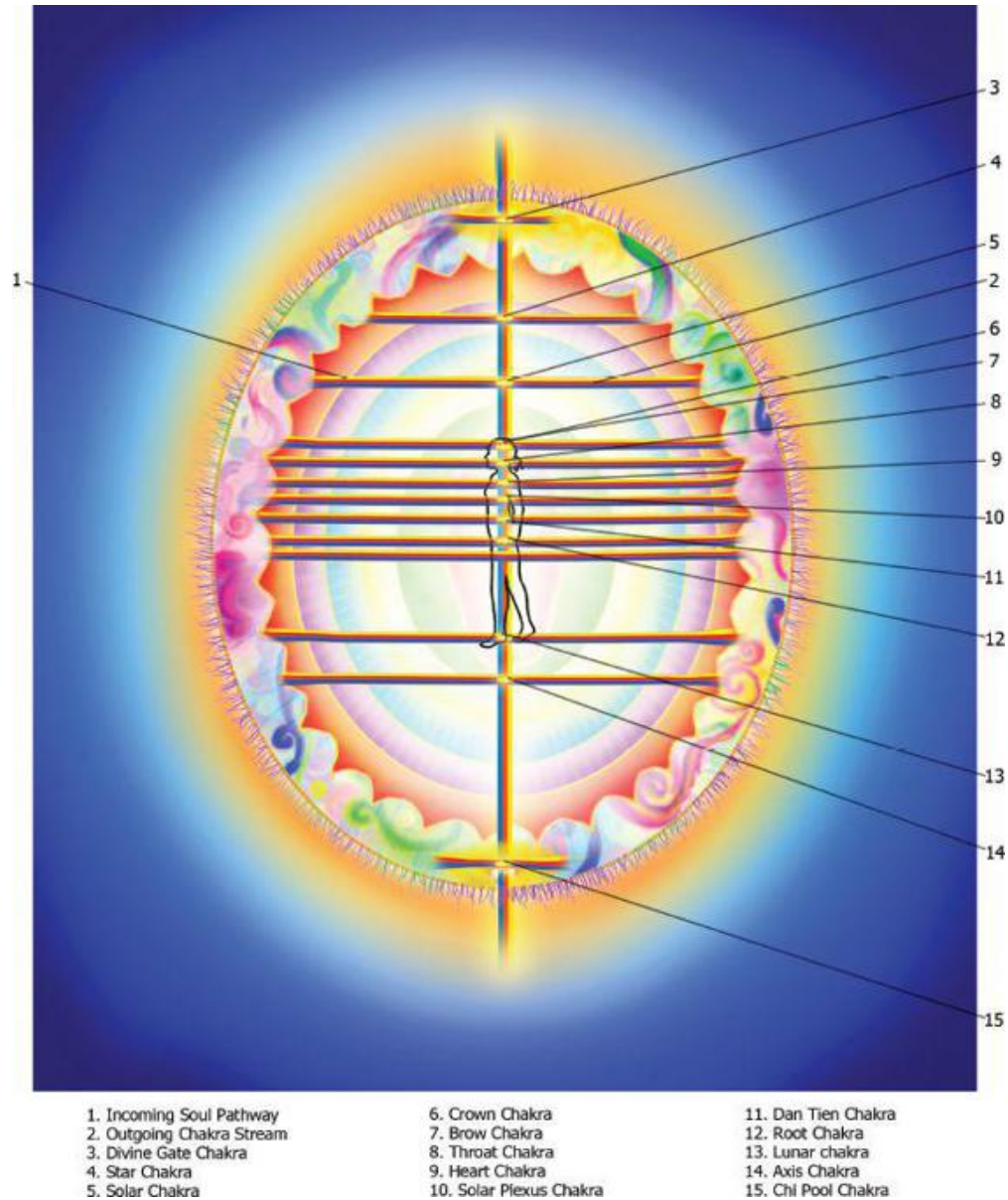
A connecting corridor goes around either side of the core outside of the core sheath. After the triple currents have passed through intentionality, wisdom and function corridors transport a portion of those currents only from intentionality to the receptivity without passing through the core.

The left corridor is filled with wisdom current and the right with function. The purpose of the corridors is to cool and blend the energies of receptivity before they are released into the chakra stream and the soul layer.

Osmotic Membranes of the Corridors

A three-layered osmotic membrane conducts the uninformed wisdom and function energies to the right and left of the chakra into the connecting corridors. Filtering occurs at the entrance and exit of the corridors. The central current- purpose has no filtering. The filters are bumpy and plump and are made of three layers: interior, exterior and primary.

Incoming Soul Pathways and Outgoing Chakra Streams (Fig. 8.3).



Informing Process

As the incoming triple-currents from the soul pathways pass into the core, entering the powerful movement of its downward spiraling triple-current stream, they become *informed* by this Source power. This is the ultimate education.

Receptivity

Receptivity is the receiving yin blending place at the rear of the chakra where the charged and focused intention is accepted and becomes usable for directed action. The triple-current stream has now experienced intentionality and been informed by the core so now, it consists of pure purpose, function and wisdom currents. The corridors also empty into receptivity the split wisdom and function currents that have experienced only intention. It is important to have some of this raw material to give the receptive posterior chamber a complete picture of the stream and at the same time to dilute the informed intentionality somewhat so as not to overwhelm the Human Energy Structure. This way, the whole system runs smoothly and in a blended and balanced fashion.

Without receptivity in the posterior chamber, the highly charged and focused intentionality would be too aggressive for the delicate nature of the Human Energy Structure to accept and utilize. The actual blending of the Blended Energies System takes place in all 13 receptivity chambers.

Greater and Lesser Chakra Gates

Lesser gates are the point of entry and exit of the soul pathways and the chakra streams into and out of the chakras. Greater gates are the entry and exit points of the triple-current stream into and out of the core. They were discovered and named by a CoreIndividuationTM practitioner Glenn Hartelius in 2004.

Interior and Exterior Chakra Containment Sheath Membranes

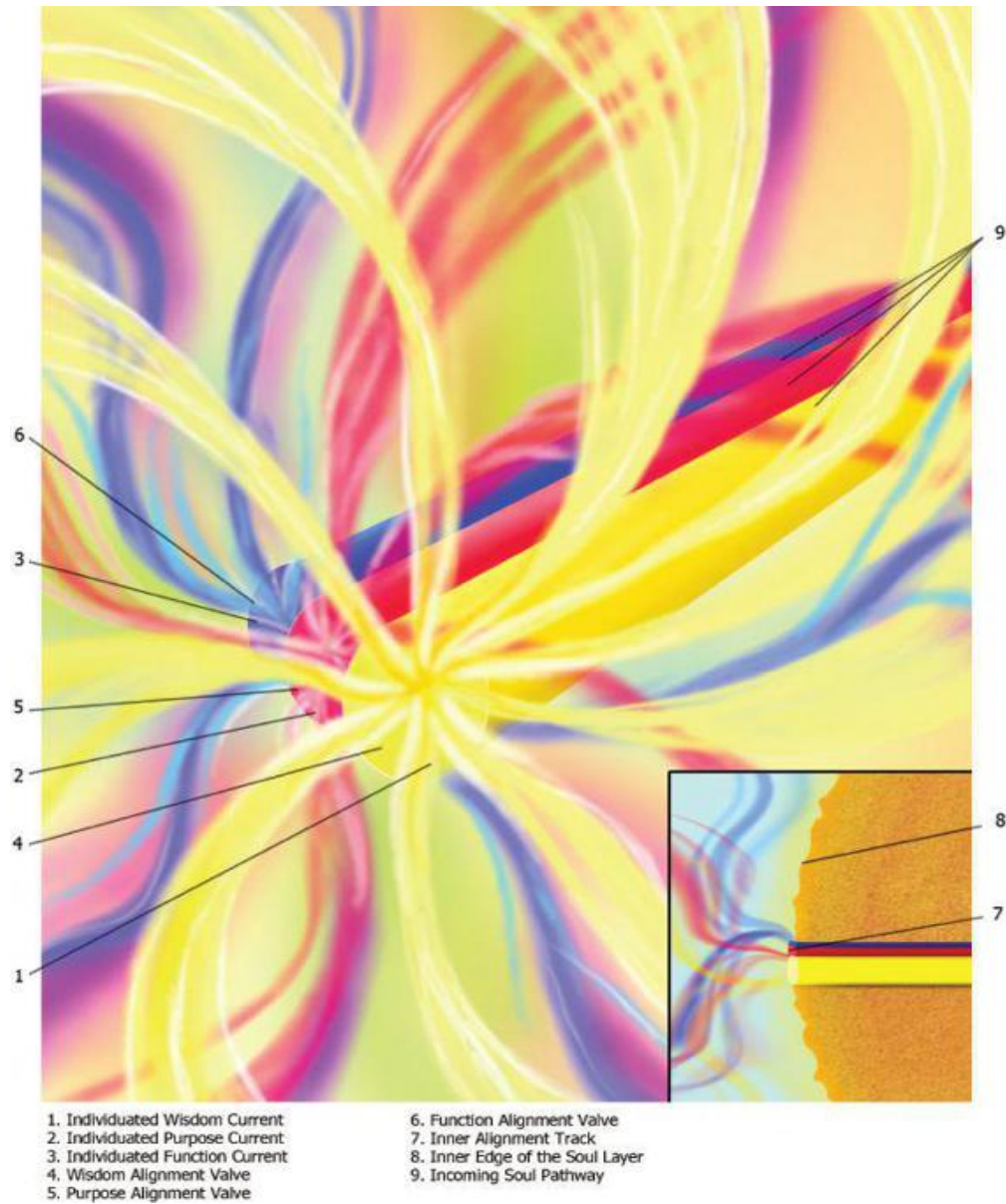
Containment sheath membranes wrap around each chakra and the outside of the corridors, giving it a continuous boundary, and they also surround three areas called nodes in the chambers of intentionality and receptivity. These membranes are thin, fuzzy, golden-orange and white, and they have three layers, an interior and an exterior layer, that bracket a thicker primary membrane.

Slightly thicker three-layered membranes separate each of the triple-current streams as they move from the soul pathway into the core and travel the entire posterior chakra stream to the dispersal valve.

Chakra Connectors

Chakra connectors are smooth cartilage-like bands that bind major chakras to the bio layer and anchor them in place at the intersection of soul pathways and core. Each chakra has a right and left connector off of each corridor. Chakra connectors are bridges from the subtle to the material, making possible the reflective chakra delivery system of the Human Electromagnetic Field. For more on this see Chapter Twelve, The Human Electromagnetic Field on [pages 327](#) and [329](#).

*Formation of an Alignment Valve in the Soul
Layer (Fig. 8.4)*



They appear as thin cartilage-like strips emerging out of either side of each chakra attaching into specific parts of the physical body. Your connectors can break away on either side. It is important they stay anchored as a safeguard because the energy of your incoming triple-current stream is strong enough to move your chakra off center. The constant assault of the incoming soul pathway is enough to damage chakra function.

Chakra Streams

When the triple-current stream leaves receptivity it is fully identified with the specific chakra and is now one of the 13-major chakra streams. At this point the name changes to, for example, throat chakra stream. All chakra streams split apart into single currents at their dispersal valves, disassembling in order to return to the soul layer. From here they carry the message of the chakra to the Human Energy Structure.

The Four Aspects

Because the four aspects perch in the core sheath above the divine gate, they must be considered a participating part of the Blended Energies System. See illustration ([Fig. 2.10](#)) on page 27 in *Your Owner's Guide*. As the coordinated master controllers they are part of every system, but they are more closely connected to the immediate function of the Blended Energies System than other systems. They make their desires known through four channels: physical is located in the function node, emotional and psychological merging into one in the purpose node and spiritual in wisdom node. These four become three vertical chakra conduits with emotional and psychological merging together into one.

Vertical Chakra Conduits

Vertical chakra conduits are communication links between the chakras. They begin their journey in the four aspects and first enter the divine gate. Each aspect has a dedicated conduit or portion of the conduit and makes connections within the anterior or posterior chakra chambers of all chakras, completing their journey in the chi pool.

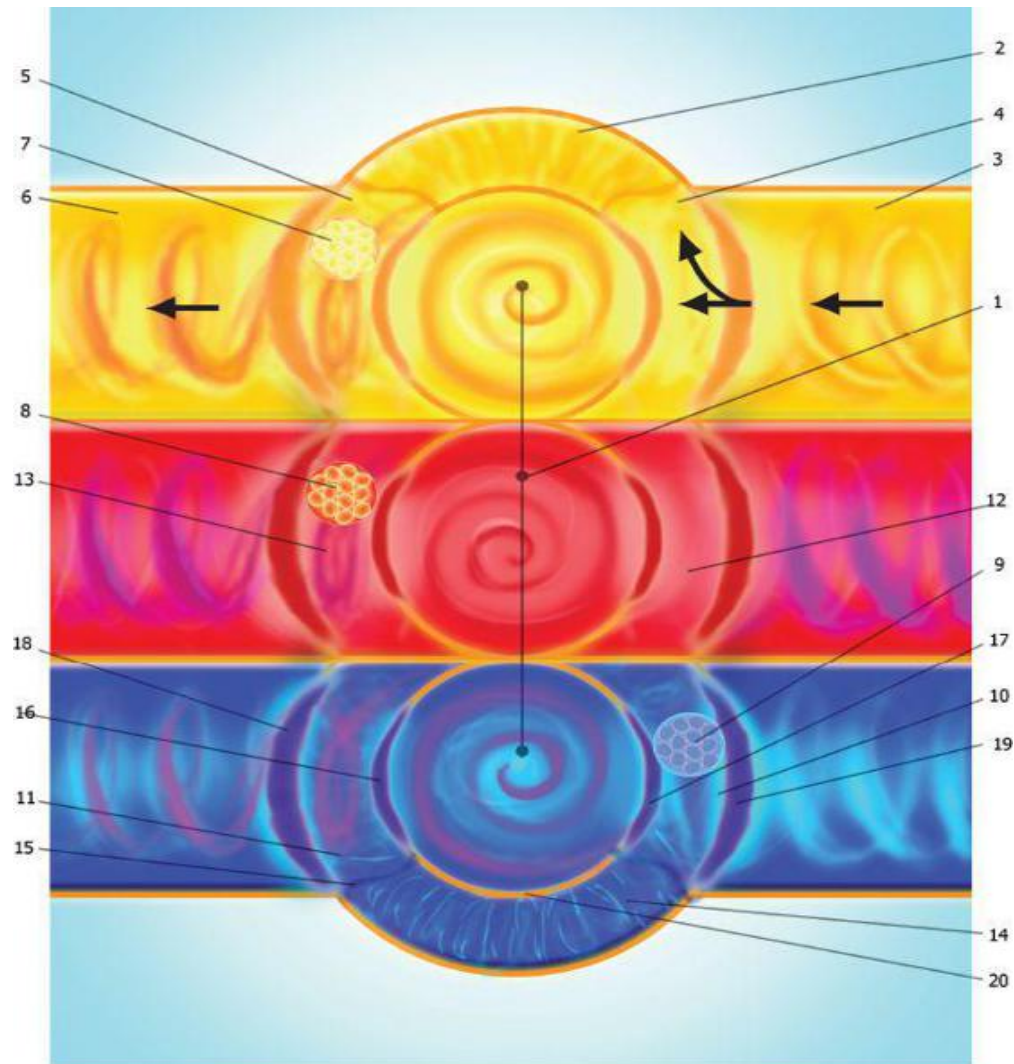
Because information travels up and down the conduits, these closed circuits turn around at the top in the four aspects at the upper reaches of the Human Energy Structure and at the bottom in the chi pool. This turnaround

causes a bulge at the top where each connects with one of the four aspects and at the bottom in the chi pool.

The function vertical conduit enters into and is directed by the physical aspect on the far right of the core and is the only conduit that is located in the anterior; in this case it is the function node. The wisdom vertical conduit enters into and is directed by the spiritual aspect on the far left of the core where it then descends into the posterior wisdom node. The purpose vertical conduit splits as it arrives at the base of the emotional and psychological aspects, entering both, sharing the input of this conduit and direction with two centrally located aspects.

Pure information from the authentic self is directly transmitted from the base of the aspect where the conduit turns around. The vertical soul conduit then takes directions from the aspect to each of the chakras so they will implement the wishes of the four aspects immediately. This means that throughout the Human Energy Structure the physical aspect directs the function conduit, the emotional and psychological aspects jointly direct the purpose conduit and the spiritual aspect directs the wisdom conduit. It also means that through these communication conduits all of the chakras give feedback to the four aspects of the authentic self and reflect back to it the wisdom, purpose and function of their insights. This forges a very strong partnership between the four aspects and the Blended Energies System.

A Major Chakra Up Close (Fig. 8.5).



1. Triple Current Core
2. Wisdom Corridor
3. Incoming Wisdom Current Soul Pathway
4. Wisdom Intentionality
5. Wisdom Receptivity
6. Outgoing Wisdom Chakra Stream
7. Wisdom Vertical Chakra Conduit

8. Purpose Vertical Chakra Conduit
9. Function Vertical Chakra Conduit
10. Function Intentionality
11. Function Receptivity
12. Purpose Intentionality
13. Purpose Receptivity
14. Function Corridor

15. Function Posterior Osmotic Barrier
16. Function Posterior Greater Gate
17. Function Anterior Greater Gate
18. Function Posterior Lesser Gate
19. Function Anterior Lesser Gate
20. Core Sheath

The Major Chakras

Before you read this I have just a few words of advice. Remember all the things described here could not possibly be happening to you all at once. The sensations you may feel reading about the different chakras and their anatomy most likely are the way they are introducing themselves to you. Say a warm "Hello." But please don't become worried about having all the things described within these pages in your own structure! Much of this is new material and unlike things you may have read before about chakras. This does not make what you already understand wrong. This book seeks only to expand upon existing knowledge.

Divine Gate Chakra

Location:

Positioned in the Soul Layer at the very top of the Human Energy Structure right below the four aspects of the authentic self, the divine gate is called the master chakra. See illustration ([Fig. 8.7](#)) on page 194. In most people this is about 15 feet above the head. Suspended in the soul layer, it is the beginning point of the first or upper octave of the spine. Its opposite is the chi pool.

Connectors:

Two connectors come from the sides of the chakra into the occiput at the lower back of the skull and deep into the thalamus in the brain.

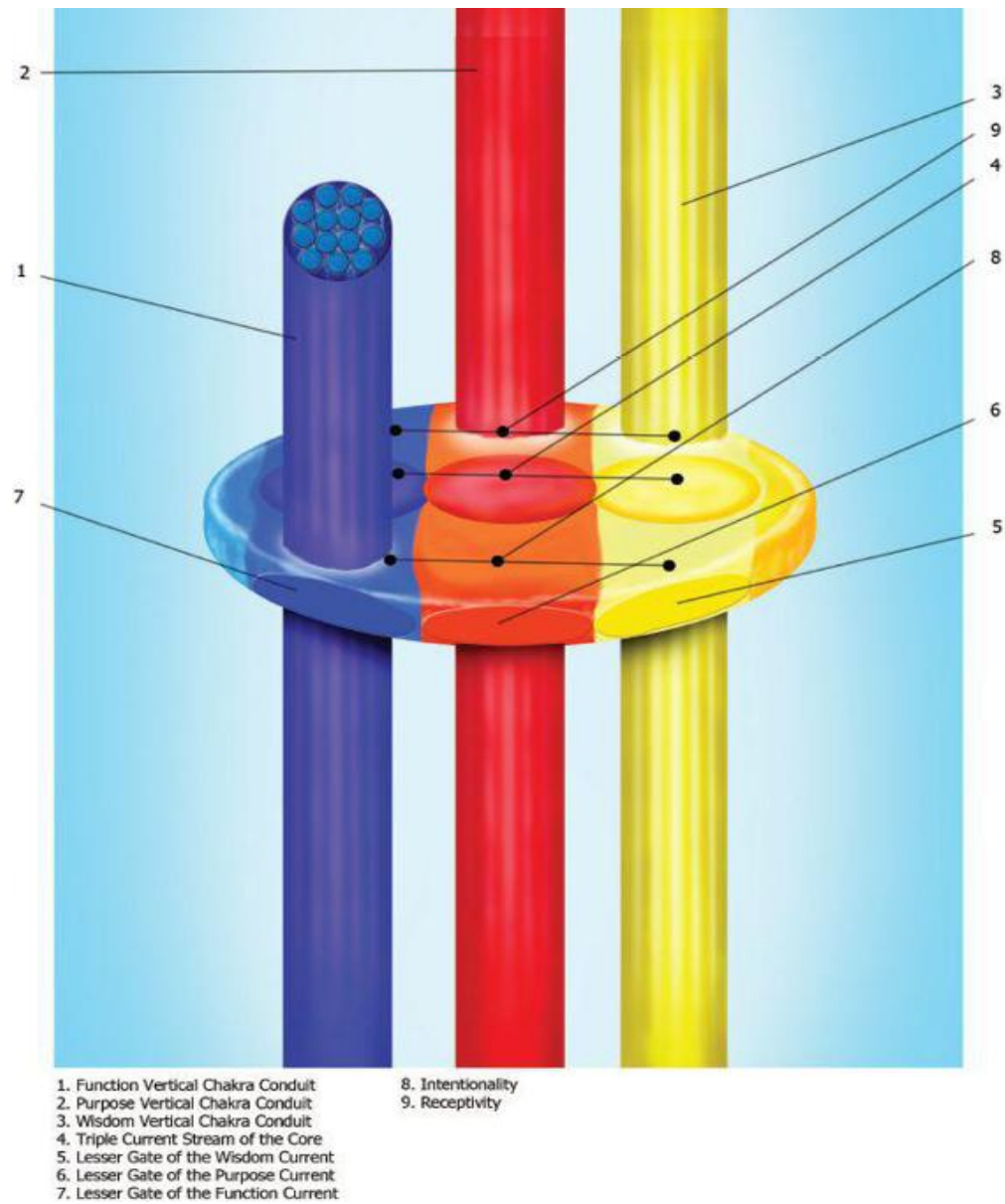
What It Does:

The strongest filters in the Human Energy Structure are located here and in the chi pool. They gather the currents up for cleansing and purification with the four big Blended Energies System divine gate filters. One of the big jobs the divine gate does is to set the rhythm of the pumping action synchronized throughout the Blended Energies System in every single chakra. Because of its proximity to the four aspects this is thought to be the purest location in the Human Energy Structure. The cleanest, purest energy in the field is here, so the entire Blended Energies System is kept healthy by this chakra.

Function Current:

The divine gate is the big catcher's mitt. The very first function current accepts individuation as it occurs, and because of the location and the state that it rests in, it is wide open and available to the embodiment of the authentic self. This is the place where the Divine is received and where the Human Energy Structure first hears the voice of the four aspects. If blocked, it causes difficulty and struggle and helps to form a person who fails to make a Divine connection and, as a result, does not know how to become fully present as an individual in partnership with the Divine expression. This is a very common blockage or partial blockage, and our world demonstrates this abundantly.

A Cutaway View of the Vertical Chakra Conduits (Fig. 8.6).



Purpose Current:

At the divine gate purpose current, it is possible to understand the real power of co-creation, the capacity of who and what we are, what we are capable of and why we are here. Where function is the catcher's mitt, purpose is the pitcher's arm and throws the ball back to the Source, which usually knocks it out of the park. When blocked, it causes a creeping condensation of an individual's sense of selfhood making them feel smaller and denser to themselves and others. There is coldness within, a deep despair. These people plug on, devoted to somehow making sense of it without knowing or feeling why.

Wisdom Current:

This is the ancient wisdom of the moment of individuation, the location of awakening to one's own life. When blocked, the person has difficulty with any kind of creation, from making a living to making breakfast. This is the rest of the ball team, and if there is no team there is no baseball game, only a boring little solo game of catch. Blockage of this current makes for a lost soul, someone who doesn't know why she is alive. Thankfully this problem is unusual.

Star Chakra***Location:***

The star chakra is found above the head just beyond the extended fingertips, about 3 to 4 feet above the head, suspended in the intuition stratum of the spiritual layer in the upper or first octave of the spine.

Connectors:

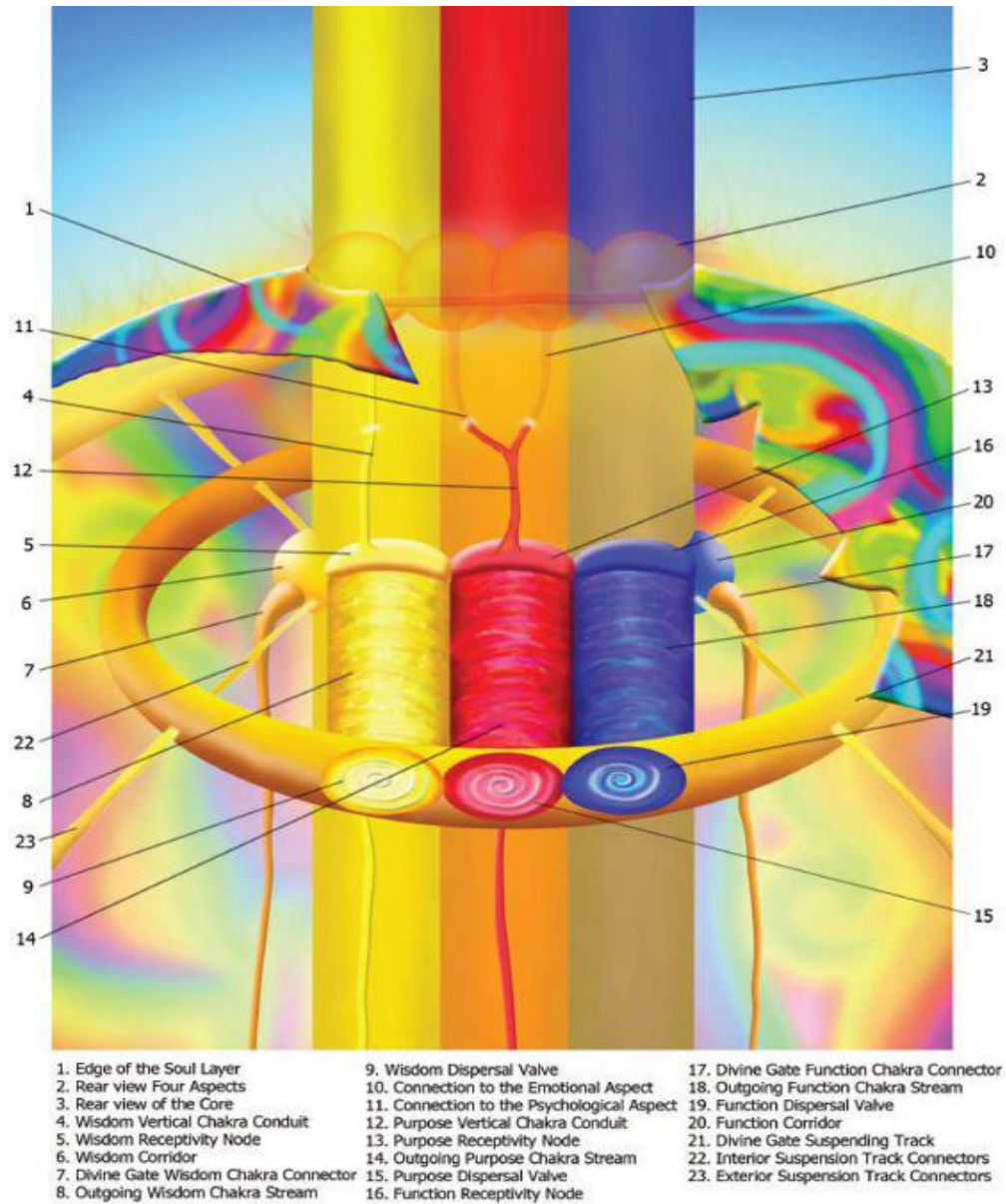
To find the connectors for the star chakra stretch your arms up over your head, point your fingers straight up with your hands back to back. Extend your energy into your fingertips and draw your straight arms down to your left and right sides, making a full-body halo. Visualize the Virgin of Guadalupe and the halo that emanates from her body.

What It Does:

The star chakra is the seat of Divine inspiration where the creation and conception of the individuated self, the bright light that is our spiritual

nature, takes shape. Individuated spiritual purpose is born here. We are breathing in, and Creation is breathing out. This is where we touch the pure and beautiful pulse of the universe, the way we manifest and embody universal consciousness and divinely inspired intuitive thought. A spiritual chakra, it represents that which is just out of reach. The unseen Akashic records spring from the well of this chakra and spin outwards into the etheric layer for storage in a specific location. This chakra retains our soul impressions at birth and death and our big life lessons. Most people struggle to believe in this part of them. This is the higher nature, the separate and holy center shrouded in white light. When this chakra is healthy and active it glows brightly resembling a halo.

Posterior Divine Gate, Four Aspects and Vertical Chakra Conduits (Fig. 8.7).



Function Current:

This current receives Divine grace and shapes it into a soul's purpose, giving the Human Energy Structure the experience of now, what to do right now, and the courage to say: "I am doing it! I am moving forward to fulfillment."

When blocked, the person forgets that he ever had a soul's purpose or spends a great deal of time looking for purpose, not finding it and trying on lots of different purposes that never feel right. Forgetting the soul's purpose is a little like traveling through a vaguely familiar land without a map; it may be interesting, and you may happen on some fascinating locations, but the journey will be long, exhausting and winding.

Purpose Current:

This is the place where we must remember why we have the soul's purpose that we do, why we are separate, constantly individuating, making ourselves over and over and over for the action of bringing forth our purpose. If blocked, we are missing the point; we are thin and weakly driven, feeling depleted of all motivation. This is the purpose current of the purpose chakra!

Wisdom Current:

Again we reach the memories of implementing the soul's purpose. All the different ways we have done so gives us a sense of unlimited capacity and ability to succeed. Tremendous sadness is the direct result of blockage in the wisdom current and may result in even chronic depression.

Solar Chakra***Location:***

The solar chakra is situated above your head 12 to 18 inches. If you lift your hands overhead palms together in a prayer gesture, with your arms straight up, your solar chakra will be located right between your hands. The main solar chakra is suspended in the acceptance strata of the mental layer in the upper octave of the spine.

Connectors:

The chakra connectors secure into the physical body at the center of palms one into each hand from either side of the chakra.

What It Does:

The business of the solar is to bring the individuated spiritual purpose into use. It is where spiritual purpose meets path and is defined as action. Where “Why am I here?” begins to take shape and make sense. This energy center represents that which we grasp of the Divine nature and what we are capable of manifesting, as well as our understanding of the natural order of life as we participate in it. It is what we can hold in our hands and bring through into our life expression. This chakra has to do with our chosen path in life, its spiritual ramifications and how we fulfill our promise.

Function Current:

This current is a powerhouse! It organizes the soul’s purpose into physical reality so that it is palatable to the crown chakra. When it is in full swing, it acts as the little engine that could and works to bring the idealized vision into reality. It is all about implementing. When it is blocked, implementation is very difficult in all areas of the life. All sorts of miscarriages - from babies to being unjustly accused - happen here. It wants to make connections, and the level of skill displayed by a person is directly related to solar function current stamina.

Purpose Current:

This purpose current constantly asks the question “Why should I implement?” The answer must be: “Because I need to bring this soul’s purpose into reality. I must translate the truth of the authentic self into action, behavior and belief.” When it is blocked there is a loss of knowing that it is possible. A frantic, neurotic and paranoid obsessive quality will result. People with this current blocked are totally dominated by what they lack.

Wisdom Current:

Here is the great soul’s wisdom speaking in the voice of the all-accepting mother. This is the seat of the Divine Feminine and where that power can be investigated, tapped and restored or focused in service to the highest good of all creation. This would include all the ways a spirit has implemented deep wisdom and all the ways it has chosen to live and contribute through many lifetimes, from the choices made around moral and ethical issues to how the attributes of loving and compassionate acceptance have been cultivated and applied to forward the soul’s journey. So if blocked, the individual will lose the ability to implement Divine Feminine wisdom and even may have a

substantially decreased drive to attempt to connect with this part at all. They forget who they are, and it appears that they are not committed to their own life and must be constantly convinced they have real value to the world and their loved ones.

Crown Chakra

Location:

The main crown chakra is at the fontanel where at birth the plates of the skull are still soft and malleable. The crown chakra is the cross over point of the second and the first octaves of the spine. This is significant because the more spiritually driven subtle energies of the upper octave meet with the materially expressed energies of the middle octave in this location. This gives the crown chakra the weighty job of being a gateway to the body, and this is reflected in the purpose, function and wisdom messages the chakra sends into the soul layer.

Connectors:

The connectors attach first into the fissures of the skull on either side of the fontanel and down into the brain and the amygdala, finally coming to rest in the left and right sides of the pineal gland. The amygdala is small but powerful and sits in the most primitive part of the brain called the Limbic System. Even though the connectors travel through the skull fissures and end at the pineal gland, they anchor the crown chakra into both the amygdala and the pineal and are influenced strongly by both.

What It Does:

The crown chakra is the place where the connection of the spirit to divine inspiration, direction, wisdom and clarity happens. It anchors spirit into the material, supporting the embodiment of spiritual nature. It holds the rate of vibration of the body steady as it strives to contain pure Source light in a congealed form. The direction or thrust of a life is crystallized in the crown. The focus here is of a kind of funnel for pure energy distilling from a higher source. It is the spot where the spirit meets the physical and manifests to form. This chakra makes the human contribution possible.

Function Current:

Primarily it is bringing spirit into material reality, into the physical body. When blocked, there is great difficulty both physically and spiritually.

Physical diseases like cerebral palsy, stillborn babies, SIDS and cystic fibrosis may result. Spiritually it might look like a person who cannot find her feet, who is not embodied, who is ineffectual and does ridiculous or silly things as a way to contribute. Of course, this sometimes turns out to be highly functional like Will Rogers or Patch Adams, both of whom have made a huge impact using silliness, comedy and the ridiculous. The kind of mercurial, effortless comedic delivery of someone like Robin Williams or Chris Rock is definitely crown inspired. The power of this place is that it can bring spiritual inspiration into the reality of the physical body.

Purpose Current:

Because the overriding intention of this current is to give embodied expression meaning a blockage here is a blockage to embodiment. This may mean that full embodiment does not occur and as a result, being in a body is challenging. For a person with this obstacle a range of issues may ensue. One might be confusion about where to live, seeking a home and a place to be and not finding it.

Another would be a lack of motivation to do anything with their life or confusion about what good they could possibly achieve in the situations they encounter in daily life. People with a blockage in this current try to stand on their own shoulders and reach up and out of themselves contorting their lives to make a difference in the world but instead they fly too high.

It might seem that what they have to share does not have any relevance to anyone else. They may say: “I didn’t want to be born. I didn’t ask for this life! I don’t want to have this body.” Or, “I think I’m from another planet (another family, another country, another time, another race, another species), and I never wanted to come to this miserable place.” They likely are trying to get out of the situation by self-destructive actions such as drug and alcohol abuse or even suicide. Seeing how they can matter in their own body, living a life, is the challenge of the purpose current of the crown, and people who are fully expressed in this area often become inspirational leaders who have overcome the worst in human nature.

Wisdom Current:

The great wisdom is, of course, to own the brilliant opportunity of being in the body with all its wonderful sensual insights, the treasure chest of memory and the pleasure of movement. When blocked, life is filled with

sadness, even in innocent children. The most destructive of lives may be blocked in this area.

Brow Chakra (Third Eye)

Location:

The brow chakra is in the center of the forehead deep in the brain and the left and right sides of the pituitary gland. The pituitary is located behind the eyes at the bottom of the brain and below the pineal gland. Located in the second octave of the spine, the energy of the chakra stimulates both of these glands.

Connectors:

The connectors are on the right and left sides of the pituitary gland.

What It Does:

The big picture is hatched in the main brow chakra, emerging from the inspired insights of the authentic self as it fine tunes the image of what life could be. This is the contemplative center for insight and intuitive seeing, as well as intuitive sensitivity and wisdom. This kind of inspired wisdom is related to clear knowing, the understanding of the overview and the workings of the greater universal truths in the world, being in touch with the vision of the life pathway unfolding and gleaning the way it fits together - reasoning out life as it shows itself in every moment of every day. Innate problem solving, which is another kind of intuitive skill based upon visual and audile observation, is located here.

Function Current:

Holding the greater vision, seeing the bigger picture, the direction in life and where the world is going is available in this place. It makes possible seeing with your eyes, brain, mind and heart and holding the vision of your HES in harmony with your personality, your individuality. Because this is where it is held most sacred, all the other chakras perceive the overview of the specific life as well as the longer view of multiple lifetimes through the brow.

When blocked, it shows up as a tendency towards doing the minimum, not being able to see the future and definitely unable to get the big picture. The experience of “I get it; I get the big picture; I see the potential and I’m excited about it!” is a thrilling vision of living. If this current is blocked,

there is a profound lack of abundance and may even be a fixation about how meager life is. This can appear as financial woes, but it also can show up as not having enough energy to enjoy life, enough direction to use time wisely or enough love to feel validated.

Purpose Current:

This is about understanding why there is a big picture and that it matters to have goals for the long term. A successful feeling from here is: “When I’m on my deathbed, I will look back and be proud I did this project (had this experience, this relationship, this emotional connection)!” A blockage gives a feeling that nothing matters, that no contribution is being made that is of real value but that somehow there will be opportunity to fix it all later. There is no responsibility taken by the individual for their part of it. Remember, life is not a dress rehearsal; it is the purpose current of the brow chakra!

Wisdom Current:

This is the holding tank for all the things ever seen from the moment of separation from the Divine through incarnation after incarnation, every bit of the history a soul has experienced and all the knowledge gleaned- that’s the really big picture. This is where that doorway is, so when it is blocked, people are often confused about why they are here. They strive to just get the details right, organizing the deck chairs on the Titanic because they are focused on the deck and not the iceberg and the sinking ship. This means that a blocked, congested or stagnant person just does not know how to grab the big vision or to hold onto his or her own dreams.

Throat Chakra

Location:

The main throat chakra anchors into the left and right side of the thyroid gland in the throat near the Adam’s apple. This gland drives the metabolism and controls many of the functions of the bio layer including energy and heart rate. As are all physical-body chakras, the throat is in the middle or second octave of the spine.

Connectors:

The chakra connectors are located on either side of the little butterfly-shaped thyroid gland.

What It Does:

The throat chakra contains the energy for self-expression and the truth of one's life. The job of this chakra is to share information, to speak your piece and convey your identity by sharing yourself verbally. A popular misconception about the throat is that it is always about speaking *your* truth. But sometimes you don't know what that is, and the best you can do is to say what you know to be true right now, in this moment. So it is dedicated to more than speaking your truth. The throat is about bringing *you* into the world - through verbal expression but also through the authentic actions that come about when you follow through on what you know to be right. Sometimes this is not a verbal expression and may be a simple touch or glance. These truthful moments are also inspired from the throat chakra's deep wisdom.

Function Current:

Telling it like it is, speaking your piece, letting the truth out, all are expressions of this current. When blocked, the person hems and haws, tell others what they think they want to hear, just can't get the words out or, worst of all might not know or sense the fundamental truth of a situation. So if you have a difficult time saying what you mean and want in your heart to express, this might be an area of anatomical weakness for you. Also, watch this place if you are a singer or you are public speaker who is frustrated in your career and not allowed by circumstances to do your work in the world. If this is the case- do not stand on ceremony- practice, give it away and just let your voice be heard! Your health and well being will rely upon the accomplishment of stating your truth and not upon just *getting by* or being paid for doing what is expected.

Purpose Current:

This current relates to why a person needs to speak the truth in their world. It is also about what happens when the truth is not spoken; the collapse of the personality, the belief that "I don't matter and so what I have to say is not really very important." Little white lies are the stock and trade of this stopped current. When it is blocked, the person just doesn't know if anything matters at all and may ultimately be unable to distinguish the difference between the lie and the truth.

Wisdom Current:

This current is dedicated to the ancient wisdom of the soul, the times each being has said: “Give me liberty or give me death!” “I will leave this marriage because I am not happy!” “I am committed.” It speaks to the ways each person keeps his or her word with a sense of integrity and honor. Speaking the words of a vow or a creed must ring true from here or they will literally stick in the throat. If blocked, none of it matters. The individual will believe that compromising oneself is natural and that integrity is just a ridiculous concept that means: “I won’t win.” This place is where you stand up for yourself, keeping your word and staying in alignment with your personal worth. Blocked, it is the heart of the lie.

Heart Chakra

Location:

The major heart chakra is located in the breastbone, the center of the chest below the thymus gland at the level of the heart in the bio layer.

Connectors:

The chakra connectors travel through the left and right side of the sternum and anchor into the bottom of the thymus.

What It Does:

Love and the awareness of love as expressed from one human being to another or as based in the knowingness of the human spirit, including unconditional love and knowledge of the soul to open, in loving receptivity to the Divine, through the love of another, a cause, a people or tribe, and the desire for union of spirit through love-making. The job of the heart chakra is to give and receive both love *and* hate. This surprises most people, but the heart is also the seat of hate.

The heart chakra is the door to the karmic path of the ensouled being and so must include both the light and the shadow. The manifestation of the soul’s understanding and ability to love and to receive love resides here. There is room for love when the currents are open and moving freely. Love doesn’t come in and stay; instead it comes through in a continuing motion, always coming and going, ebbing and flowing like a tide.

Function Current:

The function current is about giving and receiving love and hate in the most functional of ways, actually saying the words and enacting behaviors to

demonstrate these emotions. These are the most intense passions of the individuation. Because of the bigness of what is expressed through the heart, there is more spaciousness in the function current of this chakra than any of the others. Any emotion that comes out of love, such as, compassion, impatience, jealousy, adoration and pride, moves through the heart.

The real function of the heart, it turns out, is not about being filled with love but is really about having space; space for the *possibility* and *potential* of love and all that it represents. As we mature, this changes. What we thought of, as romantic love in the dewy-eyed days of youth is not the same as the deep and abiding experience of mature love after 40 years of marriage and commitment to the heart, mind and body of a beloved.

At a purely physical level, the function of the heart muscle is to keep us alive by pumping our blood, ultimately feeding the organs and various systems. The function of the heart chakra is to feed the soul body and even open the whole self to the abundant universal love to which we only have to say, "Yes!" to receive. It is true that the more you are open to love in your life, the more alive you are, and the more you are filled with vital and nurturing love. When blocked, the lack of the current creates great difficulty in expressing the emotions of love whatever they may be to you.

Purpose Current:

The ability to understand why people need to receive your love, your personal expression or why we need to express our hatred for, as an example, violence and war, is the territory of the purpose current. It pertains to all flavors of loving - being loved, falling in love, spiritual love, unconditional love, love for family, tribe and community, jealous possessive love, love of the Divine Beloved, love for our beliefs, work, country, for a passion, a project, a goal and finally love for self. Most spiritual seekers understand this much. But what is not so commonly discussed or included in the study of this chakra is the flip side, hate and how it lives within us.

Gloriously intense love and shocking hate are the twin sisters of passion. Love and hate, each powerful focuses have their own callings, identities and roots, their own vocabulary of spiritual benefit and cost. But as they gestate side-by-side in the womb of the heart, they have everything in common. Measuring fervor, they are closer than any other opposites in the range of human emotion. Love can turn to hate in a flash, an instant - the beat of a heart. And with just a little compassion, even the most vicious hatred can be transformed into loving tolerance.

Love is like water; it is vital in nature and fluid in movement. We float on a sea of love, drown in it, drink it and bathe in it. Human and ape babies will die if they are deprived of love. In fact, to be unloved as an infant is one of the most damaging things that can ever happen to a human being, creating a malformed psyche and a wounded spirit.

A Blended Energies System

Story Loving Violet CI Practitioner: Desda Zuckerman

Violet, a long time practitioner of Somatics and CoreIndividuation™ who is in her mid-60's, has been dealing with heart issues since her 20s. A few years ago she sailed beautifully through a difficult surgery and recovery for a long-needed valve repair resulting from childhood illness. Recently her heart started fluttering, and her cardiologist performed a cardio version, which shocked the heart back into a normal rhythm. She scheduled a surgical follow-up with me, and came to the session tired after “overdoing it with a trip to Costco” the day before. We wanted to get beyond the physical issues and look at what the HES was holding.

After doing some procedures to aid in recovery from the surgical treatment, Violet's Blended Energies System revealed an interesting issue buried in the heart chakra. There was a collapse in the wisdom node of the receptivity chamber, and more specifically in the region of the greater gate at the back of the core. This affected the wisdom node in receptivity, and it was not able to effectively blend the wisdom current that was coming around through the corridor with the wisdom current that had gone through the process of being informed by the core.

The greater gate determines the rate of flow of the currents coming into the receptivity, and they were hitting the node way too hard. Wisdom was exiting too fast and was not really blended adequately, so it was too harsh, too hot for the chakra stream and the soul layer when it arrived. As a result the wisdom current felt like it was armored in the soul layer. It was clear this was stress producing, resulting further in a lack of even interior flow and smooth pumping of the heart chakra. This affected the entire Blended Energies System. The regulation function of the greater gate needed to be addressed.

This anatomical problem showed up in Violet's world as difficulty receiving love and compassion from others. She had problems integrating those positive feelings into her life. It is possible the fluttering heart may have been a reaction to this deeper subtle anatomical issue. As we worked, Violet said, "I feel some emotions coming up; some sadness is letting go. I have struggled to work both with a failing heart and the failure of my heart to connect, to feel love!" Retuning the greater gate to balance shifted the wisdom current and relaxed the heart, restoring balance to the soul layer. "Now, I can feel my heart letting go." She reported. Violet chose "I accept that I am deeply loved." as an affirmation and has since used it successfully in her daily meditation practice.

Months later, Violet reports she is much improved and is feeling an increased opening of her heart to other people in her life. Her heart has returned to a regular rhythm. She believes the cardio version procedure supported by interaction with the sacred anatomy was a success!

The broader purpose of love is that it is a way to tune into the spacious quality of universal awareness and security. It is also how we allow ourselves the experience of a complete and full life. Without love, there is no deeper existence for us. If blocked, there is a fundamental disconnect from reality of the authentic self that will present itself as pathology.

Wisdom Current:

The ancient wisdom of the heart, everything felt, known and the quality of an infinite capacity for love, exists within our wisdom current. Why do so many people experience pain when expanding the heart? Perhaps is it because of the resistance of the chakra against it or because even knowing how to expand stretches us to our limits. It may be because of the trauma in the heart of not being loved, the scar tissue pulling against itself as a thorny protection against the pain of loss or lack.

Depression can be sensed as a tremendous lack of space in the heart, like a constriction or collapse. The depressed individual can sometimes have no space for themselves in their own heart. Conversely, a block here means the person cannot experience love as infinite, and instead they dole out their love in teaspoons. They suffer this smallness of heart and lose the capacity to really give freely and sincerely. They ridicule those romantic sorts with stars

in their eyes and dreams in their hearts, belittling them because they cannot conceive of why someone might prefer to dwell in the misty land of Aphrodite. The ability to access this part of yourself completely means having an infinite ability to be in the flow of unconditional love, forgiving constantly the offenses of others and your own failures.

Solar Plexus Chakra

Location:

The Solar Plexus Chakra is in the center of the upper abdomen above the stomach, navel and waist. It is in the second octave of the spine.

Connectors:

The chakra connectors are rooted deep into the right and left kidneys. If a kidney is removed, the connectors still remain anchored into the echo of that kidney, and they remain in the place where the kidney used to be hooked to Template strands. The influence of the kidneys and their associated adrenal glands, work with the element of water in the body, ensuring the ebb and flow of the fluids that give the interior emotional climate of the body tidal movement.

What it does:

The job of the solar plexus chakra is to share and experience emotional life and content. It is the place where emotions are expressed, contained and processed to make possible the experience and use of emotional connection with oneself and other people, places and things. Exerting self-control and giving into or overcoming desires are always in relationship to people, places and things.

Influenced by the moon and the amount of water consumed, the fluid and emotional contents of the body are deeply connected. We are delicately floating between the intensity of emotional life and the waters of the body. If the giving and taking of emotional input is blocked, difficulty or inability to hear or feel other people's anger, fear, frustration and confusion will be a result. This is the parent that laughs at the fearful or crying child, the husband who does not get up from watching TV when his wife stubs her toe, and the teacher who humiliates the less intellectually inclined student. A blockage here makes it impossible for such people to relate appropriately with others, and they might say something like: "I don't know what you feel."

Function Current

Defining and delivering the potent essence of the personal emotional climate is the primary job of the function current. Knowing what is being felt and then plumbing the depths of that feeling is part of attaining emotional clarity. When doing this, self-censoring is dangerous as it weakens the honest emotion and can even lead to a dysfunctional current. Still being unconcerned with how that feeling will land in someone else while a baseline, lacks skillfulness and a sense of compassion.

Developing sensitivity and concern for others' reactions to *your* emotional experience is the challenge of the function current. Becoming emotionally mature involves learning how to soften the intense message and yet to *feel* the feeling completely. Human beings must feel thoroughly, but they must also be responsible for their feelings. Statements like "I can't help it if you're upset, this is just how I feel." Additionally, over sharing to get your feelings "off your chest" is not serving the dignity of the function current but is instead misdirected and can be self-indulgent. This kind of selfish behavior, letting the chips fall where they may uncaring about others indicates an issue lodged in the function current. Magnanimous actions, for the good of all concerned also emanate from here. This current holds emotional intelligence and responsibility for the power of the emotional life.

Purpose Current:

An innate understanding of the great tribal or clan connections between people and how emotional content stimulates growth and evolution is the purpose current's work. If blocked, you have the person who goes to "Schindler's List" and comes away untouched; he's the guy who just doesn't get it. The gift of the solar plexus purpose current is about really grasping why we have, experience and communicate emotions. It offers a sense of why we communicate with people and why we need to deliver at least a rudimentary understanding of the emotions we feel.

The solar plexus is all about putting our emotions out and receiving them back from the world, taking the risk, making the leap, grabbing the opportunity to speak, to yell, to say whatever it is that must be emoted and felt. Thrashing as we fight with what we feel, all the way to going down deep below the initial struggle into the warmth of connection with another feeling, living, breathing being. How well you are received and how completely your emotions are understood is a factor of the interior oceanic tides that surge and move in relationship with the pull of the planets and the

moon in the night sky and the anatomical alignment of the major solar plexus chakra.

Wisdom Current:

The sum total of your soul's emotional content over every lifetime, all the times a person has given birth, died and fallen in love and the emotions of those experiences are held in this wisdom current. So is numbness and sorrow. If blocked, our emotional content will be more homogenous, and we will only be able to distinguish or experience one or two emotions at a time, anger and love, for example. This blockage not only causes the person to work hard to make connections with others, but it creates tremendous stress and makes it very hard to rise above the challenges.

Dan Tien Chakra

Location:

The dan tien chakra is positioned in the physical body 2 to 5 inches below the belly button, toward the back, suspended in the gut in the second octave of the spine.

Connectors:

A chakra connector is rooted into the left and the right ovaries of women and into both testes for men. If ovaries or testes are removed, the chakra connector will anchor into the echo of the organ that remains in the abdomen or scrotum or into surrounding Template strands if necessary.

What It Does:

This chakra holds the potential of your personal power. How this power and the magnetism of the force of this power move into the world depend to a large degree on your ability to access chi. The dan tien is the power bank for will and the drive to see things through to completion. Manifesting anything in physical reality requires some measure of dan tien gumption. Intangible spiritual belief can also be inspired through the currents of the dan tien. The unfiltered assimilation of raw input of energy from others, inanimate objects and places is processed through this chakra. An ability to work harmoniously and creatively with others, to create community and family or tribal connections is also a function of the dan tien, as is grounding into individual power.

Function Current:

Bringing forth your will, your personal power to produce a desired result is a primary job. But sometimes just raw untamed power can surge through this current. When blocked, there will be great difficulty dealing with energy and getting what you truly want accomplished. With a compromised function current, it will be hard simply bringing your will power into the room. This is the leader who cannot take control, the teacher losing her students to spit wads and note passing, and the mother who is simply unable to discipline her children.

Purpose Current:

The purpose of the dan tien chakra is to impress determination or action upon the world. It is the generating center for will power and for implementing aspiration or desire for money, sex, and control — anything. Intention is *felt in the gut*. It is where we feel acceptance or opposition to our desires, our plans, our needs and our instinctive reactions or hidden agendas. Knowing your power makes a difference. When blocked, it puts the individual into a state of confusion about what kind of difference he or she can make in the world.

Wisdom Current:

The wisdom current of the dan tien holds the capacity for remembering the accomplishments and acquired awareness of the chakra. It contains knowledge of all the ways the chakra wisdom has made a difference and can help a person remember their own innate power. A person doesn't really know the way their actions or reactions are going to matter when in the midst of action. It is not until after the fact that the real impact of the will and the wisdom current of the dan tien can be seen and felt. The wisdom current can help bring the inimitably human capacity for sense of self and personal power into focus and apply remembered knowledge from the accumulated experiences of the lifetime of the soul, making a difference in the present.

Root Chakra***Location:***

Root chakra is located in the physical body at the base of the mid or second octave of the spine, the crossing point of the middle and lower

octaves. It rests forward from the coccyx on the midline of the perineum between the anus and the back of the vagina or testes.

Connectors:

The chakra connectors are rooted into the left and right side of the perineum in both men and women in the bio layer. This chakra also extends dominion over the six-layered, root chakra tail that comes off of the base of spine and anchors into the chi pool function corridor.

What It Does:

The job of the root is to survive, to continue living. Beyond that, it is a base anchor and the sacred entry point, the place where spirit becomes manifest by entering through it into the bio layer at or a little before birth. It radiates life-force vitality to the physical body, its functions, lessons and awareness. This chakra is dedicated to the survival of the one body in whatever form it exists, as well as self-preservation issues, sexual reproduction and base or animal instincts. The root is about survival.

Function Current:

Its primary function is to ground and anchor the life in the physical and to bring the spirit all the way into the physical body. The base of the spine and tail or extension that comes out of it plants itself into the chi pool at the bottom of the egg-shaped structure and has the ability to pull chi from the storage sites in the pool for use in life-threatening situations.

We can call up resources from nowhere that fuel our last-ditch efforts to save our children, our mate, our comrades in arms or ourselves. When blocked, the person may be born with or develop physical problems, which may be a great life lesson or gift. It is safe to say that what appears a curse upon real examination may be the greatest tool for self-development that you have!

Purpose Current:

To understand the value of life is the thrust of this current. The purpose of the main root chakra is to act as the center for survival, sexual impulse or need and action, as well as a primary connection to the fundamental essence of life. It is the basic center for sexual and magnetic attraction and charismatic power.

More than the dan tien, the root draws people and things toward us. The root is the creator of the *chemistry of connection* most people experience falling in love. The lust for a soul mate or partner with whom to make a life is driven by the complex signals of the root chakra, on the one hand broadcasting receptivity and on the other single-minded in its imperative to survive, to breed with the healthiest strongest, most attractive, candidate and ensure the survival of the species at all costs. We want the mate to come close but not to harm us.

This is the song of the root, a push-pull anthem of lust and rejection, control and passionate adoration. It is primitive, and it is who we are just as much as the high-minded delights of the quest of soul's satisfaction and purposeful spiritual activity.

When blocked, people do not have a regard for life, such as a woman who can't be bothered with the hassle of birth control and has six abortions instead of taking preventative measures. It might also be the individual who kills animals for fun or sport and does not eat the meat but instead leaves it to decay in the woods. They feel disconnected from the mainstream and don't understand that what they are doing is part of the whole picture. People blocked here are often hermits and self-involved, sometimes to a pathological point like a Unabomber.

Wisdom Current:

This current remembers all the experiences of birth, high consciousness, spiritual attainment and enlightenment. It is a potent place, a sacred place where real knowledge of this soul's future purpose and past reside. It performs the duty of dropping anchor, grounded in life and the physical body. If blocked the result will be great difficulty seeing and understanding what wisdom to bring to life.

Lunar Chakra

Location:

The main lunar chakra is suspended in the foundational emotion stratum of the emotional layer just between the ankles in the lower octave of the spine.

Connectors:

The chakra connectors are into points in the bio layer at the inside of the ankles, half way between bottom of the foot and the anklebone and slightly

toward the heel. There is usually a slight indentation in the skin.

What It Does:

The job of the lunar is to clearly know a life path and to follow it in a surefooted manner. This is the way that we move on the planet, the path that we choose to follow in life. Career and spiritual pathways align here in the place where information from the past is stored as practical wisdom in the most profound sense. The health of the lunar is the health of our ability to fulfill our purpose here in the present, to be in sync with the past.

Function Current:

The function current deals with being able to bring your life purpose into fruition. The throat will support talking your talk but it is the lunar where walking your walk and making your own way is exalted. If blocked, the individual will have difficulty figuring out why they are here and what they are supposed to do about it. This could cause a person to be so asleep they might not even get to the place of wondering about their purpose.

Purpose Current:

The purpose of the main lunar chakra is to keep our feet to the path, to hold our course and stay engaged with our life journey. In most lives this looks like the career path or a *calling*- that is, if you are lucky. More commonly the path and the career are not the same. Purposeful action toward the path might involve paying bills, so that's where your job is relevant. But really following the path requires letting go of money and how that influences the direction taken in a life. Instead, following your path is more about the spiritual yearning and seeking out the passion of your truest self. The lunar is the generating center for implementation of the life plan and direction that is soul-need based. This is the personal work we all do to evolve the species.

If the purpose current is blocked, there is a stop to the flow of the personal work and the personal evolution. If you have ever worked with people who behaved as though they were some earlier life form without the cognitive awareness to grasp subtle innuendo and the communication signals of others, you may have been engaged with someone who has a block in this current. If they are constantly insisting that you tell them the way to do things, how to do them, which direction to take, or if they are trying valiantly

to *translate* your words into *their language* these are indicators this might be a person with a blockage in this current.

It is possible to learn to compensate for a blockage here sufficiently to operate in the world and to figure out the way things work. But if the personal evolutionary process has stopped or slowed because of a blockage of purpose current, eventually there will be a breakdown. Still people with a blocked purpose current have great difficulty understanding how to translate purpose into life. Their efforts spin and spin, and they miss the point that to follow their path is reliant on implementation of purposeful and guided internal action. No matter how many classes they take or books they read, they would be flustered by the difficulty of *no path* or *the wrong path* or *not knowing the path*. They will repeatedly slam to a stop in the purpose current, continuing to experience great difficulty successfully implementing what they might even understand internally as their life's purpose.

Wisdom Current:

This current touches into the ancient soul's wisdom of the lunar. You know who you are; you know why you need to be here, what you are here to do. In this current of the lunar chakra we remember who we are, what we've done. But when the memory bank is missing, people have to start over from scratch. A blockage here means the individual is always trying to start from the beginning to work hard at understanding what to do, reinventing the wheel without the remembered wisdom of lifetimes of experience. This locational blockage will make for a slow start and sometimes a less productive life.

Axis Chakra

Location:

Eighteen to 24 inches beneath the soles of the feet and, suspended in the “instinct or tribe strata” of the primal layer, the axis chakra is the location where your human roots tap into the power of the planet, the universal resonating chamber that connects the human race and our own personal stores of chi. It is part of the lower octave of the spine. For more information about the universal resonating chamber and the way the resonating chambers work see ([Fig. 12.3](#)) on page 320 and description on pages [319](#) and [322](#).

Connectors:

The chakra connectors are multiple roots extending out of the arches at the bottom of both of the feet deep into both axis and chi pool below. See illustration ([Fig 8.10](#)) on page 219 of this chapter.

What It Does:

We Earth dwellers are a species of physically connected energies that make up a human organism and link with a magnetic matrix deep with in the Earth through a system of roots and connectors. These roots grow out of our feet and bury themselves deep in the heart of the axis, which is located in the mother body of the Earth.

What begins as the tap roots in the root chakra continues into the axis as the root system that supports and nourishes the human being, moving, acting, learning, growing through lifetimes of effort, to the ultimate realization and enlightenment that is the culmination of a soul's expression. To become one with the universal and/planetary nature consciousness is easiest through this chakra. Humans everywhere connect into the universal resonating chamber and can actually communicate across the miles with each other by using it. This is surprisingly easy to do.

Function Current:

The function of the axis is to establish a magnetic connection with our species and with our planet. It is also a point of communication. This place is about establishing commonality and community with your kind and connection with the Earth. The purpose of the main axis chakra is to continue this connection with your species, to keep in touch with the land of your birth and to maintain the ties to your ancestral land and lineage.

Suspended beneath the feet, the resonating chamber is the generating center of energy that fuels our relationship with our species on a global level. When blocked, difficulty being grounded to the Earth, staying embodied and in communication with those around you may be the result.

Purpose Current:

The deep urge to live in and establish community or groups, to work in the context of tribe, clan, bureaucracies, states, and governments; to develop and blend with the children of the Earth as well as the Earth it self is all work of the purpose of the axis.

Like starting a garden it requires tending, and, when blocked, the individual cannot establish roots into community, find a place to belong or to

fit in. This is a person who can't blossom or serve, the sorrow of "I don't get it, and I am disconnected; I don't fit in anywhere, I don't understand the rules or the reasons for any of this interference in my life!" These are the disconnected individuals who might in the face of New Orleans, floods, tornados and storms of epic proportions, assert "I don't believe in global warming."

Wisdom Current:

The wisdom of the axis knows that you are a citizen of the world that we all are. Conscious of the seasons and the ebb and flow of the currents within the planet, this current helps track world climate changes and upheavals of a geological nature, and it remembers what has happened before in a deep extra-somatic awareness. This is also the anatomy of recognition. When you meet another long-lost member of your clan or your tribe you recognize them because of the wisdom current of the axis chakra. Great leaders have strong axis wisdom currents and act out of them to stand their ground, to fight for their people and to organize into action communities.

If blocked, ancient knowingness in the form of, for example, patriotic love will show up as a forgotten love of country. There may be some vague connection with your country or some other country, but not the memory of why. This would apply to all relationships with people, places and things, but most especially, a blockage will affect cultural and place-driven connections. If you have ever traveled half way around the globe and felt more at home on a dusty bit of Turkish coast than you ever have in Los Angeles where you were raised, this is the part of your anatomy that has stored and nurtured your connection to the land of your past lives and connections, making them suddenly available when you are standing there breathing in the fragrance of foreign culture. Suddenly, there it is, a remembering, stashed for your use by your sacred anatomy.

Pulling Down Your Roots

In this exercise you will pull out and reconnect your axis chakra roots. The axis chakra is your connection to the Earth and to your fellow human beings. From this chakra you hook into a universal human resonating chamber. See more about this in the Harmonizing Network Chapter Twelve on [page 319](#).

Most of us feel disconnected from the massive human organism of our species. We feel isolated, not understood, and, ironically, the more people there are, the more alone we feel. But 18 to -24 inches below your feet, the axis chakra makes an association with the whole of humanity. Experience what it feels like to touch your brothers and sisters in a new way by pulling down your roots because this is a point in the one body where you are able to make a vibrational link with your species.

Honestly, it is very easy to loose your connection to the planet because of all the concrete and asphalt that covers it everywhere, especially if you live in a city or above the ground in an apartment building. You may go entire days, even weeks without your bare feet touching the soil. This is hard on the axis chakra. Even if you live in a suburban environment, chances are pretty good you need to pull down your roots.

This exercise is done using light fingers, which you've already learned how to extend from the tips of your fingers. The axis chakra is located in the primal layer in the tribe strata, and its roots extend out of the arch of your foot. Once you pull the roots down and anchor them into the axis chakra, don't forget to extend a few down into the chi pool. This exercise is best done alone or with a very good friend.

Pulling Down Your Roots

1. Return your presence to your bio layer.
2. Take off your shoes and socks and see what it feels like to stand. Feel your feet on the floor. See if you have a sense of the Earth beneath you or if you feel anchored to the planet.
3. Sitting on the floor with shoes and socks off, extend light fingers and visualize yourself pushing them into the bottom of your right foot.
4. Telegraph into the bio layer for the exact location of the roots. This may be up your leg or even up to your hip. Feel into them, close your eyes and see what you see. But do not worry if you don't see anything. It is not important. It helps to wiggle your light fingers, to see if you can

tickle them into a responsive action. If your roots are way up your leg, keep extending your awareness up, traveling until your light fingers find your roots.

5. When you locate them, stretch your light fingers toward them.
6. Hook the roots with your light fingers and begin tugging them down toward your arch.
7. Keep tugging them out the arch and down until you reach the axis chakra.
8. Implant the roots into the back, front and sides of the axis chakra.
9. Continue to visualize them extending all the way down another 10 feet into the same side of the chi pool as foot. Left foot- wisdom pool or the enlarged corridor of the left side and right foot- function pool or the enlarged corridor of the right side.
10. Do the exact same thing with the left foot (go back up to number 3 for instructions).
11. When finished, call on the Source energy, universal love and light, and wrap all the roots, your feet, the axis and chi pool chakras in the beautiful golden, white, and silver light given to you every minute of everyday by the Source.
12. Stand up and feel the difference. Then still standing, speak aloud this affirmation with heartfelt conviction:

I feel my connection with all humanity and the Earth.

Chi Pool Chakra

Location:

The great twin reflecting pools of the chi pool float suspended inside the soul layer at the bottom of the structure. It is the exit point of the core from the Human Energy Structure and is the very base of the third octave of the spine. See illustration ([Fig. 8.8](#)) on page 216.

Connectors:

The chi pool is the anchor location for the connectors from three different chakras. Connecting roots protrude from the bottom of the arches of the feet and reach down from the axis chakra and into the chi pool chakra. The long extension of the spine, the tail, which is one of the connectors of the root chakra, travels the entire distance of the lower octave until it dives into the chi pool and anchors. Sometimes it goes into the wisdom pool, sometimes into the function pool, but the healthy tail is always rooted in the chi pool. The tail may even trade locations to suit its needs.

This most connected of chakras boasts its own set of connectors that anchor it and bring the powerful energies of the chi pool back up into the bio layer through the back of the knees. The chi pool is also the site of the harmonizing blend resonating chamber and as such also uses this restoring energy to charge the pools of stored chi and balance the energy of the Human Energy Structure.

What It Does:

The lower octave of the spine anchors into the chi pool as a way to manage erect movement and to conduct the flow of chi. Unlimited and eternal in nature, this essential energy is always accessible when the connectors are healthy and fully open. We are unlimited in resources and can pull up from the chi pool stores of energy that stimulate well being and vitality.

The chi pool is tranquil and seals off the exit point of the core. It is also the location of four large and important filters, which cleanse and refresh the chakra streams located to the top and bottom of the points where the core passes through the chakra and to the left and right corridors. The two vertical filters also cleanse the swirling currents of the soul layer.

Function Current:

The function current of the chi pool chakra contains and disperses chi through out the Human Energy Structure into every system. Lack of connection or blockage in this chakra is a prime danger sign for health and

vitality. We are dependant upon the chi pool's ability to provide reserve stamina for recovery, survival and everyday use. It keeps life force moving. Each and every cell of our bio layer has a store of chi pool reserve to draw from, to use, and to fire the gross level systems of the material, assuring the body is used for the highest good.

If the function current is blocked, tiredness even exhaustion will be the result. In cases of chronic fatigue, this is the very first place to look for the underlying subtle reasons for the issues of energy production in the bio layer. If you are too tired to live your life, the reason might be because you are experiencing an anatomical breakdown at the chi pool.

Purpose Current:

The purpose current of the chi pool is all about containing; storing and using initialized human fuel with intentional focus. The purpose current does not have a reservoir of excess chi to draw upon because it is the driver of the chi pool. Purpose current directs the usage of stored function and wisdom chi, as it is the kind of essential energy used to interact with others and to do healing or restorative work. This chakra is the healer's friend, and the purpose current, when tapped, delivers the most profound level of focus anatomically possible.

If blocked, you might not have the capacity to hold chi and may not be able to contain it when it is finally restored. These are the people who cannot hold spiritual healings and who are heartbroken by the attempt to do so. For them, it is as if nothing happens, even though by the time they show up at the healer's office they are totally desperate for some kind of relief. These people have an attention-grabbing vulnerability because they can become reliant on another person to hold healing, bodywork and shifts in the Human Energy Structure or even psychological and emotional changes.

Although this is acceptable for a while and can even be considered essential for forward movement in some cases, this block must be addressed before a dependency develops on the practitioner who has access to his or her own chi pool and so can stimulate another person's purpose current to fire temporarily. The only real solution is a genuine repair or release of the basic problem.

Wisdom Current:

This current contains and nurtures the soul's wisdom in relationship to the chi pool. It is always acting from wisdom about moving and retaining

chi. Good self-care originates here. People with strong wisdom currents in the chi pool chakra are careful about their energy; they cherish it and tend it and know when to be generous with it. All the uses for the chi pool are stored here. All the miracles you have performed when you did your version of walking on water or even just pulled an 'A' on a test without knowing the material were achieved by tapping into the chi of the wisdom current of your chi pool.

Martial artists pull energy from this place, freely moving the most powerful of chi to seemingly do magic, such as throwing opponents with little effort. The chi is moving throughout the bio layer, but it is coming up from the chi pool into the backs of the knees and surging into action with a yoga pose or posture, a sprint to the finish line or the impossible leap into the air of the dancer. Of course people like this train relentlessly to accomplish these feats of wonder, but one of the things they are training is this ability to pull from beneath them, to tap into the essential energy of the human spirit and soul, and the wisdom current whispers in their ear exactly how to do it.

When it is blocked, the current shuts down this access and what results is effort, the kind that requires a mighty exertion to attempt to live an unsupported life. Clearing this sort of blockage makes the abundant and eternal chi that is always there suddenly available, and that can make amazing things happen!

Anatomical Distinctions of the Divine Gate and Chi Pool

Divine Gate and Chi Pool Filters

There are four filters at each of the divine gate and chi pool chakras. They are designed to cleanse the triple-current streams of any residual debris. Every one of the filters has three sections, each devoted to a specific stream. The two filters are above and below and two are to the left and the right of the chakras and inside of the soul layer. They filter incoming and outgoing energies.

Suspension Track and Connectors

Both the divine gate and chi pool chakras float inside the soul layer and are held in place by two sets of interior and exterior connectors that anchor

into suspension tracks located at the top and bottom of the turbulent layer. The exterior suspension track connectors bury anchors into the inside of the edge of the soul layer. Instead of being located in the inner edge of the soul layer their alignment and dispersal valves are in the suspension track. Vertical chakra conduits, various chakra connectors such at the tail and the roots into the chi pool and the filters further act to stabilize both of the floating chakras.

The suspension track is a ligament-like strap that acts as a hammock and floats in the opposite domes of the soul layer slightly out from its edge. It is an extension of the framework and is also part of the Bones of Light, stabilizing the chakras much in the same way that suspensory ligaments do in the physical body.

Interior suspension track connectors attach to the inside of the suspension track in four places at the front and back of both corridors on each side. On the outside, exterior suspension track connectors reach out of the suspension track in four directions, two at the rear of the chakra stream at the dispersal valves and two at the front of the soul pathway at the alignment valves. The eight anchoring connectors are hooked up to each other in pairs, neatly bridging from the exterior suspension track to the inside of the edge of the Human Energy Structure.

The alignment valves fit into the exterior boundary of the suspension track and individuated energies enter the soul pathway from *inside* the soul layer rather than at the inner edge like the other 11 chakras. The dispersal valves do the same thing, anchoring into the exterior boundary of the suspension track where the chakra streams then dump charged energies out into the soul layer.

Soul Pathways, Chakra Streams and Containment Membranes

The soul pathways and chakra streams of the soul layer chakras are shorter than any of the other chakras. Because they form inside of the swirling soul layer, the incoming currents are stronger in these two than the other 11 chakras, so both the soul pathways and the chakra streams of the divine gate and the chi pool are surrounded with denser containment membranes. Turn back to illustration ([Fig.8.4](#)) on page 188.

Divine Gate Distinctions

The divine gate is the first chakra, the master chakra. Because the four aspects are just above the divine gate, there is a different quality to the energy that comes through and out of them and immediately streams down into the divine gate. The pulse of the chakra surge at the core is established in this place and sets the rhythm of the entire Blended Energies System.

This chakra is also the site of the Harmonizing Network resonating chamber. As such it emanates one of the primordial human frequencies. Go to [page 319](#) for more details.

Chi Pool Distinctions

The pools of the chi pool are actually enlarged function and wisdom corridors, and unlike any others these special corridors do not just act as cooling energy conduits, but also gather and store initialized and personalized energies that come down through the drains from the e-stomach.

These empowered energies pass through filters and store in the corridors as backup chi. This storage area is actually a segmented containment pool, thus the name of this extraordinary anatomical location, the chi pool.

The appearance of the energy-rich chi pool is one of an extended chakra with two large extremely large corridors at the sides. They still perform the cooling job of the corridors, leaving the function and wisdom currents to split in the traditional way. The main difference is that the size of the corridors is expanded into segmented lakes filled with charged and potent chi where excess energy is stored.

Like the divine gate, this chakra is also a site of one of the eight resonating chambers of the Harmonizing Network, in this case harmonizing blend. So your excess chi is fortified by one of the eight primordial human frequencies, harmonizing blend. See Chapter Twelve, The Harmonizing Network on [page 325](#) for more details.

Not only does powerfully charged excess chi cool the currents of the chi pool but unlike any other chakra, two chakras also anchor into it with their chakra connectors. The axis chakra sends some of its long roots down into the rich soil of the chi pool, and the root chakra plants its tail deep into the pool. This grounds both the HES and the the lower octave of the spine.

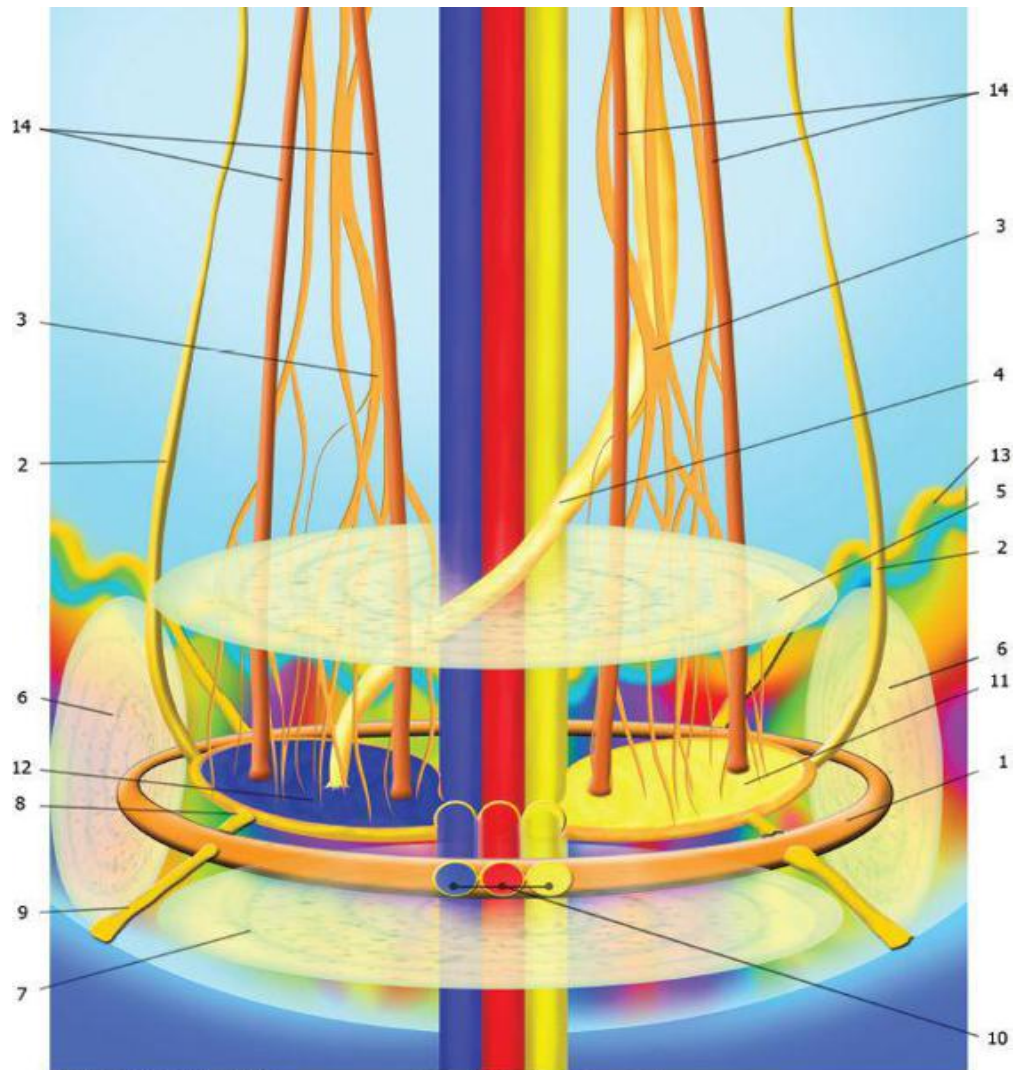
The Core Sheath and the Inner Edge of the Soul Layer

Core Sheath

Surrounding the core, the core sheath stands guard at the entrance to the sacred and bridges the distance from Source to individuation. It contains the blueprint of the Human Energy Structure and has an intimate working relationship with each of the seven systems. It is the site of the Harmonizing Network's central channel of the five harmonizing channels and the location of the Blended Energies System resonating chamber. It houses the caduceus of the Bones of Light and the extragenic stomach of the Template. It has many jobs, but its most fundamental is to be a central and potent channel for the Harmonizing Network's master frequency: harmonizing blend. This is the spinal fluid of the Human Energy Structure and holds the power of connection for the structure.

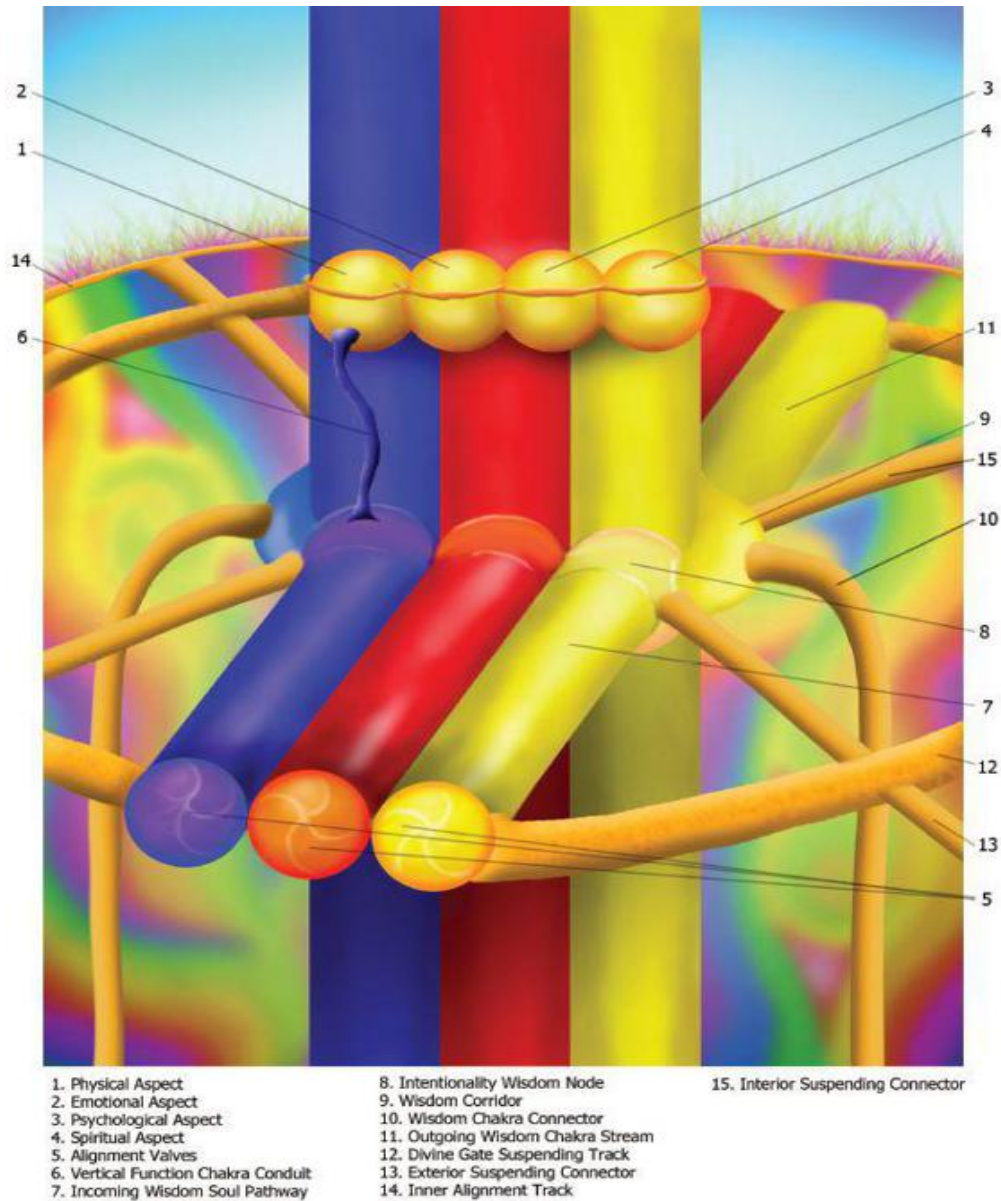
Because of its location, the sheath can radiate this unifying frequency out to the Human Energy Structure and through its many connections establish equilibrium, balance, order and synchronistic vibration. Harmonizing blend acts like conducting fluid and fills the internal and external membranes of the core sheath, holding the core steady and ready for the shift that must occur each moment in the multi-tasking life of the sheath. It is the power of the Harmonizing Network, moving through and in the HES. It is specifically the harmonizing blend as a combined powerhouse of frequencies that drives the structure from its very inception.

Chi Pool Chakra and Chakra Connectors (Fig.8.8).



1. Chi Pool Suspending Track
2. Chi Pool Chakra Connector
3. Axis Chakra Connector- the roots
4. Root Chakra Connector- the tail
5. Upper Filter
6. Vertical Side Filters
7. Lower Filter
8. Interior Suspending Connectors
9. Exterior Suspending Connectors
10. Alignment Valves
11. Wisdom Corridor Chi Pool
12. Function Corridor Chi Pool
13. Inner Alignment Track
14. E-Stomach Drains (Template and Elimination Systems)

Four Aspects, Anterior Divine Gate, Suspending Track and Conduits (Fig. 8.9)



The caduceus of the Bones of Light runs triple-current streams up and down the front and the back of the core sheath elegantly weaving a vertebral column for the powerful currents. The core sheath holds inside of it the elongated pouch of the extragenic stomach of the Template. Millions of Template strands enter their inlets at the core sheath and into the star point, which attaches at its posterior into a conduit that is anchored into the sheath. The core sheath houses the four intake vents of the Template and the four of the Elimination System; embedded in the core sheath at the eight compass points. The Blended Energies System relies on the core sheath to hold the greater gates for the core for every major chakra and borders the interior of the corridors on function and wisdom sides of the chakras.

The Elimination System inserts four hub links for each of its five horizontal wheels through the core sheath into the Elimination intake vents. These are just some of the ways the core sheath serves the Human Energy Structure.

Inner Edge of the Soul Layer, the Inner Alignment Track

Just like the core sheath, part of the inner edge of the soul layer called the inner alignment track is filled with harmonizing blend. It is a rim that runs around the exterior of the inner edge of the soul layer and acts as a docking station or connection hub for the Human Energy Structure.

This is where the alignment and dispersal valves of the Blended Energies System form and where anatomy from other systems hooks in and anchors to suspend the sacred anatomy. The Template hooks come through the interior of the soul layer into the inner alignment track and hold fast by anchoring there. The reflective chakra connectors of the Human Electromagnetic Field anchor into it for stabilization, the spoke receptors of the Elimination System and the guide wires of the Bones of Light substructures both stabilize here. The action packed catch of the pitchcatch feature of the Template also resides here.

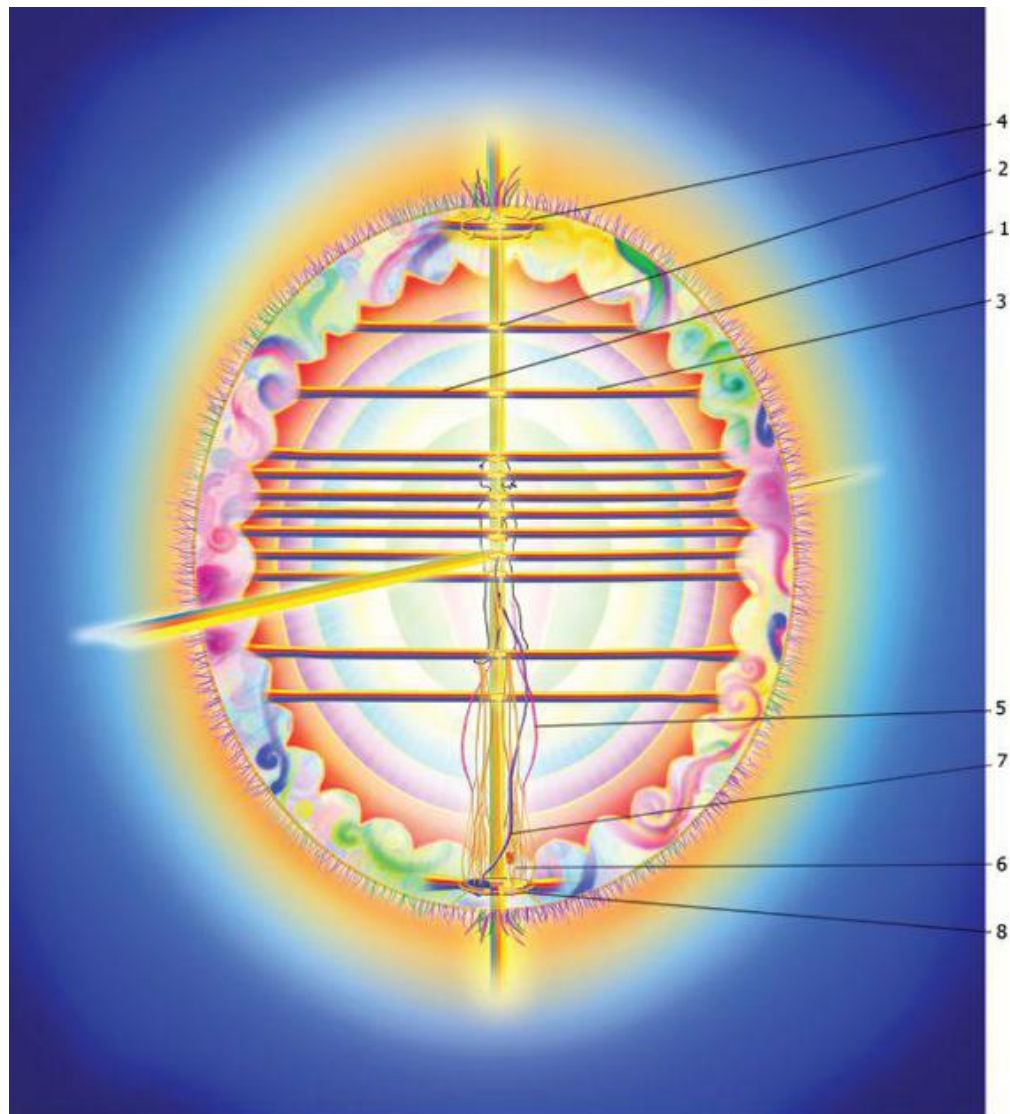
The inner edge of the soul layer is a way station between the systems and the blended currents of the soul layer. It acts as a clearinghouse and an interpreter at the same time whereas the inner alignment track is the point where anatomy anchors and often performs a valuable function for the

system or the structure as a whole. See illustration ([Fig. 9.7](#)) on page 242 to see the inner alignment track and the inner edge of the soul layer together.

Health, the Sheath and Inner Edge

It is best for the health and well being of the Human Energy Structure for both the core and the inner edge of the soul layer to be grounded, smooth and anatomically unstressed. When stress is present there are often consequences for the HES. One result of anatomical stress in both the core sheath and the inner edge is disease, rooted in the tension created by a loss of anatomical harmony. A lack of harmony or ease can contribute to reactions of congestion, inflammation or disconnections causing loss of groundedness or general stress and tension that may reflect disease in the physical. When the core sheath or inner edge are ungrounded, the balance of the whole will shift to attempt to ground itself. These efforts can cause even more stress and may result in parts of the anatomy pulling or tearing away or in deeply held chronic HES tension.

Composite of the Blended Energies System (Fig. 8.10).



1. Incoming Soul Pathway
2. Chakra
3. Outgoing Chakra Stream
4. Divine Gate Chakra Suspending Track

5. Chi Pool Connectors
6. Axis Chakra Connectors (the roots)
7. Root Chakra Connector (the tail)
8. Chi Pool Chakra Suspending Track

Core Sheath and Inner Edge Connections Chart

Here are ways the core sheath and inner edge of the soul layer and inner alignment track are of service to the HES.

Core Sheath

Inner Edge of the Soul Layer-Inner Alignment Track Blended Energies System

In the major chakras:

Greater Gates- Divine Gate

Greater Gates- Star

Greater Gates - Solar

Greater Gates- Crown

Greater Gates- Brow

Greater Gates- Throat

Greater Gates- Heart

Greater Gates- Solar Plexus

Greater Gates- Dan Tien

Greater Gates- Root

Greater Gates- Lunar

Greater Gates- Axis

Greater Gates- Chi Pool

Alignment/Dispersal Valves –Div. Gate

Alignment/Dispersal Valves – Star

Alignment/Dispersal Valves – Solar

Alignment/Dispersal Valves – Crown

Alignment/Dispersal Valves – Brow

Alignment/Dispersal Valves – Throat

Alignment/Dispersal Valves – Heart

Alignment/Dispersal Valves – Solar Plexus

Alignment/Dispersal Valves – Dan Tien

Alignment/Dispersal Valves – Root Chakra

Alignment/Dispersal Valves – Lunar

Alignment/Dispersal Valves – Axis Chakra

Alignment/Dispersal Valves – Chi Pool

Template

1000's Of Singular Template Strands Inlets

1000's of Template Strand Inlets

Catch Feature

Star Point Conduit

E-Stomach

1000's of Template Hooks

1000's of Singular Template Strands

1000's of General Template Strands

4 Template Vent Openings At Top

4 E-Stomach Drains

Bones of Light

Substructure Disks—Horizontal & Vertical

Substructure Disks—Vertical

Guide Wires At The Top Grand Cross

Guide Wires At Base Of Grand Cross

Guide Wires Out Of Rear Of Pituitary

Guide Wire Out Of Back Of Umbilicus

Guide Wire Out Of Front Of Coccyx

Caduceus—Yin Circuit-Yin Ascending

Caduceus—Yin Circuit-Yang Descending

Caduceus—Yang Circuit-Yang Ascending

Caduceus—Yang Circuit-Yin Descending

Substructure Disks—Horizontal & Vertical

Substructure Disks—Vertical

Guide Wires Out Of Shoulders

Guide Wires Out Of Hips

Guide Wire Out Of Front Of Pituitary

Guide Wire Out Of Front Of Umbilicus

Guide Wire Out Of Rear Of Coccyx

Yin Circuit Through Core Turning To Yang

Yin Circuit Through Core Returning To Yin

Divine Gate Suspending Track Connectors

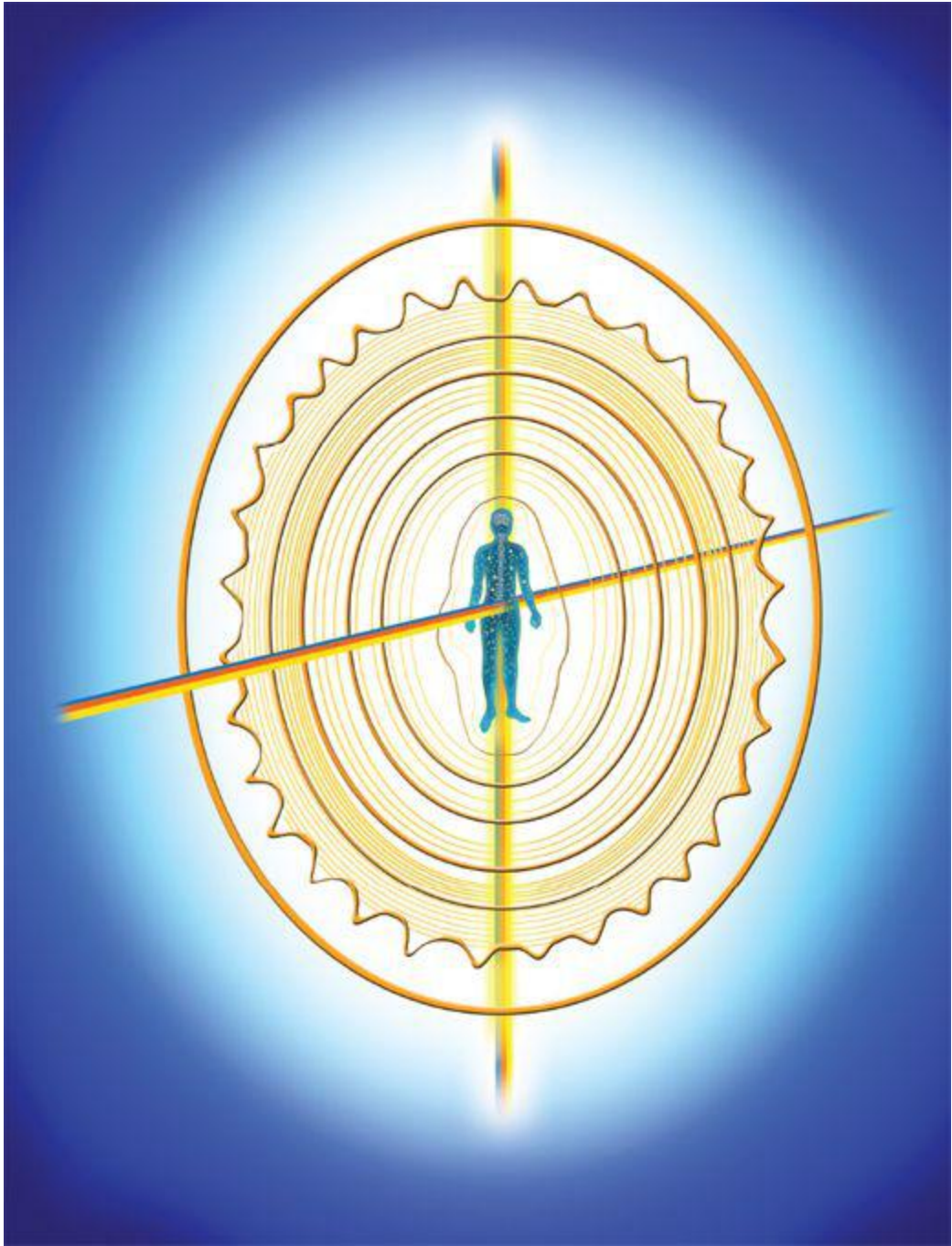
Chi Pool Suspending Track Connectors

<u>The Layers</u>	
All Eight Layers Move Through	Boundary Of The Soul Layer
All Strata Membranes Move Through	
<u>Human Electromagnetic Field</u>	
All 4 Reflective Layers Overlay Core Sheath	Silver Tether Hooks R-Chakra Anchors
	Hooks Stabilization
<u>Elimination System</u>	
5 hubs	Rim spoke Receptors
20 hub links and funnels	Inner Edge Funnels
40 core sheath Elimination cup receptors	Tube Sphincters
4 Elimination Vents	Rim Receptors
<u>Harmonizing Network</u>	
Filled-Harmonizing Blend	Filled-Harmonizing Blend
Channel Seal Filled-Harmonizing Blend	Caduceus Sheath Filled-Harmonizing Blend
Edge Receptors Filled- Harmonizing Blend	Blended Energies Resonating Chamber
Blended Energies Resonating Chamber	HEMF Resonating Chamber
Template Resonating Chamber	Template Resonating Chamber
Elimination Resonating Chamber	Elimination Resonating Chamber
Layers Resonating Chamber	Harmonizing Blend Resonating Chamber
Harmonizing Blend Resonating Chamber	Harmonizing Network Resonating Chamber
Harmonizing Network Resonating Chamber	Bones Of Light Resonating Chamber
Bones Of Light Resonating Chamber	Cognitive Meridians
Core Meridians	Core Meridians
1000's of Connectors & Hooks	1000's of Connectors & Hooks

Functions of the Blended Energies System at a Glance

- 🕒 The chakras control the rhythm of the one body, each one synchronized at the same rate and pumping in coordination with all the others in a Human Energy Structure 13-chambered beat.
- 🕒 The soul layer houses the fuel for the Human Energy Structure, which powers the structure.
- 🕒 The Blended Energies System stimulates the blending feature of the fuel so it can be assimilated by the whole.

- 🌀 The main chakras are generators stimulated by of the action of the core charging the individuation and directing a portion to deliver the specific message of the soul path and core encounter.
- 🌀 Eight big filters in the Blended Energies System filter the energies of the soul layer.
- 🌀 The primordial and acquired function, purpose and wisdom of the Human Energy Structure is nurtured and contained in the soul layer to provide the building blocks that make up the entire structure.



Chapter Nine

The Bones of Light

Why the Bones of Light System Matters to You
The Human Energy Structure Skeletal System
Bones of Light Components
The Sacred Anatomy of the Bones of Light
Functions of the Bones of Light at a Glance

Why the Bones of Light System Matters to You

The Bones of Light enable your individuation to manifest into congealed light and to receive the pure Source energies that nurture your Human Energy Structure. As you find out how you are supported by your Bones of Light, your soul's purpose will be stimulated to become more vibrantly alive and present in your everyday life.

Universal energies are attracted to pure focus. But most of us are unable to maintain constant intentional focus in our daily experience. Learning about the Bones of Light and beginning a conscious relationship with them, attunes you to receive so that you are more available to the brilliance of the creative force all around you everywhere. Essentially, this allows your capable Bones of Light System to keep your focus for you and to help you maintain an open availability to everything that the universal creative energies have to offer.

In the case of the Bones of Light, simply being willing to open up to the idea that you are supported internally dramatically increases that same

internal support. This not-so-subtle shift can aid inspiration, increase creativity and elevate your consciousness. As self-awareness expands, so does strength.

The Human Energy Structure Skeletal System

The Bones of Light include the Skeletal and Biomechanical Systems of the bio layer and act as a support for the Human Energy Structure. Unlike others, there is no journey of energies through this anatomical system. It is purely structural and is infused in a unique way by a subtle light matrix that weaves through all the bones, subtle and material, to give them form, support and vitality. Subtle light matrix can be interacted with and influenced for healing, and it gives the HES consistency because it actively fills the bones of the physical body with the same frequencies as it gives to the skeletal components of the sacred anatomy. In a healthy person, all the bones of the Human Energy Structure are in harmony. Because there is only one skeleton working to compatibly support the entirety, imbalance or injury is felt throughout.

Each part of the Bones of Light shares the mandate of keeping the structure extended, up, open and well supported. This allows your individuation to best serve the four aspects of the authentic self as they follow and express their function, purpose and wisdom through the many actions of your HES.

The Bones of Light are deeply affected by emotional, psychological, spiritual and physical experiences, and hold them in the fabric of the system just as physical tissue holds memory and injury. Physical and emotional trauma can weave into the substructure warping it, defusing it or even snapping it, and this can make you feel deeply unsupported. It is safe to assume that your Bones of Light have taken some hits, been bent or dented by your life experience and that who you are at every level is a direct result of the condition of this system.

The wisdom current of the channel is the foundation of the Bones of Light and imbues the system with its golden-orange color. The fact that the Bones of Light all draw the same frequencies out of the channel also helps it to be a wholly integrated one body Muscular and Skeletal System.

The Bones of Light consist of many different structural components that all work to keep the Human Energy Structure up and open. There are three different types of substructures and guide wires that anchor them into the

interior of the Layers System. A subtle framework and membranes between the strata keep the structure extended. Receptors sites and super receptor sites connect together to form the edge, giving the Human Energy Structure its boundary. The channel and its hollow witnessing chamber anchor the core and the HES allowing all the anatomy to form in response. The caduceus gives the core a vertebral column. The inner alignment track, located in the inner edge of the soul layer both supports the way the structure anchors and serves as a connecting hub for all systems. The suspension tracks of both soul layer chakras keep them anchored, but they also secure the core and the length of the Human Energy Structure. Finally, all the connectors, anchors, sheaths, suspending ligaments and membranes that contain, establish and support anatomy throughout like the muscles, tendons and joints of the Bones of Light System.

Bones of Light Components

Receptor Sites

Super Receptor Sites

Divine Attribute Receptors

7 Segments of The Framework

Strata Membranes

Inner Alignment Track

Suspension Tracks

Caduceus and Caduceus Sheaths

Caduceus Core Crossing Pitch-Catch

Subtle Light Matrix

Substructure Anatomy

Alpha Substructure

Beta Substructure

Gamma Substructure

Substructure Membranes

2 Discs

10 Guide Wires and Sheaths

10 Inner Edge Anchors

10 Interior Connectors

Channel Anatomy

Channel

Channel Sheath
Witnessing Chamber
Chamber Membrane
Grand Cross Seal
8 Seal Connections

The Sacred Anatomy of the Bones of Light

The Channel

The channel is the great mother of the HES and is always in partnership with the great father, the core. It is the most fundamental part of the Bones of Light. It is made of the same triple-current stream as the core and stands witness to the unfolding birth of the structure every minute of everyday. The channel *holds space* for the core to do everything that it does and is as important as the core because it would never have expressed individuation without the presence of the channel.

In the microcosm of daily life, the channel approves and accepts what you do. It lovingly sees your point of view and while not an advocate mother channel understands why you are doing what you do and does not present obstacles. It is a wellspring of compassion for your faults and your human foibles at the very center of everything you are.

The channel runs horizontally to the core's vertical and always enters the physical body from the front. It can potentially cross the core in different places: below the heart above the solar plexus, below the solar plexus or near the bellybutton just above the center of the gut. It is always positioned so that it does not interfere with any other anatomical function.

If your channel is located in your gut you are a typical westerner, living from your will, your personal power and striving to fulfill your desires. If it is a little higher, maybe stopped just below the solar plexus it indicates a more emotional nature, one that has yet to arrive at its purest expression. This is a sign you are still evolving and working toward a more enlightened expression. Finally, if your channel is at your heart you join the indigenous peoples of the Earth who live in more tribal lifestyles and have a greater connection with the planet. Highly enlightened beings also experience the shift of the channel, moving up from the gut to the heart with the attainment of the stages of awakening and awareness. Do not be competitive or

desirous of a particular position. These placements come about when your HES is ready for them.

The channel is fully awakened with a sense of self and already has a deep relationship with your current manifestation. It constantly nurtures and supports the skeletal structure, anchoring you in time, while the vertical core anchors your Human Energy Structure in space. When the core and channel cross at the center whether at the heart or in the gut, they create the grand cross.

The Channel Sheath

The channel is wrapped in a powerful membrane called the channel sheath. Like its sister, the core sheath, it acts as a bridge between the pure energies of the channel and the larger HES. Connections are made in the sheath that can be affected by suffering, karma and trauma. Within it, the channel remains whole and protected, allowing the sheath to take the slings and arrows of life. The framework mainly is made from the wisdom current of the channel, and each segment wraps around the channel on both sides of the core, crossing the channel in two places.

Hollow Witnessing Chamber and Chamber Membrane

Discovered by Regina Schulman, CoreIndividuationTM Practitioner

A hollow witnessing chamber is situated between the channel sheath and the channel, separated by a thin chamber membrane. The anatomical purpose of the witnessing chamber, which envelops the channel, is to act as a tank for the vital Harmonizing Network energy: witnessing. When the Human Energy Structure is *witnessed* the chamber inflates with this energy. This happens when your channel witnesses the shifting action of your core sheath. The witnessing expansion also occurs as an anatomical reaction anytime your Human Energy Structure witnesses another person. This response contributes to the sensation of expansion felt during healing and emotional release work.

Grand Cross Seal and Seal Connections

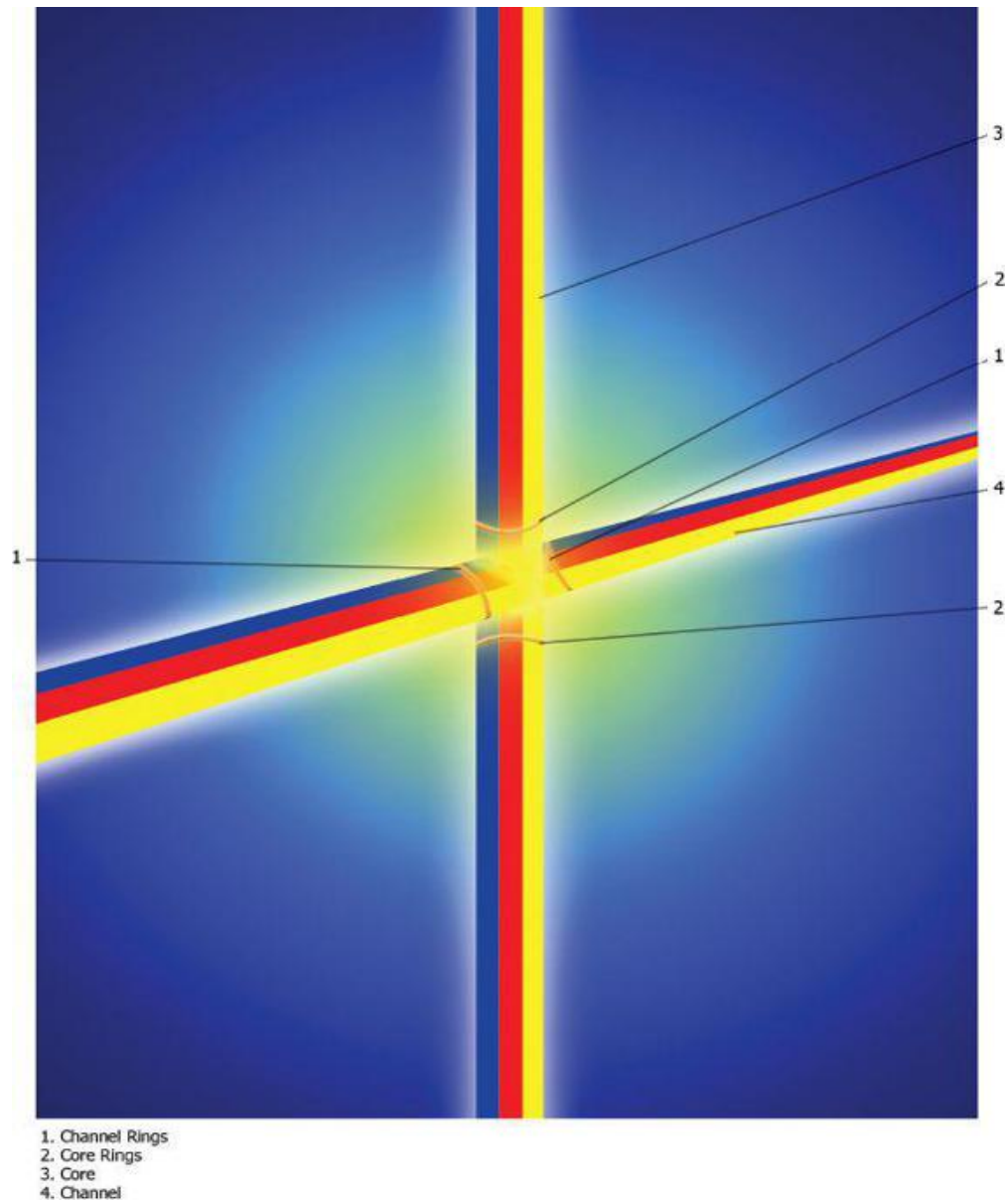
Discovered by David Kitts, L.Ac., CoreIndividuationTM Practitioner

The grand cross seal is a protective mechanism that feels like connective tissue in the shape of four linked rings which seal the meeting place of the channel and core sheaths. Each interlinked ring closes the entry and exit point of each sheath as it penetrates the other.

The grand cross seal functions as a gasket, anchoring the connection of the core and channel sheaths in its location, either near the navel in most people, or in the chest at the level of the heart chakra. It seals the connection, preventing any leakage of unprocessed function, purpose or wisdom energy into the Human Energy Structure from the vulnerable meeting place of core and channel. It also ensures that individuation does not occur in the grand cross. This protects the structure from the kind of chaos misplaced individuation might cause.

The core sheath rings are above and below the grand cross, and the channel sheath rings are at the front and back. They are linked at the corners where the rings meet, with eight triangular curved anchoring seal connections at the superior and inferior aspects of each of the four corners to give the seal stability, flexibility and strength.

Grand Cross Seal (Fig. 9.1).



A Bones of Light Story

Joshua Stops Climbing Alone CI Practitioner: Desda Zuckerman

A few days after Hurricane Irene hit the East Coast where he lives, Joshua called. “I’m feeling underwater and exhausted. I just can’t get through the day. For the last week it has just laid me out. Plus, I’m dizzy, spinning in circles like there is a tempest all around me. Maybe I’ve got the energetic flu?” Even though he had been doing yoga to get his energy moving, was happy and had lost a few pounds Joshua felt wiped out. He even felt like he needed to postpone a conference he had planned until he had more energy. “I’m building my team. Slowing down. But something is off with me. Plus my hip is really hurting.”

Assessment showed the spiritual aspect in need of attention and that the Bones of Light, specifically the caduceus and his gamma substructure guide wires, were suffering. He also was deficient in subtle light matrix, which looked like it was affecting his hip and the joint, giving him a sort of energetic displacement and clearly not supporting his life. Subtle light matrix was applied liberally down the spine and into the hips, legs and ankles. I watched him over our video connection vigorously moving around exclaiming, “This has always hurt a little my whole life. Wow, I can’t remember a time when it wasn’t at least a little sore! Look what I can do now!”

Reluctantly he settled down to look at the patterns that might be related to the instability apparent in the caduceus. “I’m leading a one-man revolution, and I live with the notion that I am alone, climbing Mt. Everest without a team established underneath me. I realize this is a repeating pattern.” Joshua talked about needing to hire help with running his day-to-day business to free himself up and to stop jumping “kamikaze style out into the world like a renegade.”

His need for support was consistently overwhelmed by his need to act. The yin and yang streams of the caduceus were imbalanced and affecting all the anatomy around them. In this way a Bones of Light issue pushed over into the Blended Energies System, affecting the root, dan tien, heart and throat chakras.

His yang was subduing the yin. The womb of the feminine represented by the dan tien was not supported because the energy of the masculine was too outward. This was a case of the masculine not supporting the feminine. Joshua was obsessed and caught up with his work and let self-care and nurturing fall aside.

A less obvious imbalance was seen as yin overwhelming at the root, and he was depressed in this area with not enough vitality or as his acupuncturist described it, a “yin deficiency.”

“I have a yin belly, and I just cannot generate heat and I’m always cold there. Meanwhile I have too much heat in other places like my brain,” Josh said.

In the throat area Joshua was experiencing a yang overwhelm. He was doing too much talking and not thinking enough before speaking. His tone was sounding irritated, and his voice had a hard edge, with even a slight whine starting to take over. Because of this instability in the caduceus he was too outwardly aggressive and not his normal thoughtful and friendly self.

In the area of the heart, the yang was also too much and too aggressive. “I have always thought of myself as a gentle loving person,” He said. It is true. But his real nature was lost to the harsh quality of the condition affecting the heart and the lack of soft and available beingness that were normally a stable part of his personality.

The center of this issue of instability was at the throat in the caduceus in the yang ascending. His biggest problem was that instead of talking to people Josh was doing a kind of haranguing of clients and friends. “People say my work is my passion and that I have a missionary zeal. Normally, I feel I am speaking from my heart for the greater good and inspiring people. But lately, I know I have just been way too intense and blowing prospective clients away!” We addressed his issue and corrected the unstable caduceus.

Joshua’s voice changed instantly. Amazed, he asked, “Can you hear that? I sound like a different person. I feel way better than even before this happened.” To finish the session we reconnected and strengthened the gamma substructure guide wires. “I feel taller, more myself and to be honest more authentic.”

In our follow-up a few days later, Joshua was feeling really effective and more like himself than he had been in a while. Six

weeks later at our next session he said, “Since that last healing I have begun embracing what I know is my highest integrity and protecting that. I have been saying “no” to work that didn’t feel right to me, and I am still feeling strong and more authentically myself. This is been a real paradigm shift!”

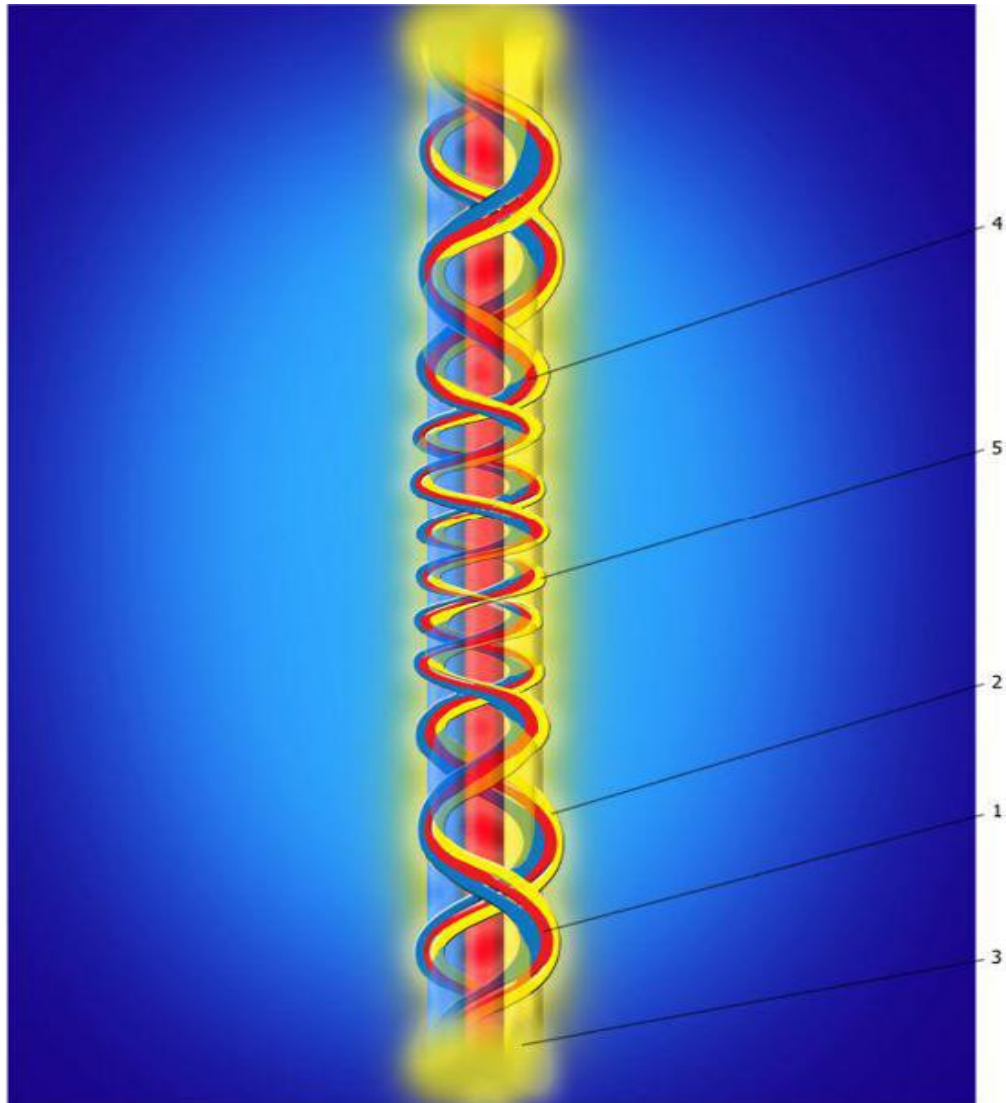
Caduceus and Caduceus Sheath

The caduceus functions as vertebral column skeletal support for the core inside the core sheath. It is made of two thin fragments resembling soul pathways or little cores that extend the length of the core and repeatedly crisscross each other at the front and back while continuing to reside inside their own sheaths.

A yin fragment ascends at the front while a yang fragment descends at the front. The ascending yin crosses the core just below the divine gate and descends at the back where it crosses the core again just below the chi pool and repeats the cycle again. The yang fragment descends from above, crosses beneath the chi pool, ascends from beneath at the rear and crosses again beneath the divine gate. The two caduceus fragments cross underneath each of the 13 major chakras, lending them structural support while the crossing fragments in the front and the crossing fragments crossing in the back meet gently on the sides with like touching like.

The yin and yang balance, constantly stimulated by their dedicated triple-current streams. The caduceus is the only part of the anatomy, except for the incoming soul pathways, the channel and the core, that contains triple-current streams. Each of these fragments is dedicated to balancing either the passive lunar, or feminine energies, of yin and the active solar, or masculine energies, of yang. Imbalances of sexual identity creating personalities that are either too dominant or too passive in relationship with the world and other people can benefit from work with this part of the sacred anatomy. If you have difficulty standing up for yourself in relationships you may have a weakened yang or excess yin in the caduceus. Correct this by standing barefoot and asking the cosmic mother and father to balance within you. Track these energies as they find a better balance within your subtle anatomy and feel grateful for any attention they have given to you.

Caduceus (Fig. 9.2).



1. Ascending Yin
2. Descending Yang
3. Pitch-Catch Feature
4. Location of the Crown Chakra
5. Side touch point of the anterior and posterior streams

The caduceus sheath is almost transparent, so the caduceus appears as two circuits of core energy spiraling up and down with only a slight tint of golden light around them. The caduceus sheath is filled with the great connecting energy, harmonizing blend.

Caduceus Core Crossing Pitch-Catch

The caduceus is the only part of the anatomy, other than the chakras, that crosses through the core, and it accomplishes this in the same way that Source energies cross the soul layer in the Template System. As the ascending yin stream passes the divine gate, it pitches across the core to a catcher in the top of the descending yin stream. The yin stream then drops to the bottom of the one body and pitches across the core beneath the chi pool. It is caught by the ascending yin stream and repeats the journey. The same thing happens for the descending to ascending yang stream. The intention of the pitch carries it across the core in tact and keeps the caduceus a closed circuit.

Substructures

Three substructure types- alpha, beta and gamma- distinguish themselves from each other by three different configurations of discs. Careful observation reveals that the substructure type molds the structure and has an influence on character development. Each type represents different human capacities and worldviews and has a particular soul orientation. Because this is the *fundamental* way your individuation is supported internally, shape, condition and vitality of these substructures say a great deal about your soul's purpose. The Human Energy Structure takes a single substructure type and does not change.

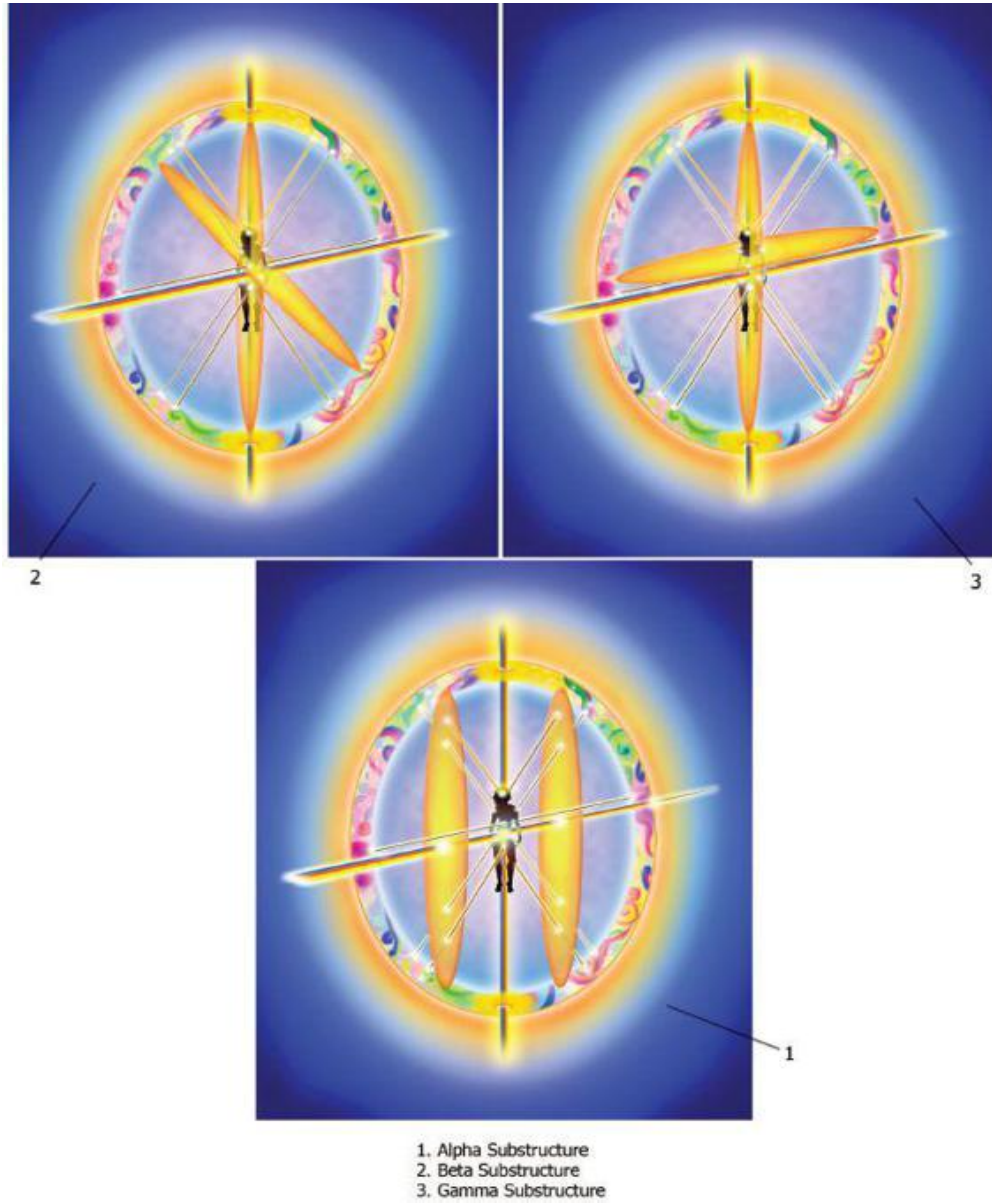
The Three Types

The alpha, beta and gamma substructures each have special characteristics. The substructure is denser than the layers, and yet it reacts by diffusing into the Layers System after enduring certain kinds of trauma. You retain the same substructure from one biological manifestation to the next, once an alpha, beta or gamma always an alpha, beta or gamma. The soul chooses a substructure orientation that best expresses the focus of the four aspects of the authentic self.

Your soul orientation is one way that internal focus for manifestation plays out in the sacred anatomy. All incarnations are lived with the internal support of that orientation. Alphas live from and for the whole, the vision of unity with a motto of: *Toward the one!* Betas approach life from the balance point, with harmony in the expression of life being paramount. Their motto is: *All things in moderation and harmony.* Gammas live for and about love of all things and beings. Their motto is: *Love is all you need!*

Every being experiences frustrations with the kind of inner support that occurs naturally for them as well as garnering rewards and insights for learning who they are at their most fundamental level. Choice arises over and over again in each lifetime around how you find the most authentic expression of life for yourself, not only how you can do the most good in the world, but how you can serve your own growth and development in so doing.

Three Substructure Types (Fig. 9.3).



Living with a fully functional substructure is a tremendous advantage because the internal support mechanism is firing and doing its job. When this is the case, any problems experienced will primarily be personality driven. Each substructure type represents a facet of human capacity and a style of worldview that shapes the behavior and flavor of actions, decisions and life paths.

Alpha Substructure

Note: While alpha substructure types can display dominant personality traits, the term is not to be confused with alpha dominance as used and defined by behavioral psychology.

Alpha types are the visionaries of the human race. They hold the big view and are often leaders of philosophies, communities and businesses. They excel at inspiring and motivating others and will sometimes neglect the details for the all-important *big picture*.

They are most comfortable in management and leadership positions. They do not suffer fools gladly but instead may reject other people based on ideas, concepts and actions that are inefficient, illogical or judged by them to be unethical. Alphas are principled and devoted to their intrinsic beliefs. They care more about being accepted for what they accomplish rather than for who they appear to be or how they look, mostly because they know appearances to be only of cursory importance.

Alphas are slow to develop trust, do not open easily and may sometimes appear cold and difficult. But once they decide to trust and open up, they make lasting and deep connections with their significant others and can be loyal to a fault. They like choice and freedom and resent enforced restrictions and authority. Alphas lead the picket lines and protests against perceived injustice. They also write the world's constitutions and codes of ethics.

Famous Alphas:

Bill Clinton, Hillary Clinton, Charles De Gaulle, Oprah Winfrey, Jimmy Carter, Angelina Jolie, Barack Obama, Madeline Albright, Margaret Thatcher and Mahatma Gandhi.

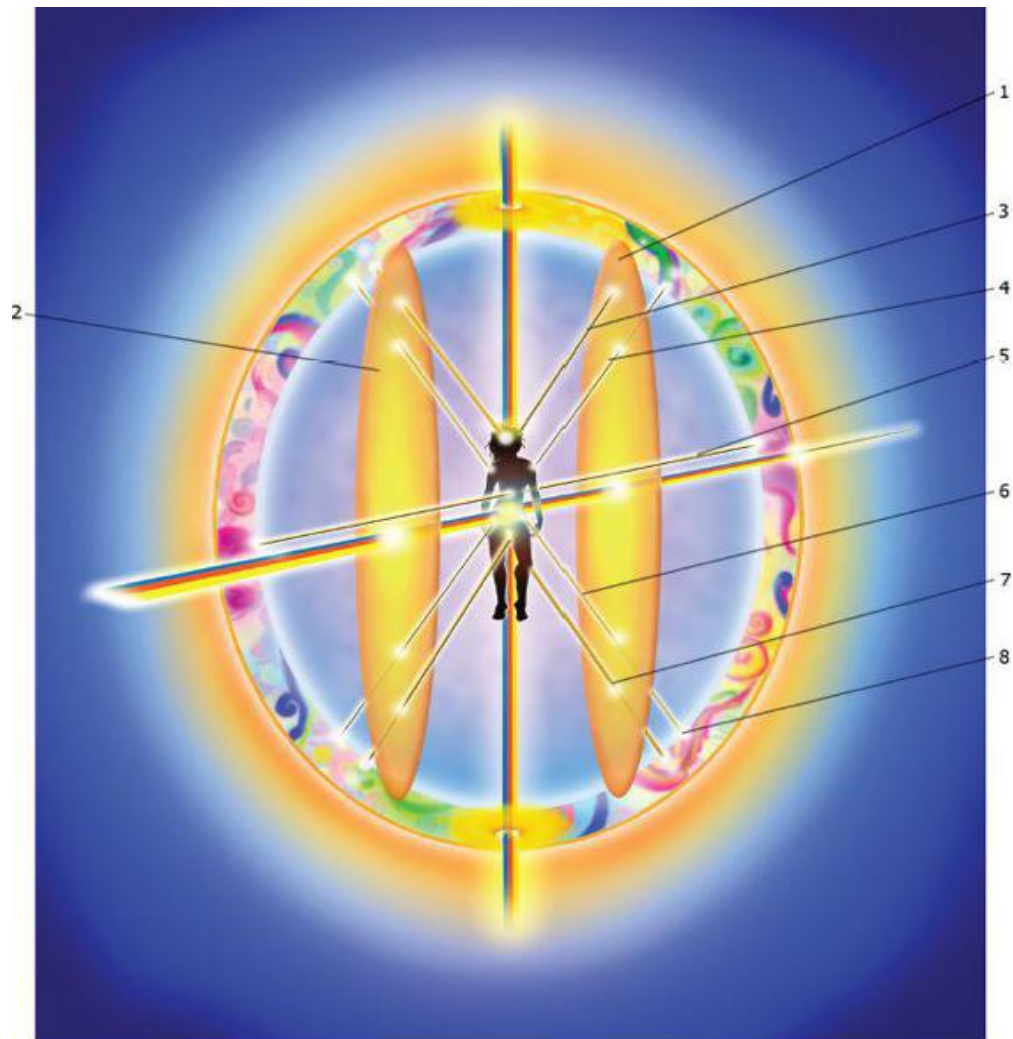
Beta Substructure

Beta types are the artists, craftspeople and creatively driven members of the human family. Their main focus is to create beauty, harmony, order and balance. They are interested in the form and presentation of all things and feel the harmonizing of chi to be of great importance.

When betas walk into the room, it is more beautiful because of them, and they are often lovely to look at, graceful and harmonious in movement. In fact, they love movement, and fill the room with joy when they are happy and relaxed. They will offer creative problem solving and like decisions arrived at with harmonious sharing and equanimity. They are scrupulously fair, even to their own detriment.

They love sharing what they know and learning new things, marveling at the process. They make great teachers and are diligent students who take care with the order of everything they encounter. They dress beautifully, their homes are showplaces, and they make silk purses out of sow's ears because they can. They are great debaters and love to argue fine points and believe the details of life to be very important. They will seize upon a point and build an elaborate, elegant structure around it that all will admire and appreciate. This quality can sometimes lead them into trouble if they do not accept responsibility for their actions.

Alpha Substructure (Fig. 9.4).



1. Left Disc
2. Right Disc
3. Pituitary Guide Wires
4. Shoulder Guide Wires
5. Umbilicus Guide Wires
6. Hip Guide Wires
7. Coccyx Guide Wires
8. Inner Edge of the Soul Layer Anchor

They see the deep beauty of life and worship at the altar of harmony, striving to achieve balance above all. They sometimes are overwhelmed by the power of their own emotions and have difficulty defining and accepting what they are actually experiencing. It all feels too messy and vaguely disturbing. They would rather understand their emotions and do something useful with them instead of simply riding the waves, endlessly feeling. They can get caught up in the décor and staging of life and miss their moment to act. But if a beta understands the art of business they can be wildly successful, their financial portfolio will be a creative thing of beauty. They are the people who can be counted on to bring harmony into chaos, grace into an awkward setting and beauty into the commonplace.

Famous Betas:

Glenn Close, Ray Charles, Georgia O’Keefe, Salvador Dali, Virginia Wolfe, Bill Moyers, Isadora Duncan, Stephen Spielberg, Angelica Houston, Fred Astaire, Paul McCartney and Meryl Streep.

Gamma Substructure

Gamma substructure types are defined by their capacity to love. They want to love the world and everything in it. They believe that *all you need is love, that love makes the world go round* and that most importantly that *love conquers all*. They also may be *looking for love in all the wrong places* (with nods to the creative genius of all these wonderful songwriters).

Still, gammas are the emotional compasses of the human race, defining emotional intelligence for the rest of the species. They understand how others feel and what it will take to *love them up*. They make decisions based on gut responses rather than emotions or *just the facts*, like an alpha or the *proper unfolding and order* like a beta.

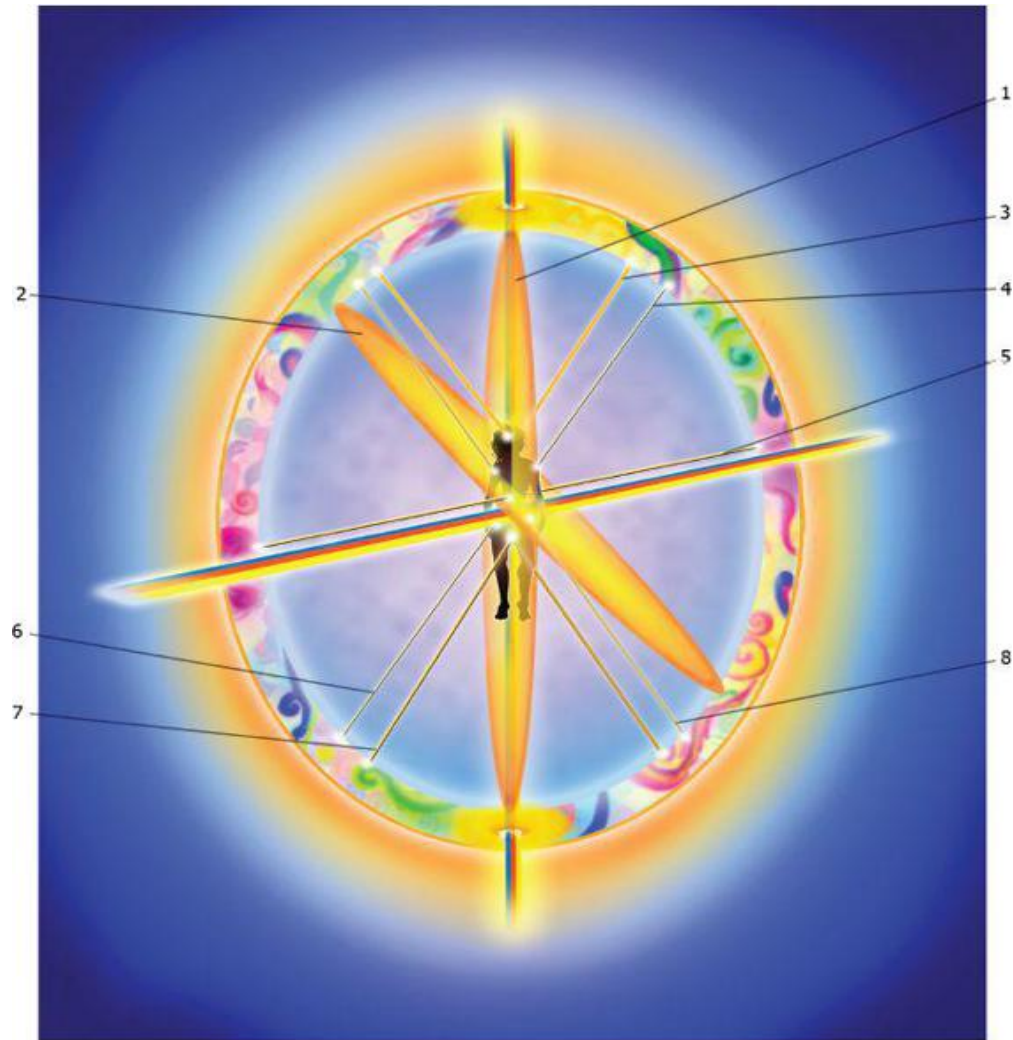
Gammas are the nurturers and will always give another the benefit of the doubt. They are industrious and tireless workers for causes they champion that are near and dear to their hearts. They pick up strays and feed the hungry. They organize shelters for homeless and charities for animals. They are cuddly and cute and truly care about the affect that an event or action may have on others.

Their greatest fault is that they can get stuck in a limited view and only see the world from the perspective of “What do I have to accomplish in this

situation to make my heart glad?” Although it does not have to this sort of decision-making can lead to very selfish somewhat narcissistic decisions. When self-interested or self-obsessed they can be blind to the impact they are having on their friends and family. They are often loyal to a fault and can be overly sensitive to the casual comments of others.

Gammas make amazing partners unless they are fixated on a negative quality in their love object or unless their libido or great heart need has given them another focus and they have something or someone else they love more at the moment. Under these circumstances, the occasionally fickle gamma can seem distracted or distant. But this is only because they have shifted their focus for now. They most certainly still love and care about their partner. Gammas usually have a string of ex-lovers, husbands and best friends to whom they may cycle back around as their heart dictates. But as the gamma matures they can become the ideal mate, seeing the face of the Divine in their beloved partner.

Beta Substructure (Fig. 9.5).



1. Vertical Disc
2. Tilting Disc
3. Pituitary Guide Wires
4. Shoulder Guide Wires
5. Umbilicus Guide Wires
6. Hip Guide Wires
7. Coccyx Guide Wires
8. Inner Edge of the Soul Layer Anchor

They can be extraordinary hosts and are usually at ease in groups, as they deeply care about others' feelings and work hard to meet the needs of all. They will find a way to belong to a community or group if they love the energy, ideals or feeling being expressed. Once ensconced, the gamma will become the heart center of any crowd.

Famous Gammas:

Mother Teresa, Robin Williams, His Holiness the 14th Dali Lama, Aung San Suu Kyi, Larry King, First Lady Laura Bush, Brad Pitt, Michelle Obama, Ringo Starr and Barbara Walters.

Substructure Anatomy

Substructure Discs

All Bones of Light substructures consist of charged energy in the form of two large discs 2 to 3 inches in thickness. Discs run the entire length and depth of the one body and the types are distinguished by the configuration of the discs.

Alpha discs are parallel to the left and right sides of the bio layer with the wheel-rims facing the front. Beta substructure discs are both vertical with, one running through the bio layer from front to back and one tilted at an angle across the right shoulder like the sash of a beauty queen. Gamma discs are vertical and horizontal, making a cross shape right below the heart chakra.

Disc Membranes

All substructure discs are contained in a disc membrane that adds another 1 to 2 inches in width to the disc. The Bones of Light membranes are a little tougher than membranes found in other systems.

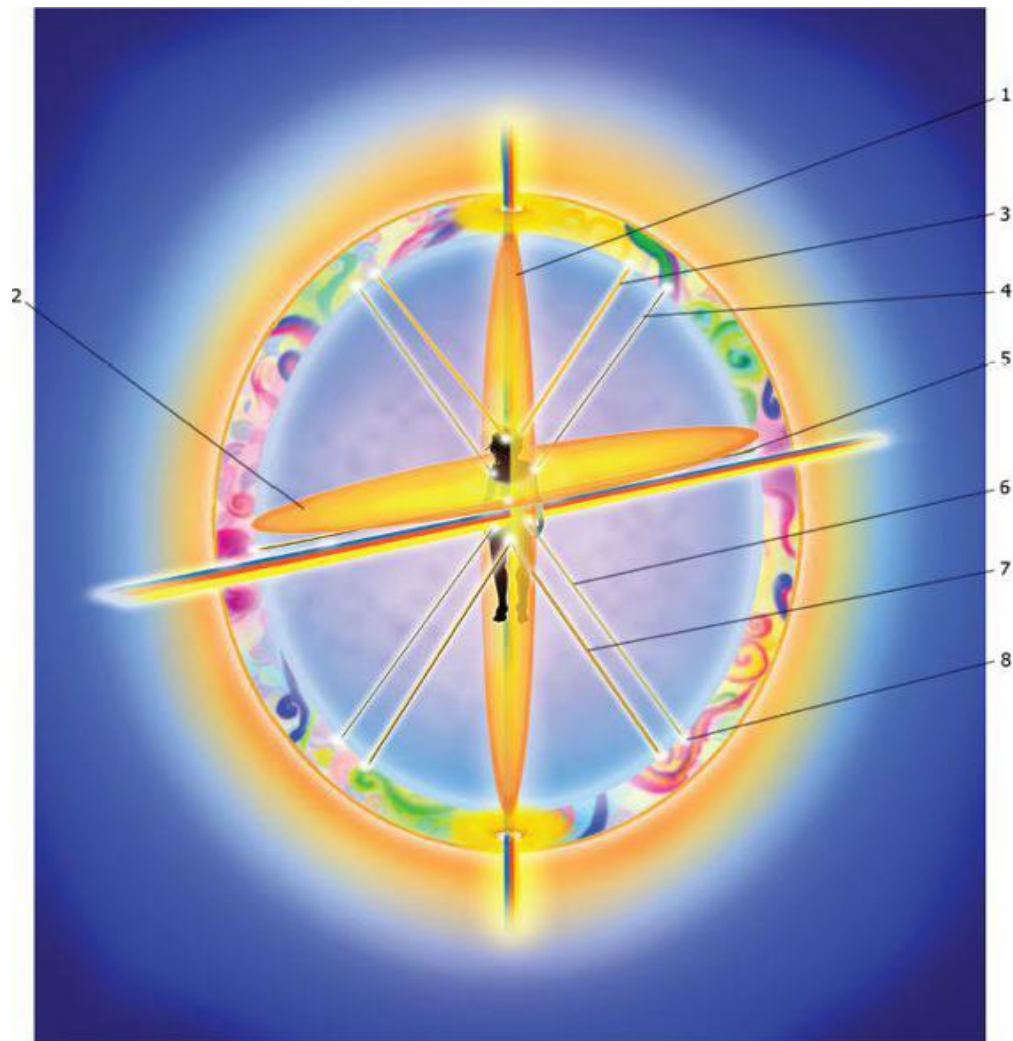
Guide Wires and Sheaths, Inner Edge Anchors and Interior Connectors

The substructure is anchored into the inner edge of the soul layer and into various sites in the interior of the HES with guide wires that secure the discs in place. Ten inner edge anchors hook into the inner edge of the soul

layer, and 10 interior connectors anchor the guide wires into inner locations such as the grand cross, pituitary gland or coccyx.

Two are anchored into the pituitary gland located in the central brain through the front and back of the head and brow. Four guide wires move from the inner edge of the soul layer into the crossing point of the core and the channel, establishing the center of the X at the junction of the core and the channel, the grand cross. These guide wires exit the physical body through the edge of the shoulder and the side of the hip joint. Two other umbilical guide wires connect from the front and back of the core sheath at the belly button, and finally, two are located at the tip of the coccyx at the base of the spinal column, one going off the back like a tail and the other acting to support forward movement with the legs. Guide wires pass through the discs at tight openings that limit their flexibility and hold them steady.

Gamma Substructure (Fig. 9.6).



1. Vertical Disc
2. Horizontal Disc
3. Pituitary Guide Wires
4. Shoulder Guide Wires
5. Umbilicus Guide Wires
6. Hip Guide Wires
7. Coccyx Guide Wires
8. Inner Edge of the Soul Layer Anchor

Each of the 10 guide wires are encased in a thin, transparent, smooth membrane sheath that protects and holds them in focus and acts as a subtle communications conduit for the system.

The Framework

The seven segments of the framework; located between the Layers, act like a seven-segment rib cage, supporting the expanded structure as the framing of a house does a roof and walls. Each segment is named for the layer on each side (i.e. emotional/primal segment or primal/mental segment). Together they keep the Layers from merging, allowing them to maintain their more complex functions and identities as subtle organs. This function is critical to the health of the structure and when the framework is collapsed or constricted it can lead to a sense of not having enough space or support in your life. Consciously sitting with the point of constriction and simply accepting it with love can relieve feelings of constriction. Try this next time you feel incapable, unsupported or hemmed in by your life.

The framework is golden with an orange tint, and the texture and appearance of the framework is like a saturated golden sponge. See Chapter Three: The Seven Systems on [page 75](#) in *Your Owner's Guide* for an illustration of the framework.

A Bones of Light Story

Ryan's Substructure Rebuild CI Practitioner: Regina Schulman

Ryan, a 32-year-old former high school math teacher, student of acupuncture and computer store employee, came for healing just weeks before his wedding. Ryan wanted to release his inability to “find true, grounded self-confidence and power and the courage to stand in that space.” He suffered from “nagging allergies,” and had sustained many physical injuries, including a fractured right shoulder and elbow and sprained and fractured ankles. He couldn't bend his knees without pain, and he had suffered two concussions.

Upon assessment, his HES showed that his primary issues were held in the psychological aspect of the authentic self and in the Bones of Light. It was difficult for Ryan to “open up to love, and financial

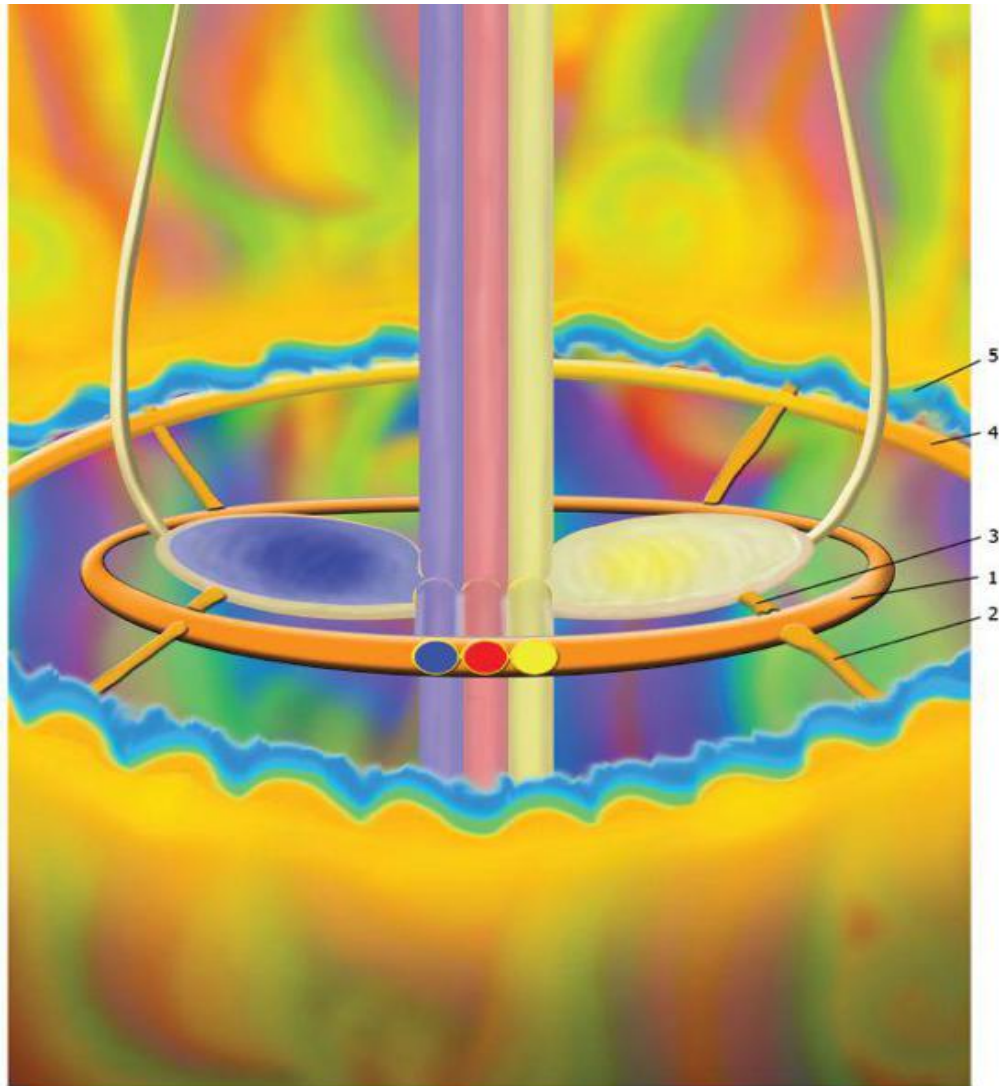
success,” due to an overworked psychological aspect and a contracted spiritual aspect.

In addition, Ryan’s gamma substructure was severely diffused as a result of his many physical injuries. This included having been hit by a car while riding his bike at age 13.

His Bones of Light required a complete rebuild of the discs and guide wires. At the end of the sessions, Ryan reported feeling calm, centered and hungry.

A few months later he said that shortly after this session, he quit his job at the computer store. “I know I can make a living as an acupuncturist. I’m going to make it happen!” His biggest surprise after the rebuild was becoming regular in his bowel movements. He had not experienced normal elimination since he was a child.

*Inner Alignment Track and Chi Pool Suspension
Track (Fig. 9.7).*



1. Chi Pool Suspending Track
2. Exterior Suspending Connector
3. Interior Suspending Connector
4. Inner Alignment Track
5. Inner Edge of the Soul Layer

Membranous Strata

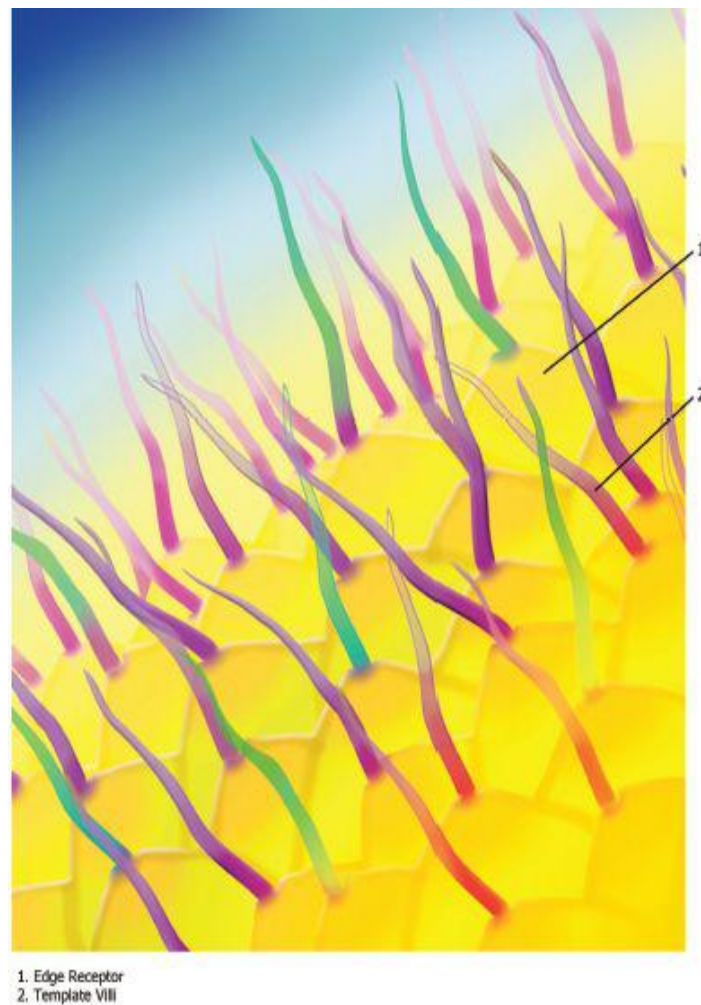
Membranes define the strata inside the Layers System and all except the soul layer are a subset of the framework that strengthens and stabilizes the skeletal structure. The membranous strata, like the spongy framework, wrap around the channel sheath, moving outward in an arc, crossing the channel and making a full circle back around to the point of origin at the channel sheath.

The membranous strata are more delicate and porous than the framework even though their function is basically the same. The thinner strata membranes keep the strata from collapsing into each other inside the layers as well as defining and distinguishing them.

The soul layer has no separation between the function, purpose, and wisdom strata. They need to be completely free to swirl, cross each other and combine in many different ways in the fuel tank of the energy structure. These energies merge and separate over and over again as they express pure individuation and fulfill the primary job of their layer. See page 126 in *Your Owner's Guide* for an illustration ([Fig.6.1](#)) of the strata and their locations within the Layers System.

Inner Alignment and Soul Layer Chakra Suspension Tracks

Edge Receptor Sites (Fig. 9.8)



The inner alignment track is a part of the membranous strata in the unique soul layer, as are the suspension tracks that keep the divine gate and chi pool afloat inside it.

They are different from the membranous strata of the Layers System because they are denser and are stronger. These strata have to stand up to a lot more punishment than other sorts of strata because they are suspended in the soul layer and subject to the heavy traffic of the fuel tank.

The inner alignment track is part of the inner edge of the soul layer, which is a major hub of the whole. It sits at the very edge of the inner edge boundary and receives some of the major connections that maintain Human Energy Structure structural balance. The inner alignment track is part of the inner edge and acts as a console that routes anatomy to other connections.

This is the place where the action happens. When things are simply anchored in the inner edge they usually do not use the inner alignment track to do so.

Interior ligaments hold up the soul layer chakra suspension tracks at the divine gate and chi pool chakras, exterior ligaments perform the same function at the outer edge of the suspension track. These ligament connectors are the exceptions that anchor into the inner alignment track.

Receptor Sites

Receptor sites cover the edge of the Human Energy Structure, housing and directing the template villi as they attract specific energies from the surrounding universal. At the edge they witness the magnificence of the vast multitude of specific energies the Source expresses. They interact directly with the universal to give the HES an even greater sense of definition and boundary as it receives nourishment from the overwhelmingly powerful cosmos. They are filled with the harmonizing blend, a potent conductor of Human Energy Structure frequencies.

Super Receptor Sites

Clustered around the four openings at the entrances and exits of the core and the channel are the super receptor sites. These super receptor sites attract and acquire the strongest universal energies available for the Human Energy Structure to use as needed. The super universal energies are used to create the subtle light matrix used in the manifestation of congealed light. See the Subtle Light Matrix section on [page 246](#) of this chapter.

Divine Attribute Receptors

Divine attributes are specific kinds of Source energies continually entering the HES. They are constantly expressing and have no agenda to produce a particular result. They have to do with pure expression of Source attributes such as Divine peace, charity or security. They could be considered the qualities of Creation and there is much to learn about and from these frequencies. But the major difference between these energies and other Source energies as they apply to humans is the location where the energies are received and how the subtle structure uses them.

Source energies are received at the edge where the Template villi antennae, directed by the Bones of Light receptor sites, attract them. These receptors or villi can close or break down for a myriad of reasons and when open are constantly in service. These energies must first be initialized or personalized before the HES can make use of them.

On the other hand, Divine attributes are brought directly into the channel and core sheaths from the universal through super receptors and remain in their pure states, dispersing directly into the framework between the mental and primal layers. They enter a special and single attribute receptor in the upper hemisphere above the head. These Divine attribute receptors are always open unless you say *no* to them, and then they can stay closed until consciously opened once more.

It is that simple. Either you can take in the full support of the attributes of Creation or you can opt not to accept them. The framework holds this jarlid-shaped receptor either sealed or open; there is no half way. You either take in Divine approval, beauty, truth, love and joy or you do not.

The Bones of Light Supporting Other Systems

The Bones of Light support the Human Energy Structure skeletally and in a biomechanically comparable way but they also facilitate many functions with other systems. The bones keep the Layers and strata within that system separate and distinct but the framework and strata membranes also regulate the Layers by holding them taught, keeping each layer in phase with its own strata and with itself as well as with the larger system as a whole.

The Template stays up and extended because of the support of the Bones of Light. The substructure specifically reflects the wisdom contained in the Template blueprint such as soul orientation and identity. The receptor sites and super receptor sites at the edge attract specific universal energies that are transferred by the Template villi and strands toward the e-stomach for use. The receptors tell the villi which energy or energies to attract and the villi act as antenna. So in this case, the Bones of Light are directing the Template.

The substructure has a unique relationship with the Template because the guide wires interweave with the Template strands that they pass through. The substructure registers experiences of birth, death, physical and emotional trauma and abuse in the discs and guide wires and transfers these

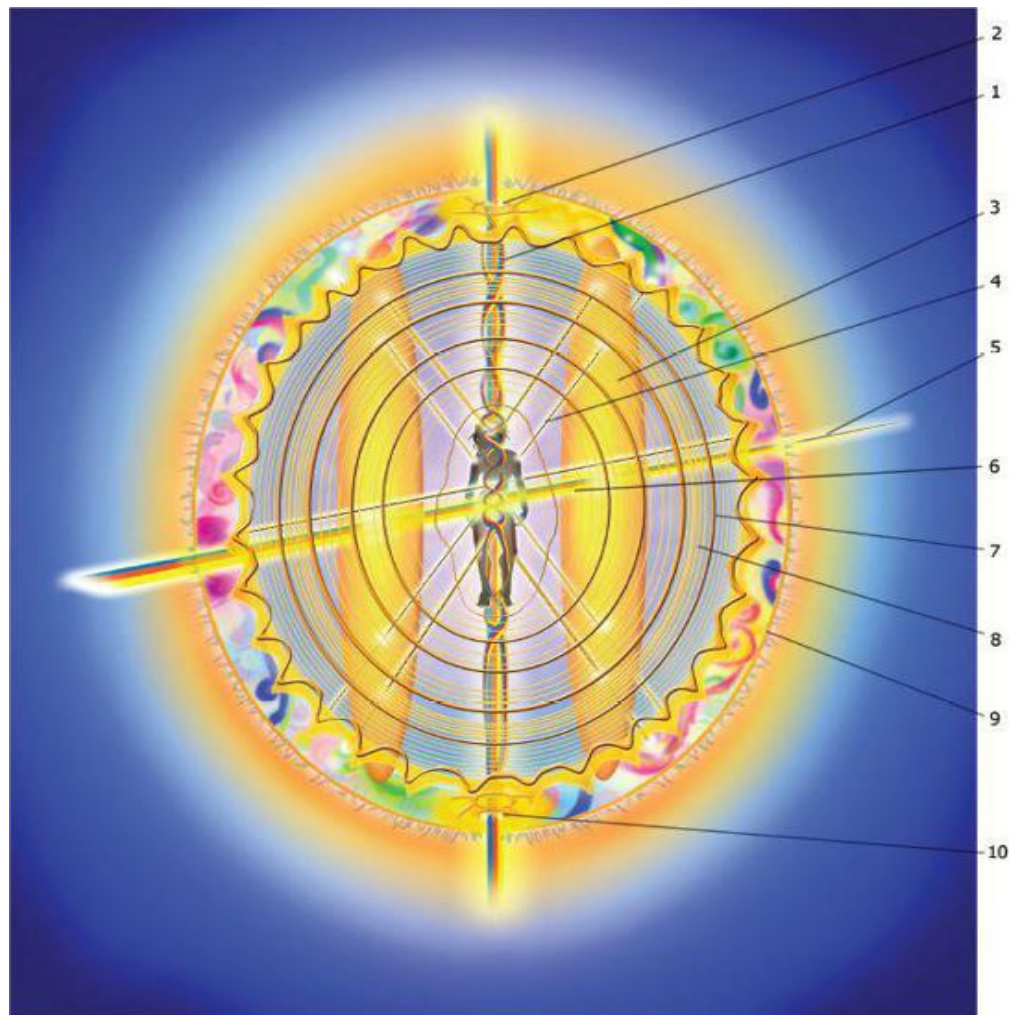
memories into the Template. In its capacity as the placeholder for a future physical body, the Template uses these memories to educate and influence the fetus as it is developing into the bio layer.

This is how very physical past life experiences are *remembered* by related parts of the bio layer even though it is totally new for this life. Many people report recalling vivid memories that have no relationship to their present or historical past. The relationship of the substructure to trauma and powerful events and the way it transfers recollections to the Template enables the incorporation of past experiences of the Human Energy Structure with present life.

The Blended Energies System could not function without the channel and its hollow witnessing chamber, witnessing the core and the constantly birthing individuation. The chi pool and the divine gate would also be unable to function without the suspending ligaments of the Bones of Light keeping them aloft and floating in the midst of the chaotic swirling light of the soul layer. The individuated blue function current works continually to anchor the core to the channel while the golden yellow wisdom current and the red purpose current merge to constantly renew the segments of the framework.

Because of its location surrounding both the core (Harmonizing Network, Blended Energy System) and the channel (Bones of Light), the grand cross seal behaves as if it is a part of both the Bones of Light and the Harmonizing Network. It is not related directly to the Blended Energies System, as it does not contain the triple-current soul energy stream. Instead as what holds up the grand cross it is part of the Bones of Light. It also has a harmonizing function between the channel witness and the core and is one of the few locations that contain harmonizing blend energy. It seems only right that at the very center of what we are multiple systems meet and cooperate in a single anatomical part.

Bones of Light Composite (Fig.9.9).



1. Caduceus
2. Divine Gate Suspending Track
3. Alpha Disc
4. Guide Wire
5. Channel and Channel Sheath
6. Hollow Witnessing Chamber
7. Framework
8. Membranous Strata
9. Edge Receptors
10. Chi Pool Suspending Track

The Elimination System is also deeply reliant on the Bones to hold it at the inner edge in the inner alignment track while traveling spokes release debris. Edge release sphincters are held in place by the receptor sites.

The Human Electromagnetic Field uses the framework and the inner edge to attach and remain suspended around the physical body. Without the Bones of Light this system would be far less effective. This wise and resourceful system, together with the Harmonizing Network, serves the Human Energy Structure by holding the resonating frequencies of each system in tune with one another. The skeletal structure acts like tuning pegs for various systems and holds them steady and in harmony with the rest of the structure. The anatomical jobs of the Bones of Light affect every system making an integrated and cross-structure muscular-skeletal support for the HES.

The Subtle Light Matrix

The Bones of Light contain the subtle light matrix, which is a Harmonizing Network energy constantly engaged in keeping the physical body manifest and supported. Subtle light matrix is personalized and charged amniotic-like energy that will become a light body matrix within the material body. It stores memories like physical trauma and injury from previous lifetimes and is mainly devoted to the idea of congealing individuation into human form, which is a whole structure event.

It is made of eight powerful universal energies that enter through the super receptor sites and immediately go into tubes that run along the Template intake vents. From there they skinny down the core sheath to make a home in the Bones of Light in three locations: the channel sheath, the star point of the Template and the umbilical guide wire of the substructure. Subtle light matrix transported in the tubes along the Template intake vents enters the channel sheath at the grand cross Then the star point in the e-stomach and the umbilical guide wire of the substructure encounters subtle light matrix being transported by the tubes beside the Template intake vents at the core sheath.

The subtle light matrix moves through both the subtle and material segments of the Human Energy Structure influencing the physical body to continue congealing. Because of the unifying relationship it has with the Bones of Light, subtle light matrix could be thought of as the basis of the

physical light structure within the actual skeleton. This is why it is called the subtle light matrix.

The Bio Layer and the Subtle Light Matrix

Congeaed light equals subtle light matrix. Because the physical body is the site in the Human Energy Structure of the manifestation of congealed light, there are unique and special distinctions contained within the bio layer strata, as they are both material and subtle. This dual quality is called the subtle light matrix and also fills the anatomy of the Bones of Light.

Super Villi Antennae: Capturing the Subtle Light Matrix

The subtle light matrix exists in and out of the six strata of the bio layer before, during and after its formation. Moving back and forth in a coordinated birth dance of multiple systems, the Layers, Template, Harmonizing Network, Bones of Light and Blended Energies System are all choreographed by this fascinating energy.

Subtle light matrix is composed of a combination of important universal energies *captured* by special super villi antenna of the Template and held by super receptor sites of the Bones of Light. The super Template villi antennae can be seen around the core opening in the illustration entitled the four aspects of the authentic self ([Fig. 2.10](#)) on page 27 of *Your Owner's Guide* section of the book. Super villi sites are located around the entrance and exit of the core and the channel.

Subtle Into Material: a Lifeline to Each Lifetime

Subtle light matrix pours into the tubes along the Template vents, which go down the core sheath directly into the star point. Here they are funneled into both the star point and Bones of Light through the umbilicus (belly button) that remains perched atop the star point connection to the core sheath even after the physical body is cut off from it. This umbilicus is different from the umbilicus guide wire, and it moves both forward and backward. It is the vital delivery system that replenishes and blends the subtle light matrix into the Bones of Light. This personalized and charged amniotic-like energy will become the subtle life within the material body.

Subtle light matrix is a weave made of eight powerful primordial energies and exists between lifetimes in the Human Energy Structure in a generic and constantly replenishing form. It stores some remembered information such as serious trauma and injury from previous lifetimes in a manner that is similar to the Template but mainly is devoted to the idea of congealing light into form.

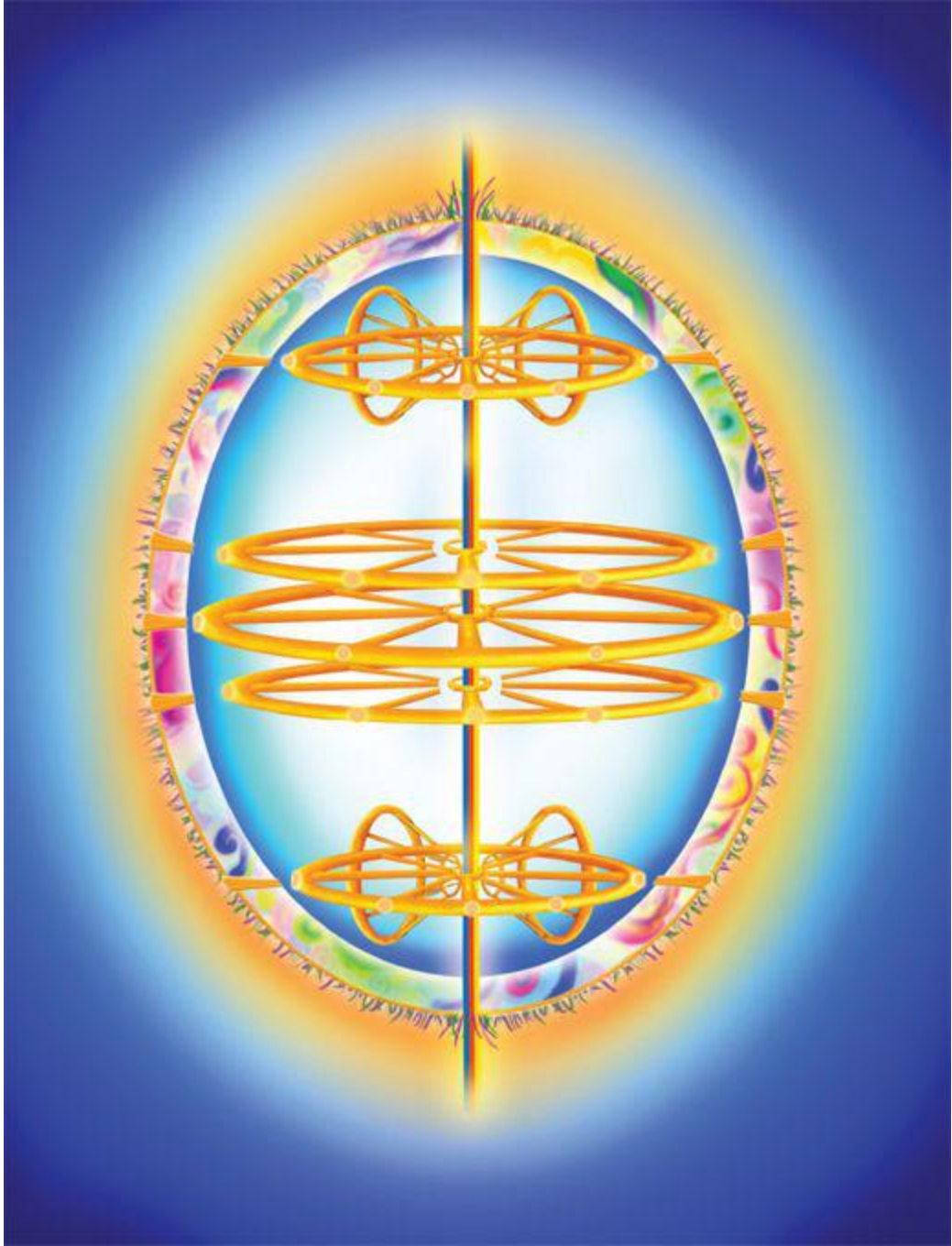
The subtle light matrix is a model in cross-system cooperation. Both material and subtle use the same weave generated in the same way by traveling down the umbilicus into the physical and moving out from the star point of the Template and core sheath of the Blended Energies System into the grand cross and the channel of the Bones of Light to support the subtle shifts of that system from lifetime to lifetime.

Both subtle and material manifest in the bio layer of the Layers during an incarnation and *between lifetimes* when only the subtle is available and must *hold space* in the Template for the return of the biologic. Unlike any of the other stratum, six bio layer strata each carry the imprint of the *potential* for congealing into form as they organize concentrically inside the subtle physical. When not incarnate the bio layer arranges itself into an approximation of the egg shape like the rest of the Human Energy Structure, resting and regenerating for the next intensive experience in the school of manifest reality.

Functions of the Bones of Light at a Glance

- 🌀 The channel witnesses the action of the core. This is the establishment of the Source within the individual and is powerful beyond all other functions accomplished by any other anatomical part except the core itself.
- 🌀 The witnessing chamber represents the channel bathing the core in a supportive glow. It is the way the channel stands witness to the core's magnificence.
- 🌀 The caduceus establishes a balance of yin and yang within the Human Energy Structure and lends skeletal support to the core.
- 🌀 The substructures skeletally support the HES. Alpha, beta and gamma types express the one body soul orientation.
- 🌀 Guide wires act to anchor the substructure and are the skeletal communications conduit.

- ② Seven segments of the framework create individual distinctions for the Layers and strata membranes separate strata within the Layers.
- ② The inner alignment track inside the inner edge of the soul layer and the suspending track of the soul layer chakras stabilize the Human Energy Structure.
- ② The receptor sites house villi antennae in a protective shell at the edge, determining what they receive.
- ② Super receptor sites around the core and channel openings attract universal frequencies that make up the subtle light matrix.
- ② Subtle light matrix supports and reinforces both the Bones of Light and the bio-skeleton, giving the system additional strength as it knits the bones together and helps to congeal light to make manifest the physical.



Chapter Ten

The Elimination System

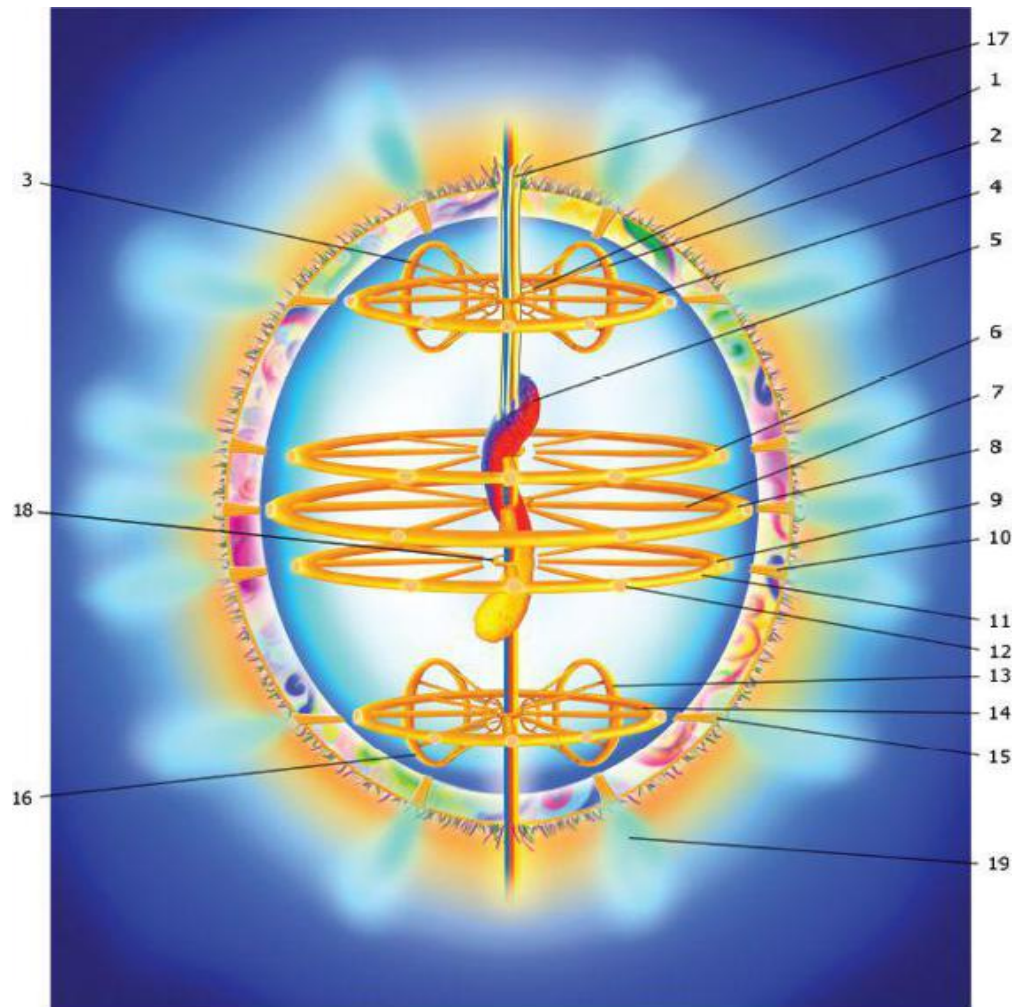
Why the Elimination System Matters to You
The Elimination System: Processing and Release
Elimination Components
The Sacred Anatomy of the Elimination System
Functions of the Elimination System at a Glance

Some of this information is highly technical. While reading it sense into the part of the sacred anatomy being described and allow yourself to release any excess debris that may have collected in that location. Using your focused intention and returned presence let go of any old toxic waste that might keep you from being present with the paradigm shift occurring in your Human Energy Structure while reading about the Elimination System.

Why the Elimination System Matters To You

The Elimination System shows us that real release means letting go of attachment to outcome and identification with the debris of life. This just happens naturally when we stop grasping for control and fighting against the fulfillment of our authentic natures. Clinging to the struggle of life as a way to define yourself disappears when spiritual and mental focus is shifted onto the possibility of who you might actually be in union with all creation.

Elimination System Composite (Fig.10.1).



1. Vertical Hub
2. Upper Left Vertical Wheel
3. Upper Right Vertical Wheel
4. Wheel 1
5. Extragenic Stomach
6. Wheel 2
7. Spoke
8. Wheel 3
9. Wheel 4

10. Release Tubes
11. Rim
12. Rim Waste Valve
13. Lower Left Vertical Wheel
14. Wheel 5
15. Edge Release Sphincter
16. Lower Right Vertical Wheel
17. Elimination Vents and Template Vents
18. Horizontal Hub
19. Debris

The Elimination System: Processing and Releasing

The Elimination System of the Human Energy Structure serves the same function as the Elimination System of the physical body. It processes incoming information, extracts the last bits of value from nutrition and continues digestion while removing toxins and waste in the form of subtle debris. Letting go of excess and toxicity helps us live a more streamlined life. Often we make our experience less powerful and smaller by storing up remnants of trauma and pain behaving like a hoarder addicted to holding a charge on every item as a precious thing, no matter how unimportant or worthless. It is letting go of waste that allows for a bigger life. This system is dedicated to releasing what has slowed your progress!

To understand the value of your Elimination System, it is important to define subtle debris, to know how release occurs and to be aware of the guiding principles of universal non-attachment and universal attraction. Becoming aware of these principles will cause an energetic release. To take full advantage of this natural event while you are reading this chapter contemplate an area where you have addictive behavior. Try and imagine what things would be like with this behavior gone. Breathe into it and see if you let go just a little bit more. Release is happening constantly. Why not consciously direct the release of negative and constricting behaviors?

Debris

If you have ever had an experience of being “slimed” by people arguing or feeling “contaminated” by another’s fear and anger, you have had an encounter with energy debris in your HES. On the other hand you probably have had a moment when you felt a heavy weight lifting suddenly from your shoulders or the light appearing at the end of the long dark tunnel you thought you were stuck in forever. What felt like hope returning might have been caused by a release of waste from the sacred anatomy and what feels like lightening up actually is!

Subtle debris is the vibrational waste that results from emotional, spiritual, physical and psychological releases that occur every moment of every day even in your sleep. This kind of waste is intangible until you become aware of it and then it can feel painful when you realize how heavy,

tired and stressed out you are. HES toxicity is often not perceptible until you are sensitized to the way energy excess and clutter feels in your body. It is possible you will not realize how it has slowed you down or, conversely, how it has made you feel lighter, faster and stronger as it releases and sets you free, until you are awakened to it.

If an issue is unresolved, it is not debris. Neither is it karma you still have to work out, held psychological patterns you need to review and work on, traumatic wounds you are still processing or other anatomical imbalances and issues that have weight and import in your life. These situations are contained in holding patterns and wounds that have information and value to you. They do not become debris until you are no longer attached to them. It is only then when you have let go of your attachment to them, your need for them as teachers in your life that they can be released for elimination.

Every system in the Human Energy Structure is capable of generating, holding and finally releasing all sorts of debris. Normally, released subtle waste moves easily out of the one body. It is only when there is an issue stashed, held or wedged in the Elimination System itself that the natural ebb and flow of release might be slow in collecting and letting go of excess. Fortunately, each of the seven systems releases into the Elimination System differently. But each of them also depends upon it to function effectively within the Human Energy Structure

How Release Occurs

When the Human Energy Structure has a release of any kind, the Elimination System is engaged as a part of normal function. An emotional experience generates accompanying emotional release, and the debris being moved out of the emotional layer and the solar plexus chakra will eventually travel out to the spokes of the Elimination System wheels. Exactly as in the physical body the capacity to release completely is a true measure of the health and balance of the Human Energy Structure.

When clogged up or halted, release still occurs, but the elimination will only be as complete as the system is functional. Heaviness and confusion or even what appears to be a depressed state are all signs of the need for a more complete healing release of the Elimination System.

Sometimes after energy clearing or a healing intervention, people experience a worsening of symptoms. An incomplete release can occur

because the Elimination System was not functioning at its peak and is itself in need of attention.

The Principle of Universal Non-Attachment

Debris moves out of any location in the Human Energy Structure into the Elimination spoke closest to it. Spokes, acting as funnels or conduits, have permeable collectors that enable them to absorb debris moving out toward the universal through the Human Energy Structure. Debris in the structure has an identity and is still related to an event or issue. As it travels to the spokes, leaving one system for another, it inevitably lets attachment go and eventually will be expelled into the universal. Once in the universal, debris has no identity, no connection to anything, and it defuses into nothing. This is the principle of universal non-attachment.

Spokes identify and absorb transitioning debris because it is energy in an intermediary state. It is changing from an old identification with some sort of form and a blockage, stop, wound, pattern, event or issue is shifting to a new way of being. As waste gets closer to the boundary of the Human Energy Structure, it changes to a detached non-identified state, finally moving out into complete diffusion in the universal.

Until an individual is able to experience some level of detachment or non-identification with the debris generated in their Human Energy Structure, it will not release. This is not just being aware of its presence; it means non-attachment, which is to say, not identified as having significance, value or charge. It means no longer *owning or needing* the content of a past event at any level and instead letting it go freely in a self-affirming move toward lightening up. Letting go completely of any issue or trauma with an honest release of attachment to the event and the things that happened as a result of that event.

It is easier said than done, but the possibility is always there to one day simply let go of the need to feel guilt, shame, anger or sorrow about a difficult experience. Resolution of long held feelings happens in a split second. It is a little bit like the “overnight sensation” who has been knocking around playing bit parts on Broadway for 15 years before landing a good role that makes her a star.

You work and work until one day you discover there is no more work to do, the planets align or you have a good breakfast and finally you don’t feel invested in what happens anymore. You are ready to no longer be attached

to any particular outcome or result. You let go. This is the magic of real release. Once it occurs, it is truly gone.

When people become aware of the weight of their debris, even very subtly, they usually release instantly. The principle of universal non-attachment is a subtle anatomy explanation of how we cling to past hurts and why even the most advanced and conscious individuals unknowingly can be hamstrung by fierce life attachments. But it is also an explanation of how we are able to utterly release the past and “turn over a new (and much healthier) leaf.

The Principle of Universal Attraction

The principle of universal attraction holds that the non-individuated or unidentified charged energy, called the universal, is attracted only to itself. Universal will seek universal, like seeks like and in this case that is all that either universal or like wants. Read about the universal in *Your Owner's Guide*, Chapter Two: The Basics on [page 15](#) and in *Your Technical Manual*, Chapter Five: Advanced Sacred Anatomy on [page 113](#).

As long as it has been released, debris does not re-identify with a similar issue, pattern or wound and will return to the empty status of universal energy. No matter what form of clearing or healing is employed, the end result is the same. The newly freed energy must exit the Human Energy Structure because of the pressure of the principle of universal attraction. Activating a healthy Elimination System to release universal-seeking debris is the most effective solution for letting go.

Elimination System Components

9 Elimination Wheels

1-Top Wheel

1L-Left Top Vertical Wheel

1R-Right Top Vertical Wheel

2-Shoulder Wheel

3-Center Wheel

4-Thigh Wheel

5-Bottom Wheel

5L-Left Bottom Vertical Wheel

5R-Right Bottom Vertical Wheel

Wheel Anatomy

Hubs

Hub Funnels

Hub Links

4 Core Sheath Elimination Intake Vents

Hub Spoke Receptors

Vertical Hub Receptors

Hub Waste Valves

Spokes

Permeable Collectors

Rim Waste Valves

Hub Spoke Sphincters

Rim Spoke Sphincters

Rim Spoke and Rim Receptors

Rim Ligaments

Rim Docking Locks

Release Anatomy

Receptors and Tube Sphincters

Release Tubes

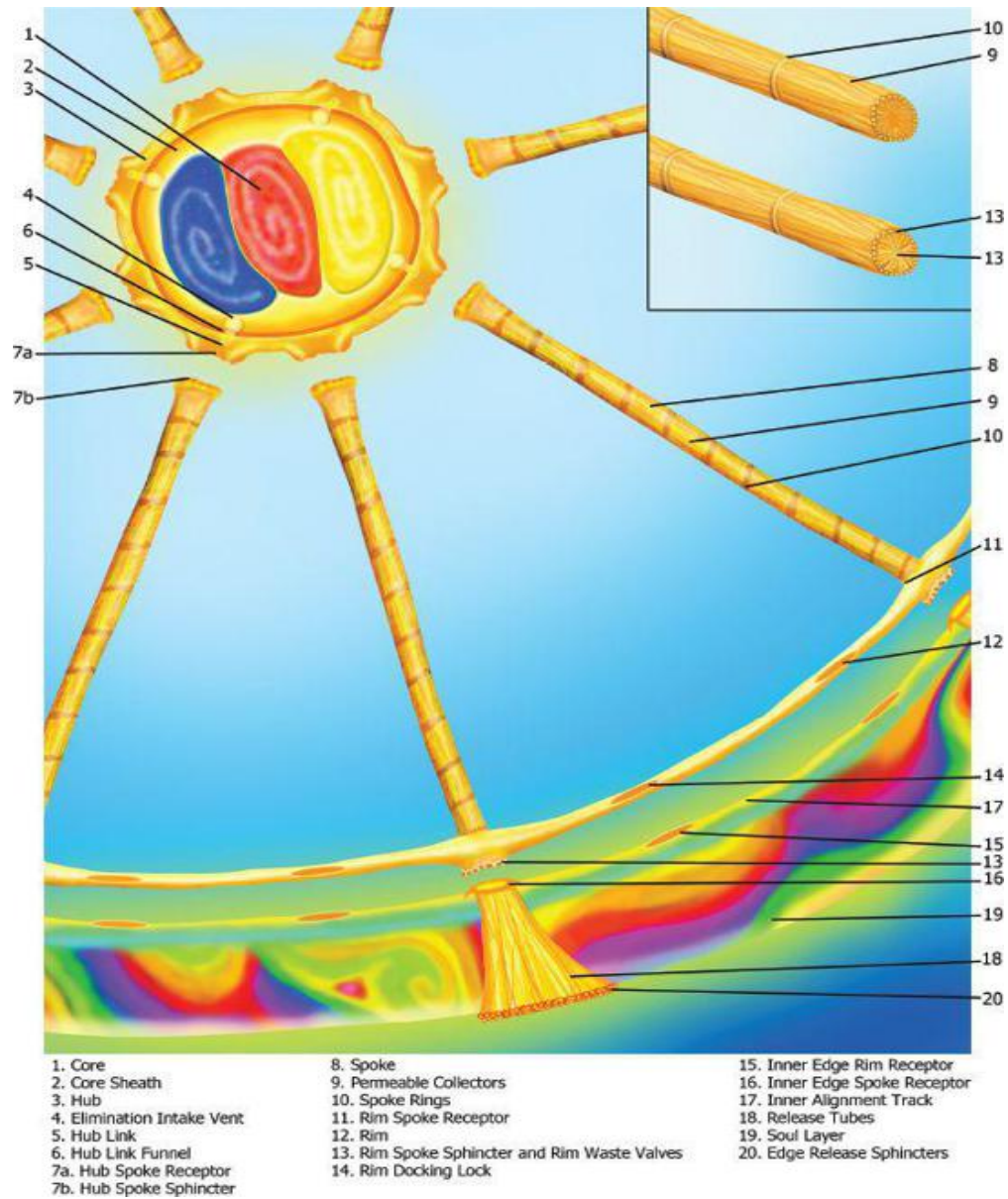
Tube Sphincters

Extragenic Stomach

Stomach Drains

Chi Pool Filters

Detail of Elimination Spoke (Fig. 10.2)



An Elimination System Story

Mark's Motility CI Practitioner: Lorin Kaufman

Mark is an artist and carpenter in his mid-60s. While very skilled in his vocation, he often reports having difficulty finishing projects and in letting go of material debris- papers, projects, odds and ends of things he thinks he might need for the future. This results in a cluttered workspace in which he has difficulty being creative. Emotionally, he feels a sense of being stuck or unable to easily and smoothly move through things. Mark speaks about a strong need to be heard and frustration about incomplete communications.

Assessment showed lack of focus and strength in the expression of his emotional aspect and need for a clearing of the Elimination System, which was operating slowly. His particular issue was a lack of motility, a hardening of the rings, which made the fluid expansion and contraction of the spokes laborious and led to difficulty moving debris out easily. This difficulty in letting go energetically seemed to quite accurately mirror the challenge he was experiencing in his daily life.

After the clearing, Mark reported he was acutely aware of an interesting shift in his ability to go with the natural flow of things. He felt more relaxed in relationship to others. Now Mark felt able to just “be” with what was coming up in a situation, rather than feeling uncomfortable if he could not get out absolutely everything he wanted to say. He was able to focus on what was occurring rather than what had NOT happened. Overall he reported feeling calmer, more powerful and effective.

A year later Mark is almost finished sorting through the mountains of clutter in his workshop and he is excited about being creative again in a new workspace.

The Elimination Journey

- 🌀 Five wheels, each with eight spokes, are positioned horizontally along the central axis or core sheath in the interior of the Human Energy Structure

- 🌀 Four vertical wheels, each with eight spokes, are attached to wheels 1 and 5

Wheels Spin at Hub

- 🌀 Five hubs form rings around the core sheath and spin to compact any remaining debris at the rim ends of the spokes. The spokes detach from the hub to discharge debris, and when cleared, they travel back and plug into the hub to again transfer waste and Source energies

Source Energies Transfer from Vent to Link to Hub

- 🌀 Four core sheath elimination vents run the length of the sheath. They are open at the top to pure Source energies, which enter to stimulate the elimination process throughout the interior of the Human Energy Structure.
- 🌀 A total of 20 hub links - four links per hub - at the interiors of the hubs plug into the core sheath connecting into the Elimination vents. Supporting Source energies brought down the vents are deposited through the links into the hubs to aid release. Links have the capacity to expand and contain the Source energies until the hub is clear and prepared to receive them. When the links are filled with Source energies they detach from the vents in the core sheath and act briefly as storage tanks inside the hubs. When the links are safely inside the hubs, the wheels spin again. The links hold onto the Source energies until waste transfer into the spokes is completed.

Spinning Waste Transfer

- 🌀 Eight exterior hub spoke receptors attract and anchor the spokes to the hubs.
- 🌀 Twenty-five to 35 hub waste valves encircle each hub spoke receptor.
- 🌀 The wheels spin while accumulated debris is sucked from the outside of the spoke through permeable collectors that run their length and transfer debris from the spokes through their associated hub waste valves into the hub.

- ② All of the permeable collectors that cover the outside of the Elimination spokes freely collect debris throughout the Human Energy Structure and release into the hub through the valves. They then move waste into the hollow interior of the spoke for transport to the universal.
- ② Inside the hub, a funnel for each spoke receives debris.
- ② A hub spoke sphincter at the end of each spoke opens to receive this debris from the hub while the other end remains closed as the spoke fills to capacity.
- ② Fifteen to 20 expanding and contracting rings on each of the spokes move debris along in peristaltic fashion, packing it down inside the spokes.
- ② When the transfer of debris is complete, the hub waste valves close.
- ② When the spokes are completely filled to capacity, the waiting link finally opens and releases stored Source energies into the funnels. These energies act as plungers at the hub-end of the spoke, compacting the waste even further into the spoke.
- ② Now the permeable collectors are empty and the spokes are packed solid.

Across-Structure Waste Movement

- ② Its task complete, the hub spoke sphincter closes, signaling the wheel to stop spinning. The hub waste valves and the spokes close. Together they detach from the hub spoke receptors and move away from the hub.
- ② The hub remains alone, encircling the core sheath like a donut.
- ② Contiguous rim ligaments in eight fan-shaped segments hold the hub-free wheels together, and the rimmed wheels, drawn by the attraction of the transforming non-attached energy it contains, as it moves toward the inner alignment track of the inner edge of the soul layer and ultimately to the universal beyond.
- ② Rim spoke receptors at the inner alignment track await the incoming spokes. Spokes anchored into the rim docking locks insert into the rim spoke receptors within the inner alignment track.
- ② Twenty-five to 35 rim waste valves (at the rim end) encircling each spoke receptor open to receive debris from inside the inner edge of the soul layer into the permeable collectors. When this has

occurred, the rim waste valves close. The empty permeable collectors absorb miscellaneous debris as the rimmed wheels make the crossing to the soul layer but, unlike the spokes, they are still not full and when they arrive at the inner alignment track they are ready and able to receive.

- 🌀 The inner edge funnels activate, and the rim spoke sphincter opens to release the packed spokes.
- 🌀 Tube sphincters at the back of the rim spoke receptors open to allow transfer of waste into the release tubes that fan across the soul layer to the edge.
- 🌀 All release tubes stay sealed at the edge elimination sphincter during waste transfer.

Retracting and Returning to the Hub

- 🌀 When transfer is complete the spokes retract, the rim spoke sphincter closes, docking locks release and the rim receptors let go while rimmed wheel pulls out of the inner alignment track in the inner edge of the soul layer.
- 🌀 Multiple release tubes per each tube sphincter carry debris across the soul layer in a snakelike action stimulated in three ways: first, by the movement of the soul layer at the outside of the release tubes; second, the internal pressure created by the quantity of debris they carry, and finally by the Source energies which were the last to enter both the spoke and the release tube. It is still acting to urge the debris outward.
- 🌀 As the pressure of the releasing debris gets stronger, thousands of Elimination sphincters open at the edge, letting subtle debris go out into the universal.
- 🌀 This waste is no longer attached to any need, belief, desire or attitude the Human Energy Structure may be holding. Because it is no longer identified, it no longer has any form, it can be released and the debris will happily dissipate into the universal.

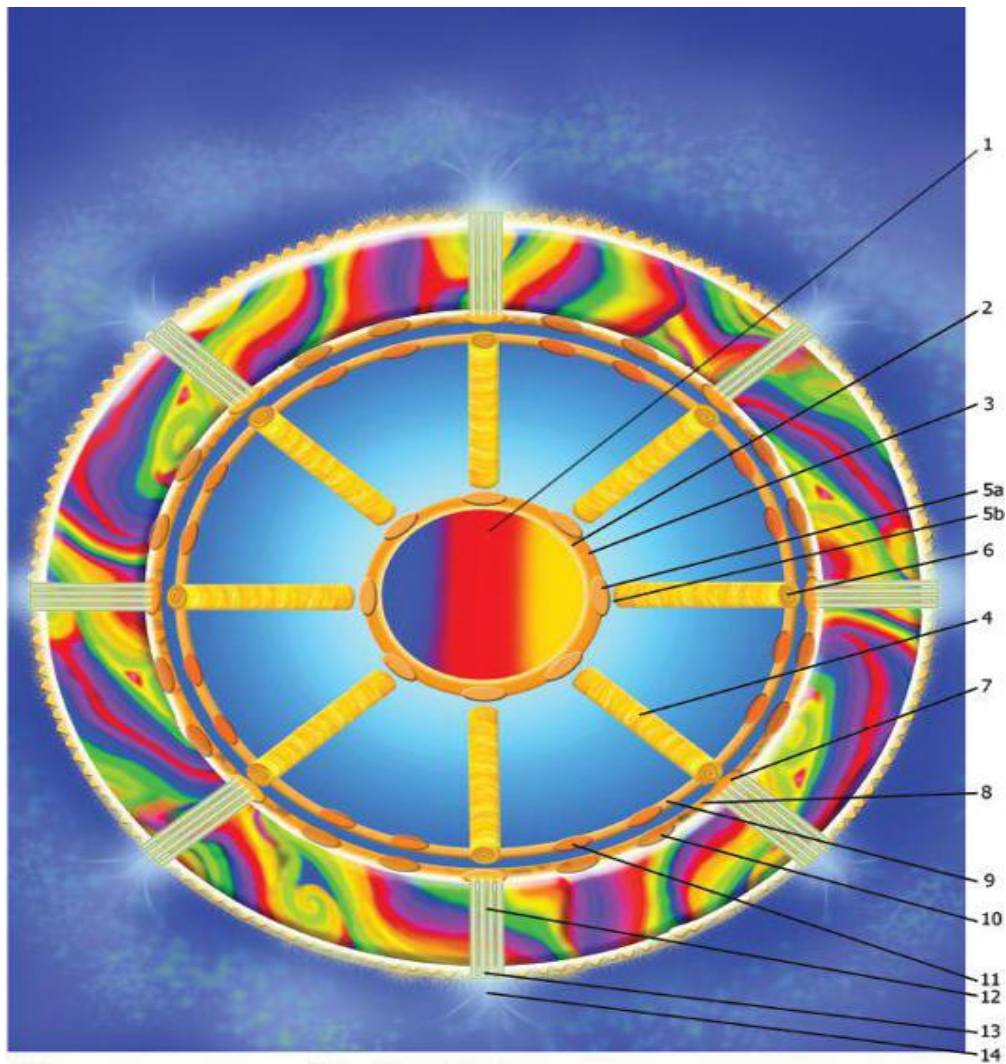
Spinning Again

- 🌀 The rimmed fan portions of the wheels return quickly to the hub where they connect and begin to spin again.
- 🌀 Then the whole process starts all over!

The Sacred Anatomy of the Elimination System

As you sense into and learn about this system notice where you are feeling pressure or tension in your physical body. Check to see if it is near the location of any of the sacred anatomy. If you are feeling unusual tension in your shoulders for example, this is your HES awakening to your conscious awareness and trying to let you know there is a holding pattern, an issue or just a blockage of debris in some part of the shoulder wheel. Try to sit compassionately with the tension and just allow it to be bathed in your conscious acceptance. Sometimes just this level of intentional awareness and attention can release toxicity that has clogged up the structure for months. If you are feeling discomfort, it's worth a try!

Looking Down at an Elimination Wheel (Fig. 10.3).



1. Core	8. Inner Alignment Track
2. Core sheath	9. Rim
3. Hub	10. Inner Edge Rim Receptor
4. Spoke	11. Docking Locks
5a. Hub Spoke Receptor	12. Release Tubes
5b. Hub Spoke Sphincter	13. Edge Release Sphincters
6. Rim Spoke Sphincter	14. Debris
7. Inner Edge Receptor	

The Five Horizontal and Four Vertical Wheels (Nine Wheels)

The Elimination System is composed of five large horizontal wheels and four vertical wheels. Two of the vertical wheels are attached to the left and right sides of the top and bottom horizontal wheels. All the wheels have eight spokes that fan out from a hub at their centers. The hubs of the vertical wheels link into the hubs of horizontal wheels 1 and 5. The hubs of the horizontal wheels encircle the core sheath. Rim ligaments hold the spokes secure. Horizontal wheels are located between chakras and out of the way of major chakra connection points. See illustration ([Fig.3.5](#)) the nine Elimination wheels on page 80 in Chapter Three of *Your Owner's Guide*.

- 🌀 Wheel 1-top wheel- is positioned between divine gate and star chakras,
- 🌀 Wheel 2 – shoulder wheel-between brow and heart chakras near the shoulders.
- 🌀 Wheel 3-center wheel- between solar plexus and root chakras at the upper hip-
- 🌀 Wheel 4- thigh wheel- between the root chakra and the lunar chakras at the thigh.
- 🌀 Wheel 5-bottom wheel- between the axis and chi pool chakras

Viewed from above, wheels 1, 3 and 5 spin in a clockwise direction, and wheels 2 and 4 spin in a counterclockwise direction. Each of the wheel spokes has receptors at each end that secure them into the hub and the rim.

The role of the five wheels is to keep the Human Energy Structure clean and to release excess and debris. While they do this, they alternately spin and pull any remaining nutrition from the combined structural waste. Any beneficial nutrients are incorporated into the makeup of the anatomy of the system. The four vertical wheels are cone shaped stabilizers for the Elimination System. They dock their more expanded vertical hubs to the hubs of the horizontal 1 and 5 wheels.

Through a vertical hub receptor for each vertical wheel, just like the horizontal wheels they incorporate the Source energies from these hubs into their spokes. Debris collects in them as it does in the horizontal spokes, compacting and then traveling in concert with the rim of the horizontal wheel that anchors up into the inner edge of the soul layer at the top and

down at the bottom of the Human Energy Structure. Finally, the debris goes into waiting release tubes at the inner alignment track and the elimination cycle begins again.

Spokes

Coming off of each of the horizontal wheels are eight tube-shaped spokes. Wheel 1, located between the divine gate and star chakras at the top of the structure, and wheel 5, located at the bottom of the HES between axis and chi pool chakras, both incorporate two vertical wheels each with eight more spokes. These vertical spokes travel with the horizontal wheel spokes and serve to keep the two outermost wheels more tightly stabilized, and in so doing steady the Elimination System. Horizontal wheels 2, 3 and 4 have only eight spokes. There are a total of 72 spokes in all. See page 256 ([Fig. 10.2](#)) for help seeing the details of the Elimination System.

Rings

Each of the spokes is fashioned out of a slightly sticky membranous substance and has from 15-25 rings encircling them that expand and contract to move debris in a peristaltic action. The slightly sticky membranes feel warm and are constantly moving.

Debris is collected by the spokes from the various parts of the anatomy that the wheels cross, touch and move through. Permeable collectors at the exterior of the spokes perform the collection function of the Elimination System.

Rim Ligaments, Inner Edge Rim Receptors and Docking Locks

Eight dense rim ligaments connect the spokes at the end closest to the soul layer, giving the wheel a boundary. The spokes attach into the rim ligaments and are secured as the hub-free wheel moves toward the inner edge of the soul layer. Once at the inner edge, the ligaments dock into an inner edge rim receptor in the inner alignment track (in the inner edge) with docking locks and hold the spokes in place for the delivery of waste.

Hubs

Each wheel has a hub at its center. The hubs of the five horizontal wheels encircle the core sheath and connect to the sheath with links that transport the Source energies that enter in the Elimination intake vents located in the core sheath. The four vertical wheel hubs do not have their own links but attach to the hubs of wheels 1 and 5 and receive energies from their associated horizontal wheel hub.

Hub Links

Hub links have two major jobs. Four hub links per hub affix it to the core sheath. Hub links tap into the four Elimination intake vents and hold them in place. The big stimulating energies that support the elimination process are transferred into the hub links. The links then expand backwards into the hub like an accordion, opening up to store plenty of energies until the hub is cleared of debris and free once again to use them.

Hub and Inner Edge Funnels

Funnels inside of the hubs attract and corral Source energies as well as debris, moving first one then the other through the hub spoke receptors. Four of these funnels coordinate with the four hub links per wheel. There seems to be a randomness to which hub link attaches to which funnel.

Additional funnels are located at the outside edge of the hub and in the inner alignment track of the inner edge of the soul layer. There are eight outside funnels per wheel at the hub, one for each hub spoke receptor and accompanying spoke, and eight funnels for each rim spoke receptor and spoke in the inner alignment track. There are also funnels inside the inner edge of the soul layer that behave the same way, but in this case they capture debris from the inner edge and move it into the rim waste valve. The vertical wheels each have four rim spoke receptors, rim receptors and docking locks. The vertical wheels only connect at the arc of the top of the HES for the highest wheel and at the bottom for the lowest wheel. They have accompanying funnels in the inner alignment track but only release debris from the portion of the rim connected to the inner edge.

Four Elimination Intake Vents

Above the caduceus at the edge of the Human Energy Structure located in the core sheath are openings for four big Elimination intake vents.

Running inside the core sheath from divine gate to chi pool their purpose is to receive specific Source energies and stimulate the elimination process. They open up into the universal at the very top of the HES alongside the four aspects of the authentic self and around the core at the sides of the uppermost part of the divine gate. The Elimination intake vents also pump vital energies for release into the e-stomach. They never leave the core sheath but open up into the e-stomach and deliver pure Source Elimination energies while continuing to run the same energies down the core sheath into the hubs of the wheels located along the length of the e-stomach.

There are four other intake vents in the core sheath related to the Template System. The Template vents are located at the four compass points (like a +) around the core sheath and the Elimination System's four vents at the four corners (like a x) making a total of eight system vents that run in vertically in the core sheath. See illustration ([Fig. 10.4](#)) on page 264 to see the way the vents enter the e-stomach and continue down the core sheath.

Hub and Rim Spoke Receptors

Set into both the hubs and the rims are eight spoke receptors for each wheel. Eight hub spoke receptors anchor spokes to the hub and exchange energy from hub into spoke. At the other end of the spoke, the receptors all anchor into the rim ligament to stabilize the wheel as it moves from inside to out.

When filled with debris, the spoke disengages from the hub and docks into the rim spoke receptor located in the inner alignment track of the inner edge of the soul layer. Spokes are smaller than the receptors, so they fit tightly into the spoke receptor. The four vertical wheels have rim spoke receptors for only half of the spokes. At the top of wheel 1 spokes from right and left vertical wheels run across the top of each wheel. At the bottom of wheel 5 from both right and left vertical wheels run along the bottom of each wheel.

Permeable Collectors

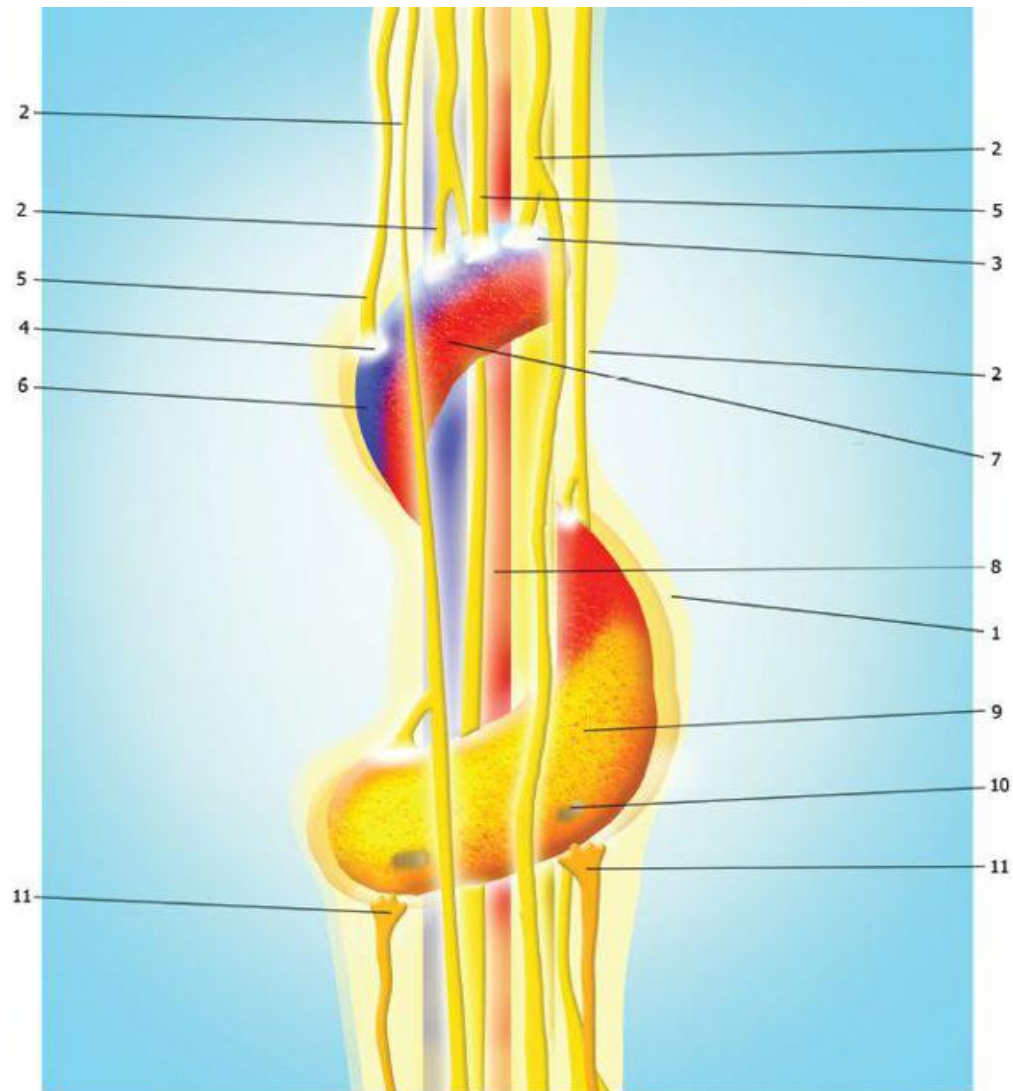
Permeable collectors are a series of 25-35 tubes connected to each other like corrugated cardboard laying flat against the spoke and rings. Their job is to absorb waste expelled throughout the Human Energy Structure and to

eject it at both ends through tiny waste valves. They expel at the hub and receive at the inner edge.

Hub and Rim Waste Valves

All around the sides of the spoke receptors at both ends of the spoke are 25-35 waste valves. These tiny waste valves open to allow waste transported on the outside of the spoke in permeable collectors to enter the hub. Next the hub funnel lines up at the center of the hub spoke receptor, remaining closed until permeable collector spoke waste is deposited into the hub. Once that has occurred, the hub waste valves close, and the funnels transfer the newly received waste into the hollow and interior of the spokes. The permeable collectors are now empty. Rim waste valves receive debris from the inner edge through the funnel in the inner alignment track.

Interior of the Extragenic Stomach (Fig. 10.4).



1. Core Sheath	7. Red Purpose Section of the E-Stomach
2. Elimination System Intake Vent	8. Core
3. Insertion Point of a Elimination Intake Vent	9. Yellow Wisdom Section of the E-Stomach
4. Insertion Point of a Template Intake Vent	10. Exit Point of the Stomach Drain
5. Template System Intake Vent	11. Stomach Drain
6. Blue Function Section of the E-Stomach	

Hub Spoke Sphincters and Rim Spoke Sphincters

At the end of the spokes closest to the hub are hub sphincters that stay closed until docked at the hub spoke receptors. Once it is docked, a sphincter opens, and debris moves from the interior of the hub into the spoke so it can transport it across the structure to the edge.

A rim spoke sphincter is found at the opposite end of the spoke near the soul layer. The shape of the rim sphincter is wider than the hub spoke sphincter as movement of the rings condenses the waste as it travels across the HES and denser debris is expelled here.

Tube Sphincters and Release Tubes

Tube sphincters in the back of spoke receptors open up to transfer waste out of the spoke. Multiple release tubes, at least 34-40 per spoke, receive the debris being transferred from a single tube sphincter. Waste travels across the soul layer through the tubes, agitated on the outside by the swirling currents. The release tubes are densely packed, and are stimulated by the accumulation of a sufficient quantity of debris that release becomes imperative.

Edge Elimination Sphincters

At the edge are tens of thousands of pinhole-sized Elimination sphincters clustered in rings around the one body, echoing the wheels at the interior. The edge Elimination sphincters react slowly as the pressure gets stronger from the buildup of debris and waste. Debris exits the Human Energy Structure looking like gray, dark blue or brownish smoke. During a big release, the waste can obscure a person from view, making them look out of focus and darker until the debris vanishes into the universal.

Into the Universal

As it ends its long journey through the Elimination System, HES waste is simply dissipated into the universal. It can now be classified as detached debris because the Human Energy Structure has released spiritual, psychological, emotional and physical attachment to it. As the four aspects no longer need to identify with it, the waste is free to release a shape, form, charge or mission of any kind. Release into the universal happens constantly

for everyone and does not clutter or clog the space between us. This happens when detachment is accomplished. For the HES to unburden itself, attachment absolutely must be released.

Extragenic Stomach

The e-stomach is part of both the Template and Elimination Systems. Elimination vents enter it where it wraps around the core in the sheath on top of the ascending and descending streams of the caduceus. For more see *Your Technical Manual* Chapter Nine on the Bones of Light, pages [231](#) to [232](#). The e-stomach holds and digests pure nutrition from the Source and distributes this *food* throughout the Human Energy Structure, using the Template and the Blended Energies Systems. The Elimination System helps do this by hosting the four Elimination intake vents and giving the e-stomach the same Source energies it uses to push the debris from the links into the spokes. The four Elimination intake vents branch off Y connections at different points along the e-stomach and release Source energies in four spots. At the same time these vents continue in a downward trajectory held within the core sheath to their final destination at the hub of the bottom Elimination System wheel. Two Elimination intake vents release energies into the extragenic stomach in the function section, one in the wisdom and one in the purpose area of the interior.

This undiluted energy encourages debris to return to the universal, pushing the system to eliminate and encouraging the e-stomach to eliminate any debris it may have stripped away from the currents that have entered through the Template strands. In this way Source energies via the Elimination intake vents act as a catalyst for release and stimulate the work of several systems. For more on the e-stomach see Chapter Seven of *Your Technical Manual* on the Template, pages [163](#) to [166](#).

An Elimination System Story

The Battle for Rose CI Practitioner: Desda Zuckerman

Rose slumped in her chair and reported, “I feel sluggish, and it was really hard to get started this morning. Even though I know I need to get things done for work and in my life, I just feel unprepared or unable to buckle down and do it. My husband is constantly worried about our financial situation, and I want to be more helpful but I’m

unsure how I can do that only working part time. I hate to see him so stressed out about the bills. Plus, I'm waking up in the morning thinking about the rift in my natal family and how saddened I am by it. When I look realistically at the relationships, I see they have been this way for 40 years.

About six years ago after a particularly egregious event, it became clear I was the only one who didn't realize that. I've worked on this a lot since, and I know that my value in the world is not determined by anyone but myself. The piece I can't resolve is the quality of looping or re-processing over and over again, even about things I've worked on and resolved psychologically for myself. This is just driving me nuts."

Upon assessment it looked like her Elimination System was compromised in three ways. First, there was a huge obscuration at the edge of her Human Energy Structure, clogging the release sphincters of about 40 percent of the entire system! This kept the releasing debris underneath it because it was like a tight cloak covering the areas of release over a large portion of her edge. Next it became clear the obscuration was so large it reached over the top of the HES and plugged up the openings to her Elimination intake vents. The trapped debris came back into her vents to recycle through the system along with the pure Source energies that entered through the blocked vents. This was causing a breakdown of the system throughout.

We traced the start of the obscuration to a traumatic event in her childhood when she realized her father, a small town politician, would sacrifice her for his own political ends. "I became aware I was a chess piece when I was about 10. Listening at the door to my parents fighting I realized I was expected to do my part for the goals of my father no matter how hard that was for me. His megalomania was deeply entrenched, and my mother believed in him no matter what! I got it that his narcissistic desires were running the show and I was only valuable as a part of him and not myself. That was when I first realized I was useful in the game of controlling the world around him, for him and by him. It was clear that I was a disposable child, the one who could be sacrificed. I remember just wanting to hide. I became very depressed after that event, I thought about running away

and about killing myself for the first time. My life changed for the worse.”

This obscuration was based in the decisions Rose made at that time to hide her nature, which was that of a leader and a smart articulate person. She chose to be safe and secure by becoming quiet, unavailable, withdrawing her thoughts and staying invisible. She chose to make herself not useful to her father and his aims. She became worthless to him.

When the family system acted out this same dynamic again a few years ago, it activated all of these feelings and decisions that Rose had made at age 10. As an adult she no longer hid out, but she still has struggled to let go of the pain of the realization she was not Daddy’s precious little princess, but instead a disposable pawn.

The looping in her head now was a direct result of the debris trapped in the obscuration and playing over and over again through the Elimination System. “Wow. I would never have put my own child through what they put me through. NEVER. I am by no means a perfect mom, but my kid is more important to me than anything. His welfare has always been first before anything – his safety and happiness were always first!”

Rose put her head in her hands and sobbed. “I was like garbage to them - my safety was not first. I was just a little girl. No wonder my system is struggling with absorbing this crap. It is incomprehensible.” She realized if she let go of the obscuration, she would have to let go of her parents, too. “I want more than anything to be free of this trauma. To stop living out of the shock of that event! I know I must do this to live my own life.” After years of therapies and work with this issue, Rose was finally resolved to live outside of the definition of this primary trauma. Having an anatomical understanding made all the difference in finally being able to let it all go for her.

We lifted the obscuration, unclogged the intake vents and cleared out the Elimination System. “I am feeling the entire system re-boot and as we clear the old debris I feel more and more free of the past! I feel very shifted. Like I am released from old injury and damage and unfettered by that horrible old story.”

In our follow up, Rose was upbeat and happy, stating, “I could hardly believe it, I visited my parents yesterday and felt no sadness or

depression. I was simply able to be with them-where they are and as they are. I had no expectation there would be anything at all from them. It was liberating! At last I am not their pawn.”

Two years later Rose is still feeling terrific about herself. She is not suffering from depression or looping in the wee morning hours anymore. She is able to enjoy working and is helping pay the family bills. Her husband is relaxing and even taking time to pursue his creative life and hobbies. When I asked if I could put her story into the book she said: “That healing we did on the Elimination System changed my life. I feel like a different person today because of it.”

How Different Systems Use the Elimination System

Layers, Human Electromagnetic Field, Bones of Light and Template

Debris collects at the outside of the spokes entering the permeable collectors, which travel through and touch anatomy of all these systems. From there, debris moves down the outside of the spoke toward the hub where it enters waste valves at the rim of the hub spoke receptors, transfers into the hub and finally packs the spokes until the debris travels to where it unloads in the inner edge of the soul layer.

Blended Energies System

The spinning movement of each current tosses debris out as it is surging toward the core. Waste is expelled out of the currents by the spinning movement like a centrifuge flinging matter aside and collects along the walls of the incoming soul pathways. Clumps of debris build up and then osmotically exit through the containing membranes around the triple current stream attaching to the exterior of Elimination System spoke permeable collectors. From here it moves down the spoke to the hub where it enters the interior through the hub waste valve at the rim of the hub spoke receptor, into the hub and then finally into the interior of the spoke for transport across the Human Energy Structure to the release point in the inner edge of the soul layer.

Harmonizing Network

Debris collects in the harmonizing blend of the inner alignment track and inner edge of the soul layer before transferring to permeable collectors on the spokes. The debris travels through rim spoke receptors in the inner edge and rim waste valves at the base of the permeable collectors. This waste then journeys across the Human Energy Structure and gathers up more on the way to the hub from the Harmonizing Network. At the hub, energies transfer into it and then make a U-turn to pack the interior of the spoke where they travel across the HES to the release point in the inner edge of the soul layer.

Unique System Interactions

The Elimination System has special anatomical interactions with multiple systems. The Elimination and Template Systems must be in harmony for the Human Energy Structure to experience balance. Without this harmonization the Elimination System is eventually hampered and will slowly break down losing the ability to function.

The Template will, reactively become stressed and as the tension mounts, pull strands away from the inner edge of the soul layer snapping them back toward the interior of the structure collapsing inward. The more strands that pull away, the more debris laden the spokes become as the energies pour out of the strands and the Template hooks. Eventually, this level of dysfunction can cause a sick structure. Thankfully harmonizing energies work to keep the one body balanced so it avoids this problem.

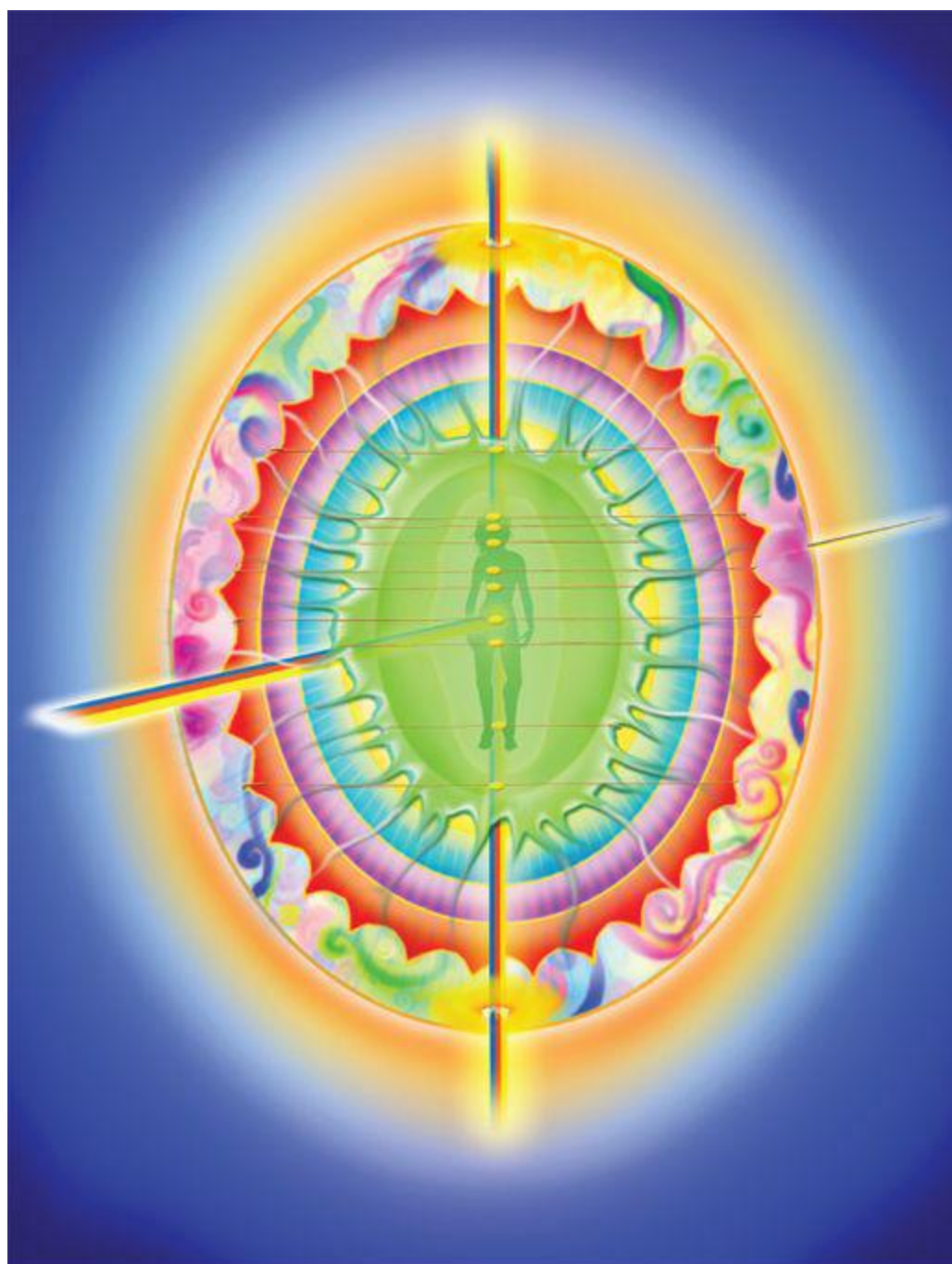
Another way the Template interacts with the Elimination System is the e-stomach, which also is a destination for some of the energies carried in the Elimination intake vents. At the e-stomach they deliver Source energies to support the personalization and grinding of energies received from the Template strands. They meet in the stomach where individuated energies are sorted out and the Source energies are initialized so they can be used for the fuel that drives the Human Energy Structure as it exits through the drains and filters into the soul layer. Without the Source energies courtesy of the Elimination System the Template would not operate effectively and the e-stomach would not do its job.

In the Blended Energies System there are three primary locations that are shared by both systems: the four filters at the chi pool, the core sheath which houses the vents and the e-stomach and the soul layer that holds the release tubes. The Bones of Light have five different belts around the edge that contain the Elimination sphincters while it supports and holds them steady so they can release. There are also four super large Bones of Light receptors

supporting the Elimination vents at the top of the core sheath so they can attract the Source energies required to stimulate the expulsion of waste from wheel 1 to wheel 5. The vents themselves essentially take the role of giant villi and strands and their contribution is a critical part of how elimination is achieved. See illustration ([Fig.10.1](#)) on page 252 in this chapter to see a picture of the Elimination intake vents at the top of the structure.

Functions of the Elimination System at a Glance

- ② The Elimination System processes incoming information, extracts nutrition and continues digestion while removing toxins and waste in the form of subtle debris.
- ② It keeps the Human Energy Structure clean and clear of discharge and excess from all other Systems.
 - ② Using the principles of universal non-attachment and universal attraction, this system shifts energy out of attachment and surrenders it to the universal where it can dissipate completely.
- ② The Elimination System directly serves the four aspects because it handles the waste and the effects of their actions, freeing the HES to function more hygienically.
- ② Hub links attach Elimination hubs to the core sheath and draw Source energies from the Elimination vents inside the hubs, beginning the action of release.
- ② Four Elimination intake vents working within the Template deliver energies that inspire the e-stomach to release debris extracted out of incoming Template strands down the Template drains. Elimination vents leave the e-stomach and end beneath wheel 5.
- ② Wheels assemble at hubs, transfer debris gathered from the permeable collectors into the spokes that are packed for release by Source energies at the hub.
- ② Spokes, held together by rims, separate from the hubs and dock at the inner alignment track of the inner edge of the soul layer where they transfer debris to release tubes that cross the soul layer.
- ② Debris exits at the edge of the Human Energy Structure through edge release sphincters and dissipates into the universal.



Chapter Eleven

Human Electromagnetic Field

Why the Human Electromagnetic Field System
Matters to You

Your Human Electromagnetic Field

Human Electromagnetic Field Components

The Sacred Anatomy of the Human Electromagnetic
Field

Functions of the Human Electromagnetic Field at a
Glance

Why the Human Electromagnetic Field Matters to You

The Human Electromagnetic Field is the Human Energy Structure bridge between unseen energies and solid matter. It transports the deeper knowledge of your sacred anatomy to the world as the delivery system for subtle energies into material form. Understanding this delivery system allows you to be more effective with the use of your energy at every possible level, from analyzing and explaining your deepest thoughts to wrangling a pack of unruly kindergarteners at a birthday party.

Your Human Electromagnetic Field

*Arjuna, I am the Knower of the Field, the Indweller in everybody and everything. I am the innermost Self, the soul, the Atma in all beings. The ability to discriminate between the field and its Knower is the utmost highest knowledge, as it requires a true understanding of both secular things and sacred knowing. So listen carefully!*²⁴

-Krishna to Arjuna, The Bhagavad Gita

The Human Electromagnetic Field is the only subtle system that is born and dies with the physical body, detaching from the longer-lived Human Energy Structure within a few minutes of your last breath. Made of a different quality or type of energy than the rest of the subtle structure, the bio layer operates under different rules, and the Human Electromagnetic Field exists as a reaction to those physical rules. It is a reflective system.

As a point of clarification, the rest of the HES is not eternal. It has a life span related primarily to the evolutionary development of the individuation and will cease being as the authentic nature returns to union with the All. This can happen more rapidly with the intentional focus of a spiritual practice and personal development work that supports the release of blocks and stops that hold the structure and spirit stagnate.

Electrical in nature, the Human Electromagnetic Field is essentially a *field* of electromagnetic energy radiating about 4 feet out from the Bio Layer. This field is created by the electrical impulses surging in every cell of the physical body but especially the brain and the heart. Its brightly colored electromagnetic energy is suspended in the Human Energy Structure, overlaying the four innermost Layers: the bio, emotional, primal and mental. Directly underneath the Human Electromagnetic Field, the Layers System continues tasks and actions and reflects these powerful fundamental functions into the overlaying reflective layers. Turn to the illustration ([Fig. 3.6](#)) on page 83 of *Your Owner's Guide* to see the Human Electromagnetic Field.

The primary duty of the Human Electromagnetic Field is to act as a translator for the sacred, delivering the message of the Human Energy Structure into the material world. When the physical body dies and is no longer generating a Human Electromagnetic Field, there is no bridge between subtle and material, and we lose our ability to *speak to the living*.

In one of the most interesting sessions I have ever done a teenage girl had lost her ability to speak effectively. She made sounds and there appeared to be nothing wrong with either her voice or her brain. Doctors had done all they could for her and had given her every possible test. When I finally met her she was frustrated in a deep depression and failing in life. As it turned out her Electromagnetic System was experiencing damage from constant exposure to high-tension electrical wires near her home. I repaired her Field and cleared out her fragmented structure. When I begin to replenish the radiance in her Human Electromagnetic Field she whispered, “I feel so much better.” Her mother sitting in a chair beside the treatment table began to cry with astonishment.

She explained her daughter had not spoken a clear sentence since shortly after they had moved into the new house a year ago. In the case of this sensitive young woman the loss of her voice had been a physical manifestation of the stress showing in the subtle anatomy and for her the cost of living near high-tension wires. Her delivery system had broken down almost immediately. I was astonished with the rapid result and quickly taught her how to use focused intention to cope with the high-tension wires and keep her Human Electromagnetic Field clear. See illustration ([Fig. 11.1](#)) on page 276 to see how the radiance enters the field.

The Human Electromagnetic Field gives a *felt* awareness of other people or things around us beyond reach and as such acts like a sixth physical sense. It gives us spatial sense and answers the questions: “Where do we fit in?” and “How are we in relationship to what is around us?” Martial artists, athletes, sensitives and others develop this sensate skill as a fighting or competing technique or as a coping mechanism. Focus on it leads to a more awakened consciousness and an understanding that we must find our *place* in the world by *feeling into* where we fit in the grand scheme of things. The Human Electromagnetic Field is in service to the larger one body. All of the anatomical parts of it align to that greater end.

The Human Electromagnetic Field works with multiple systems simultaneously. The Blended Energies System, the Layers, the Bones of Light and the Harmonizing Network are intimately involved in the workings of this system. Without all of them the Human Electromagnetic Field would fail at fulfilling its primary task, to bring us forth into manifest reality to make a difference; in other words, to deliver the goods.

Both the reflective layers and the reflective chakras of the Human Electromagnetic Field serve the larger main layers and chakras of the Human Energy Structure. The reflective anatomy works by overlaying the sacred anatomy in order to bring the soul's purpose and the larger mission of the major layers and chakras into the world. All four Human Electromagnetic Field r-layers and the 10 innermost r-chakras are dedicated to the manifestation of the desired purpose of the individuation. They will make sure you can be heard and understood. If you consistently are not, there is most likely a malfunction in this area of your sacred anatomy.

The reflective anatomy shortened to "r-anatomy," of the Human Electromagnetic Field supports this aim with everything that it has. We are twinned within ourselves, matching subtle (the one body) and material (the biological body) with our manifesting partner, the Human Electromagnetic Field acting as our bridge.

The Human Electromagnetic Field is the implementer, the one we can always count on until the day we die. It will show damage more easily because of this loyalty, and it will respond to the repair of damage, injury or trauma first, before any other system. People dealing with stressful physical injury or chronic illness will benefit from treating the Human Electromagnetic Field with care.

This system responds to electromagnetic disturbances in ways that the larger more secure Human Energy Structure does not. For example, when we experience invasive scans of our bio layer our HES is rarely affected. Only exposure to radiation will disrupt the fabric of the Human Energy Structure, whereas even mild dental x-rays will diffuse or dissipate the sensitive Human Electromagnetic Field and require a conscious healing effort to restore it to balance. In the case of the young girl affected by high-tension wires her Field was totally disrupted while her underlying subtle anatomy was not. Repairing the Human Electromagnetic Field was enough.

Some people sense and work with energy from this place in the Human Energy Structure because the Human Electromagnetic Field has somatic experiences and can register information in the same way that the skin feels breeze or heat. The membrane at the edge of the Human Electromagnetic Field is meant to simply separate this section from the rest of the larger HES and not as a major sense organ. I have observed that when it is used to sense or connect with, people often engulf or merge with the Human Energy

Structure of their friends, loved ones or family members to help, to rescue or to serve.

They do this by extending the Human Electromagnetic Field inappropriately into the Field of another. Even if this is done by a well intended and loving person this way of interacting interferes with the basic tasks of the system and stops both people from being effective. Until the invasive person withdraws, both Human Electromagnetic Fields are affected and may be discouraged from fulfilling their duties. This is the way many take on the problems or the issues of others. It is possible to take on illness, both mental and physical as well as emotional states, psychological conditions such as anxiety, and, in a highly developed form of intentional magic, it is possible to actually take on the good fortune of another. With discipline and effort, you can train the Human Electromagnetic Field to be highly responsive and influential over others. When appropriately balanced with a strong spiritual practice, this can be a terrific skill, and it is possible to help many with this type of knowledge. But it is not the only way nor is it always the best way to be of assistance.

Although sensing from the edge of the Human Electromagnetic Field in this way can be a powerful tool for the conscious practitioner, I have found the level of detail and detachment available at the anatomical location of the edge of the soul layer offers a broader scope of understanding. I personally do not advise sensing from the edge of the Human Electromagnetic Field and I do not teach it. I recommend studying martial arts or Chi Gong if you want work with the power of the Human Electromagnetic Field.

In general, I believe it is better energetic hygiene to work from the boundary of the Human Energy Structure. I have developed a class called *The Stance for Living* and certified CoreIndividuationTM practitioners as instructors to teach this primary skill.[25](#)

Electromagnetic Energy

Physicists tell us that electromagnetic energy is one of the four types of energy that make up our universe: strong force, weak force, electromagnetic and gravity. Over the last 150 years, scientists have developed instruments that can measure and photograph this energy field that exists around all living things. We know it is related to how energy appears in material form, its health and vitality. It could be called *electromagnetic ener-chi* as in the

chi used in combat and exercise by martial artists and in healing by Chi Gong masters.

The human physical body generates electricity, especially in the brain and heart, and as a result is surrounded by an electromagnetic field. All things that generate or contain electricity have electromagnetic fields. It is this amazing electrically generated field that has taught us about the bioelectrical kingdom within our physical bodies. Each cell holds an electrical charge. Impulses fire in the Nervous System; the synapses of the brain leap from one neuron to another, and the big muscle of the heart beats using electricity. Early heart surgeons were fascinated to discover that the exposed beating heart glows in the dark.

Advances in knowledge about the electromagnetic field have led to innovative technology for medical testing to check the health of the heart and the brain. Now patients routinely get electrocardiograms (EKGs) and electroencephalograms (EEGs) to aid with medical diagnosis. The more complex magnetic resonance imaging (MRI) gives us information that once was only available through surgery, allowing doctors see into the dense physical body without having to cut it open.

Since the late 1980s in the United States, every pregnant mother's obstetric work-up includes the sonogram. Many baby books proudly display baby's first portrait, an ultrasound-wave electromagnetic imaging portrait of the developing fetus. This technology has grown exponentially and now can even be used to look into sealed archeological digs to locate the best way to excavate ancient objects or to locate caches of treasure. In recent years, search and rescue crews have used this technology to liberate trapped survivors from collapsed buildings or mine cave-ins.

Many different electromagnetic energy waves have been harnessed for our use, such as microwaves, radio waves and laser light waves. When these electromagnetic energies occur in nature they appear in diffused patterns, quite unlike our human manipulation of these waves, which shapes them into directed, pointed and focused energies. Like sharpening a stick into an arrow or spear, this manipulation changes a naturally occurring and benign force into an inadvertent weapon, and as a side effect these useful and helpful energies can damage the unshielded Human Electromagnetic Field.

The Radiance

The Human Electromagnetic Field is made of a specific light frequency called Human Electromagnetic Field radiance. Clear in color with tinges of rainbow light sparkles until it hits the Human Energy Structure it transforms to match the individual existing vibrant colors of the Field.

Intensely vivid magenta, fuchsia, emerald green, turquoise, vibrant sunflower yellow, deep purple, royal blue, and crimson red are all colors seen in healthy Human Electromagnetic Fields. The radiance has an effervescent quality that can be prickly when sensed and often feels warm. People frequently report heat when repaired. When damaged, the Human Electromagnetic Field will show holes and dark spots and can be missing altogether in sections. The radiance can leak or become depleted and diffused by life events and illness. Look at the rainbow sparkles as they enter the Field in ([Fig. 11.1](#)).

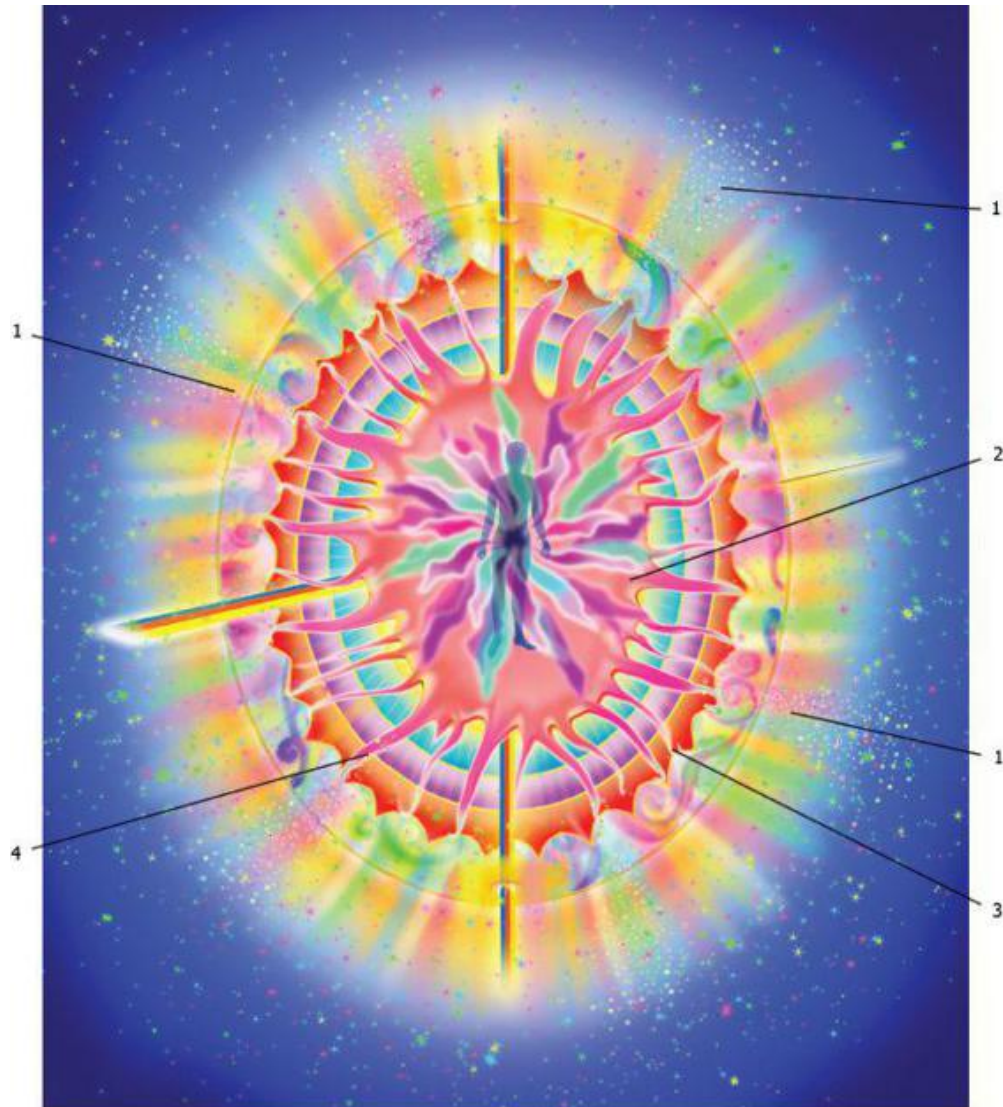
Your Personal Signature

The Human Electromagnetic Field is unique to each of us. Much like a blood profile it is essentially a personal energetic signature that changes over time and reflects the condition of the whole, especially the bio layer's health and well being. We slough debris all the time, and the Human Electromagnetic Field is no exception. The signature is our personal stamp we leave in chairs, beds, and houses and even on other people. This is the palpable debris that space clearing eliminates and accounts for why it is so necessary for everyone to clear their living and working spaces. In her book *Your Spacious Self, Clear Your Clutter and Discover Who You Are*, Stephanie Bennett-Vogt says,

Basically it all boils down to this: The more we hold on to a person, thing or belief that no longer serves and supports us, the lower and denser the energy wave patterns that we vibrate and emit. When we surround ourselves with people and things that make our hearts sing, we effectively lighten up the heavier frequencies in our life, which in turn, create and attract greater coherence—what I call spaciousness. ²⁶

-Stephanie Bennett Vogt

Human Electromagnetic Radiance Enters the Field (Fig. 11.1).



- 1. Human Electromagnetic Field Radiance
- 2. Human Electromagnetic Field
- 3. Silver Tether
- 4. Filling the Field

Living a conscious and spacious life really requires clearing our personal spaces regularly as a matter of integrity and hygiene. It also means taking responsibility for our personal signature in the world. Disposing of debris ethically is critical, not just to respect the ecology but also to increase global awakening. Taking personal responsibility for how we affect our environment is essential for the health of humanity at every level. Consciously releasing connections to old relationships, outworn and useless possessions, beliefs, attitudes and memories that hold us rigidly in the past can be easily done when we realize how harshly our personal signature may be affecting other people. Cleaning up after our selves at the level of authentic conscious awareness is extremely important. Releasing attachment to outcome in relationships with others clears space like nobody's business. Try it and see for yourself what it feels like to let go of grasping for control, power or love. You might find it restful and empowering at the same time!

Human Electromagnetic Field Components

Containment Membrane

Silver Tethers

Reflective Connectors

Reflective Hooks and Anchors

Reflective Layers

Mental Reflective Layer

Primal Reflective Layer

Emotional Reflective Layer

Biological Reflective Layer

Reflective Chakras

Solar Reflective Chakra

Crown Reflective Chakra

Brow Reflective Chakra

Throat Reflective Chakra

Heart Reflective Chakra

Solar Plexus Reflective Chakra

Dan Tien Reflective Chakra

Root Reflective Chakra

Lunar Reflective Chakra
Axis Reflective Chakra

The Sacred Anatomy of the Human Electromagnetic Field

Reflective Layers (R-Layers)

The Human Electromagnetic Field is effectively a bioelectrically generated shadow of the deeper more established structure. Each of the four layers of the Field reflects the content, energy and focus of the specific layers of the sacred anatomy beneath them. The reflective layers correspond to the Layers System anatomy of the same names from outer most to inner they are: the mental reflective layer, the primal reflective layer, the emotional reflective layer and the biological reflective layer. Reflective layers or r-layers do not change color or texture substantially from one layer to the next. Although there are slight variations in color, the field is pretty consistent and is usually between one and four basic bright colors.

The main job of the r-layer is to serve the four aspects and the soul's purpose by acting as a material world delivery system for the information generated in the subtle main layers. R-layers are not like the organs of the Layers System in that then tend to operate as a unified field. There are no membranes between the r-layers of the Human Electromagnetic Field, and they tend to blend together in a more consistent way. They move and react together whereas the main layers, while interconnected and cooperative in nature, behave as independent entities with unique identities.

Reflective layers inevitably hold relevant information that can be detected by sensing or *reading* r-layers content. Like the main Layers, it is possible for the Human Electromagnetic Field anatomy to store trauma, pain, difficulty and anguish. At the same time it responds to happiness, ecstatic states, sexual arousal and fun. The r-layers each have a special relationship to the layer they reflect and the anatomy of the Human Electromagnetic Field which may stash the recalled memory of historical karmic patterns, woundings, as well as processed and unprocessed debris of the discharge of these issues as they are released or remembered by the Template.

In addition the r-layers hold waste from emotional issues and the trauma of this current lifetime. Waste can attach to psychological and emotional information as it is released from locations in the underlying layers and can reflectively echo a deep issue from within the Human Energy Structure. It can also hold onto the emotions of other people contained in the memory of a witnessed event that has happened outside of the structure, such as the fear of other passengers in a scary car accident or the anger of active members of a losing political party in a hotly contested election. This kind of holding can color the delivery of information into the environment without your awareness.

One of the features of the Human Electromagnetic Field is that these emotions may catch in the anatomy and develop into signatures over time, holding irrational fear and anger that date from the accident or political contest but didn't actually happen to the person holding onto them. A signature is a condensation of subtle energy that floats or lodges in the anatomy of the subtle structure. It can be related to and generated by anything from an emotional event to medications ingested to treat illness. Signatures collect in the structure and remain as long as an emotional, psychological, spiritual or physical attachment holds them in place.

A signature can lodge in the HES during childhood. As the personality develops, young children often identify with the parent of the same gender. Obviously, this is not always the case, but it is the norm; there are, of course, those people who identify with the opposite gender. I frequently see these sorts of gender identity signatures held as a type of *thought-form construct* in the Human Electromagnetic Field.

As the personality develops, it shapes itself by identifying with certain behavioral patterns of the mother or father. The little boy sees his father ignoring his mother, and he learns this negative pattern. As it imprints upon his psychological makeup, he also will attach the signature of the pattern to his Human Energy Structure and hold it in the Human Electromagnetic Field. He does this because the job of this reflective system is to bring forth the work of the soul's purpose as expressed by the Layers System and deliver it into the world. It is the ultimate delivery system, and this negative behavior pattern of the father is now adopted and held in the Human Electromagnetic Field as his identity, filtering responses to all relationships through it, forming impressions and opinions out of it, making decisions and reacting to actions from other people because of it. The Field does not

have the capacity to determine if the information given it is morally right or wrong or even spiritually desirable; it simply reflects what is offered it by the layers and chakras underneath.

This boy becomes a man who ignores women or perhaps anyone who cares about him in a way that recalls how he observed his mother caring about his father. Our parents heavily influence not just our psychological make up but our sacred anatomy with their behaviors. Signatures influenced by your parents while you formed your personality and individual identity molded your Human Electromagnetic Field. These entrenched signatures will filter how you live your life, what choices you make and who you are in relationship to or who you might become if you were free of the signatures. It is possible to identify these signatures and, by working with a competent professional, release their restrictive nature. Studying the structure as CoreIndividuationTM developed many ways appeared to free the anatomy of holding patterns such as these that keep us all stuck in the same old struggle.

This information gives the Human Electromagnetic Field what it needs to mold the current life. The presence in the HES of current life patterns will also influence the health of the Human Electromagnetic Field. Until a deep and full release of a pattern is achieved, the Human Electromagnetic Field echo or residue of it can bring the difficulty of the pattern back into material form.

Sadly, as long as we are attached to or identified with an old pattern, we recreate our own traumas. My dear friend, Dr. John Wyrick, a chiropractor and creator of Nirodha Karma Healing, an energy healing modality dedicated to the health and vitality of the Human Energy Structure, works with karmic patterns in the Human Electromagnetic Field. He says:

The ability to sustain the “dirty clothes” [of the Human Electromagnetic Field] comes from a sort of Karmic propensity, a chink in the armor of the Light Body [what I call the HES]. The Devil himself can’t get in if you don’t have any openings.^{[27](#)}

-John Wyrick, DC

[Mental Reflective Layer](#)

The mental r-layer overlays the mental layer of the Layers System and guides the gifts of that layer into the world. It is very helpful in delivering the ideas, the beliefs and the attitudes of the individuated being. The mental constructs of the mental layer maybe difficult and complex, but out of them come decisions, beliefs and attitudes that are ferried into the world through the bridge of the mental r-layer.

This process makes mental space, opens doors and conditions the environment to be prepared for the vision, idea, brainstorm or insight that is coming forth from the inspired mind. Even before we open our mouths to share our thoughts, this part of the Human Electromagnetic Field is subtly greasing the way so that we are heard, seen and understood well enough to influence our world. The acceptance of an idea is largely based upon the climate it is received into. Think about the efforts of your mental r-layer next time you are arguing a point or making a statement about what you think is happening in the world.

Primal Reflective Layer

Just like the mental, the primal r-layer overlays its sister, the primal layer of the underlying Human Energy Structure. The primal layer is the heart of instinct. It is the dragon's lair within us, our ancient homeland. It is also the seat of tribal connections, family lineage and the DNA link to our ancestors. The primal r-layer is like an implementation aid for this tribal wisdom. It is the drumbeat to the dance of the primal layer, carrying that rhythm across the landscape and into the world as a telegraph for the most basic of reactions.

How we respond to danger, to being put on the spot, to risk, to the need to survive are all based in this extra-genetic coding we have gained from our grandmothers and grandfathers and back down the line to the beginning of clan knowledge. The r-layer brings this often-hidden wisdom to bear on daily decisions, actions, reactions and behaviors. It is the way the Human Energy Structure reflectively follows instinctual directive. It can give us the urge to push on or to collapse under the weight of life's daily stress. This part of the anatomy is paramount in bringing about the presence of your lineage in your life. Your tribe, clan, family, or community is reflected here.

Emotional Reflective Layer

The emotional r-layer overlays the emotional layer of the underlying structure and conveys its powerful message to the world. The emotional layer holds present and past emotional content, and so the r-layer responds to this intense function emotionally. This r-layer may hang on to emotion longer than anywhere else in the one body. An individual may have processed and cleared feelings about a trauma, the underlying Human Energy Structure may have been cleared and healed and traumatic issues may have been resolved, but if the Human Electromagnetic Field has not also been attended to, the emotional r-layer may continue to carry painful residue.

This explains why sometimes things drag on longer than they should, and why even when we are complete with a process, procedure, healing or clearing, there might still be something remaining. Always check this part of yourself to be sure you are totally past an emotional upset. This r-layer tends to appear as the most colorful of all the reflective layers.

Biological Reflective Layer

This r-layer essentially echoes the form, shape, age and condition of the physical body. It responds to movement and activity, changing constantly with the bio layer. It effectively holds stress and pressure coming from outside the body such as aggression from others or attacks by enemies. The Human Electromagnetic Field can act like a hardy raincoat. But this applies only to physically based stress and not psychological rooted experiences, which are mentally generated or based in conscious awareness, decisions and ideas. The biological r-layer will hold residue from strong emotional blowouts long after the dust has settled and may carry a grudge as a defense against future harm. This is a good place to check when you have a conflict that just will not resolve. It might be you are hanging on to an unspoken and unconscious emotion in this part of the sacred anatomy.

When the physical body is sick, the bio r-layer may show the illness and attach to the identity of the sickness. Cancer and other deadly diagnoses carry a huge charge about potential death, which develops into an imbalance in this part of the Human Electromagnetic Field. Clearing or releasing this part of the Human Energy Structure can be helpful in healing from disease as well as coping with other physically challenging situations.

Letting go of the identification with a disease *as you* is a big part of the healing process. If you have ever thought of yourself as a person with a

particular disease as a primary part of your identity even during a short part of your life, you need to let this imprint or identification go as soon as you can. Clearing the Human Electromagnetic Field of the echo memory of the charged event of finding out a big diagnosis, with its associated fear, confusion and anger, can be an extraordinary boon to the healing process. This is hard when the people who are treating you for illness refer to you as the melanoma in room 4390 or your family talks about your diabetes more than they talk about your dreams and aspirations. Refocusing our priorities to consider the power of our words is a small way everyone can shift our health care system for the better.

The bio r-layer also holds damage received from all sorts of modern medicine, from x-rays to chemotherapy. Because it reflectively responds to physical manifestation and can be injured in the process of treating the bio layer, the Human Electromagnetic Field bio r-layer often needs to be treated as well.

Reflective-Chakras

There are 10 reflective chakras in the Human Electromagnetic Field. Listed top to bottom, they are: solar reflective chakra, crown reflective chakra, brow reflective chakra, throat reflective chakra, heart reflective chakra, solar plexus reflective chakra, dan tien reflective chakra, root reflective chakra, lunar reflective chakra and the axis reflective chakra.

The relationship of the main chakras and the reflective chakras is one of delicate diplomacy. They are two entirely separate types of energy, negotiating a treaty to essentially share a power-generating plant that will benefit the good of the whole collective. Together they make a pact to pipe the many messages of the Human Energy Structure into the material world.

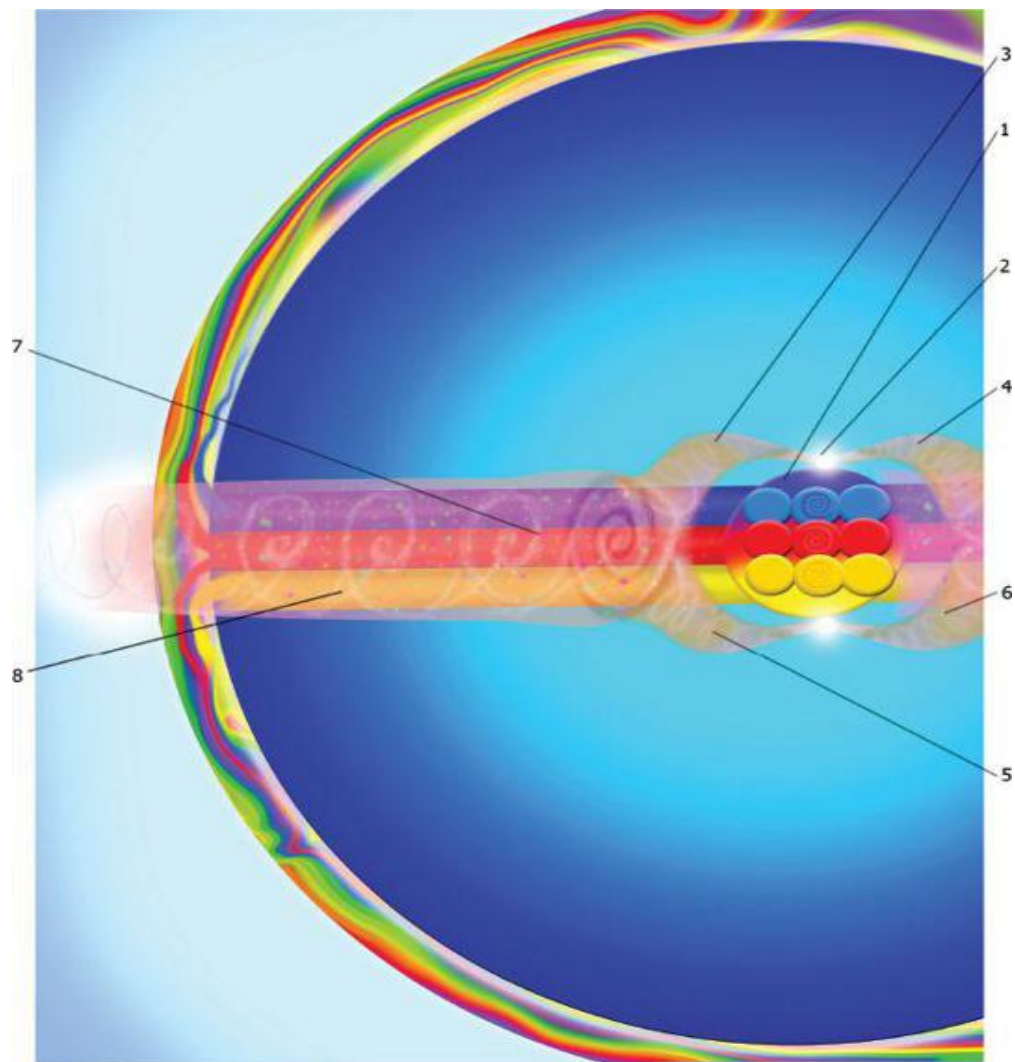
There are two systems at play in this diplomatic mission: The Human Electromagnetic Field and the Blended Energies System. These systems both have chakras. The Blended Energies System is the home of the main chakras, and the Human Electromagnetic Field System is the home of the reflective-chakras (or r-chakras). The Blended Energies calls a summit with the Human Electromagnetic Field and in the process of meeting, the chakras of one system bring about the birth of the reflective-chakras of the other.

The r-chakras described in this chapter most closely match the spinning wheels reported for centuries by practitioners of yoga and meditative arts. As far as I know, this is primarily what the majority of contemporary

schools of thought teach are chakras. I see things a little differently because I do not observe wheels exactly but instead see merging overlapping spirals *appearing* to resemble complex floral mandala-like rosettes. They are like little focused tornados that get larger as they move toward each other and then join to make one forceful spiraling delivery mechanism to support the gifts, pathologies and problems of a given chakra. They carry our brilliance or our wrong headedness into manifest reality. There is no judgment from the pump about the gas it carries; it is what it is.

Each r-chakra has this same thing happening at the front and the back, so each one is made up of four spirals or vortices. There are two at the front and two at the back of the r-chakra, and the energy that they are made of is electromagnetic in nature.

Anterior and Posterior Reflective Chakra (Fig. 11.2).



1. Major Chakra
2. Point of Origin of the Vortices
3. Anterior Function Vortex
4. Posterior Function Vortex
5. Anterior Wisdom Vortex
6. Posterior Wisdom Vortex
7. Reflective-Chakra
8. Anterior Reflective - Chakra Stream

This happens in the Human Electromagnetic Field and in the Blended Energies System in the front and back as well as left and right sides of the 10 main chakras where the subtle energy anchors into flesh and blood. BAM! That's when it happens - the vortices pop up and out and keep doing that – on both the right and left sides of the major chakra and they form two in the front and two in the back as long as there is no damage, pathology or misalignment of the anatomy.

It is interesting to note that there are three other chakras in the Blended Energies System (chi pool, star, divine gate) and four layers in the Layers System (cognitive, spiritual, etheric and soul) that *do not* show up in any part of the reflective-Human Electromagnetic Field System. We know the Human Energy Structure seeks balance and always will attempt to right itself, so this is likely a way that the greater whole finds stability. By keeping part of itself free of the buzzing electrical zaps of the Human Electromagnetic Field, the larger outer layers give the HES the strength to blend the different qualities of energy in the Human Energy Structure.

Introducing the Human Electromagnetic Field into the one body is no small thing. It is a lot like putting a busy communications hub at the center of a meditation retreat. They don't seem to go together and yet, being able to influence the world around us conceptually, with forethought, plans, inventions and creations like religion or government, needs both the practical and the otherworldly dream qualities of hope and insight.

Two disparate parts, the Blended Energies System and the Human Electromagnetic Field of the physical body remain independent, but do something really interesting together when they are introduced. It is as if two strangers meet on a diplomatic mission and each speaks a different language.

Working together they create a translating bridge between their two separate realities, in this case, subtle and material. But then as it turns out, the bridge is the most important thing that happened and in the process of building it, strangers have become friends now able to communicate in a language of agreement. The two realities need that bridge. Ultimately the bridge becomes the job description of the reflective chakras. Two totally different energies meet at the connectors where the main chakras anchor into the Human Energy Structure, touching both the physical

Electromagnetic Field producing material body and the subtle anatomy. This is where the vortices of the spinning wheels are born.

Just like the r-layers, the r-chakras exist to deliver the message of the anatomy contained within the chakras beneath. They spin out a clear rainbow-tinged light that can sometimes be changed in color when influenced by the normal actions of the r-chakra or even a trauma and an issue of a dysfunctional main chakra. [In ([Fig.11.3](#)) on page 286 the colors shown are blue and yellow combining to make a green rosette, which is often observed at the r-heart chakra] Currents of intentional energy coming out of the anterior and posterior r-chakra spiral out; at the front, the energy travels against the incoming soul pathway, and at the back, it moves with the outgoing chakra stream of the Blended Energies System. This makes for all kinds of permutations.

For example, if Lucy is angry with her boyfriend, John, and hurt by something he did or said, her heart r-chakra may spin out a reddish-tinged dark pink and dirty red-orange color, combined with the clear rainbow-tinged energy it normally would be emitting, to deliver the messages of the main heart chakra to the surrounding universal. Interestingly enough, the energy of the more primal emotion of anger will push out to the front of the HES, while the emotion of hurt is *discovered* by the heart during the crossing of the big currents at the center of the main chakra and so released out the back as part of the r-chakra stream content.

Lucy is feeling each of these emotions, but her boyfriend standing right in front of her is *hit* by the anger right off the bat. He will not know or feel her hurt until a second or so later when the information released from the posterior reaches him. Lucy may not want John to know she is feeling pain and hurt, but her.

Human Energy Structure will not cover up the truth. It does not lie; it cannot deceive. We are always showing our true hand, even if we don't think we are.

These subtle changes in tone and color of the r-chakra affect the energy of the main chakra; especially as the incoming generic energy surges toward the core where it is challenged by the contents of the outgoing spin of the less potent r-chakra and may be affected by it to some degree if the main chakra has a blockage or difficulty in one of the incoming currents.

The 10 reflective chakras in the Human Electromagnetic Field spin out the electromagnetic energy generated by the bio layer at the chakra

connections on either side of the main chakras. Cone-shaped spirals from the connectors at each side of the primary or main chakra create a larger circle that is really two intersecting spirals in the Human Electromagnetic Field spinning from the force of the electromagnetic surge. Again, I believe this is what many psychics and healers report as wheels.

This electromagnetic energy is superimposed over the subtler and more fundamental action of the older and larger main chakra system in service of the entire Human Energy Structure. The entire Human Electromagnetic Field is finite. It is born when the physical body (the bio layer) is born and dies with that physical body. Any sensed resonance of karmic events or wounds is a reflective reaction to more deeply held trauma stored in the sacred anatomy. Healing the Human Electromagnetic Field is very beneficial and can release much, but it is not the whole rodeo. When the r-chakra is off, this means the entire HES is less effective. This issue can lead to many different kinds of pathology.

For example, as the initial push of the energy from the r-chakras vortices die down, getting further away from their source, the healthy force of it will still carry across the soul layer and into the immediate universal surrounding the structure. This is where the impact on our environment is made and felt, and it will happen immediately, because the energy disperses almost as soon as it gets there.

But when there is a problem in the mechanism of the r-chakra, its payload may not have enough oomph to get to the universal and may stop at any point along the way, becoming entangled with other parts of the anatomy and hanging in the r-layers as debris and unfulfilled potential. This is a reason we are less effective than we want to be in the world. We are getting it right; we understand what we want, and we know we deserve it, but just don't have the juice to deliver the goods.

All of the reflective chakras are in service to this present life. They are driven to bring the overall purpose, wisdom and functional message of each of the main chakras into the world. The energetic of the Blended Energies System is focused on nourishing the one body, informing the Human Energy Structure and powering it. The reflective-chakras are all influenced by the presence in the Human Electromagnetic Field of karmically instilled patterns of action and behavior being used in this life as operating principles as well as residue and information gained from karmic releases as they

occur. This combined with current life patterns is how we are shaped by the historical journey of the soul.

Chakra Connectors: the Point of Origin

Each of the 10 r-chakras is the beneficiary of the main chakra connectors because they are the bioenergetic point of origin of the four vortices, two at front, and two at back, make up the two larger delivery wheels. The main chakra connectors anchor into two sites on either side for each of the chakras. All main chakras have a location within the bio layer where the anchor is established. If one vortex stops spiraling, it may affect the function of the anatomy it is rooted into.

Repairing it gives the anatomical part the best chance to recover balance. This goes for any of the connector sites and their related bioenergetic connectors. Without the anchor of the simple chakra connectors on either side of the main chakra into the physical body the Blended Energies System does not function effectively, the Human Electromagnetic Field does not become the delivery system of the subtle into the material and you are not able to implement your deepest dreams or your soul's purpose in this short but important life. Knowing that they are valuable is information that can help you especially if you wrestle with: Why am I here?

In each of these locations, the subtle and material anatomies agree to recognize each other and meet. This is the equivalent of Zeus falling in love with the human, Leto and fathering Apollo and Artemis. It represents the meeting of the unseen, the magical with the material world reality. The result is that the main chakra connectors each throw off spinning electromagnetic vortices that are the origins of the reflective-chakra. In the process, two things are accomplished within the Human Energy Structure: the connectors stabilize the major chakra, and they also institute contact between the subtle and material, establishing the points of origin for r-chakras.

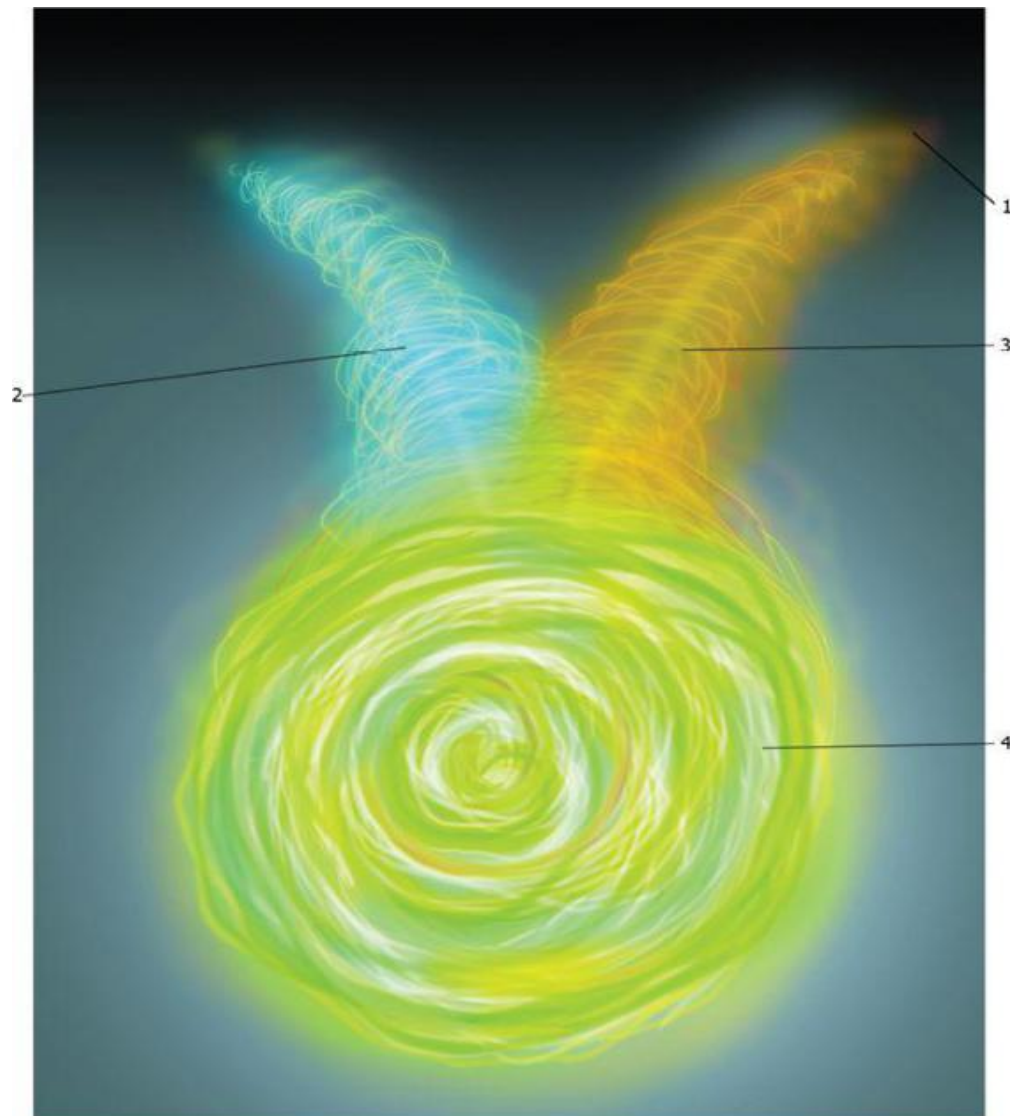
The force and intention of this meeting creates a reactive spin out from each main connector to the front and back of the Human Energy Structure, creating in the intersection of the two spiraling wheels, a circular movement in reaction to the force of the electromagnetic pulse generated at the bioenergetic connection between the r-bio layer and the r-chakra at both the back and front of the main chakra connectors. This r-chakra ultimately is

reflective of the main chakra humming beneath it, and since it is rooted in the main chakra connector, the basic message it carries out into the Human Energy Structure and the world is written in the language of the main chakra. The r-chakras behave as the telegraph lines of the Human Energy Structure.

As the two wheels spin out from their points of origin they get larger and larger until they intersect, making a single dynamic spinning mandala wheel. At this moment the Human Electromagnetic Field and the Blended Energies System act together, and the wheel incorporates and follows the tracks of the chakra streams. At the front is the generic energy-containing incoming soul pathway and at the rear the assigned chakra stream already delivering the insight and purpose of the major chakra to the soul layer.

The force of the r-chakra wheels are strong enough to carry their message all the way out through the Layers of the Human Energy Structure, against the currents of the Blended Energies System, and the Template Strands, straight through the spinning Elimination wheels and the stabilizing Bones of Light to eventually dissipate in the universal in both directions. Although it delivers part of its payload into the soul layer as it passes through it, the intensely spiraling energies of the r-chakra do not return back into the HES. Instead the r-chakras are constantly being made anew, a byproduct of the magical bioenergetic contact between subtle and material.

The Spinning Rosette Wheel (Fig. 11.3).



1. Chakra Connector/ Point of Origin: the beginning of the vortex
2. Function Vortex
3. Wisdom Vortex
4. Combined Vortices make the Rosette of the Reflective Chakra

Relationships Between R-Chakras and Main Chakras

Because the r-chakra cannot exist without the primary chakra, this relationship is very interesting. Whenever the primary chakra is experiencing pathology, misalignment or even a need for cleansing of debris, the ability of the r-chakra to do its job is impacted. If the connector has slipped or is damaged in any way, the r-chakra is unable to function, and the main chakra is thwarted in its purpose. But the particular gift of the chakra does not stop generating. It keeps pumping it out there, and since the delivery system is down, it cannot bring the offering out into the world. This is very stressful and causes multiple issues to bind the Blended Energies System up with mountains of excess energy while all that happens to the Human Electromagnetic Field is the cessation of action. Without the Human Electromagnetic Field, the Blended Energies System is unable to impact the material world.

Repairing, reconnecting, aligning or clearing the r-chakra is going to have a positive but short-term influence on the whole Human Energy Structure, when the real issue lies deeper in the anatomy. If the main chakra has a problem, the r-chakra still does its job. It still delivers what it is able to receive and then reflects out into the universal. The lesson we take away from this is twofold: the specific location of your issue or problem is important, and these two systems are married to each other as long as you are in your physical body.

The symbiotic relationship between the two kinds of chakras also means that when the deeper issues of the primary are addressed, the r-chakra will work better. It cannot help but benefit. The r-chakra is totally dependant on the reflective health and well being generated by the main, and this dependence needs the Blended Energies portion of the puzzle to be working as well as possible. Multiple systems support the function of the Human Electromagnetic Field and tie the work of the foundational generators (main chakras) together.

The chakra connectors, which make the r-chakras happen, must be healthy, attached and anchored, and the cross-energy connection must be firing, or movement from subtle to material is dramatically affected. If the

spinout from the connectors doesn't happen correctly, the whole anatomy of the Human Electromagnetic Field is imbalanced.

Mostly, this means that the subtle is not crossing into the material. While the message of the specific chakra will articulate the issue for the whole Human Energy Structure the larger system is handicapped and ultimately making the individuation of authentic self and its purpose unable to express fully in the world. Less expression of individuation means a frustration of the four aspects but especially the physical aspect and the message of the soul's purpose as expressed through the physical experience. The r-chakras and r-layers both serve the larger vision of who and what we are. Keeping the bioelectric connection sound is paramount to physical well being.

Posterior and Anterior R-Chakra Segments

In the Human Electromagnetic Field, posterior r-chakra segments are open and expressing at the same moment as the anterior r-chakra segments. Both of these sections of the r-chakras are reactive to the profound event that happens in the Blended Energies System when the core and the incoming triple-current stream of the soul pathway intersect and gives rise to the main chakra.

Both anterior and posterior r-chakra segments are a reaction that explodes out of the chakra connectors on either side of the core. This response is so strong that it happens BOTH at the front, against the incoming Blended Energies soul pathway, and at the back, moving with the outgoing chakra stream!

The r-chakras are distinguished from the major chakras by they way that their energy blows out in cone-like shapes toward front and back. The four cones increase in size, two in front, two in back, all spinning in spirals and expanding to create two large anterior and posterior overlapping circles with the Blended Energies chakra stream in the middle. See page 286 for illustration ([Fig. 11.3](#)) of the rosette the r-chakra makes. These circular wheels move to the front and back, getting larger and less distinct as they move out toward the edge of the Human Energy Structure. In a recent conversation with me clairvoyant, John Wyrick described his perception of the "chakra flowers" in a this way:

This appears to me to be an illuminating scintillation. It is as if the rays of light are projecting vibrations of pure self or light body into the material plane. They act to project polarities and interactions which bring the life message of the chakra into the anatomy as the soul emanates into the universe.[28](#)

-John Wyrick, DC

The Human Electromagnetic Field benefits from the contribution of both parts of each of the r-chakras. Together these four spinning wheels actually form and define a single chakra with anterior and posterior segment expressions. Unlike the major chakra, they can be shut down or be activated without devastating affects.

R-Chakras: Locations, Connections and Names

HES Location	Bio Layer Connection	R-Chakra Name
In the mental layer →	the palms of hands	☉ r-solar chakra
In the bio layer →	sides of fontanel (soft spot)	☉ r-crown chakra
In the bio layer →	sides of pituitary gland	☉ r-brow chakra
In the bio layer →	sides of thyroid gland	☉ r-throat chakra
In the bio layer →	sides of heart	☉ r-heart chakra
In the bio layer →	sides of solar plexus	☉ r-solar plexus
In the bio layer →	sides of the uterus or testes	☉ r-dan tien
In the bio layer →	sides of the base of the perineum	☉ r-root
In the emotional →	inside of the ankles	☉ r-lunar
In the primal →	arch of the feet	☉ r-axis

Please do not refer to the r-chakras unceremoniously by a number. The system presented here does not necessarily line up with numbers commonly assigned to chakras. Besides, it is my quirky belief this is disrespectful to them and their great service to us.

Solar Reflective Chakra

The main solar chakra is suspended in the acceptance strata of the mental layer about 18 inches above the head. The solar r-chakra is related to the mental r-layer that overlays the main mental layer. The chakra connectors secure into the physical body at the palms of the hands, one into each hand from either side of the chakra. This is the point of origin.

The purpose of the solar r-chakra is to bring the powerful voice of the solar chakra into manifest life. This chakra acts as a translator for the refined energies of the higher chakras, the star and the divine gate, and as such it is part of the effort to make manifest the individual soul's purpose and direction in life.

Without clarity at the solar and delivery through the r-solar, the person may not fulfill his/her promise in life. Bringing the higher frequency truths into commonly understood actions mean this chakra is all about generating connection. Making others understand the big offering you are making requires health and vitality, consciousness and clarity in this place. If you

feel you are out of touch with your own soul's purpose, it is important to spend some time cultivating love for this skillful part of yourself. It is a good start to a fuller more mindful life.

The solar chakra is devoted to translating the soul's purpose into manifest reality through the physical body. This placement in the mental layer is no coincidence as it allows the chakra to soak up the qualities of the mind available in that layer, exerting influence on the function of both the main and the reflective chakras. Sitting smack dab in the middle of the mental layer in the strata of acceptance is also the location of the divine feminine, with all her creative inspiration. This just happens to be in the exact strata where the solar chakra resides.

One of the jobs of the mental layer is to act as a translator for the four aspects of the authentic self, delivering instructions to the HES to bring forth manifestation through mental constructs, beliefs and attitudes. The solar chakra, positioned at the center of this mental layer, is deeply involved in manifesting the highest creative principles of the divine feminine, including the deep acceptance of the inevitability of the ebb and flow of life as it unfolds. The impulse to seize our lives, to live them to the fullest and to make something of ourselves is stimulated by the Great Mother within us all. The solar r-chakra is a big part of making sure that message bears fruit.

The r-chakra is, of course, devoted to the exact same task. The difference is that it is about making a powerful delivery of this content into the world around us. It is about holding the inspired idea as possible, real and tangible, a way to drop the meat of insight into the simmering caldron of life. This is the profound level of acceptance this strata brings - an inner dawning, allowing, awakening, coming to awareness, taking in of it and then mixing it into the soup we simmer in every minute of every day.

Imbalance in this r-chakra means that some part of the delivery system is malfunctioning. The problem could be completely anatomically based; in fact it most likely is! But the way this issue shows up will seem like a psychological condition. The observer might even think this person is emotionally self-sabotaging their own heart's desires or even withholding their gift out of pure stubbornness. But the observer would be wrong; instead this issue is anatomically based and can be anatomically repaired.

Crown Reflective Chakra

The main crown chakra is located at the peak of the skull in the bio layer, and the crown rchakra is related to the overlaying bio r-layer. It nestles into

the soft spot or the fontanel, located at the top of the skull, and attaches first into the fissures of the skull on either side of the fontanel (baby's soft spot) and down into the brain at the amygdala and into the pineal gland. The r-chakra spirals out of the connectors to the anterior and posterior of the main crown chakra; they finally come to rest in the left and right sides of the pineal gland.

The skull fissures, amygdala and the pineal gland are not only the point of origin for the crown r-chakra but they impact the way this r-chakra delivers the goods. The crown r-chakra is uniquely affected by the bio layer anatomy it experiences through the crown chakra connectors. According to *The Human Body Book*, the amygdala, located within the temporal lobe on each side of the brain, is part of the most primitive area of the brain called the Limbic System. This system influences basic animal or primal survival impulses and the most primitive brain reactions to stimulation.

The job of the amygdala is to read charged emotions like fear, anger and jealousy related to deep-seated instincts while recalling other useful memories to ensure survival. Normally the powerful emotional responses it can elicit are kept in check by other brain areas so the responses are modified or civilized. The amygdala also is concerned with basic drives such as sexual desire, safety, hunger and thirst.²⁹

The amygdala is small but powerful, and even though the connectors travel through the skull fissures and end at the pineal gland, they anchor the crown chakra into both the amygdala and the pineal and allow the r-chakra to be born in the bio layer. It carries such a hot charge that it is able to influence the way the r-chakra brings the crown chakra message into the world and incorporate instinctual nature into the Human Electromagnetic Field. In fact the reason the Human Electromagnetic Field is a reactive system at all may be because of this potent relationship between the amygdala, the pineal gland and the crown r-chakra.

Brow Reflective Chakra

The main brow chakra anchors deep in the brain into the pituitary gland on both the left and right sides. It is related to the brow r-chakra in the r-bio layer, which overlays the entire bio layer. The pituitary gland is located below the pineal gland, and the energy of the anchors stimulates both glands as they make a contribution to the whole. The r-chakra spirals out of the

connectors to the anterior and posterior of main brow chakra, rooted into the pituitary gland on either side to the left or right.

Just as the crown is influenced by the amygdala, the brow r-chakra is influenced by the pituitary gland and its main functions. Part of the Endocrine System, the pituitary is referred to as the master gland because it regulates many other glands of the body. The pituitary is made up of two sections, the adenohypophysis and the neurohypophysis. These two sections create eight of the body's major hormones as well as processing two others. It is located behind the eyes at the bottom of the brain.³⁰

The brow r-chakra delivers the big vision of a life, and it is colored by the story of the pituitary gland point of origin and its relationship to the main brow chakra. The r-chakra works to focus the potential of a human life to help us follow through on our dreams for happiness, family, career and the calling to spiritual community. How we see ourselves being fulfilled and where we find the ability to step toward that bright hope is the work of the brow r-chakra. The big picture is hatched in the main brow chakra, emerging from the inspired insights of the authentic self as it fine-tunes the image of what life could be. But the energy and ability to bring that big picture into material reality belongs to the brow r-chakra.

Throat Reflective Chakra

The main throat chakra anchors into the left and right side of the butterfly-shaped thyroid gland located in the throat near the Adam's apple. The thyroid gland drives the metabolism and controls many of the functions including rate of energy use and heart rate. It is part of the Endocrine System and also influences the operation of other glands. It has four small parathyroid glands buried at its back that regulate the levels of calcium in the blood.

The r-bio layer is related to all r-chakras connected to the physical body, so it is the reflective layer associate to this reflective chakra. The r-chakra is impacted by the energy of the thyroid as it is regulating and stimulating balance in a body. The brow r-chakra spirals out to the anterior and posterior of the main throat chakra from each of the chakra connectors, which are rooted into either side of the little thyroid gland.

The throat chakra is all about the personal truth whatever that might sound, look or feel like. Making decisions, holding the space for the true desires of the heart and spirit are a big part of the work of the throat chakra.

Speaking about the work of this life and giving voice to life purpose are the gifts it offers. While it can be a vehicle for anger or for love, it cannot help but tell the truth about who and what we really are. Whether we know it, consciously or not, the throat chakra tells it like it is! If you have ever blurted your innermost thoughts out before you could catch yourself, that is this chakra doing its best to help you on your way in life.

The throat r-chakra, acting as the delivery system for the main throat chakra, is utterly absorbed in that task and does not filter, organize or restrict the information coming through it in any way. The acts of filtering or restricting are actually symptoms of pathology in either the main chakra or the r-chakra. So if you have a really hard time saying what you mean and want to say, this might be an area of anatomical weakness for you.

The r-chakra pulses constantly, in sync with the metabolic rhythm of natural life unfolding. While it translates the powerful song of the throat chakra into its own language as it sings out into the world, the r-chakra is charged with representing what is important and real for the spirit, mind and body of the being. This r-chakra is exerting control over a life, acting as a boss of the one body and how it does its job, much in the same way that the thyroid is a superintendent gland of the bio layer, directing metabolism, heart rate and temperature control. Both are constantly, each in their own way, laying the groundwork for another tomorrow. The throat reflective chakra is a leader in the Human Energy Structure, and attention must be paid to the health and wellness of these spinning vortices to support the ability to fully speak one's truth.

Heart Reflective Chakra

The main heart chakra anchors into the left and right side of the sternum in the center of the chest below the thymus gland at the level of the heart in the bio layer. The bio r-layer overlays the physical body and is also related to the heart r-chakra. The heart r-chakra spirals out to the anterior and posterior of the main chakra from each of the chakra connectors that travel through the breastbone to where they are rooted in the thymus. When people report a "tug of the heart," I have often thought that it was the connector that was actually being pulled.

The thymus produces hormones that make t-cells, a cornerstone of the Immune System. These jobs are delicately balanced in a healthy body and even a slight imbalance presents a challenge and, if uncorrected, can eventually affect the health profoundly. The big heart muscle acts as an

anchor for the relationship between the world and the entire Blended Energies System, which is most like the Cardio Vascular System. It is facilitated in this action through the Human Electromagnetic Field reflective chakras as they all radiate the intention of the big main generators through each rchakra. This happens most powerfully at the very center of the core in the heart r-chakra.

Colored by love, the beat of the heart, the pumping action of the muscle and the vortices, the firing of electrical impulses and magical connections being made between subtle and material, all samba to the steady drum-line of life. The highest calling of the heart chakra is giving and receiving love. As the central chakra in the Blended Energies System, this function is literally the *heart of the matter*.

Located a little above and to the right side of the heart, the main heart chakra expresses through the companion r-chakra that most complex and human event: love. Loving, being loved, falling in love, spiritual love, unconditional love, love for family, tribe and community, jealous possessive love, love for the divine beloved, for beliefs, country, for a passion, a project, a goal and finally, love for self.

Most spiritual anatomy students understand this much, but what is not so clearly understood, is that the heart chakra is also the seat of hate. Gloriously intense love and hate are twin sisters. Each powerful focus has its own calling, identity and root, its own vocabulary of spiritual benefit and cost. But as they gestate side by side in the womb of the heart chakra they have everything in common. Measuring passionate investment, love and hate are closer than any other opposite in the range of human emotion. Love can turn to hate and back again in a flash, an instant, in the single beat of a heart.

The r-chakra does not feel a puritanical need to censure the information coming through it. It does not judge or filter, establish hierarchy or punish wrongdoing. These parts of the anatomy operate without this sort of discrimination. The extra-strong delivery system of this r-chakra releases these two equally. With exquisite precision, words of love and hate land in the world forcefully, and exactly how the main chakra sends them and the four aspects understand them.

Some tenderhearted souls may blanch with horror at the thought that this sacred cow, the heart chakra, could possibly be polluted with the filth of hate. But I would invite you to see it as the ultimate in personal freedom. Within us we have access to the substance of our ancestors, all of the

attributes of the gods and goddesses, all of the elements, all of the stuff of the universe, everything that has ever been part of the human experience, and hate is a big part of that most historical being, you.

Flip Wilson, the well known American comic of the late 1960s, in character as Miss Josephine often decried, “The devil’s in me, and it has got to come out!”³¹ It is up to each of us what we do with what we are given. The choices we make in each moment of each day determine the expression of the r-chakra and whether or not it is love or its dark twin shining out from your heart center.

Solar Plexus Reflective Chakra

This r-chakra is located in the solar plexus area in the center of the upper abdomen over the stomach and above the navel or waist in the bio layer. As in all the other r-chakras, this one is also related to the r-bio layer that overlays it. The r-chakra spirals out to the anterior and posterior of the main solar plexus chakra from each of the chakra connectors that are rooted deep into the right and left kidneys.

If a kidney is removed, the connectors root into the energetic echo of that kidney in the place where it once was and it continues as if nothing has happened. The kidneys and their associated adrenal glands work with the element of water in the body, ensuring the ebb and the flow of the fluids that give the interior of the body tidal movement.

The main solar plexus chakra is the generating center for human emotional content and expression. It specializes in the exchange of emotions between people, places and things. Influenced by the moon and the amount of water consumed, the wetness of the body and emotional content are deeply connected. We are delicately floating between the intensity of emotional life and the deep waters of our makeup.

The solar plexus r-chakra is all about putting our emotions out and receiving them back from the world, taking risks, making the leap, grabbing the opportunity to speak, to yell, to say whatever it is that must be emoted and felt. Thrashing like sharks, we grapple with what we feel, all the way to diving deep into the warmth of connection with another feeling, living, breathing being.

How well you are received and how completely your emotions are understood may be a factor of the interior oceanic tides that surge and move in relationship with the pull of the planets and the moon in the night sky or

they might have something to do with the anatomical alignment of the solar plexus main and r-chakras.

The way we communicate our feelings and read those of others is more a function of how we understand our human tidal maps. The icy cold ocean of an unknown emotion is the most profound obstacle facing the r-chakra. It can only deliver what it is given, and when the message is a soup of confusion that is what is deposited into the atmosphere. This may be a harbinger of pathology, misalignment or the presence of debris.

Several years ago I suffered a neurotoxic exposure to a medication that was contraindicated for me. Unbeknownst to me, the much-touted drug to relieve back injury pain and arthritis would cause damage to my brain and Nervous System. I suffered what appeared like a series of strokes. Thankfully they were not. Instead these events turned out to be symptoms of neurotoxicity with accompanying neurotoxic excitability. The most profound demonstration of this event was the inability of my former even-tempered, rational and calm self to sort out the emotions I was experiencing.

As terrifying as the experience was for me, this looked like I had gone completely off my rocker to the outside world. Inside I was exactly the same person. I just felt what I felt more intensely, not differently. But when I would try to deliver my thoughts and speak my mind there was a complete disconnect. I couldn't find the right words, name the emotion, organize a response, take others into consideration or be empathetic. It was as if my ability to deliver the message was short-circuited, which turned out to be true for my sacred anatomy.

This personal experience led to the discovery of the delivery system feature of the Human Electromagnetic Field r-chakras. It was not until I realized that my r-chakra system was utterly failing that I was able to address the dysfunctionality and begin to heal the consequences of this bizarre event. I discovered, eight of the 10 r-chakras had stopped spinning; multiple chakra connectors were askew, and the level of debris building up was enormous. I worked to clear this up over a series of healings and discovered more about the Human Electromagnetic Field than I had known before! Diet, spiritual practice and exercise have done the rest, and within a year a wiser version of myself was close to a miraculous 100 percent recovery!

Dan Tien Reflective Chakra

The r-chakra spirals out to the anterior and posterior of the main dan tien chakra from each of the chakra connectors that are rooted into the left and

right ovaries for women and into the two testes for men. The overlaying bio r-layer is related to this r-chakra. If ovaries or testes are removed, the chakra connector will anchor into the energetic echo of the organ, which is what happens for any of the other connector sites in the bio layer. This shadow remains in the abdomen or scrotum in the bio layer in the exact location before removal. Usually this is a natural occurrence and sufficient to stabilize most people, but occasionally I see a woman without ovaries who is unable to follow through or get anyone to listen to her needs.

The purpose of the dan tien chakra is to impress determination or action upon the world. It is the generating center for will power and for implementing aspiration or desire for money, sex, power, anything. Intention is *felt in the gut*. This is where we feel acceptance or opposition to our desires and our instinctive reactions or declared needs. This r-chakra is the captain of accomplishment because it is where our plans make a connection with the motivation of personal empirical needs. If you want it, it is going to happen here!

The dan tien is filled with gut level reactions, cravings, yearnings and plenty of grasping for results. In some ways the r-chakra of the dan tien is the most *me-centered* place in the one body. Whatever the longing of the gut focuses on accomplishing is related to the drive of the will. As strong as this impulse is in the major chakra and as aware of personal gratification as the dan tien chakra is, the grasping push of the r-chakra is stronger, more developed and more driven. In this one instance, it is the master, and the main chakra is the servant. Without the needs of the self being implemented by the dan tien r-chakra, this main chakra goes into a sort of hiatus, resting, recuperating for the next big power push. It will lay back and watch like a lioness observing her prey, only pouncing when it is assured of complete success.

This chakra is the most frustrating for others trying to understand mysterious motivations or even real needs, and it is such a primitive reactive part of the anatomy that even highly developed human beings still give in to its insistent nature and eat that piece of chocolate or make that last phone call when it is too late in the evening to call anyone because *you want to do it*.

The dan tien r-chakra is the master implementer of all personal cravings and as such is the most corruptible part of the Human Energy Structure. It is also the strongest part of the anatomy and will fight for the soul's purpose

beyond all reason, creating the greatest of human strengths: unwavering dedication and commitment to an altruistic goal. It was Julia Butterfly's dan tien rchakra that kept her in the redwood tree; Mother Theresa's helped her place faith above physical comfort and safety in the slums of Calcutta, your dan tien r-chakra is urging you to understand *Your Sacred Anatomy* and it was mine that made me write it.

Root Reflective Chakra

The root r-chakra spirals out to the anterior and posterior of the main chakra from each of the chakra connectors anchored into the left and right side of the perineum in both men and women in the bio layer. The bio r-layer is also related to this root r-chakra. The base of the spine and the tail or energetic extension that comes out of it is related to the root and the root r-chakra. It anchors into the chi pool at the bottom of the egg-shaped one body and has the ability to pull chi from the storage sites in the chi pool for use in dangerous life-threatening situations. We can call up resources from nowhere that fuel our last-ditch efforts to save our children, our spouse or our comrades in arms. The bond between military buddies who have seen combat together is a primitive one, based in the trust that *I would die for you and you for me*. When people with this kind of connection witness the violent and tragic death of a brother or sister soldier in battle, it is profoundly damaging to the Human Energy Structure.

When your own life is threatened in the process, say if you are wounded and your friend is killed, the HES is dealing with multiple levels of trauma lodged in both the root and the root rchakra. These people often develop post-traumatic stress and sometimes are unable to heal from the events of war, abuse, accident and other violence.

The purpose of the main root chakra is to act as the center for survival, sexual impulse and action and to be a primary connection to the fundamental supremacy of life. It is the basic generating center for sexual and magnetic attraction and charismatic power. Modern advertising, salesmen, thieves and con men all count on the reflective urges of the root r-chakra to convince their audiences of the truth of their pitch or line. They want you to *need* what they are selling more than life itself, and they do that by appealing to your basest nature: lust, greed, envy and avarice.

Human impulses stashed in the root are waiting for a pull to activate the ancient memories and push the most human-animal of responses out into the world. We must be grateful to these urges because they have ensured our

survival for millennia and continue to do so even today. In fact, they love action movies, television thrillers and adrenaline rushing video games. They drive fast and dangerously. They bungee jump and hang glide, climb Mt. Everest and dive to the depths of the oceans. They tame tigers and play football. They make porno movies and watch them, thrive on adventure stories, books, television news reports and tall tales. They need violence and sex and want to hang onto the perfect physical specimen even if that person is a violent brute or a silly ditz.

We pull our mates to us from this place and strive to keep them interested at least long enough to produce children. The root is the creator of the chemistry of connection most people experience when they fall in love. The lust for a soul mate or a partner to make a life with is driven by the complex signal of the root chakra, on the one hand signaling receptivity and on the other, single minded in its imperative to survive, to breed and ensure the species at all costs.

We want the mate to come close, to envelope us, to drive us to distraction, but not harm us. This is the reflective song of the root, a push-pull anthem of lust and rejection, control and passionate adoration. It is primitive, and who we are just as much as the high-minded delights of our quest for our soul's satisfaction and purposeful activity.

Lunar Reflective Chakra

The lunar r-chakra spirals out to the anterior and posterior of the main chakra, suspended in the foundational emotion strata of the emotional layer from each of the chakra connectors. These are rooted into the inside of the heel below the ankle of the left and right feet. The emotional rlayer overlays the main emotional layer and has a relationship with the lunar r-chakra.

The purpose of the main lunar chakra is to keep our feet to the path, even if it becomes a burning fire. It seeks to hold our course and stay engaged with our life journey. In most lives this looks like a career path or a calling, if you are fortunate. It is the major generating center for implementation of the life plan and direction and the r-lunar is in charge of this task.

People who are secretly harboring an interest or passion but who will not allow themselves to pursue it for some reason are paying with misery for an imbalance in the lunar reflective chakra.

Musicians who refuse to play, artists who will not paint, creators who will not create are dysfunctional in the reflective. The art may exist within the soul and be a true expression of soul's purpose but the fact that they

simply cannot bring it out is about an anatomical disconnect that can be resolved. On the flip side, the brilliant creative people of our world are using this chakra most effectively!

Axis Reflective Chakra

The purpose of the main axis chakra is to stay in connection with the Earth and our species. Suspended 18-24 inches beneath the feet, it is the generating center for the energy that fuels our relationship with other people on a global level.

The axis r-chakra spirals out to the anterior and posterior of main chakra that rests in the tribo strata of the primal layer from each of the chakra connectors, sending roots out of the bottom of both of the feet deep into the axis chakra. The primal r-layer overlays the primal layer and influences the axis r-chakra.

This is the place we feel our brethren, where we know we are connected to humankind. If you struggle with this, you may need to become more aware of your axis and its deep wisdom. So many yearn for community and try to fit into various organizations, clubs, congregations and groups.

But the urge to be a part of the larger human family actually cannot be satisfied with social societies. It must be found within the internal connection available in the r-chakra of the axis. Reaching out into the Earth with your roots, feeling into the species, as an enormous reflection of your own identity there exists a solace and comfort that is not found in any other experience of belonging. Once you realize you are literally never alone and that you can touch your brothers and sisters around the world energetically, your understanding of who and what you are changes. You can no longer see a starving child on television without feeling their hunger and no longer accept the pain of your enemy. It is my belief that one of the ways to end our violence toward each other is to increase global awareness of this profound and real connection we all share.

Human Electromagnetic Field Containing_(or Containment) Membrane

The containing membrane of the Human Electromagnetic Field distinguishes it from the rest of the Human Energy Structure. There are no separating membranes between the r-layers or around the r-chakras. This membrane is the separating barrier within the HES, between the Human

Electromagnetic Field, which is electromagnetic in nature, and the one body, which is not. It is located at the innermost edge of the framework, located between the mental and cognitive layers.

This is the place where the physically expressed chi is most potently available and is used to anchor the entire Human Electromagnetic Field into the larger Human Energy Structure, translating the message of the one type of energy into the language of another. When the containing membrane needs repair, the way the person interacts with the world is what is at stake. When this part of the anatomy is balanced the connection made with everything outside of the self is effective and true to the direction of the four aspects of the authentic self.

This membrane is anchored into the inner edge of the soul layer and is a boundary that serves the Human Electromagnetic Field by both containing it and focusing its strength. It is the second skin and is often used unconsciously as a point of interaction between people and the world. It has a buzzing, hot or warm sensation that sends electrical impulses spinning through the Human Electromagnetic Field and creates a sympathetic reaction within the observer that is very stimulating.

I do not advise this form of energetic connection, as it is too intimate a boundary. It is much like touching someone with your bones instead of the exterior skin. I teach that it is inappropriate to merge with others, which is what most often happens when people use the Human Electromagnetic Field to connect.

Stabilization of the Human Electromagnetic Field

The Human Electromagnetic Field is suspended in place by two stabilizing systems:

Connector Hook-Chakra Anchor-Anchor Hook Stabilization System:

Chakra anchors originate at the point of origin of the r-chakra on each side of the main chakra connectors. A connector hook attaches an anchor to each of the main chakra connectors. Both sides of the chakra spin these anchors out from the connector hooks and into a destination of either the containing membrane of the Human Electromagnetic Field or the inner edge of the soul layer. Anchor hooks at the ends of the chakra anchors drop into both the containing membrane and the inner edge of the soul layer to secure it in place.

Containment Hooks-Silver Tethers-Tether Hooks Stabilization System:

A containment hook drops into the containment membrane and a silver tether reaches out at the other end toward a tether hook that is dropped into the inner edge of the soul layer and lodges there.

Working together, these two organizational systems keep the Human Electromagnetic Field firmly suspended in the middle of the Human Energy Structure. The Human Electromagnetic Field, overlaying the inner workings of four of the main layers with its brilliant hues, makes a profound connection with 10 of the major chakras of the Blended Energies System.

Human Electromagnetic Field Silver Tethers

The thin silver ribbons of electromagnetic light called silver tethers play an important part in stabilizing the Human Electromagnetic Field. They travel from the containing membrane where they begin with containment hooks, through the cognitive, spiritual and etheric layers to where they end with attaching tether hooks at the inner edge of the soul layer.

The tethers are somewhat irregular in shape, number and distance apart, but hold the Field in the center of the Human Energy Structure. It is the silver tether that some people can see leave the body at the time of death.

Human Electromagnetic Field Reflective Hooks

There are three types of Human Electromagnetic Field reflective hooks or r-hooks anchor hooks, containment hooks and tether hooks. Anchor hooks, are attached to the ends of the threadthin anchors that come out of either side of the chakra connectors right behind the point of origin of the anterior vortices. Their primary function is to stabilize the r-chakras, between the chakra connectors and both the inner edge of the soul layer and the containing membrane. Anchor hooks also help to hold the r-chakra in place. Containment hooks, attach to the end of the silver tethers into the containing membrane and tether hooks, located at the end of the silver tethers drop into the inner edge of the soul layer.

Human Electromagnetic Field Anchors

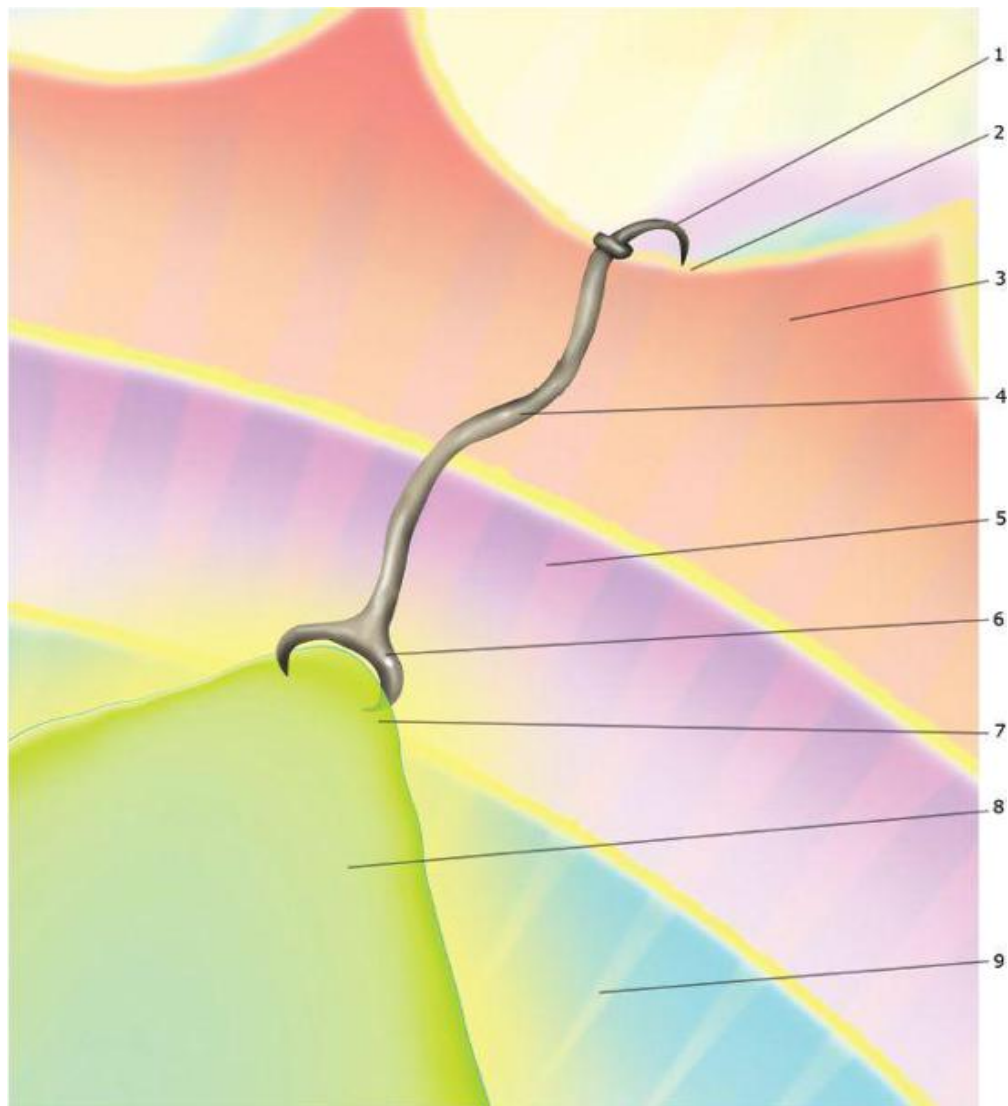
The connectors at either side of the main chakra connector send out an anchoring strand that holds the Human Electromagnetic Field stable. There are two Human Electromagnetic Field anchors for each chakra, one

responding to each chakra connector and the electromagnetic pulse that it generates.

The anchors coming from the solar, crown, heart, dan tien and axis all end their journey at the inner edge of the soul layer. The anchors coming from the brow, throat, solar plexus, root, and lunar end theirs at the framework between the cognitive and mental layers.

These anchors work to hold the Human Electromagnetic Field in place in these two different locations and help to stabilize the Human Electromagnetic Field and the r-chakras to the Blended Energies System and the main chakras. They anchor into both the containment membrane located at the inner edge of the spongy framework between the mental and cognitive layers and the inner edge of the soul layer to suspend the Human Electromagnetic Field at the center of the Human Energy Structure.

The Silver Tether (Fig. 11.4).



1. Attaching Tether Hook	6. Containment Hooks
2. Inner Alignment Track	7. Containing Membrane
3. Etheric Layer	8. Human Electromagnetic Field
4. Silver Tether	9. Cognitive Layer
5. Spiritual Layer	

A Human Electromagnetic Field Story

John's Brain Event CI Practitioner: Desda Zuckerman

A few years ago my dear friend and student Regina called. "The EMT's took John to the emergency room, he had what looked like a seizure, we need help!" While her husband was still in the waiting room I checked his Human Electromagnetic Field and saw that it was diffused and buzzing like an alarm clock throughout the entire Human Energy Structure.

I rebuilt it, and brought in soothing energies while venting trauma and pain from his heart and head. It was clear when looking at his structure that John was having both a heart event and a brain event. Although he was beginning to stabilize he was appropriately admitted to the Cardiac Care Unit and spent the night in the hospital. The next day he was transferred to another hospital in Boston where doctors suggested a pacemaker to regulate his heart, which was not beating fast enough. John who is in his 50's does karate and is in good physical shape. He had never had anything like this happen before; still everyone agreed on the insertion of a pacemaker.

After the pacemaker surgery, I looked again at his Human Electromagnetic Field and saw that it was once more diffused. It seemed the event was still happening in spite of the pacemaker. His Human Electromagnetic Field was unable to deliver the message of the chakras out into the world, and he was having trouble negotiating everything. Looking at him I could see, sense and feel what looked like a bleed in his mid-brain the size of a pencil eraser and suggested, just to be sure, that he not be discharged without requesting additional testing. I further suggested he should not drive and that he might still be at risk for more seizures. The pacemaker would not be enough.

His medical team at the Harvard teaching hospital felt they had handled the event adequately and did not think an MRI was needed. They wanted to discharge him. But on the strength of what I had originally told Regina and her own intuition, his courageous wife refused to have him leave without that MRI.

It revealed exactly what his Human Energy Structure had shown us so clearly. At last a neurologist specializing in electrical events

determined John had a stroke in the hippocampus and he was given medication to stabilize the brain and stop the seizures. As well as receiving regular CoreIndividuationTM sessions from Regina, he dutifully took his anti-seizure medications until his doctor discontinued them three years later.

Now, a year and a half after stopping the medications, John has made a remarkable recovery and is enjoying a full and healthy life. His brain has returned to normal, he is symptom free and there have been no more seizures. His pacemaker is working perfectly. His Human Electromagnetic Field is whole and effective and has accepted the addition of the pacemaker in his chest. John is now an even bigger believer in the connection between the physical and sacred anatomy! “If it weren’t for your knowledge of the subtle anatomy and Regina acting on your suggestion, I might have died. No one else got it right, and these were Harvard Medical people with the best training available. Truth is stranger than fiction.”

Human Electromagnetic Field anchors essentially continue the job of the containing membrane as they cross between two worlds. The action of both of these anatomical parts is critical for embodiment. This movement from subtle to material is strengthened by conscious interaction and exercise or flexing of that process as a daily practice. This is why Chi Gong masters are so physically powerful.

It is important to note that while it would never be suggested by me or anyone I have trained that CoreIndividuationTM or any other energetic healing method is an appropriate substitute for proper medical intervention, the combination of these different approaches can support one another and augment the well being of the whole person as this successful story demonstrates.

Functions of the Human Electromagnetic Field at a Glance

- 🕒 The Human Electromagnetic Field acts as a translator for the sacred, delivering the message of the Human Energy Structure into the material world. It is a bridge between subtle and manifest.

- ② It is the implementer of the intentions of the major chakras and the subtle organs, the Layers. The Human Electromagnetic Field does this through the actions of the reflective chakras and reflective layers.
- ② The Human Electromagnetic Field gives us a felt sense of the world around us. It is a sensing organ and can be used to better understand life.
 - ② Focus on it leads to a more awakened consciousness and an understanding that we must find our place in the world by *feeling into* where we fit in the grand scheme of things. The Human Electromagnetic Field is in service to the larger Human Energy Structure. All of the anatomical parts of it align to that greater end.
- ② This System carries the personal electromagnetic signature of each person and shares this signature with everything the individual encounters during the course of living.
- ② The r-layers hold waste from emotional issues and the trauma of this current life. This waste can attach to psychological and emotional information as it is released from its location in the underlying Layers and can reflectively echo a deep issue from within the Human Energy Structure out into the world. This information is then “read” by others as representative of you.
- ② Through Human Electromagnetic Field containing membranes the Field is not only distinguished and contained, it is also the place where the physically expressed chi is most potently available and is used to anchor the entire Human Electromagnetic Field into the larger Human Energy Structure. We all encounter this sense of the chi or energetic power of another during personal interactions.
- ② Anchors, tethers and hooks stabilize the electromagnetic human expression at the center of the Human Energy Structure and give it constancy.



Chapter Twelve

The Harmonizing Network

Why the Harmonizing Network Matters to You
The Glue of Sacred Anatomy
Harmonizing Network Components
The Sacred Anatomy of the Harmonizing Network
Functions of the Harmonizing Network at a Glance

Why the Harmonizing Network System Matters to You

Nine tonal centers resonate together to create an infinite and perfect chord with over and undertones that vibrate together to make harmony out of the anatomy of the Human Energy Structure. Like random natural sounds in a healthy forest make a symphony, the Harmonizing Network blends your seven systems together and makes a song. We are each unique collections of frequencies pulsating in concert and agreement with one another within the anatomical container of the Harmonizing Network.

Becoming aware of how this system works within you, how it influences your well being, is to be in greater harmony with life, with the music of the spheres and the frequencies that combine to make you who you are. The Harmonizing Network is the mechanism that keeps you in sync with your own authentic nature as it manifests in the here and now. While you are striving to bring your soul's purpose to life as a beneficial force in the world,

this system is forging your direction and attracting to you compatible helpers to show you the way.

The Glue of Sacred Anatomy

The primary jobs of the Harmonizing Network are to unify your different systems with each other and to stabilize the Human Energy Structure. It does this by conducting information within the structure to harmonize the nine blending sound frequencies and create a tonal center of your sacred anatomy. This tonal center then becomes your personal stabilizing sound and the compatible resonance frequency of your energy structure, attracting to you harmonious people, places, things, lessons, triumphs and disappointments - in other words your life unfolding.

As with Beethoven's Ninth Symphony, each movement, each portion has a theme, a message and a reason to be, coupled with a practical function in the Human Energy Structure. Like a cosmic Beethoven, your Harmonizing Network works to integrate each and every part of the anatomy into a beautifully balanced and stable whole, composing within it nine central frequencies. The Harmonizing Network perspective on one body anatomy is of single notes ringing together to make a chord within each system, and those chords in concert create the larger whole. Melodic themes are sung out in counterpoint by the four aspects as they direct the focus of the Human Energy Structure. Your soul's purpose focused and applied by your developing awareness, acts as the conductor of the symphony of your sacred anatomy. That structure-wide symphony is in the key or tonal center of your structure and being played by the sacred musician, your Harmonizing Network.

Each part of the sacred anatomy has its own specific sound. For example: all of the 36 strata of the Layers have their own tone, which combine to make up the stacked chord that generates the Layers System Harmonizing Network frequency. Some overtones and undertones may ring louder than others depending on the health and vitality of the anatomical part they represent. I've seen and heard disharmonious frequencies causing whole structure imbalance because the fundamental systemic tone is pulled out of tune by a dominating issue held in a small part of that system. Extrapolate this out to the sounds within the sounds that are made by the contents of the strata, each one added to the next to make the Layers frequency. As the systemic frequencies add up, the overlaying of notes make

an orchestral tapestry vibrating with brilliance. When all of the systems are put together, they create, in a conscious structure, a symphonic blend rivaling the music of the spheres and in a challenged Human Energy Structure, a cacophony.

The Harmonizing Network lives as a supporting participant inside each system to express and facilitate harmony and balance. There is no single location for the network, although it is very active in the cognitive layer stratum, the point of transmutation. But generally, the connectors, meridians, resonating chambers, channels and harmonizing frequencies move throughout your HES and peacefully blend within every others. The Harmonizing Network has a sticky, tactile quality, and when sensed can feel like it is coating or glomming onto your hands. It has a luminescent appearance and is somatically heavier than other systems. The weight of the Harmonizing Network frequencies is one of their most interesting features. The Harmonizing Network is the glue that holds your sacred anatomy together.

The Potential of the Harmonizing Network

The Harmonizing Network both transfers data throughout the Human Energy Structure and holds the structure of the anatomy together with its frequencies. The human soul is an *individuated emanation* of the Source energy, whole and unique in you. This energy fills the container of the soul layer, which is your own expression of your soul's essence and everything about it. Your personal journey is to bring forth an authentic realization of this individualized soul nature. The Harmonizing Network works on this most fundamental level to bring the individuation to its fullest possible expression.

By studying the subtle anatomy you bring awareness to the HES, and in the Harmonizing Network, you begin to uncover the hidden potential of your larger authentic nature. This person is who you really are when you strip away the artifice of personality and story. It is what you are capable of becoming, knowing, sensing and doing as you step further into a dynamic individualized expression of the creative nature of the universe.

Consciously harmonizing the Human Energy Structure represents a realization of the power of the individual. This is your power to reach out to and become a part of everything. The Harmonizing Network is the way to make this possible because it is already doing it inside you. The Network is

the generator of the willingness of the sacred anatomy to work together within the one body. Through the pulsing frequencies that make the needed connections from one part to another, even from one idea to another, it also allows you to connect one person to another and one to all. Without the powerful contribution of the Harmonizing Network, you and I would not hang together, either as matter or as subtle anatomy, and the expression of human life would be completely different.

Your Harmonizing Network has your best interests at heart. Just as your awareness of the Human Energy Structure increases by studying, even just *reading* about the subtle anatomy, learning about the Harmonizing Network, uncovers in a vibrant new way the hidden potential of your unique *authentic nature*, the larger true self under your carefully acquired mask.

The process of coming to consciousness that is facilitated through intentional healing work (like CoreIndividuationTM), the grounding value of a spiritual discipline or the paring down of life debris through aggressive personal therapeutic work, strips back the traumas, fears and well-constructed walls to reveal what you are capable of becoming, knowing, sensing and doing. When you can see the potent possibility underneath, the invitation to take ownership of it arises, and you see the expanded sense of self that has been engraved on your heart all along. Just a glimpse of this truth allows everyone who sees it in him/herself to step further into a dynamic individualized expression of the Source and ultimately into partnership with Source itself. The Harmonizing Network holds this potential and uses it to shift and move the HES into attunement.

Shift as Frequency

The vibrational frequency of *what is possible* is held in the Harmonizing Network. By this I mean that the potential of shift, of all kinds, lives inside the Human Energy Structure as an option of the Harmonizing Network and occurs because change is always possible in this system. It is the constant tension and movement of *moment of shift* to *static and stopped* that holds us together. This is a vital function of the active Harmonizing Network. It is your *potential for shift* rubbing against the action of constant change that creates the sticky friction of the binding quality of the Harmonizing Network.

In other words, the instant dissonance begins to resolve to resonance is a separate event- no longer dissonant and not yet resonant- it is the unknown

potential of what is to come and the suspended quality of movement between two points that creates the tension and friction of what can be called the moment of shift. This moment has incredible power and this power is the subtle glue constantly being created within of the Harmonizing Network.

Attunement

Attunement refers to the ability of any given part of your Human Energy Structure to be able to react to the stimulation of shift and then to launch into a new direction. This happens all the time because attunement arises as a response to the changing whole as it is reacting to the shift of a single part. If you have ever tuned a guitar, you know the pitch changes when you turn the tuning peg and strike the string. Your ear guides you to the correct note, and the guitar tuning is changed. This process of tuning is the way we make the strings compatible with each other so the chords and single notes played create a pleasing and predictable sound.

Like tuning the guitar string, an HES shift stimulates an opening to attunement, calling up from within a new harmonious direction for the whole. This causes you to experience your transforming body in communication with the more static parts of itself. I remember Jerry who wanted to become less anxious and to feel more confident in the world in general. He was sick of being unable to enjoy life and wanted to get out of the anxiety loop he had become used to over the years.

Releasing old patterns from his Harmonizing Network and excess debris from his HES gave Jerry the chance to feel *just for a moment* what being in his body without the old habit and its toxicity felt like. He suddenly was in another tuning and felt different. At first he was really uncomfortable and didn't like it. He felt fearful that things might even be worse; he was anxious about NOT being anxious.

But after breathing and being quiet for a few minutes Jerry was able to more accurately assess his feelings. He realized not only was he feeling lighter but he also was calmer and more expanded in his energy structure. He was no longer anxious or worried. Realizing that he could actually experience another way of being was all Jerry needed to let go of the old and unwanted habit. He was, with effort at first; able to remind himself that his HES was reacting differently without the old patterns. With a new attunement in the Harmonizing Network Jerry was a new man.

It is the shift of healing and growth, the movement that makes the old compatible with the new, and you would not be who you are without it. The fact that we grow and change, that attunement is possible for our species, suggests that deep within the mysteries of our Human Energy Structure connections to the cosmos may yet wait to be awakened. It seems we are still evolving.

The Principle of Compatible Resonance

We draw to ourselves people, places and things that resonate with us in a compatible way. Not because we reason out or feel that we are more comfortable with compatible resonance but because like attracts like. This happens within the Human Energy Structure as attunement. The principle of compatible resonance is an operating tenet of sacred anatomy.

Compatible resonance is also based in another operating tenet: the structure seeks to be whole. The structure holds together because of tension and release created by frequencies, either resonating in a harmonious way or moving to resolve from disharmony into harmony. Whether expressing a disharmonious frequency, in transition or vibrating a harmonious blending frequency, the Human Energy Structure requires attunement between the types of frequencies occurring in order to hold together as a unit.

Attunement through compatible resonance is established in a function of the anatomy called the elements of connection which come about as the nine harmonizing frequencies work together to establish a stabilized whole. When anatomical parts achieve attunement the Human Energy Structure moves naturally into compatible resonance. For more on the elements of connection turn to [page 312](#) and for a complete list of the operating principles of CoreIndividuation™ see Addendum B [page 345](#).

Stabilization, Destabilization and Restabilization

We are constantly moving through the states of stabilization into destabilization and into a new version of stabilization or re-stabilization. This happens over and over again during the course of life as a function of the Harmonizing Network as it reacts to the stimulation of attunement and strives to accomplish balance through the ballast of internal harmony.

These are the sacred anatomy tenets; *the Human Energy Structure seeks to be whole* and *like attracts like* in action and supporting the harmonization of transformational shift toward wholeness. Stabilizing, destabilizing and

then restabilizing the transforming Human Energy Structure happens because the Harmonizing Network constantly tunes the vibratory rate of the whole as it moves through different states.

When circumstances or intention begin to interact with the structure, it is usually stuck in a stable but stagnant condition, which may or may not be unhealthy. Any interaction works to destabilize the status quo and as such creates the possibility for a shift. This can happen with life events, crises, anything really that foments change. It is important to experience a loss of footing to experience real transformation. It is out of this awakened search for *attunement* during destabilization that change arises in the sacred anatomy. Fighting to regain the *old stability* will always lead to frustration and failure. Once change has begun, *destabilization* is in progress. A shift must occur before a *new stability* can be accomplished.

When you are destabilized you are in a place of transition, redefining your footing, or ground of being. This is unfamiliar territory, hallmarked by the sense of being up in the air or ungrounded. It is in this realignment period that the influence of the Harmonizing Network is felt most dramatically. Moving into the unknown you may experience a huge range of emotions from numbness, to fear, to anger, to confusion and powerlessness. Once movement begins, you might reactivate buried memories from childhood or even past-life memories stored throughout the Human Energy Structure. These will come up as additional and dramatic destabilizing forces. It feels like chaos inside you, as if you've lost your way and something might have gone terribly wrong.

This kind of fear response is not only normal but it is a sign that you are stable *or were stable* - in fact that's the point. What was stable is now moving. Destabilization means you are in a place of transition. You are remaking your inner world, and like geological upheaval, moving to newness is usually chaotic or at the very least, uncomfortable.

As you become experienced with more healing or personal growth work you become familiar with the rhythm of your own conscious transformational shift. You get good at it, and over time start to yearn for the familiar moment of destabilization because you now identify it with a step forward in growth and an improvement in your state of being or what might be called an increased platform for expanded stability.

It is in the chaos of realignment when the influence of the Harmonizing Network is felt most dramatically. Emotions are rampant and often

unexpected. Buried memories come up and activate as further destabilizing forces. Your body aches from old wounds, and places where you hold tension catch fire. It feels like you are getting worse. But as you learn how to surf the conscious transformational shift, you learn from experience to ride the waves of shifting emotions, aching muscles and fractured memories instead of being swamped by them.

Learning to ride the waves of powerful emotions and resurfacing memories rather than being overwhelmed by them is part of your journey to awakening and a critical part of the path to greater health and more authentic expression. It is also the work of the Harmonizing Network to move you from one state to another.

Moving out of the destabilized state back into stability happens because the Harmonizing Network, seeking attunement, always wants to tune the HES to a frequency that is harmonious. Destabilization is a form of being out of tune, and, as the *Human Energy Structure seeks to become whole*, it is only natural that a new restabilization is the final outcome of transformational shift. Unlike the settling that occurs when we become acclimated to a life change of some sort like moving house or a new job, deep authentic shift does not progress underneath your awareness into a subconscious state of stagnation or apparent quiet but instead it inspires you to a new state of conscious beingness in restabilization. Because destabilization is a form of being out of tune, it is only natural that restabilization is the final outcome of transformational shift into a new and different tuned state.

A Witness to Transformation

One of the biggest functions of the Harmonizing Network is to hold the energy of sacred witness. Nothing is more natural than to be the witness. It is the way we care for each other, and it is a necessary part of the way we evolve. I might even go so far as to say that without the witness, transformational healing does not occur.

The witness is that person who can compassionately hold your evolutionary possibility for you while you are experiencing an important life transition. Just like an older sibling inspires a toddler to reach higher and farther more quickly, your witness, confident in your ability to grow and change, holds out hope for you. When another person interacts intentionally with you as a conscious witness, there is a broader bandwidth of

harmonization possible. This possibility shines in the words of Jesus of Nazareth: "...whenever two or more are gathered together in my name I am there."³² It is never more real than between two people witnessing the transformational wave together from destabilization into the dry land of restabilization. Because of the presence of the witness, the other is able to *feel into* what is possible for them, just like a baby learns to walk and talk - by mirroring the parent. The Harmonizing Network contains the bank of frequencies that the Human Energy Structure calls upon to experience shift and to reclaim balance.

We humans are pack animals, and we usually seek out our own kind, our tribe when we wish to change, do something different or grow. With good fortune, the other person, who sees you clearly and is standing on different ground, holds the hope for you. They see the opportunity in you for the positive shift that can occur and consciously act as an eyewitness to your reality as it transforms within you. At its best, the witness stands as an example for what can become real for you. By not believing in your circumstances but knowing your authentic nature, the compassionate witness can be a true support for change. Choose your witness with care and stand ready to be there for others when called.

Sometimes by holding the example of a more vibrant and authentic expression of wholeness, the elder sister encourages the HES of the little brother to move up to a more harmonious frequency. In fact, it is the example of the shifted Human Energy Structure of the older sister that literally pulls the younger brother up to a new condition of stability. Leadership from this vantage point makes for shared outcome and results that can change our way of being in relationship in the workplace and in families. This happens through the principle of *compatible resonance* in stages called *states* that move into *reactions*. Moving from states into reactions is a function of the Harmonizing Network, as it holds us together and shifts us from one place to another. Here is an example of how these shifting states occur when you are coming down with a common cold.

Stagnation could be compared to the vulnerable physical climate of the Immune System that would allow the body to catch a cold. Your Human Energy Structure, in a stopped and stagnate place, causes you to react. You begin to experience disharmony in the subtle anatomy into the bio layer. Oh no! Looks like you might be getting a cold.

You are destabilized but you go into your physical fallback position and say to yourself, “Maybe it will just go away.” You think, “I’ll take extra vitamin C today and head it off.” Unfortunately, you still begin experiencing the symptoms of a cold. Your throat is scratchy and your nose is stopped up. Your head aches and you are aware of the unpleasant sensations in your body.

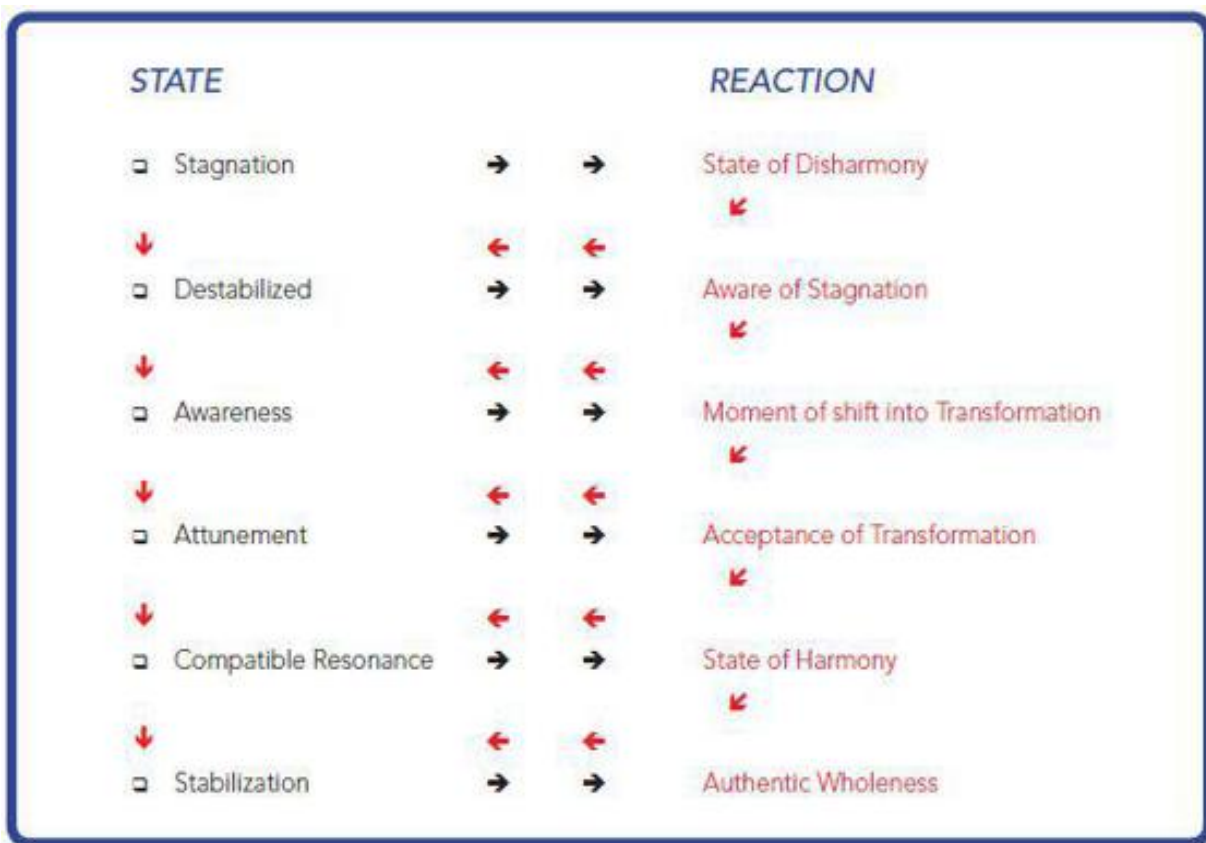
Finally, it occurs to you there has been a real change your situation - now you are in the state of heightened self-awareness, and coming to consciousness you begin awakening. This is the inspiration phase; you have not designed a treatment, determined your needs or decided what to do yet. It is dawning on you: Your body is really sick. This realization stimulates you to react. Because you are in a transformational state, your new awareness changes everything, pushing you to actively choose an appropriate course of action for your situation. In this state, you can accurately assess your body and its needs.

You jump in the car and go to the health food store where you buy your favorite cold remedies. You identify how this cold feels within you and what medicines will be the best for you in this situation. You are in attunement. This is a place you understand, and there are harmonious options for you here. This causes the reaction of letting in the possibility your knowledge and remedies will make you feel better. You stock up on chicken soup, lozenges and tissues as you accept your state- you can now change it. Still destabilized, you are moving toward stability.

You are already feeling better. You have a cold but that’s all it is. You are on your way to being well. You feel the compatible resonance in your body to the healthy state of not having a cold and begin attracting it through all your good self-care. You go home, flop down on the couch, cover up with a quilt and relax into a harmonious reaction. This is easy now.

The next day you feel better, and you can feel the shifted state of stabilization. Returning to health you respond by taking Vitamin C through the cold and flu season and getting a little more sleep. You are taking conscious care of your body because you are in your authentic wholeness, awake to the physical reality and aware that you are capable of making a real difference in your own experience of life. You are once again in harmony.

THE SEQUENCE of STATES and REACTIONS



Change and the Harmony of Life

The Harmonizing Network produces even and blended connections throughout the structure. It is the master conductor of the triumphant song of human individuation. Like the strings, the wind instruments or the percussion sections, each part requires the firm direction of the maestro: your four aspects, which direct the Harmonizing Network, to play its part.

The art of balancing the Human Energy Structure rests in the stabilizing action of the Harmonizing Network. As residents of the 21st Century, we wrestle constantly with the commitments of a successful life. Clarity about how much energy or time to place on work, home, romance, spiritual pursuits, recreation and exercise, eating, artistic expression and the seeking of knowledge is a lifelong struggle for most of us as we attempt to stay in balance. Courses and books abound about the slower pace of the lifestyles of sensible people in other parts of the world. Yet, we remain virtually unaware that the brilliant structure holds within it an entire system devoted to the harmony and stability of a balanced existence. Once again the soul-powered

mechanism of the sacred anatomy shows us the way. How do we do it all successfully? We listen to the wisdom of the one body.

Being aware of how your stability is constantly shifting brings up the role of destabilization in your personal journey. When seekers come to conscious awareness about the power of the path of wellness, vitality, spiritual vigor and truth, it is clear that change must be desirable and inevitable. With that dawning comes the need to move from one way of being into another, be it sick to well, fragmented to whole, stressed to comfortable, or sad to happy.

On our way to the cherished goal of change, we find we must pass through the lost land of destabilization. Intervention with the status quo extends an engraved invitation to transformative shift. This moment is a summons to experience, not just something a little different or more spiritual, but a completely different way of being. There are no limits to the possibilities of deep change. Any result may occur once we enter this uncharted territory. Magic is afoot in the realm of destabilization!

Destabilizing the Human Energy Structure with a deep personal modification is not about *staying the same, only getting better*. Occasionally, this transitional experience will appear for a while with a destabilized state acting like a holding pattern. But ultimately, to know yourself you must confront your demons of resistance and *go with* the shift, saying: “Yes!” To what the structure is carrying you toward. One must flow with the river or remain drowning in the struggle of a perpetually destabilized state. If you have fought with life, this may be familiar to you.

It might mean letting go of a self-deception such as, “This is a really great way to be,” and shifting to a new vantage point, a new approach to being in the world or truly releasing attachment and gradually moving into a less complex personality. Even people who are really interested in the process of transformation may find this level of personal revolution truly terrifying. Mention the idea of destabilization of the personality or the physical body to many and the reaction is: “Why would you ever want to do that?” To restabilize in a transformed state, means releasing resistance to the full expression of the authentic nature. That’s why- you get your result.

The Harmonizing Network helps make it possible to stabilize and blend the old and the new and to release unnecessary holding onto the past, gently guiding you toward the full manifestation of evolutionary expression. The tempo slows, and the process of shift is easier to grasp. The beautiful

counterpoint of expressive melodic lines wafts through the Human Energy Structure as the complementary vibratory rates of the different systems drop into their new harmonized sites. Under the guidance of the Harmonizing Network, stabilization occurs, and the transformational shift you fought so hard to accomplish, is real.

Harmonizing Network Components

Elements of Connection

Spheres of Influence

Sphere Transmitters

Sphere Connection Rings

Core Meridians

Cognitive Meridians

5 Harmonizing Channels

26 Chakra Connectors

1000s of Connectors

Membranes and Anchors

Extragenic Joints

8 Resonating Chambers

Harmonizing Network Resonating Chamber

Blended Energies System Resonating Chamber

Layers Resonating Chamber

Bones of Light Resonating Chamber

Elimination System Resonating Chamber

Template Resonating Chamber

Human Electromagnetic Field Resonating Chamber

Harmonizing Blend Resonating Chamber

Human Universal Resonating Chamber

Universal Resonating Chamber

9 Harmonizing Energies

Harmonizing the Layers

Harmonizing the Template

Harmonizing the Blended Energies System

Harmonizing the Bones of Light

Harmonizing the Elimination System

Harmonizing the Human Electromagnetic Field

Harmonizing the Harmonizing Network
Harmonizing Blend
Harmonizing the Surrounding Universal

The Sacred Anatomy of the Harmonizing Network

Elements of Connection

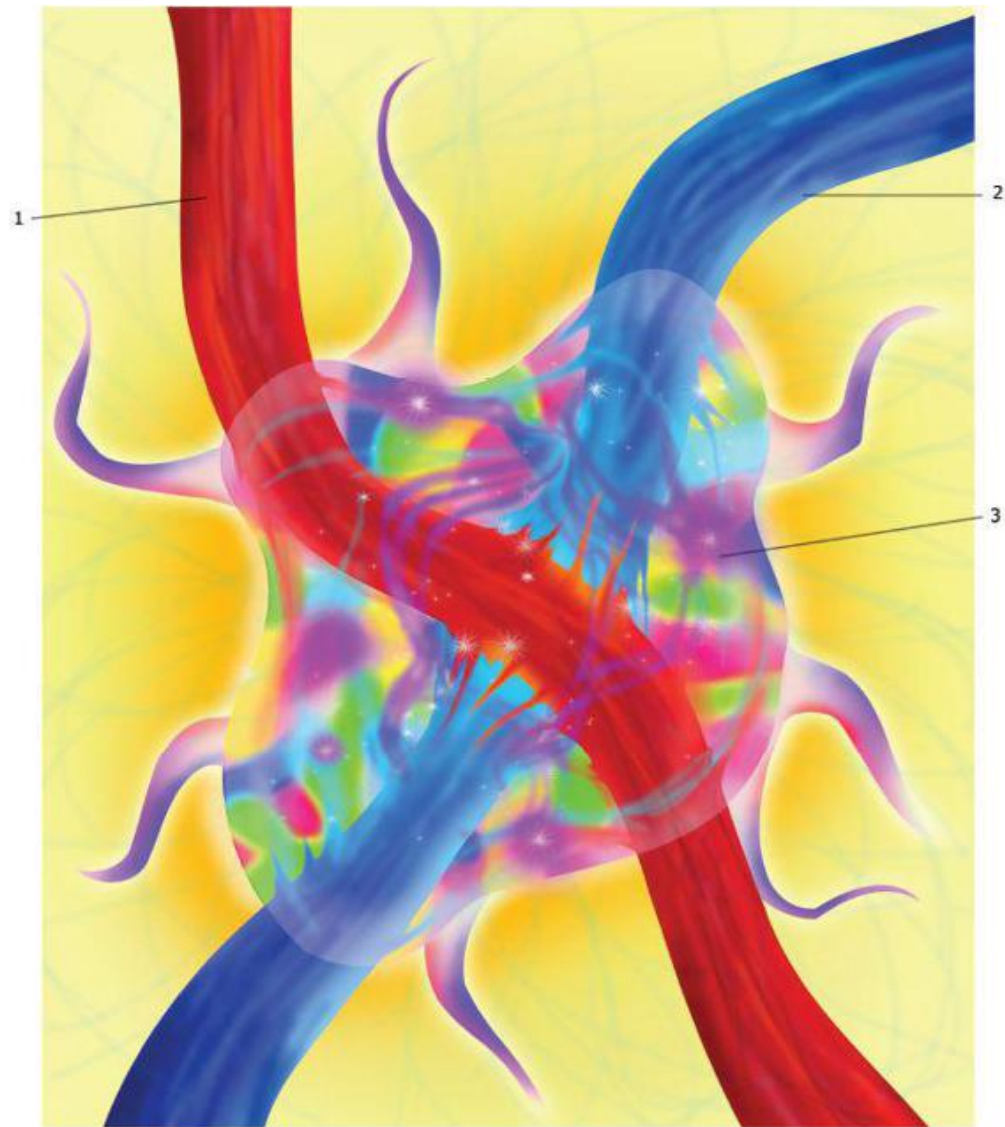
The elements of connection are at all intersections of the nine harmonizing frequencies in the Human Energy Structure. When the core splits into individuated currents, their frequencies adjust from the distinct overtone frequency of the core chord, part of the Blended Energies System, to their own stratum sound, an overtone of the soul layer in the Layers System. As they cross each other, elements of connection are created out of the blend of the two different energies, creating a byproduct of their interaction.

Because of their unique evolution from one system to another, these currents are very powerful and the elements of connection within the soul layer help to fuel and attune the HES. The seven systems of the Human Energy Structure as they are defined by their harmonizing frequencies interact with elements of connection and add to the constantly evolving structure. Like many single notes sounding to build a chord, each of the Systems generates a series of unique frequencies that join together to make the song of the greater whole.

Elements of connection are the overlapping points where the chords merge to blend into a symphonic construction. The Harmonizing Network needs to create attunement and evokes the appropriate harmonizing frequencies from these diverse places of connection.

Healing an imbalance, a specific pathology or even releasing toxicity through clearing is facilitated by the elements of connection that live as activating stimulators within this vast complex. The Harmonizing Network helps the HES seek that which makes it whole, and being reborn in each moment helps the Harmonizing Network fulfill this task.

The Elements of Connection (Fig.12.1).



1. Purpose Current
2. Function Current
3. Element of Connection

The Harmonizing Network simultaneously arouses the elements of connection within and causes constant growth, evolution and development as the Human Energy Structure moves opportunistically from possibility to possibility. Attunement suggests that deep within the seeds planted by the elements of connection an even more expanded life is sprouting.

Spheres of Influence

CoreIndividuationTM Practitioners, Lorin Kaufman and Kelly Peters made significant contributions to the evolution of the understanding of this part of the anatomy. A few years ago in a beautiful serendipity I was contacted by both of them independently while I was first writing about the Harmonizing Network. Lorin and Kelly shared spontaneous visions and dreams, filled with brilliant insights, and at that time greatly contributed to my understanding of spheres of influence.

If you have had an experience of discovering you are incredibly good at something you know nothing about, you are probably a “rememberer,” and you have already opened a sphere of influence. Oval, ball, teardrop, kidney bean and snowflake shaped spheres made of function, purpose or wisdom current float like balloons in the Human Energy Structure. They are usually vibrant gold, orange, cobalt blue and crimson red in color but occasionally there will be orange, purple or green spheres. These blended spheres are usually oval in shape and represent two currents combining. The vast majority of spheres of influence are the primary current colors.

Most people have one or two spheres of influence that range in size from centimeters to 1 or 2 feet in diameter. They are essentially storage banks of specialized knowledge accumulated during a lifetime of profound accomplishment. This very unique data can be *opened* and retrieved by you. But the time in your life must be right, and the atmosphere or cultural climate you live in must also be ready. Skills contained within spheres can be extremely esoteric, such as exotic healing modalities. They can be physically based like long distance running or deep tissue massage or a skill like fly fishing or cheese making. The difference between a developed ability and an open sphere is the level of mastery immediately possible and

the quantity of information and authority that is available. Spheres that are combinations of currents (orange, purple and green) are usually less about mastery and more about accumulated historical information the being lived through. They contain first hand witness accounts to events that tell the unfolding story of human discovery and awakening.

People usually have only a few spheres, maybe three at the most, and may never hit on the right combination of circumstances to open them. When the extraordinary occurs and a sphere does open, it is surprising, even shocking because the information is so clear and readily available, and at the same time there is a deep sense of the familiar in the process of unpacking a sphere of influence. This is not “channeled information” from a dead person or an angel or a master of some sort. It is something you have carried for lifetimes and that you worked hard to learn in an earlier incarnation. This knowledge is yours and your Human Energy Structure remembers it. Opening a sphere of influence allows your conscious self to as well.

Retrieval of information happens through two different doorways. One is the cognitive layer, where an appropriate storage location doorway is found in an organ, system or skeletal portion of the anatomy, such as the hands, as some massage students have found, or the taste buds in the case of a spontaneous wine maker. Another doorway can be in the sacred anatomy, like the core sheath, where the information permeates the innermost workings of the one body and informs it. The subtle download location of the latter is more general or whole body, and the former type is more specific to an area or job of a body part.

In this case, data is accessed through an anatomical body part at an awakening. It then seems as though healing knowledge from a past life that is stored in the hands is aroused to consciousness when the spirit is moved by someone ill or suffering from injury. Suddenly, and without any warning, the sphere may open and influence a long-dormant ability to understand the HES. With no previous indicator or demonstrated skill, the hands may automatically know where and how to touch an injured person. These hands have awakened by the stored memory of a past life opening up inside the Human Energy Structure and downloading from a sphere of influence. Different parts of the body are tapped for service to a sphere and when this happens they seem to have intelligence, knowledge and volition. They have a mind of their own.

When a sphere of influence opens it is as if you have discovered a new skill set, one that is already evolved, sophisticated and useful. You may feel amazed at this *new* ability, and it may take awhile to learn to trust and accept your new information. It is a matter of *reading* the sphere of influence through the appropriate or activated body part.

Each sphere of influence is made up of a single core current, so it can be red, blue and yellow in color. The one that shows up is the current that best carries and stores knowledge for this soul, and because each one stores this information a little differently, there is no one rule for all, as each of the currents has distinctions.

Blue function spheres will store information in horizontal packages bisecting the sphere, which in some cases may take on a kidney-bean shape. Red purpose spheres store vertically in a teardrop shape, and gold wisdom spheres appears to contain the data in a snowflake-like form. Each different form of storage is unique to this current and has an influence on the way the stored information is relayed into the core sheath or the cognitive layer for dispersal. All apparently remain sealed until the exact moment when this information can make the greatest difference for the species, not only the individual. They may open for years to accomplish a revealing and transformational download of an entire body of work or they may open for minutes to emit an idea or a vision of another time and place.

Spheres download their information through transmitters lodged in at least six places. They also have connection rings that lasso another sphere of influence that is related, such as a master gardener having a sphere open about rose care, and when that sphere has completely unloaded, it connects to another sphere near it, which then opens, revealing how to use roses and their byproducts for healing benefit. Spheres store accumulated wisdom in a vibrational amniotic fluid of function, purpose or wisdom current and harmonizing blend.

Blended spheres simply store history in the vibrational fluid of combined currents depending on the sort of event recorded for recall. The discovery of fire for example happened multiple times most likely and probably came from several natural causes. Lightening strike would represent the purposeful mastery of the elements, the capturing of fire so it would be in a purple sphere the combination of blue function and red purpose currents. While the creating of fire by accidentally striking a flint

and making a spark would be green mixing blue function and golden yellow wisdom currents.

Recently, I was lucky enough to witness the opening of a wisdom sphere of influence in the structure of a brilliant young businessman. A rare person and a longtime client, this was his second sphere. For 17 years he had been mining the powerful knowledge contained within a function sphere and had risen in the business world on the strength of his amazing instincts about the way business works.

Always privately a philanthropist now he was ready to apply this newly unfolding spiritual wisdom and raise the consciousness of his entire business. He had been able to sense something big was happening for him and that a significant shift was occurring in his energy structure. Excitedly he told me that in the few days since the wisdom sphere had opened, he had been inspired with a new way to blend his two worlds of work and giving. He would invite his employees to join in conscious partnership with him in the on-going support of these worthy charitable causes.

By informing his workers that the success of the company would contribute to, and be responsible for many good works; he engaged them and shifted their intention by empowering them to be directly involved in the beneficial end result. He realized the engaged consciousness of his employees would not only make the company more profitable but their souls would enthusiastically come to work and benefit from employment in a whole new way!

This was good for the workers who could now give profoundly without taking money out of their own pockets. Good for him as the environment of his company would more accurately reflect his generous heart, and good for the charities he supported. Everyone would now share in the merit of the company and the good that would be done with the profits. His company would become a group of like-minded people with shared focus expanded beyond but not excluding the bottom line. The vibrational frequency of the organization would rise in relationship with the shared focus of all members of the company community. Beautiful! A classic example of a wisdom sphere working with and supporting an existing function sphere to exceptional result.

Occasionally, a Human Energy Structure will carry a part of their spirit inside a sphere of influence. This is called a spirit splinter and occurs when the soul's purpose is manifested particularly well in a given lifetime. It is a

technique to more accurately preserve a great skill set or talent and is a choice the soul makes consciously. This is not a bad thing. A relevant portion of one of the strata of the spiritual layer will peel off and insert itself into a sphere. This part of the anatomy is like a fetus contained in a sphere womb inside the HES waiting to be born again into the right moment of the next appropriate lifetime.

People who choose this are extremely rare and are motivated by their deep love and vision for the human race. A soul splinter is a dramatic and sophisticated action and is only called for to store for a short period gifts honed and polished for the universal good. Only a very specialized gift or talent calls for this kind of action.

The Spheres of Influence (Fig.12.2).



1. Purpose (red) Teardrop Sphere
2. Function (blue) Kidney Shaped Sphere
3. Wisdom (golden) Snowflake Sphere
4. Connection Ring
5. Function Spirit Splinter

A Harmonizing Network Story

Diana in Harmony CI Practitioner: Desda Zuckerman

Diana, a student of CoreIndividuation™ in her 50s was feeling the weight of being caught between the care-giving needs of her elderly parents who lived with her and mothering her independent daughters as they launched into the world. She was close to tears as she shared her confusion about her life path. She felt the spiritual healing work she had trained for was being somehow blocked and stopped.

Her spiritual aspect felt sticky and heavy, while her psychological was ungrounded, with a sense of floating, and her emotional was reactively wound up tight. This healing would focus on Diana's understanding of her own spiritual nature as expressed in the Harmonizing Network. "I haven't really lost it yet, but I don't want to go there. I always take on too much. But I think this is an amazing possibility for healing." Diana needed space for transformation and a return to herself!

Upon assessment, it turned out that the elements of connection of her Harmonizing Network were affected. The harmonizing energies of two systems had a problem crossing and were causing a disharmonious vibration to move out from the crossing into the Human Energy Structure. The vertical disc of her Bones of Light beta substructure crossed the primal layer at the tribe stratum and created a discordant energy ringing like a bell through her tribe stratum.

Issues of stress with multiple generations of family members certainly bore this out. We brought these parts of her anatomy into harmony, and she started to relax. "I know everything is going to be alright, but I don't think my parents can keep on living downstairs in the spare bedroom."

The spheres of influence were also presenting an interesting problem. It is rare to get the chance to work with this part of the anatomy, so I was really intrigued. A large blue sphere had dropped from directly in front of her face, where it had been for years, to her solar plexus. This sphere was open and had been the place from which she had drawn inspiration and ideas, knowledge and insight for her work. She had, with a dear partner, built a very successful school

and was beginning now to think about doing something else. A feeling of disappointment and sadness welled up in her, “I feel the overwhelming pressure of this.”

We worked together to comfort the sphere and to see if it wanted to move back up or if this was where it now wanted to rest. We determined it should be left here and made comfortable. Using Source energies, we supported the blue sphere and soothed the Human Energy Structure. Her aspects settled and reached harmony. “I have wanted to be okay with a change in the business, and this event feels like the beginning to me. I think I have given all I can give in this way.”

Four years later Diana is actively restructuring her business so she can go on to other interests. This healing marked the beginning of this conscious transition. Her daughters are both thriving, and her parents live in a retirement facility close by her home. The balance has been restored to her tribe, and although the transitions continue, Diana is happy and confident that she and her partner are doing the right thing.

Eight Resonating Chambers of the Harmonizing Network

The resonating chambers are where all the harmonizing energies are created. Each of the systems and the harmonizing blend of the Harmonizing Network create their unique frequency in a dedicated resonating chamber. These eight resonating chambers are: the Layers, the Template, the Blended Energies System, the Bones of Light, the Elimination System, the Human Electromagnetic Field, the Harmonizing Network and the harmonizing blend. See a picture of the resonating chambers ([Fig.3.7](#)) in Chapter Three on the Harmonizing Network on page 88 of Your Owner’s Guide.

Resonating chambers resemble thick continuous loops of string. The strings loop around and in a part of the sacred anatomy and vibrate strongly at a specific rate. The chambers are essentially springs of vital energies that undulate out into the structure and the area around it in waves, much like ripples in a pond. They spill out into the universal, affecting the atmosphere of a space as they dissipate into it.

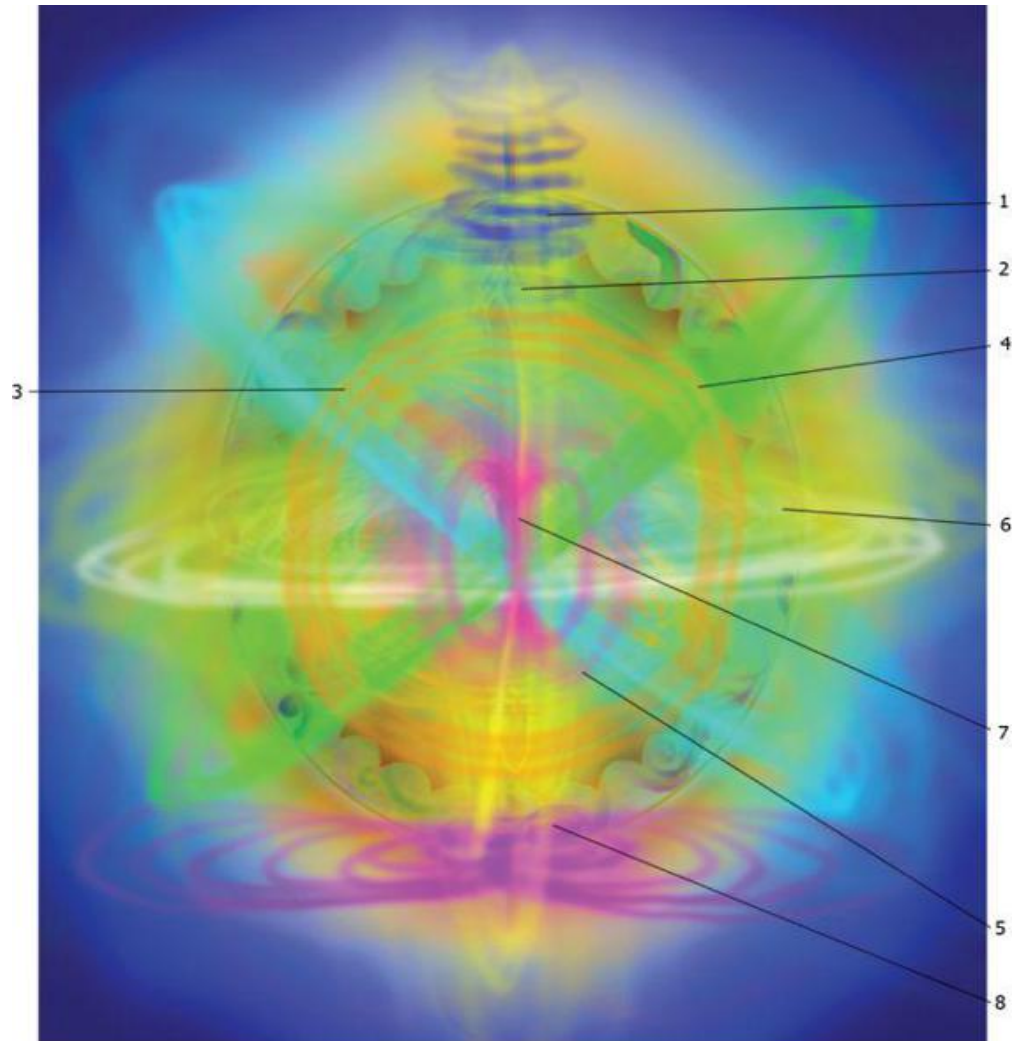
Ultimately, the nine primary tones of the Harmonizing Network combine to comprise all of the many frequencies of the Human Energy Structure. They fundamentally organize and connect the HES making possible

development of the physical body. Much like the soul is the container for individuation that allows the unique expression of Source, the Harmonizing Network resonating chambers support the existence and manifestation of the one body and the physical form *within* it.

The Layers resonating chamber is located inside the cognitive layer stratum, the point of transmutation. The chamber is in the part of the point of transmutation that also transfers data from the cognitive into the bio layer. The Blended Energies resonating chamber runs through the chakra's connections, making a long loop through the core sheath and the chakras from divine gate to chi pool. The Human Electromagnetic Field resonating chamber runs like the two halves of an elongated walnut with the innermost connecting piece located inside the spinal fluid of the physical body. The Elimination resonating chamber runs at a diagonal across the Human Energy Structure from your upper right inner edge of the soul layer to your lower left of the inner edge of the soul layer. The Bones of Light resonating chamber loops at an opposite diagonal across the Human Energy Structure from your upper left inner edge to your lower right inner edge of the soul layer.

The Template resonating chamber wraps around the center encircling 360 degrees of the HES and is sensed in the physical body around the waist like a big belt. The Harmonizing Network resonating chamber is located in the suspension track as it holds the divine gate floating in the top of the soul layer. The harmonizing blend resonating chamber is located in the inner alignment track of the chi pool chakra suspended at the bottom of the soul layer in a figure-eight pattern. A ninth universal resonating chamber connects all members of the human species as a single and whole organism and is found through the axis chakra in the universal link all human beings make in the Earth. See [page 322](#) for more information about the ninth resonating chamber.

The Energy Flow of the Eight Resonating Chambers (Fig 12.3)



1. Harmonizing Network System Resonating Chamber
2. Blended Energies System Resonating Chamber
3. Elimination System Resonating Chamber
4. Bones of Light System Resonating Chamber
5. Layers System Resonating Chamber
6. Template System Resonating Chamber
7. Human Electromagnetic Field System Resonating Chamber
8. Harmonizing Blend Resonating Chamber

Traditional Chinese Medicine and the Eight Resonating Chambers

Written with David Kitts, CoreIndividuation™ Practitioner and L.Ac. for more than 20 years

Over the years that we have worked with the sacred anatomy, we have come to believe the eight resonating chambers could possibly be related to what Traditional Chinese Medicine calls the eight extraordinary vessels. These vessels are considered the containers of essence and chi for the physical body and can be accessed through acupuncture points. We see this connection because the eight resonating chambers are the Human Energy Structure receptacles for the essence or Jing of the soul and energy of spirit or Shen for both the subtle and material structure; so, they create the space for life within the sacred anatomy.

It may be that as the extraordinary vessels do this in the biologic body they actually continue off of it and move out into the subtle anatomy. Perhaps the vessels are the way the energies of the Harmonizing Network resonate within the physical body. We make no claim that this is so; we simply are interested in the possibility and see in our work with this anatomy that these two systems of understanding and working with people have a deep attunement specifically in this anatomical part and potentially in other areas.

The Harmonizing Network Meets Traditional Chinese Medicine

- 🌀 The Layers resonating chamber might be the Chong or penetrating vessel. Access to this vessel is through the Traditional Chinese Medicine point spleen 4.
- 🌀 The Blended Energies resonating chamber may correspond to the Traditional Chinese Medicine governing vessel and the distribution of yang energy in the larger system. Access to this vessel is through the Traditional Chinese Medicine point small intestine 3.

- 🌀 The Human Electromagnetic Field resonating chamber may be the Traditional Chinese Medicine conception vessel. This is the very first thing that happens in the formation of an embryo. Access to this vessel is through the Traditional Chinese Medicine point lung 7.
- 🌀 The Elimination resonating chamber is possibly related to the yin heel vessel. Access to this vessel is through the Traditional Chinese Medicine point kidney 6.
- 🌀 The Bones of Light resonating chamber may be related to the yang heel vessel. Access to this vessel is through the Traditional Chinese Medicine point urinary bladder 62.
- 🌀 The Template resonating chamber is probably is related to the belt vessel. Access to this vessel is through the Traditional Chinese Medicine point gallbladder 41.
- 🌀 The Harmonizing Network resonating chamber may be related to the yang-linking vessel. This suggests an elegant relationship between the triple warmer and the function of the Harmonizing Network. The triple warmer is related to all of the membranes and fluids in the torso, and the Harmonizing Network is the system that connects everything in the Human Energy Structure. The access point to this vessel is Traditional Chinese Medicine point triple warmer 5.
- 🌀 The harmonizing blend resonating chamber could be related to the yin-linking vessel. Access to this vessel is through the Traditional Chinese Medicine point pericardium 6.

The Ninth Resonating Chamber

Below the physical body within the structure, 18-24 inches inside the Earth is a larger matrix-like reservoir of chi called the human universal resonating chamber. All people connect to this chamber through the roots coming down and out of the soles of the feet. These roots have the dual purpose of chakra connectors for the axis chakra and as links into the human universal resonating chamber.

The human universal resonating chamber attracts the rippling waves of all of the resonating chambers in all the structures of all human beings as their energies move out into the universal. This human universal resonating chamber acts as a kind of container for combined human energy and as such

is a way that we can *feel into* each other, communicating across time and space.

The human universal resonating chamber collects a massive store of human chi that can be drawn upon by skilled practitioners of martial arts, masters of energy awareness, magic and healing arts and people who understand how to use that nebulous quality: personal charismatic magnetism. These people arrive at this talent either naturally or through years of work and have developed the ability to use these universal stores of pure life force to do something specific. Resonating chambers use the stores of chi to fuel the dynamic of human connection at a global and species level.

This may be a function of the universal soup that we all swim in- the energy around us that does not belong to any one person but belongs to everyone, the space between us, and the atmosphere of our planet. Individuated human in relationship with species- the collective unconscious in rapport with the soul of the lone consciousness or even more pointedly the Totality in conversation with the individuality.

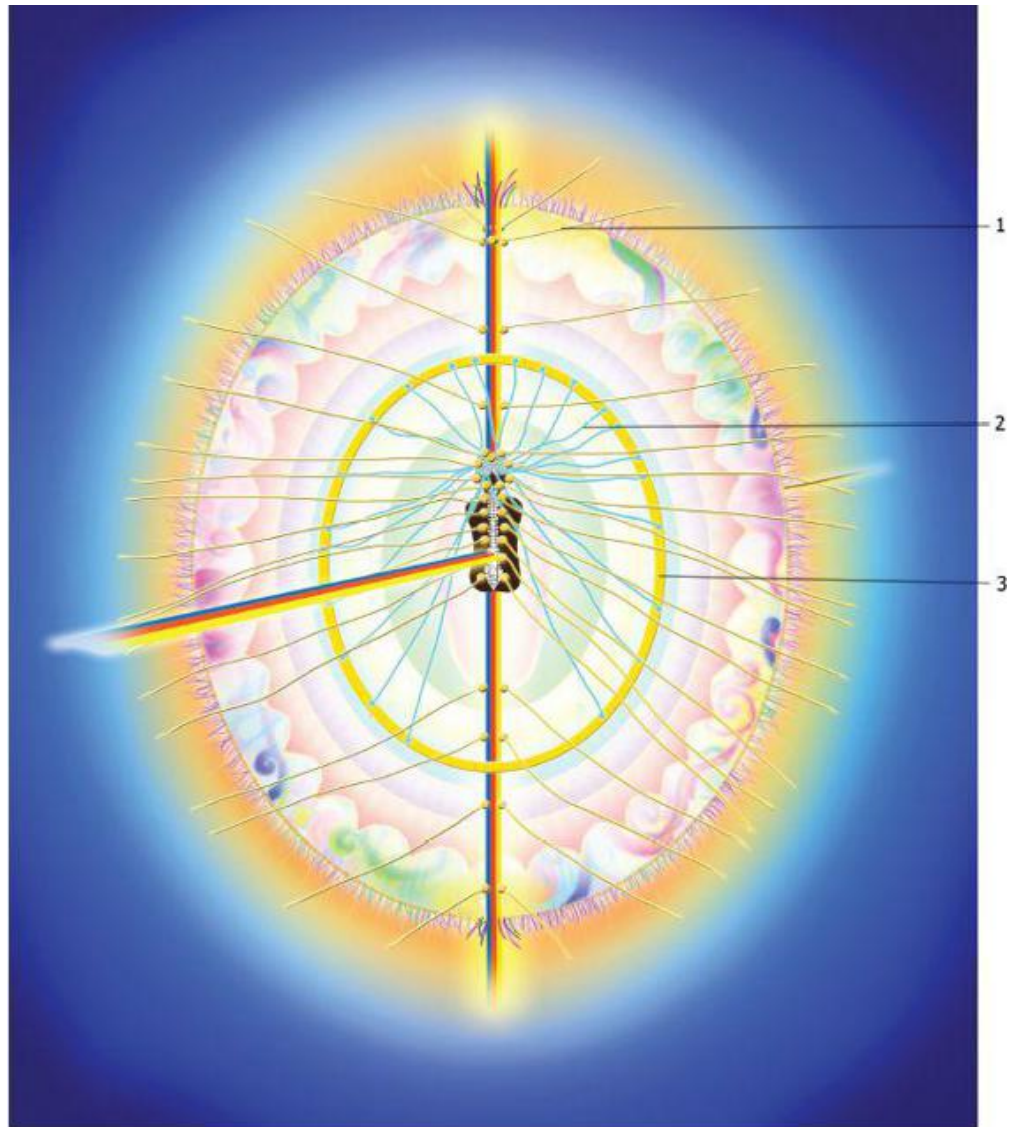
Nine Harmonizing Energies

There are nine essential harmonizing frequencies. They are the seven frequencies of the systems, harmonizing the Layers, harmonizing the Blended Energies System, harmonizing the Bones of Light, harmonizing the Human Electromagnetic Field, harmonizing the Template, harmonizing the Elimination System, harmonizing the Harmonizing Network, and one for the ninth chamber called the surrounding universal that essentially represents the soup we swim in and echoes the resonating chamber energies as they mix in our atmosphere. The final harmonizing frequency is harmonizing blend, which is similar to spinal fluid and is a combination of other frequencies in a way that distinguishes it from the other essential harmonizing energies. Single notes within all of these nine frequencies work together to establish a whole chord and to create a Human Energy Structure that sings.

All portions of the anatomy must be harmonized with all other portions of the anatomy to operate effectively and to radiate optimum health and well being. These energies rise up out of the resonating chambers and move into the world. They impact the structure and the surroundings you live in. You have an affect on any environment you inhabit or even move through.

The life force generated by the resonating chambers ripples out into the universal making a connection with any and all other life.

Core and Cognitive Meridians (Fig 12.4)



1. Core Meridian
2. Cognitive Meridian
3. Point of Transmutation

A Harmonizing Network Story

A Meridian Returns CI Practitioner: Desda Zuckerman

Like many parents, Victoria has struggled with letting her kids go. In a normal healthy youngster this transition is difficult, but with Victoria's son, Robbie, its more challenging. Robbie suffered a devastating stroke at five weeks of age that left him with cerebral palsy. The doctor's prognosis was grim: He might not ever be able to walk, perform daily tasks, or have any chance at self-sufficiency. Vickie dedicated her life to helping Robbie become self-reliant and successful. Together they were triumphant, and, as Robbie entered a highly competitive vocational high school, Victoria was faced with letting go.

We looked to her Human Energy Structure for ways to accomplish this task. Her fears about him really being on his own were causing anxiety and an overly emotional state. She was exhausted and worrying about a lot of things: the economy, the fact that her husband had lost his job and the state of her new marriage. But everything paled next to her concerns about Robbie.

Upon assessment we could see this issue was based in the Harmonizing Network. In a desperate act to save her son, Victoria had used her own cognitive meridians to implant, instead of into herself, into her son - giving him her courage, sense of purpose, determination, power and love of life. What had begun in his infancy, as an act of compassionate mother's love and inspired healing had now, at almost 15, become a way to control Robbie. It now was a manipulation.

Vickie had to acknowledge in her heart that he was finally okay. That she had done her work and accomplished her goals. This was true. Robbie was at the top of his class, confident and well mannered. She had ridden through the worst of the storm with him, and he was proving himself to be a thoughtful and capable young man. "I have to sit with this. The idea of being done, of letting him go into the world brings up a lot. I'm hopeful and melancholy at the same time. He's been my project. My dedication to him has kept my life focused, even giving me the career I've developed working with bodies." She went

silent for a while and spoke with emotion: “I am hopeful he will move forward in his own life; that he will soar... He’s on a career path and wants to go into computers and web design; he has chosen a trade school and fought to get into it. It is really what I’ve been working for all these years.”

We located in her sacred anatomy, a Harmonizing Network, cognitive meridian that traveled from her point of transmutation in the cognitive layer to her brain and down into and through the soul pathway of her heart before exiting her Human Energy Structure. We traveled through the universal out to the end of the meridian and determined that it implanted into Robbie’s point of transmutation. It had been acting as a conduit to enable her to implant her motherly intentions for him. This was an anatomical attachment from mother to son. There was a way she kept him going, built him up, protected and sustained him through his difficult formative years, and now she was ready to let him take off on his own.

Victoria said: “This is based in my belief that when people need me I have to sacrifice and give my own life force energy to help them. This was really true with Robbie but it is no longer of any use.” Releasing the meridian, Vickie had a physical reaction immediately feeling the disconnection. She experienced it as difficultly breathing; a sense of destabilization and even panic but stayed with it and rode through the shift as harmonizing energies supported her. We re-implanted the meridian, relaxing it back into her point of transmutation. Vickie would now take for herself all the positive support she had been giving to him! “This will help. I can already feel more stamina and a greater sense of calm.” She was breathing deeply now, accepting her healing shifts and letting go of this sacrificing dynamic.

Several years later Robbie, nearing graduation and an excellent student, is truly soaring. Victoria has returned to school herself and has come to rely on him for help around the house. Robbie carries his own weight. Her marriage has settled down, and her career path is expanding to include a degree she had just a few years ago thought out of her reach.

You are absolutely connected to the cosmos, and your Harmonizing Network makes sure you maintain that connection. As long as your one body

exists, it is delivering the essential you to the world. This is because your contribution is necessary to the vital expression of the whole species.

Each one of us is, has been, and will continue to be a facet of the larger jewel. Not as the egoic self, not as the I, me or my personal identity, but as the small individuated part of the great sum total that we are, your essence expressed as the universal creative force and connected with all life and all beingness. This is the birthright of your soul that does not come about by your doing or making, owning or believing anything, it is part and parcel of your beingness.

A part of any effective healing work with one of the major anatomical systems such as the Template, the Layers, or the Human Electromagnetic Field must include harmonization of the shifted part with the whole. The Harmonizing Network is responsible for this job and performs it continually.

Harmonizing Blend

The harmonizing blend of the HES is like the spinal fluid of the physical body and it is the most balanced, whole and perfect environment for transmitting life force found within it. All of the places in the HES that are hubs of connection are filled with this energy: the core sheath, inner edge of the soul layer, the edge receptors, the channel sheath, the grand cross seal, the caduceus sheath, the five harmonizing channels, and in the spheres of influence, where it is mixed with the triple-current energies of individuation.

These conduits for harmonizing blend are locations of connection and function as members of multiple systems. The blend fills the membranes of the core and channel sheaths and the inner edge, holding the basic containment of the core and the channel steady and in readiness for the shift that must occur each moment in the multi-tasking life of both sheaths and the inner edge of the soul layer. It holds the grand cross seal in place, keeping both core and channel sheaths separate and distinct.

The harmonizing blend allows each receptor site at the edge to bring into it, through the Template villi antenna, a specific energy or energies that are needed by the whole for increased balance. The five channels of the Harmonizing Network and the caduceus sheath of the Bones of Light are also filled with harmonizing blend. It is the power of the harmonizing network moving through and in the Human Energy Structure that allows the highest function of applied individuation to occur. The harmonizing blend is a combined powerhouse of frequencies that drives the Human Energy

Structure from its very inception on its evolutionary journey in these vital locations.

Core Meridians

Core meridians are energy conduits that feel like they are made of a fine fibrous membrane. They carry the life force or chi energy throughout the Human Energy Structure including electromagnetic or bioenergetic force while the individuation is embodied.

Core meridians connect into the core sheath at different points or openings in the three octaves of the spine and come out from the center at angles. They can be used to adjust or interact with the spine and some chakras. It is my experience that Network Chiropractors use these meridians to do spinal adjustments. There are at least 20 of these and possibly many more.

Cognitive Meridians

Cognitive meridians are also constructed of what feels like a fine fibrous membrane. They act as conduits for connections from the cognitive layer into other parts of the Human Energy Structure. These connections are directly related to the function and well being of a specific organ, system or skeletal anatomy and convey the essence of the idea of that thing, translating as they go, from inception into the form of the HES.

There are at least 22 of these and probably many more. Most of them enter the bio layer through the brain but go into all the areas equally. The cognitive meridians connect to an idea implanted by a combination of forces. The individuated soul is the fuel and energy; the four aspects are the directors of action, and the soul's purpose relates any implantation into the point of transmutation to its calling. All of them come together into the cognitive layer and implant into a cognitive meridian their combined desired result for the Human Energy Structure. The structure receives and decodes this information through the cognitive meridian of the sacred anatomy and implements it directly into the physical body. These meridians stay connected only as long as they need to for the delivery of the information they carry, withdrawing after delivery back to the cognitive for future use.

Five Harmonizing Channels

The purpose of the five harmonizing channels is to create equilibrium in the Human Energy Structure. They are filled with harmonizing blend and radiate this vital energetic frequency unceasingly. The presence of the harmonizing blend in this pure and uncomplicated form seems to give the sacred anatomy a sense of well being.

Primarily located in the cognitive layer's stratum, the point of transmutation, four of the five harmonizing channels move in large elliptical orbits at the four compass points. A fifth central channel moves within the core sheath making a turn when it intersects the point of transmutation. The central channel is the most unique because it is located in the core sheath and only touches the cognitive layer when it loops at the bottom and the top.

The harmonizing channels churn with harmonizing blend, expanding as it runs through the conduits, humming with enthusiasm. Each of the channels exists as a closed circuit of harmonizing blend. Their main function is to exude harmonizing blend out into the HES as a stabilizing influence; so, the five harmonizing channels can act as a barometer for deep happiness. But they can become constricted in reaction to trauma or distress, causing the person to feel small and incapable. When restored, the Human Energy Structure returns to homeostasis rapidly and structural contentment occurs as a matter of natural course.

Chakra Connectors

Chakra connectors are part of the Harmonizing Network even though they profoundly impact two other systems. They are the point of origin for the Human Electromagnetic Field's 10 reflective chakras and are the smooth tube-like bands that bind the major chakras of the Blended Energies System to the Human Energy Structure. Each chakra has two connectors, one on the right and one on the left side of the chakra. They hold the chakras in place at the powerful intersections of the soul pathways and the core. They help the surging Blended Energy System stay in balance as it moves around and through the Human Energy Structure.

In the bio layer chakras, their purpose is also to conduct chi or electromagnetic energy from the corporeal to the subtle, and here is where they are the point of origin for the reflective chakra system of the Human Electromagnetic Field. Without the ballast of the Harmonizing Network stabilizing the major and reflective chakra, neither would be able to exist. In the reflective chakras the connectors act to make the delivery function of the

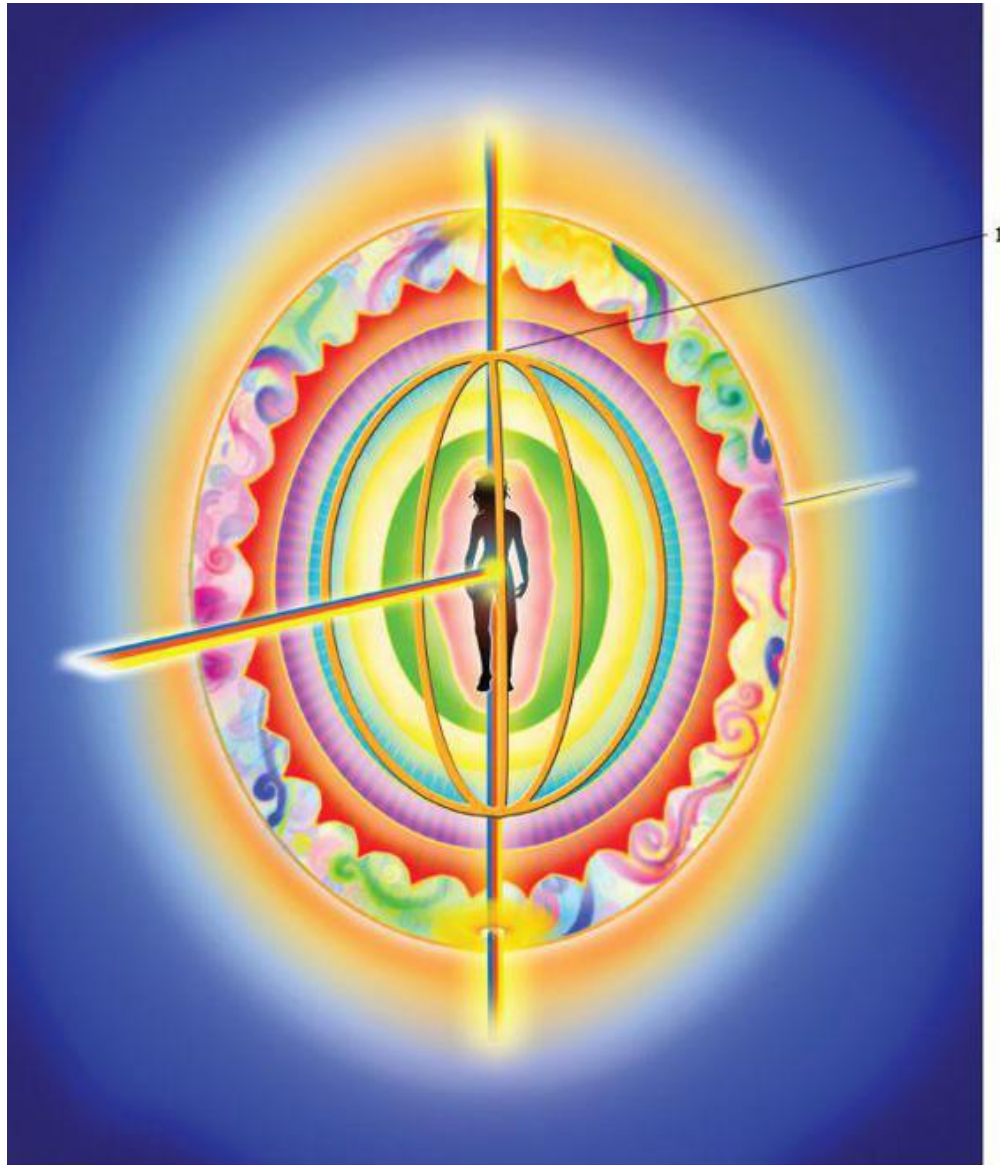
Human Electromagnetic Field, bringing out into the universal the message and wisdom of the major chakras.

It is at the merging of the subtle and physical body right before birth when chakra connectors are activated and anchored into the physical body. This is ensoulment, the moment when the individuated soul courses through the infant bio layer giving rise to the full expression of the Human Electromagnetic Field. This act also stimulates the mother to give birth, sounding a general alarm that the baby is prepared to enter the physical realm.

Before ensoulment, the connectors help to hold the major chakras in their places along the core, keeping all 13 separate from each other. Before attaching into their bio layer locations, the 26 connectors grasp Template strands that move through them and the core sheath like place holders. Once established they remain linked to the core sheath, Template strands and the chakra while also making the physical connection and going through the process of ensoulment and birth.

When a chakra connector becomes distressed or detached it can profoundly affect the well being of the chakra causing it to become constricted or imbalance and even causing an associated reflective chakra to stop spinning out the vortices to the front and back. This will make the delivery of the message of the major chakra through the Human Electromagnetic Field impossible or at least difficult.

Five Harmonizing Channels (Fig. 12.5).



1. Harmonizing Channels

Locations and Names of Chakra Connectors

Connectors anchor the chakras on the left and right side into the Human Energy Structure. They are found secured into the bio layer in seven locations, but are actually anchored into the biologic presence of the Template within the physical body. They exist in this location before birth and after death. It is the physical body that comes from the HES and not the structure that evolves out of the physical body.

As you read, feel into these locations to gain a greater understanding of the connection between the major chakras and the frequencies of the Harmonizing Network. It might help to look at illustration of the locations of the major chakras ([Fig. 8.1](#)) on page 176 of *Your Technical Manual*.

Divine Gate—occiput at the lower back of the skull, deep into the thalamus in the brain

Star—tips of fingers.

Solar—center of palms

Crown—into fissures in the skull on either side of the fontanel, down into the brain and the amygdala to the left and right sides of the pineal gland

Brow—center of the brain at pituitary gland

Throat—either side of the thyroid gland

Heart—center of body left and right sides of the sternum into the bottom of the thymus Solar

Plexus—below the heart, above the waist at center of body into the right and left kidneys, influenced by the adrenal glands

Dan Tien—In the gut, into the ovaries in women and the testes for men

Root—Left and right side of the perineum, tail off lower octave of the spine into the chi pool.

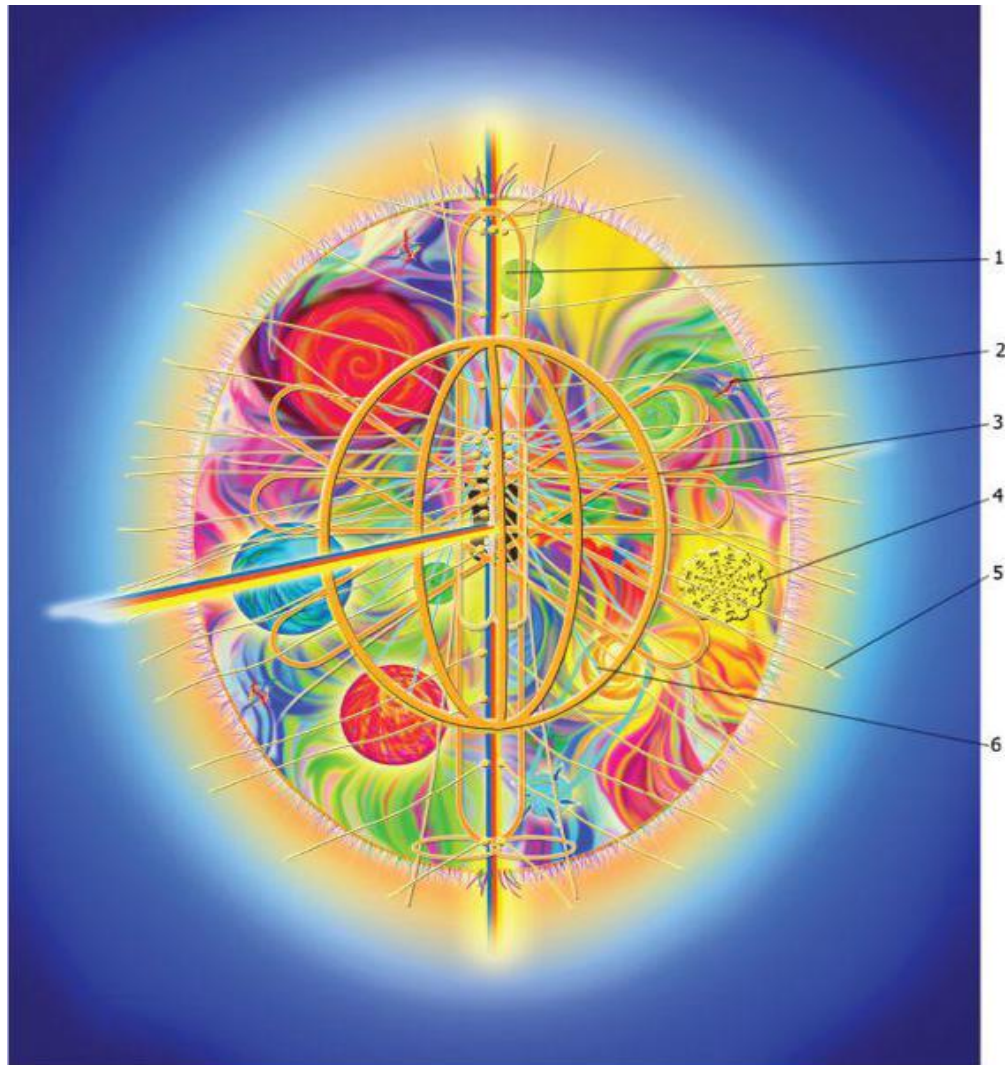
Lunar— into points in the body at the inside of the ankles, half way between bottom of the foot and the anklebone and slightly toward the heel. There is usually a slight indentation in the skin.

Axis—multiple roots extending out of the arches at the bottom of both of the feet deep into both axis and chi pool below.

Chi Pool—roots protrude from the bottom of the arches reach down from the axis and into the chi pool. The long extension of the spine,

the tail affected by the root chakra, travels the entire distance of the lower octave until it dives into the chi pool, sometimes into the wisdom pool sometimes into the function pool. The tail may even trade locations to suit its needs. In this most connected of chakras, there is another set of connectors that move up from the chi pool restoring the energy of the Human Energy Structure entering into the Human Electromagnetic Field resonating chamber and the bio layer at the back of the knees.

Harmonizing Network Composite (Fig 12.6)



1. Blended Energies System Resonating Chamber
2. Elements of Connection
3. Five Harmonizing Channels
4. Sphere of Influence
5. Core Meridian
6. Cognitive Meridian

Membranes, Anchors and Connectors

Harmonizing Network connectors hold or connect parts together, membranes separate from other parts or contain parts and anchors establish location. Throughout the Human Energy Structure in every system, there are thousands of connectors, membranes and anchors that hold it all together. They create distinctions between different systems and between the parts of each of these systems. As the being comes to consciousness, the awareness that the Human Energy Structure responds to harmonizing stimulation at this deep level becomes more obvious to them.

Every system in the one body is able to perform its function because persistent harmonizing *hums* of the dedicated connectors, membranes and anchors. From the Template hooks to the inlets of the Elimination System, to the chakra connectors throughout the bio layer, your Human Energy Structure depends on the ability of the Harmonizing Network to hold you together.

All of the many anatomical parts of the seven different systems are there as individual components and do not work with each other to form the greater whole without the Harmonizing Network. It is the connector, anchor or membrane between the different systems and within the systems between separate anatomical parts made of harmonizing energies that does the job of stabilizing the whole, holding it together as a single functioning unit.

The Harmonizing Network also is the system that crosses the boundary between what we can measure as *electromagnetic responsive physical energy* and the *subtle stuff* of the sacred anatomy not yet able to be quantified by science. This is a function unique to the Harmonizing Network and especially to the chakra connectors. The Human Electromagnetic Field acts as the bridge from subtle to material delivering the messages of the deep body through reflective layers and chakras as a function of that entire system. But it is the Harmonizing Network within the Human Electromagnetic Field that actually makes the crossing happen and the point of origin is the chakra connectors.

The Extragenic Joint

The Extragenic Joint is a Harmonizing Network anatomy located in the Bones of Light. There is an e-joint for every system except the Harmonizing Network that runs across the structure from the Blended Energies System,

core sheath to the Bones of Light, framework at the Layer's, inner edge of the soul layer. These cross-system joints "tune" the Human Energy Structure instrument. All of them are a Harmonizing Network influenced interaction between the Bones of Light and the other systems: the Layers, the Elimination System, the Template, the Human Electromagnetic Field and the Blended Energies System.

The Layers joint runs out of the left temple to the inner edge of the soul layer through grooves in the layers that it crosses. The Template has one that extends out at a 40-degree angle from the star point through the strands. The Blended Energies System has one that runs through both the anterior alignment valve and posterior dispersal valve beginning in the divine gate and ending back where it began after making a circular orbit around the chakra. The Bones of Light is different in that it has one that runs from the channel through the framework to the receptor sites at the edge. The Elimination System connects through a vertical e-joint that moves through the wheels where they hook into the core sheath at the hub links. The Human Electromagnetic Field looks a lot like the Layers but it weaves through the four reflective layers sending feelers into the core sheath and the framework nearest to the edge of the Human Electromagnetic Field, usually between the mental and the cognitive Layers.

A Harmonizing Network Story

Elsa Is Normal Again CI Practitioner: David Kitts Lac.

In the case of Elsa, a 48-year-old woman, the profound trauma of being cast out of her spiritual community caused her Harmonizing Network resonating chamber of the Layer System to malfunction. This chamber is located in the point of transmutation stratum of the cognitive layer. It is the place where all divine ideas can become incorporated into the fabric and material being of who you are.

We think it is related to the "Chong" extraordinary vessel of Traditional Chinese Medicine. This vessel is fundamental to supporting the essence of the body at the most basic level in the feet, genitals, spine, kidneys, heart and brain.

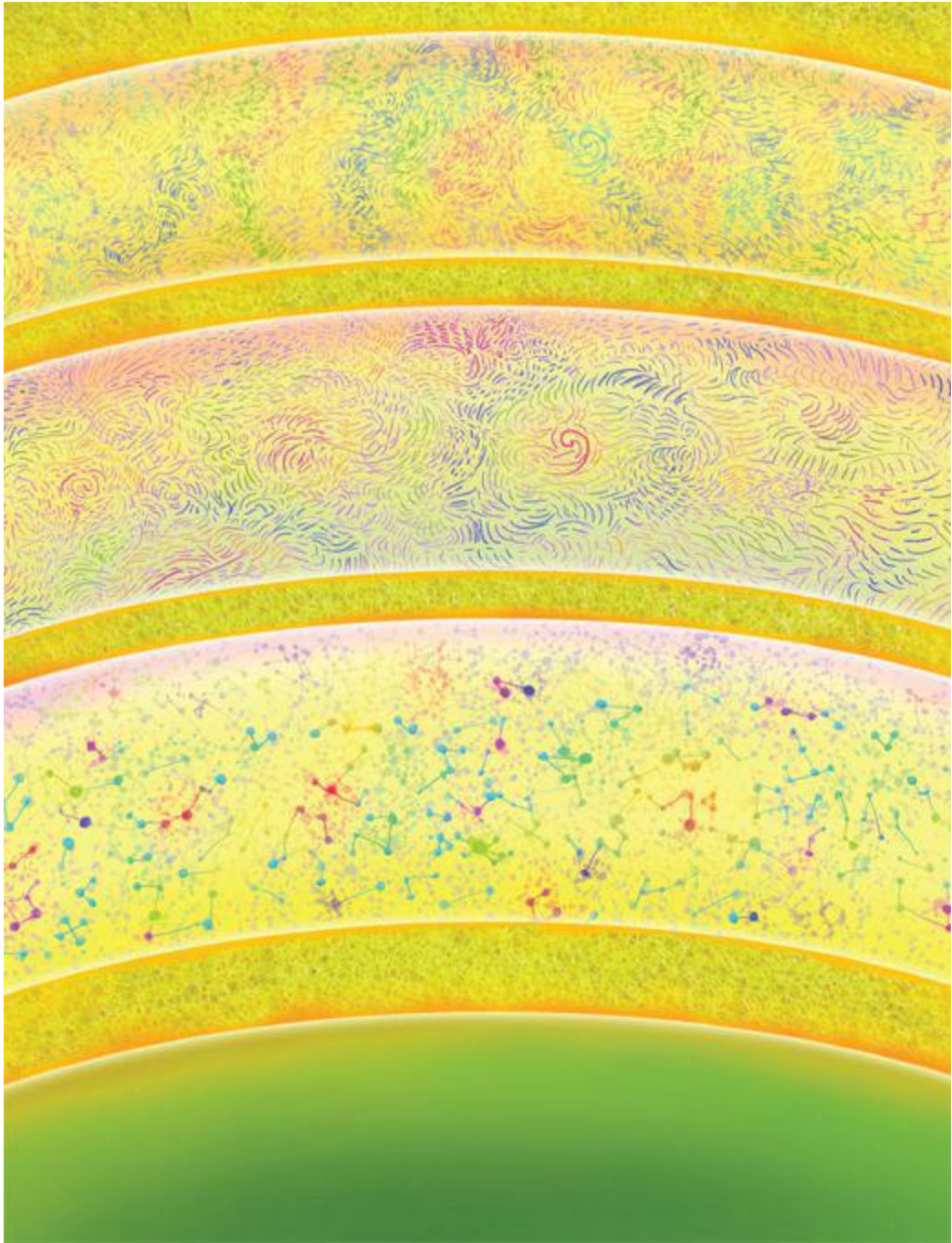
Elsa was feeling completely unable to move forward with her life given the deep shakiness she felt at these core levels. She was feeling rattled to pieces.

To re-attune the Layers chamber for Elsa, I used my intention and my voice to direct the correct vibration into the Acu-Point “Spleen 4” (the master point for the Chong vessel). The result was quite profound. We both felt her whole structure shift and settle into alignment with itself. “I just feel so normal.” Elsa kept saying.

Once Elsa’s energy was rebalanced in this way, she began to contact old friends and make connections that would lead to her finding work in her healing profession. In short, she began to manage her life again. Now 6 months later she is effective in a new job, a new home and making new friends.

Functions of the Harmonizing Network at a Glance

- 🌀 To transfer data, impulse, idea from one point to another.
- 🌀 To act as a binding agent within the Human Energy Structure, holding it together.
- 🌀 To balance through harmony each system with all other systems.
 - 🌀 To stimulate potential shift through activation of the elements of connection.
 - 🌀 To harmonize the Human Energy Structure as a whole with attunement.
 - 🌀 To bring conscious harmonized awareness to the Human Energy Structure.
- 🌀 To act as the vehicle for self-realization through this awareness.
 - 🌀 To encourage growth and development from stabilization into destabilized states and back again to restabilization.
- 🌀 To allow the capacity of witnessing and even the action of healing.
- 🌀 To anchor anatomy in place, stabilizing the HES.
 - 🌀 To receive pure unfiltered or blended Source energy and apply it directly.
- 🌀 To store extraordinary skills for use in spheres of influence.
 - 🌀 To act as the catalyst of the bridging of subtle to material energies within the HES.
- 🌀 To house the creation of fundamental life force and to radiate that life force into the structure and the world.



Chapter Thirteen

In Harmony.

The substance of the universe is consciousness. ³³

—Deepak Chopra

Together

Sacred anatomy is manifest cosmic consciousness. It is material and subtle realities brought together as the Human Energy Structure. Human beings are the direct result of the need of universal consciousness to become and so, we are continually being born anew. An always revitalizing harmonious blend of frequencies and light mix together with cosmic consciousness inspired by the driving imperative of the universe: to create. We are, because we must be.

For each one of us, a structure surrounds the divine spine, the core, and its partner, the channel anchoring us in time and space. Seven anatomical systems combine to generate your Human Energy Structure. A pulse beats as the chakra system implodes and explodes pushing the fuel of the soul layer of the Blended Energies System through every part of the structure. The Layers, separated and supported by the Bones of Light keep the structure up and open. The Template nourishes the structure expanding and contracting in conscious reaction to the influences of the environment. The Elimination System, stretched between the core and the inner edge of the soul layer keeps the structure free of debris and excess. The Human Electromagnetic Field, acts as a delivery system to the universal for the powerful wisdom generated by the communion of sacred anatomy and eternal creative at the core. The Harmonizing Network sings its symphony

of unity and peace, forever making balance. Every single system of the Human Energy Structure is unified in its focus as an expression of your unique individuation.

The Human Energy Structure is the servant of the four aspects of your authentic self. They focus through the greater mind, implement with the cognitive layer, transfer inspiration with divine intuition in the spiritual layer and relate everything to your soul's highest purpose. We embody as physical manifestation through the directed intention of the four aspects and so our bodies are reflections of our own divine imperative. At our most profound, we are creations of conscious thought, and we are constantly unfolding expressions of a sophisticated and unique soul self. Standing in partnership with the universe, we hold our history and potential within our sacred anatomy.

Becoming aware of and learning to interact with my own sacred anatomy has helped me to become more embodied, to expand my capacity to function in the world, to heal, and to more fully own the totality of who I am as an individuated soul.

-Pauline Seroya Crouch, ND, CoreIndividuationTM Practitioner

Your Soul Self

Everywhere in the universe, the self-aware creative Source is constantly expressing frequencies we think of as energy. In fact, everything is energy, and when diverse expressions of energy come together in an organized way, the self-aware Source continues expressing through them. Your soul self is part of this constant totality. It never stops, never dies, and never goes away. It is alive in you already. It is your subtle anatomy and your consciousness. You are a part of the entire universe.

A human being is a part of a whole, called by us "universe," a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening

*our circle of compassion to embrace all living creatures and the whole of nature in its beauty.*³⁴

-Albert Einstein

The first encounter of your channel and core produced self-awareness and was the first step to breaking out of the prison of the delusion of isolation. These two primordial parts of your anatomy woke up to themselves by finding each other. Self-awakening is a completely unique event every time it occurs. The power of this interior paradigm shift creates a dawning consciousness that splits off from the larger Source in a profound momentum of awareness. But it is the awakening to consciousness of the cosmos that ultimately caused your very personal moment of individuation and gave rise to your sacred anatomy. We human beings are evidence the universe is self-aware.

*With the arrival of humans, it has been said, the universe has suddenly become conscious of itself. This, truly, is the greatest mystery of all.*³⁵

-V.S. Ramachandran

Your energy structure is both the conduit through which you come into being and your beingness itself. Like molecules gather together to make elements and ultimately physical life, you are formed of consciousness, and your sacred anatomy is the site of the primary human soul self. It is where you split away from the vast One and develop, as you must, self-awareness.

The conscious universal Source splits off parts of itself making other Source souls with the same creative potential. It duplicates itself because as the pure energy of creation this is what it must do. Each thing that creation makes is part of the whole of creation. While individual in expression, no single part is separate or unto itself. Encapsulated in the form of your core is conscious divine creative force, the largest power of the universe living and expressing at your center!

*Consciousness cannot be accounted for in physical terms. For consciousness is absolutely fundamental. It cannot be accounted for in terms of anything else.*³⁶

-Erwin Schrödinger

Taking an anatomical shape as the four aspects of your authentic self, individuation occurs in collaboration with Source and is directed by your own soul. Together they make a partnership, weaving threads of expanding self-awareness into an expressive manifest dual consciousness: the All and the individuation. We are partners with divine creation. We stand together with the vast resources of the universe as spearheads of awakened presence, and it is up to us to take ownership of this great gift. Consciousness is the opportunity we humans have been given by life itself to make a contribution and lift ourselves up to an even more useful state of being.

Becoming alert to the beauty and purpose of the Human Energy Structure allows you to bring to the present moment an engaged and active way to claim your larger self. Watching the constant example of the ever morphing universe, you are learning to purposefully inhabit your most authentic self and take possession of that most precious of gifts, your own conscious soul.

Being Present with Sacred Anatomy

Following the wisdom map contained within your energy anatomy allows you to discover subtle insights into your nature and beingness and unlock the cornerstones of your anatomy in everyday activities. Brushing your teeth while holding in mind their highest function - as the first step in a healthy digestion process - honors your easily forgotten teeth and gums in a different way. After a week of doing this, you find you are chewing food differently; you are appreciating what your teeth do for you. The same thing can happen with the subtle anatomy. Being aware of your core while striding down the street or walking on your treadmill engages it in relationship.

You stand differently, move differently when you are awake to the enormous stream of energy coming from over 15 feet above you, passing through your skull and spine and swooping off the tailbone deep into the Earth beneath your feet, 10-15-20 feet down below you. After a week of moving with the awareness of your core, you see and feel yourself taking up space in a new way.

The way to bring sacred anatomy to life in your work-a-day world is to truly realize that everything is energy, that energy is intelligent and that which has intelligence can realize self-awareness. Having a relationship with your sacred anatomy expands your understanding of your reason for

being. Watch your sense of purpose come into focus as you engage your soul, its innate wisdom and highest function in a dialogue of mutual discovery simply by being present.

The Human Energy Structure Seeks To Be Whole

The Human Energy Structure never stops moving into wholeness from one moment until the next and the next. Because it is the primary instruction from the four aspects that want to be whole, your anatomy is persistently making subtle transformational shifts. The structure continually passes through states of change. It moves from a stabilized static condition into destabilized transforming states and back again to newly restabilize and changed status.

You may have experienced this in a healing session with a body worker or a therapist. You come in their door stuck on an issue or holding pattern; you work with it in some way and begin to feel the old pattern changing within you. Maybe it is how you think about your problem or the way you are holding your shoulders, but there is a significant shift about midway through your session. This is a change from static/stuck to a destabilized state.

You have made progress but are not ready to leave yet. If you did leave you might not hold onto the shift and instead slip right back into the old pattern or way of being before you even got home. In a perfect world, the healer needs to stay with you until you have restabilized and are ready to leave them inhabiting a new state of being. This attention to the subtle movement within will assure that you truly learned something during your healing session. Finally, if you are able to fully assimilate the change state by integrating it, you will be able to hang onto the restabilized state.

In this very same way, your sacred anatomy observes and learns, grows and changes, releases and reconfigures, reaching deep into its history and anatomy for balance. The Human Energy Structure is always seeking wholeness.

The Attraction of Compatible Resonance

Because the Human Energy Structure can change, it does. Moving in and out of harmony with itself the HES is constantly seeking homeostasis. For it, attunement is fundamental to any growth or change. This is a primary function of the Harmonizing Network, and the attraction of

compatible resonance between the various anatomical parts and systems within the structure brings about harmonization. Like the elements of hydrogen and oxygen bonding together to make water, two parts of the structure with like energy are also drawn together.

Compatible resonance can be inside or outside of the Human Energy Structure, between people and even between people and concepts or beliefs and ideas. Reading this book and becoming more knowledgeable about sacred anatomy has increased your resonance with the topic. Meeting others who have also had this exposure will hold the lure of compatible resonance.

We could think of it as mutual interests or attraction. Your best friend likes to walk on the beach on windy days and so do you; the two of you discover this about one another, and your friendship expands to include walking on the beach. On windy days you are reminded of your friend and give him a call; you are compatibly resonant, and this detail of your relationship gives you a sense that you are alike.

As with personal preferences or mutual interests, your Human Energy Structure shows you how like resonance attracts like resonance. People with the same traumas or strengths, the same interests or hobbies find each other. In the subtle self, similar structural weaknesses and strengths cause attraction, as do emotional content and even specific physical diseases. Your sacred anatomy must be in tune with itself and resonate compatibly or it must implement a change to find resonance.

Because You Must

Transformational change does not happen in a vacuum; it happens within the structure of consciousness itself and is unified within you by vibrational frequencies seeking harmony and balance. By being exposed to these ideas and the illustrations of *Your Sacred Anatomy*, your structure has changed. You are transforming now because it is what you must do and it is what you do best from the cellular to the metaphysical you are a master of change.

Witnessed

For the Human Energy Structure to arrive at authentic human nature, transformational shift must be witnessed. We can be witnessed in many ways. By an inner aspect, a friend, a loved one or a professional witness such as a therapist will do. If you find yourself alone even the stars will be

able to hold and witness you. The key is that you are seen by some other self-aware consciousness that is not holding an agenda for how you should or could be.

I have thought for a long time - and certainly seen in my work -that for people to truly have a foundational transformative shift they must be witnessed by another being. It may even be that anatomical healing does not happen without the conscious intentional support of a sacred witness. To be seen, heard, acknowledged and recognized are basic human needs. We know that attention and love are interchangeable to a child and at heart we all crave that profound attending focus of the mother holding our gaze and knowing our deepest needs.

Within the HES, the channel witnesses the core constantly, and, as the energy structure continually forms anatomy, the channel also witnesses new anatomy to allow growth and expansion. The ever-growing sacred anatomy counts on the witnessing feature of the Harmonizing Network to continue to evolve and accept change.

To be witnessed is to be held unconditionally. Take a breath and allow that this is happening for you right now as a feature of the sacred anatomy. Open a door into a perfect sense of security. No longer rely on the whims of others for your witness but instead on the constant expression of the divine light shining within your channel. It is revelatory that we are seen best of all by our own inner presence. The material dimension is wonderful and needed by all of us. But to know these profound needs can be met internally is liberating.

The Universal Offers Freedom

Around all of us is the soup we swim in. It has no agenda, no plan for us; it is where we can diffuse our excess and overflow and experience pure freedom from attachment. Human beings inhabit the universal and our world as a form of cosmic consciousness.

When we release debris out of the Human Energy Structure into the universal, we can only let go of that which has become or returned to the universal state. Our release must contain no attachment to or identification with the energy that is moving through the structure. Only universal non-identified energies can merge with and disperse into the universal. This means absolute release of all toxicity, desire, debris, striving and pain is available to us as a function of the sacred anatomy. We must rise up to the

standards of our cosmic environment and let go of our grasping and clinging.

How, why and when this can be accomplished are all carried within the wise fabric of your sacred anatomy, your Human Energy Structure where there is no limit to your potential for growth. Learning how to read your personal textbook and how your anatomy works shows you that you are already a master at letting go of attachment. Your consciousness only needs to open to the mere possibility that you can do it and to bring that skill into focused use. Shift the stand you have taken on who you are capable of being and watch your conscious life become truly amazing.

Out of the Spheres of Influence

Your work is to discover your work and then with all your heart to give yourself to it. ³⁷

-The Buddha

Throughout my life my heart has endeavored to follow this great teaching of the Buddha. It has taken the better part of this life to analyze and understand what I see, sense and know. Striving always to grasp the how and the why, while wrestling with the limits of my capacity and that of spoken language, I have carved out my work. For lifetimes I have carried the map of the Human Energy Structure inside my subtle anatomy, buried like treasure in three large spheres of influence held in my soul layer. Gradually, they have opened, and I have learned to understand and read their content. In this book I have shared with you what began in early childhood to be revealed to me from the first of these shimmering spheres.

Pushing the boundaries of what I thought was possible, 45 years ago I developed a way to dissect the Human Energy Structure. I discerned how to merge the information I could see clairvoyantly and physically into a detailed and clear vision. By looking with a combination of my naked eyes and with my expanding inner sight, I finally begin to make out the shapes and structures that became the systems I have shared with you in *Your Sacred Anatomy*. Operating principles and laws of organization became clear over time, and with a great deal of practice, I began to understand how to use what I was being shown by the energy structure itself and how to share this knowledge with other seekers of wisdom.

I now experience the inner-connectedness of all things not as a concept, but as a reality. I have gained a sense of self and purpose that has awakened a willingness in me to live and learn predicated upon the fact that we all have a spark of the divine within us that is perfect, whole and available to us. This knowledge has been one of the greatest gifts of my life and continues to help me move forward whenever doubt or fear appears to block my path.

-Tim DeSutter, CoreIndividuation™ Practitioner

Breaking the Taboo

This book is a new vista for a new time. What has been known and studied, as the subtle or unseen body has been virtually unchanged for many thousands of years. With some innovations as it crossed cultural boundaries, it remained esoteric and holy information that could not be touched or added to without offense. I believe what I see and have learned was known thousands of years ago but that our species was not yet ready to learn more. I am sure the Christ, the Buddha, sages, adepts, prophets, saints and the many other great masters who have walked our Earth all saw and used sacred anatomy in their healing work. Hildegard von Bingen, a 13th century Christian mystic and healer whose work is still studied today, drew very similar pictures to the ones in *Your Sacred Anatomy*. [38](#)

Writing the book breaks the esoteric taboo about naming and speaking who and what we are. It shares with you the expanded and complex subtle anatomy of the Human Energy Structure that exists all around you. This information is being shared with you now because it is the right time for you to learn more about the human species, and it is the right time for the human species to take a leap forward. It is happening anyway. How much nicer to be aware that evolution is what is going on all around you in your everyday world. This is human operating information that will inform you, enliven you and lift you up to a bigger version of yourself. It will inspire your relationships with others and expand the ways you connect with the world around you. We need this information now, more than ever.

The sacred anatomy teachings provide a perspective of human spiritual nature that has changed my view. I can see

how we are all connected and how we are differentiated. I am more accepting of what life brings, making it easier to shift and change circumstances to be more in line with my values and desires. I am less reactive, with less drama in my life, which brings me greater peace. I am also more confident in my work, including the coaching and teaching that I provide. I can bring the fundamentals of sacred anatomy to my clients and students to help them expand their repertoire of available choices in the design of their lives and work.

**-Suzanne Zeman, MS, Master Somatic Coach,
CoreIndividuation™ Practitioner**

Next Steps

If this book has only wetted your appetite and you are still hungry for more, there are paths to learning more about the sacred anatomy teachings. See the Addendum about CoreIndividuation™ and the CI website,.

I will continue to write books, teach, speak and do healings as long as I am able. I love this work and still have more to say about how to interact with and use the sacred anatomy.

Once I opened myself to the possibility that I am more than I thought I was, I never looked at life in the same way again. The brilliance of this sacred anatomy map is boundless, and working with it changed my life. It helped me find the courage to see myself, and to let myself, be seen. When I witness or am witnessed by others, it is like being held by God, like coming home.

-Laura Mock, Pediatric OT, CoreIndividuation™ Practitioner

You Are Still Becoming

As we have passed through the demanding times of the 20th century and are launching into the potential of the 21st, you are still growing and becoming your greatest self, your best edition. You are not yet finished or completed, but then neither are the rest of us. We have more to discover in the pliable fabric of the universe and in the vastness of our inner wisdom.

There is more information to pull out of the stars and the rocks of our Earth, to learn from the trees and the nature spirits that patiently inhabit our world waiting for us to notice them again. There is more because you and I are still becoming. We are unfolding daily, digging down into the greater depths of our hearts, minds and spirits.

*In you, as in each human being, there is a dimension of consciousness far deeper than thought. It is the very essence of who you are. We may call it presence, awareness, the unconditioned consciousness. In the ancient teachings, it is the Christ within, or your Buddha nature.*³⁹

-Eckhart Tolle

You are a balanced and vibrating self-contained Human Energy Structure filled with instinctual, intuitive and acquired knowledge. You hold the story of the human species wrapped in a most exquisite package, and within you are the tools to make magic, to create change and to thrive while in the midst of chaos.

You have been a follower and a leader, a teacher and a healer, a child and an ancient one, and stored inside you is all that you need to make a powerful and important contribution.

Your Sacred Anatomy has called to you across the ages, through time and space to this moment. And it is this moment when you can choose to take full and bright ownership of your soul's purpose, your gifts and your most authentic shining nature. Let the carnival of light that swirls around you teach you who you are. Open wide your arms and hold that tender self gently in your embrace. Let your light shine bright beyond the heavens, beyond the limits of what once was, as you become conscious and awake within your sacred anatomy.



Addendum

The Operating Principles of CoreIndividuation™

- 🌀 Energy is intelligence.
- 🌀 Form follows thought.
- 🌀 Intelligent light will interact with focused intention.
- 🌀 Form is empty, emptiness is form
- 🌀 Everything has vibrational frequency.
- 🌀 The interaction of intelligence & frequency create Extragenesis.
- 🌀 The Principle of Universal Attraction: like attracts like
- 🌀 Source wants partnership with individuation
- 🌀 Transformational shift must be witnessed.
- 🌀 The Principle of Universal Non-Attachment: the structure wants to be clear
- 🌀 The Principle of Compatible Resonance: the structure wants to be whole

What is CoreIndividuation™?

My respect continues to grow for this groundbreaking work. One of my clients has said that this must be how healing occurred at the beginning of time, and it will be a great day on Earth when working with the sacred anatomy is again a commonly used method of healing.

-Laura Mock, Pediatric OT, CoreIndividuation™ Practitioner

CoreIndividuationTM is a new paradigm for transformational change based on the unseen energies of the human structure. These energies create an expanded sacred anatomy that opens up the idea of who and what we are to include both the material (physical body) and the subtle (including what has been thought of as the aura) in a Human Energy Structure.

At the very center of the structure is a vertical pillar of light called the core that is an expression of the universal Source within us. An oval-shaped structure continually manifests out of the energies of the core that individuate by splitting away. These make up the sacred anatomy. People are a blend of the creative collaboration between the core and the individuation in both of their subtle and physical expressions. CoreIndividuationTM was named to honor this action of the sacred anatomy, reborn each moment into an individuated expression.

When compromised, the Human Energy Structure yearns to be whole, to return to a balanced state of health and vitality. CoreIndividuationTM is a new style of subtle mind-body healing. It uses focused intention to interact with the anatomy of the HES, gently urging it towards authentic wholeness. In partnership with the client, the certified practitioner intervenes with the existing disorder, misalignment, energetic pathology and waste. Like physical bodywork, CI sessions support authentic structural realignment, the release of blockages and resolution of old traumas as well as clearing of excess debris and resolving destructive holding patterns.

By understanding exactly *where* in the subtle anatomy a wound or imbalance is located, the CoreIndividuationTM practitioner is lead by the structure of the client and shown how to work with it. Specific issues can be moved from a stagnant damaged state into an active creative state, releasing innate human wisdom with each shift as the structure moves to restabilize. Working consciously with expanded human potential in this way awakens deeply held wisdom of the Human Energy Structure, setting free its own natural order and wellness. Poised at the moment of shift, the CoreIndividuationTM practitioner supports the whole being to accept a greater potentiality and to expand who and what they are in a fundamental way.

Practitioners and Trainings

CoreIndividuationTM allows conscious interaction with our energetic anatomy to restore balance to our structure. Participating in this work promotes trust in the Divine, and our connection to all beings.

-Kelly Peters, NCLMT, CoreIndividuationTM Practitioner

For more information or to find a certified CoreIndividuationTM practitioner to work with you and your Human Energy Structure, please go to www.coreindividuation.com. Individual certified CoreIndividuationTM practitioners trained in the professional use of the sacred anatomy available for personal and group private sessions are listed on the Practitioners page.

For details about the sacred anatomy teachings please go to the Teaching page on the website. Offerings include:

1. Introductory evening and day long classes for anyone interested in knowing more about sacred anatomy and how to use it constructively
2. Well being professionals courses applying CoreIndividuationTM techniques, skills and procedures based in the sacred anatomy to the healing arts.
3. A certificated CoreIndividuationTM Practitioner Training –
4. Personal growth classes for the spiritual seeker-

Please refer to the Calendar page posted at www.coreindividuation.com for a current schedule of classes.

Endnotes

Forward

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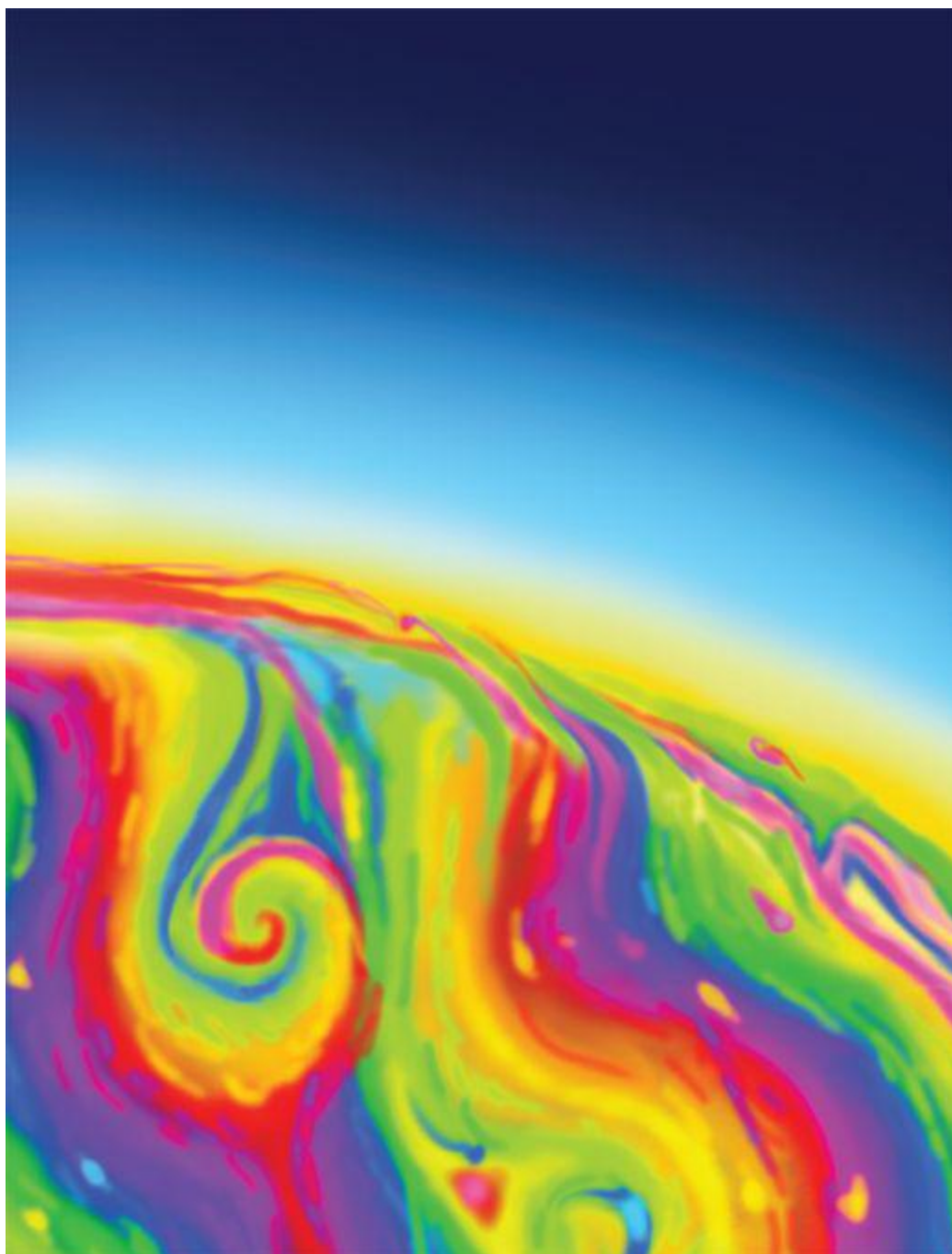
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Acknowledgements

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Glossary

Adenohypophysis: The front or anterior node of the hypophysis commonly known as the pituitary gland. It is a gland unto itself and manufactures eight major hormones that it releases into the blood stream.

Allopathic: The most commonly practiced form of Western or conventional medicine, that uses pharmacologically active agents or physical interventions to treat or suppress symptoms in the human physiology.

Alignment: Refers to an anatomical righting or lining up of the Human Energy Structure. It is also an adjustment of anatomy moving the HES to greater well being.

Alignment Valves: There are 13 alignment valves. Each soul pathway has one: the entering alignment valve. All alignment valves have three segments, each designed to contain one part of the re-assembling triple-current streams as they enter the influence of the major chakra.

Anatomy: Normally refers to the various components of the physical body. In this book it refers to the whole structure of the Human Energy Structure, from the edge or boundary of the structure to the interior of the bio layer.

Anterior: Front

Attunement: The ability of any given part of your Human Energy Structure to be able to react to the stimulation of shift and then to launch into a new direction in a synchronized state. This happens all the time because attunement arises as a response to the changing whole as it reacts to

the shift of a single part and finds a new stability in a transformed condition or state.

Ayurveda: A form of medicine based in the teachings and principles of the Vedas and influenced by the practice of various forms of yoga. The ancient style of medicine practiced and originated in the Indian subcontinent.

Authentic Self: The larger self, the individuated self as a complete and integrated expression in a person. It could also be called the enlightened self, the expanded self or the self that is not self concerned. The authentic self is the primary distillation of the balanced individual; it is not ruled by the concerns or limits of the personality. In sacred anatomy, the authentic self is personified in the four aspects of the authentic self and directs the unfolding of the soul's purpose, the formation and work of the Human Energy Structure.

Awareness: The larger sense of self-identification that is outside of the smaller self of personality.

Axis Chakra: One of the 13 major chakras located 18 to 24 inches beneath the feet in the primal layer. Part of the Blended Energies System, it is the door into the human universal resonating chamber of the Harmonizing Network.

Bio Layer: The physical body, the central-most of the eight layers of the human structure. It is part of the Layers System and has six strata: dermal, muscular, visceral, skeletal, cellular and sub-atomic.

Blended Energy System: One of the seven systems of the HES. The Blended Energies System distributes the powerful energies of the core throughout the whole structure. It is named for the blending of energies that occurs in the receptivity chambers of the 13 major chakras and fuels the Human Energy Structure.

Blending: Blending is a pure Source energy that enables us to bring into full integration an intentional shift of the structure.

Bones of Light: The Bones of Light hold the structure up and open, giving it a foundation and container so that the intricate workings of the Blended Energies System, the Template and the Layers are protected and fully supported. The substructure, caduceus and the framework are key elements of the Human Energy Structure skeleton, which includes the bones of the physical body.

Brow Chakra: One of the 13 major chakras located in the pituitary gland inside the brain in the bio layer. It is also called the third eye in ancient esoteric literature and is part of the Blended Energies System

Caduceus: This wraps around the core, moving up and down from its points of origin near the inner edge of the soul layer as part of the Skeletal System. It functions as a vertebral column skeletal support for the sacred spine, the core.

Caduceus Core Crossing Pitch-Catch Feature: At the top and bottom of the caduceus, the yin and yang streams breach the core in a pitch-catch feature in the same way the Template villi and Template hooks transport Source energies. The caduceus sheath continues through the core sheath while the top of the caduceus is open to the core so that the streams can cross it. This feature maintains the closed-conduit description of the caduceus and at the same time enables its triple-current streams to cross the core intact.

Caduceus Sheath: Filled with the amniotic-like Harmonizing Network energy, harmonizing blend, the caduceus sheath contains and holds the caduceus inside of the core sheath. The caduceus sheath moves to the side at the top and bottom of the caduceus and opens to allow the streams to cross easily directly into where it is waiting to hold them on the other side of the core.

Chakra: A crossing point of two streams of energy. There are five different kinds of chakras. They are: insignificant, lesser, minor and major. There are literally millions of insignificant chakras, thousands of lesser chakras, several hundred minor chakras and only 13 major crossing points that exist in the structure. Major chakras are a feature of the Blended Energies System. The 10 reflective chakra that spring from the chakra

connectors of 10 of the major chakras are part of the Human Electromagnetic Field System.

Chakra Chamber: The place in the chakra that is the closest to the core, located directly in the front of the chakra as *intentionality* and at the rear of the chakra as *receptivity*. Each of the anterior and posterior chambers contains three nodes, function, purpose and wisdom.

Chakra Connectors: 26 smooth tube-like bands that bind the chakra to the physical expression of the HES during an incarnation and to Template strands when not incarnate. Their purpose is also to conduct chi; they are part of the Harmonizing Network but interact with both the Blended Energies System and the Human Electromagnetic Field.

Chakra Stream: The incoming generic triple-current soul pathways pass through the core, participating in the creation of major chakras at 13 locations. Chakra streams are formed when the streams exit the chakras transformed by their experience at the core. Still in triple-current stream formation but no informed by the chakras, they disassemble at the exiting dispersal valves back into the swirling individual strata of the soul layer.

Channel: A stream of three currents of interactive colored light that move horizontally through the Human Energy Structure, usually above the navel and intersects with the vertical triple-current stream of the core to anchor the HES in time and space. The channel contains the building blocks that comprise the Bones of Light. Its primary function is to witness the core. The channel is also active in the Blended Energies System.

Channel Sheath: The channel sheath is the covering of the channel. It is a cousin to the core sheath and contains the blueprint for the components of the Bones of Light, which form out of the radiant light of the channel under the direction of the sheath.

Chi Pool Chakra: One of the 13 major chakras, located at the exit point of the core in the soul layer. It has the most chakra connectors anchoring in it of any chakra. The root chakra, axis and chi pool itself all anchor in it. It is part of the Blended Energies System.

Clearing: Removing the clutter of extragenic debris out of any structure. In CoreIndividuationTM there are many types of clearings; all of them serve the function of housekeeping of the Human Energy Structure. Clearing makes space for foundational issues that have been obscured and often distorted by this debris but clearing is not healing.

Cognitive: In sacred anatomy the usage of this word is taken from a secondary definition of the root word: cognate something that is related or analogous in nature, character or function.

Cognitive Layer: The fourth layer out from the bio layer, the cognitive is one of the eight Layers System of the Human Energy Structure. It is located between the mental and spiritual layers. Its name is taken from a secondary definition of the root word cognate: something that is related or analogous in nature, character or function. This layer has four strata: the point of transmutation, systems, structural, and organs.

Compatibility: Refers to the ability of any given part of the HES to, with stimulation, be able to react to extragenesis and then to launch into a transformational process. Compatibility is a response to the changing shape and condition of the unified whole as it is reacting to the shift of a part.

Compatible Resonance: Is the phenomena of one thing being attracted to another that is resonating at a frequency compatible with their experience or attractive to them in their current state such as, for example, a cook might attract a cook or a neurotic another neurotic.

Connecting Corridors: On either side of the core and outside the core sheath are located two connecting corridors that convey a portion of only the function and wisdom currents after they have left intentionality and as they travel to receptivity. The other portions of the wisdom and function currents continue straight through the core.

Connectors: All connectors are part of the Harmonizing Network but they show up in every single system suspending, holding, and anchoring anatomical parts. They are also called anchors and hooks. Some connectors may take the form of membranes.

Containing Membrane: The edge of the Human Electromagnetic Field, it touches the framework between the mental and cognitive layer.

Core: Located at the center of every structure it runs vertically from the top of the Human Energy Structure to the bottom and incorporates the spine. It is the divine fragment within each of us that is the Source, the Totality, the Whole, the One, and its main job is to be the energetic center and foundation of the Human Energy Structure as it individuates and expresses universal creative force. The core varies in size and condition depending upon the individual's life experience. It is made up of three primal energies that flow together and are brilliant in color. This triple-current stream is blue, red and golden yellow; blue contains our function, red our purpose and yellow our wisdom. The core is part of the Blended Energies System. Other forms of life have a core including amongst many others planets, trees and dogs.

CoreIndividuationTM: The name of the work founded by Desda Zuckerman that addresses the whole HES using operating principles, procedures, the development of skills to work with energy, the subtle human anatomy and techniques. CoreIndividuationTM is based on the sacred anatomy mapped by Ms. Zuckerman that is the subject of this book.

Core Sheath: A protective layer around the core. The core sheath is a hub of communication and connections that affects the entire Human Energy Structure. It is a part of the Blended Energies System.

Crown Chakra: One of the 13 major chakras, located in the soft spot or baby's fontanel in the skull of the bio layer. It is part of the Blended Energies System.

Cultural Constipation: A dysfunction commonly seen in the Elimination System, it is an inability to release debris naturally. The frequency of this problem speaks to a greater cultural imbalance and could be called a kind of culturally based constipation.

Dan Tien Chakra: One of the 13 major chakras, located in the gut of the bio layer. It is part of the Blended Energies System.

Dispersal Valves: There are 13 dispersal valves. Each chakra stream has one: the exiting dispersal valve. All dispersal valves have three segments, each designed to contain one part of the core and chakra empowered triple-current chakra streams as they exit the influence of the major chakra.

Divine: The Source, the Totality or the Origin.

Divine Attribute Receptors: These receptors are located in the Bones of Light framework between the primal and mental layers and attract pure Source energies, which enter the structure through the channel sheath.

Divine Gate: One of the 13 major chakras, located inside the soul layer at the opening of the structure to the core. It is part of the Blended Energies System and is the upper most chakra.

Edge: The edge is the outer boundary of the Human Energy Structure, what could be called the third skin. The first skin is the edge of the bio layer, or the derma; the second skin is the edge of the Human Electromagnetic Field and the third skin is the edge of the soul layer. This place is a very powerful seat of awareness. We place awareness there and use it in CoreIndividuationTM as the healer's stance.

Edge Elimination Sphincters: In the Elimination System, streams of exiting debris are carried across the raging currents of the soul layer in a fan of tiny and densely assembled release tubes that release the debris in a diffused way at the edge through what looks like tens of thousands of pinhole-sized edge Elimination sphincters.

Egoic Nature: The demonstrated qualities of the ego or sub-self, which is not the authentic self. The egoic nature is driven by patterns, habits and imbalances expressed and organized by the mind. Through the evolution of consciousness, the egoic nature gets stronger and larger until it either dominates completely or begins to deconstruct, leading to the beginning of the process of enlightenment. To some degree the egoic nature is always fighting for control. The egoic nature equates to the Buddhist "monkey mind," which is to be wrestled with in meditation.

Elements of Connection: An event that happens in the Harmonizing Network, elements of connection are the overlapping points where the frequencies of the different systems merge to create another energy and to support the whole.

Elimination System: One of the seven systems of the structure, the Elimination System releases debris and toxicity from the Human Energy Structure to keep it healthy and constantly renewing. It has wheels that spin to release unwanted energies.

Elimination Intake Vents: Four vents that protrude out above the upper edge of the soul layer inside of the core sheath. Elimination intake vents attract Source energies that support the process of elimination and stimulate the Elimination System into action. They are located at the four corners of the core sheath.

Emotional Layer: One of the eight layers of the HES, located just outside of the bio layer and next to the primal layer. Part of the Layer System it has two strata: foundational emotion and present emotion. This layer is dedicated to the processing and experiencing of emotional content in life.

Embodied Presence: To bring the weight of your own presence into the physical body and own it as a way to live in the world.

Ensoulment: The very first time the individuated soul takes possession of the bio layer is called ensoulment. In its most basic form, it is the process by which the soul pathways enter the bio layer for the first time in utero. This happens three hours to three days before birth of the physical body and actually stimulates the birthing process.

Etheric Layer: Next to the soul layer and further out than the spiritual layer, the etheric is one of the eight Layers of the Human Energy Structure and part of the Layer System. It has eight strata: Recent, death and karma, maturity, youth, childhood, infancy, first phase and inception. This layer is the library of the soul's journey, a mini Akashic Records devoted to recording and collecting data about the individuation's experience, lessons and actions.

Extragenesis: Coined by Desda Zuckerman in 2002, it means before or above the beginning of creation. It is the intentional focus that existed in the mind of the Source or the moment before the spark of creation burst into flame. Extragenesis is that firing moment of inspiration that exists *before* an idea, concept, thought, vision, belief or primary manifestation comes into being.

Extragenic: Taken from the term extragenesis, it means before or above the beginning. In this usage, extragenic is a descriptive word meaning available to transformational change. Energy that is extragenic is charged with the inspiration of possibility and it is ready to be used for a purpose.

Extragenic Energy: Energy that is full of possibility and that is available to be worked with. It has not yet been assigned, attached or focused but is raw and unshaped subtle substance ready to be charged with direction and use.

Extragenic Joint: Every system has an extragenic joint that keeps it in tune with itself and the other systems. It is part of the Harmonizing Network.

Extragenic Stomach: The Extragenic Stomach or e-stomach is part of the function of the Template System but is also incorporated into the Elimination System. It is contained within the core sheath, wrapping around it at the center of the HES and receives Source energies from the template strands via the Template inlets and the star point. The grinding digestive function of the e-stomach changes the pure Source energies further by making them compatible with the Human Energy Structure as extragenically charged nutrients.

Extra-Somatic: The felt sense experience of a release occurring in the Human Energy Structure. Extra-somatic response happens when a part of the structure comes to conscious awareness and the individual begins to feel the experience of it as part of their self-identity. The entire system moves from “this is something that happens” to “this is happening to me and I feel it.”

Filters: The divine gate and the chi pool each have four filters that are part of the Blended Energies System. The filters of the chi pool are also participants in the Elimination and the Template Systems. The four filters, which reside in the soul layer, are above and below and to the left and right of the two chakras. Their purpose is to filter the fuel swirling in the soul layer that feeds the structure as well as the initialized Source energies that come from outside the HES and are funneled into the soul layer through drains from the e-stomach. Before all these energies meet in the soul layer they have been filtered and any debris is removed. This enables the fuel to be as clean as possible.

Five Harmonizing Channels: Five circulating channels, part of the Harmonizing Network, that primarily runs through the Human Energy Structure in the cognitive layer's point of transmutation. Four of the channels are moving in large elliptical orbits at the four compass points, while a central channel moves in the core sheath making a turn when it intersects with the point of transmutation. The harmonizing channels are all filled with harmonizing blend and radiate this vital energetic frequency unceasingly.

Focused Intention: A clear idea formed in the mind and directed in a cogent manner at a specific target.

Four Aspects of the Authentic Self: Four balls of light located at the top of the core and imbedded into the front of it like mastheads of a ship. The four aspects incorporate the first inspiration of unique identity. They are divided into the emotional aspect the mental/psychological aspect, the spiritual aspect and the physical aspect. The Human Energy Structure comes into being as the creative or authentic expression of these four aspects. It is the seat of the consciousness of individuation. Although a part of the entire structure, this anatomy is in the Blended Energies System.

Framework: Part of the Bones of Light, the seven segments of the framework's function is to support the expanded Template and infant soul layer, much like the frame of a house supports the roof and walls. The framework gives the HES its shape and holds the forming Layers and their strata separate from each other. Because it does this, the Layers go on to

develop greater integrity and a more complex individual identity. The texture and appearance of the framework is like a saturated golden sponge.

Generator: As the soul pathway passes into the core, it merges with the powerful movement of the downward spiraling triple-current stream and becomes informed with the purity of this power. The intentional focus of the soul pathway combines with this informed power to make the generating action of the major chakra.

Grand Cross: The grand cross is the big crossing point at the center of the Human Energy Structure where the core and the channel meet. It does not create a chakra because both components are independent of each other and neither originates with the other as in the case of the soul pathway and the core. It can be in one of two locations, the heart area or the gut. The core and the channel meet as equals in the grand cross.

Grand Cross Seal: The seal keeps the core and channel separate and distinct. It is a part of the Bones of Light and is filled with harmonizing blend.

Greater Gate: The entry point of the triple-current soul pathway into the core. Credit goes to CoreIndividuationTM practitioner Glenn Hartelius for bringing to light the importance of this distinct anatomy and for giving it a name.

Greater Mind: The thinking, reasoning, feeling, knowing mind that is larger in capacity than the *head mind* as it is based outside of the small personality-driven identity. The greater mind identifies as the individuated soul and is open to larger realizations and more deeply inspired creative thinking, which may be outside of the belief system of the personality-thinking head mind. The larger anatomical container of the greater mind is the Template, which acts as a neural net conducting information or stimuli from one part of the HES to another.

Guide Wires: All the substructures consist of two large discs and five sets of guide wires in two segments. All are part of the Skeletal System, the Bones of Light. Surrounded by wire sheaths they act as grounding wires for the Human Energy Structure.

Harmonizing Energies: The nine big energies that fulfill the function of the Harmonizing Network by keeping all parts of the anatomy harmonized with each other to operate effectively and to radiate optimum health and well being. These energies are: harmonizing the Layers, harmonizing the Template, harmonizing the Blended Energies System, harmonizing the Bones of Light, harmonizing the Elimination System, harmonizing the Human Electromagnetic Energy Field, harmonizing the Harmonizing Network, harmonizing blend (a composite energy) and harmonizing the surrounding universal.

Harmonizing Network: One of the seven systems of the HES. The focus of the Harmonizing Network is to support the entire structure and to keep it aligned with the original expressions of pure Source energies. It crosses the boundaries between the various systems, giving a blended sense of unity and stimulating harmony and connection throughout via a network of meridians and channels, connectors, anchors and hooks and by harnessing specific energies designed to support the systems.

Healing: Healing is what happens when the four aspects of the authentic self direct the Human Energy Structure to cause, accept and implement a shift toward greater expression of wellness.

Heart Chakra: One of the 13 major chakras, located in the center of the chest underneath the sternum in the bio layer. It is part of the Blended Energies System and located above the channel when the grand cross is in the heart area.

Hubs: Hubs are shaped like a donut with the core and core sheath inside the hole. They are the center of the Elimination System wheels. There are five horizontal wheels and four vertical wheels all have hubs. The vertical hubs attach into the top and bottom wheel hubs.

Hub and Inner Edge Funnels: These funnels are part of the Elimination System. Funnels inside of the hubs attract and corral Source energies as well as debris, moving first one then the other through the hub spoke receptors. Four of these funnels coordinate with the four hub links per wheel. There seems to be a randomness to which hub link attaches to which funnel. Additional funnels are located at the outside edge of the hub

and in the inner alignment track of the inner edge of the soul layer. There are eight outside funnels per wheel at the hub, one for each hub spoke receptor and accompanying spoke, and eight funnels for each rim spoke receptor and spoke in the inner alignment track. There are also funnels inside the inner edge of the soul layer that behave the same way, but in this case they capture debris from the inner edge and move it into the rim waste valve. The vertical wheels each have four hub spoke receptors and funnels in the inner alignment track.

Hub Links: Elimination System hub links make a connection between the Elimination intake vents and the hub. They act as storage tanks for pure Source energies that enter through the vents and aid elimination. They empty into the spokes after the transfer of debris and when the hub spoke sphincter opens.

Hub Spoke Receptors: In the Elimination System there are receptors located at the end of spokes closest to the hub. Eight for each wheel are imbedded in the hubs and cause the spokes to attach to the hub.

Human Electromagnetic Field: Also a system of the Human Energy Structure, it is an electromagnetic field that exists in reaction to the Bioelectric System that stimulates the beating of the heart and synaptic connections in the brain. The Human Electromagnetic Field is known as the aura and is partially captured in Kirilian photographs. It overlays the four inner layers of the structure but is not part of them and has its own layers and a suspending system that attaches to the inner edge of the soul layer and the framework. This is the delivery system of the Human Energy Structure, bridging the subtle and material and bringing the messages of the sacred anatomy into the world.

Human Energy Structure: Abbreviated as HES. It is the whole human structure, from physical manifest form to the subtlest aspects of the soul. It is made up of intelligent interactive light that can be felt, seen, worked with and understood. It consists of seven separate anatomical systems, which include the totality and the individuation. Each one of these systems contains complex interacting parts that serve specific functions. All of them are interconnected and rely upon each other to support the whole. In its most idealized form, it is egg shaped. The core vertically pierces the top and

bottom and the channel anchors the Human Energy Structure by crossing it horizontally. Also called the one body or the structure.

Hygiene: The clearing, cleaning or purifying of a part of the HES. Over time, the normal functioning of all parts of the structure creates debris. The individual experiences the natural cluttering of portions of a system to lesser and greater degrees. This natural cluttering may last for a time and then naturally release. If it does not, clearing is necessary to maintain good hygiene. Interacting with others at the edge of the energy structure is good hygiene.

Individuation: The core separates out into three single currents that stay contained within the holding tank of the soul layer. This separation is the individuation of the core and the expression of the four aspects of the authentic self.

Injury: All portions of the Human Energy Structure may experience injury the same way the bones and tissue of the bio layer can be injured. Injuries are the result of trauma and can be treated accordingly much like you would treat a similar injury in the physical body. Injury shows up as tears, breaks, twists, sprains, pulls, jams and fractures. Injury can happen to any part of the Human Energy Structure except the core and channel.

Inner Alignment Track: The inner alignment track is part of the Bones of Light and is located in the inner edge of the soul layer. It is filled with harmonizing blend and is a hub of connection for the entire structure.

Inner Edge of the Soul Layer: This anatomical location is part of the Layer System and is the boundary of the soul layer. Many other parts of the HES anchor into this foundational spot or into the inner alignment track that it contains within it. If anchored into the inner edge of the soul layer the anatomy is seeking stabilization as opposed to communication and connections; those are the territory of the inner alignment track.

Insignificant Chakra: A crossing point with no noticeable consequence. There is no hint of anything other than the crossing of two parts of the Human Energy Structure including both subtle and material.

Each time blood vessels and veins cross that is an insignificant chakra. Is there an energy center, an event that occurs there? Minor at best.

Integration: Integration is a pure Source energy that we apply to support the acceptance of an intentional transformational shift in the HES.

Intentionality: When the soul pathway first enters the chakra chamber it experiences intentionality. It is the place in the Blended Energies System where the specific purpose and function of each chakra is focused. The previously *generic* energy now knows its mission. This is the seat of the yang energy of the Blended Energies System. It is the most aggressive and active portion of the chakra.

Karma: A soul contract with another person or persons that must be completed to move on. It is caused by past actions, attachments and previous life experiences and, as a result, outstanding karma creates imbalance in some way for the Human Energy Structure. The intention held in heart, mind and spirit behind actions is what creates karma.

Layers: The HES has eight layers in the Layers System: the soul layer at the outermost edge, the etheric layer, the spiritual layer, the cognitive layer, the mental layer, the primal layer, the emotional layer and the bio layer (the physical body). The Layers move in to the core in concentric three-dimensional egg shapes beginning with the soul layer. They are a system unto themselves and can be compared to the organs of the physical body, each one with a unique function and identity that serves the greater whole. Combined, the Layers have 36 different strata. In esoteric metaphysics the different Layers are called bodies.

Lesser Chakras: Places where defining structural parts cross. Example: the soul pathway of the heart crosses the framework between the emotional layer and the primal layer. There is an echo-like event that happens at this point, marking the occurrence and yet nothing is activated or moves out of this point. There is a suggestion of anatomy and yet no anatomical event occurs.

Lesser Gate: The entry point and exit point of the soul pathway into and out of the posterior and anterior chakra chambers. Credit goes

CoreIndividuation™ practitioner, Glen Hartelius for the name and discovery of the importance of this part of the chakra anatomy.

Lunar Chakra: One of the 13 major chakras, suspended between the ankles off the physical body in the emotional layer. It is part of the Blended Energies System.

Major Chakras: The 13 crossing points of the incoming triple current and the descending triple-current core create powerful energy centers in the Human Energy Structure called major chakras. Extragenic energy is generated at these intersections in two stages. When the streams cross and as they merge, a contraction resembling a violent in-breath occurs, resulting in a forceful expansion in an outward direction of great intelligence and strength. This appears to be a gathering in, like an inspiration, and then a reaction of outward release that is a contained explosion of extragenic energy. The currents within the streams of both the core and the chakra spin at high velocity in opposing directions. The resulting friction at the crossing point causes reactions at the core, making this point an informing center or a power station. This informing response is what creates a major chakra.

Maya: The Vedic term for the illusion of material existence.

Mental Layer: Located between the primal and cognitive layers, the mental is one of the eight layers of the Human Energy Structure and it is part of the Layers System. The mental layer has three strata: chaos, acceptance and organization; acceptance is the seat of the divine feminine in the structure. The mental layer is the home of all mental activity in the Human Energy Structure from inspiration to order and intellectual acceptance of the unfolding of soul's purpose.

Meridians: Core meridians are currents of energy or chi that move throughout the entire HES. There are two kinds of meridians in the Harmonizing Network: the core and the cognitive. They are energy conduits made of a fine fibrous membrane that carry the life force or chi energy throughout the Human Energy Structure, which includes electromagnetic energy while embodied. The core meridian carries energy out of the core sheath toward and into the universal and the cognitive meridians carry energy from the point of transmutation into the bio layer.

Minor Chakra: Crossing points where action occurs that supports and influences the rest of the Human Energy Structure. These are *support chakras*. Example: The alignment valves at the front of the soul pathways are minor chakras. They are important. Something fundamental happens here in relationship to the greater whole. The minor chakra has almost the same anatomy, as does the major chakra, however, the significant difference is that there is no core at the center to inform the receptivity.

Morphogenetic Field: A hypothetical biological (and potentially social) field that contains the information necessary to shape the exact form of a living thing as part of its epigenetics and may also shape its behavior and coordination with other beings. This hypothesis is attributed to Rupert Sheldrake and is not accepted by most scientists, who consider it pseudoscientific. Definition: *Wikipedia*.

Neural Net: The Template is the neural net of the HES, acting as a kind of nervous system, sending information to the whole from a point of stimulus.

Neurohypophysis: The posterior section of the pituitary gland, it is actually a gland unto itself and receives two main hormones from the hypothalamus located above it.

Neural Template Fibers: These are tiny, short, pale-pink, rod-shaped fibers contained within both varieties of Template strands. They act as conductors for impulses that carry information from one part of the system to another. These are an important part of the extensive neural network that is one of the primary functions of the Template

One Body: The whole human structure, from physical manifest form to the subtlest aspects of the soul. It is made up of intelligent interactive light that can be felt, seen, worked with and understood. It consists of seven separate anatomical systems, which include the totality and the individuation. Each one of these systems contains complex interacting parts that serve specific functions. All of them are interconnected and rely upon each other to support the whole. In its most idealized form, the one body is egg shaped. The core vertically pierces the top and bottom and the channel anchors the one body by crossing it horizontally. The term: one body is a

statement that there is only one- body and not multiple bodies as the Layers have been called. Human Energy Structures are one complete and whole body.

Osmotic Barriers: The barrier at either end of the connecting corridors of the major chakras.

Out of Phase: Palpated in the Human Energy Structure as different levels of vibrational frequency and intensity, out of phase is a pathology that can happen within all systems, causing the affected system to go out of tune or sync with the rest of the structure, either vibrating too fast or too slow.

Pathology: Applicable to the entire HES, pathology is created by the loss of balance of the four aspects of the authentic self and shows up in many ways.

Permeable Collectors: Located on the outside of the spokes and part of the Elimination System, the permeable collectors are exactly what they sound like: permeable tubes that absorb debris through their skins and store it until the spoke has finished the journey across the Human Energy Structure. Waste valves both collect and release debris at either end.

Pitch-Catch Feature: The pitch-catch feature of the Template is located at the base of the Template villi (pitcher) and in the Template hook at the inner edge of the soul layer (catcher). Source energies are conveyed down the villi and pitched across the soul layer and caught by the top of the Template strand to be transported down into the e-stomach.

Point of Transmutation: A stratum located in the cognitive layer of the Layers System. It is where the idea of a being is implanted, which enables the process of physical manifestation to begin. This could be called original conception. The entire cognitive layer works to this end. It is the personal Garden of Eden where the soil is so fertile that anything implanted will grow.

Posterior: Back

Primal Layer: Located between the emotional and the mental layers, the primal is one of the eight layers of the Layers System of the HES. It has four strata: tribe, DNA, legacy and instinct.

Principle: A law or foundation that defines and drives action and operation.

Procedure: Transformational healing work with different methods designed to work with specific energies in the Human Energy Structure. The purpose is to support the individual to return to wholeness.

Pulse: The frequency of each of the four authentic aspects radiates out from the star point through the Template strands into every part of the Human Energy Structure. This frequency can be *read* as a pulse. Each pulse indicates a different view of the health and well being of the four aspects of the authentic self as expressed through their vertical soul conduits. The Blended Energies Systems generate a HES pulse out of the implosion and explosion at the chakra. The rate that this event occurs is the pulse and all 13 major chakras synchronize the rate.

Radiant Points: Twelve radiant points are located in the Template System and have to do with the accessing and use of specific sorts of karma. They are located: 2 in the etheric layer, 2 at the temples, 2 below the collar bones, 2 near the scapula, 1 at the liver, 1 at the spleen and 2 at the back of the calves.

Reading: In the context of sacred anatomy reading means to observe or watch and note distinctions presented by either another person, a situation or a part of the subtle anatomy. A reading will contain factual information that the person either does or does not consciously know as the source of the information is the Human Energy Structure itself and not the personality.

Receptor Sites: Located at the very edge of the soul layer, the sites are part of the framework. Connected to the channel, they are also part of the Bones of Light. The receptor sites house the ends of the Template strands that transform into Template villi at the edge, feeling into the Universal for

specific energies. The receptor sites are filled with harmonizing blend and tell the Template villi which energy to attract.

Receptivity: Located in the posterior chakra chamber of the Blended Energies System, this is the location in the system where each individual chakra's charged and focused intention is received, blended and made ready for use. This is the yin or yielding energy of the system. Without the softening action of receptivity, the highly charged and focused energies are too aggressive for the Human Energy Structure to integrate. The blending that occurs in receptivity includes the pure intentionality of function and wisdom as well as the super-charged triple energies that exit the core. Combining all these energies allows the Blended Energies System to power the subtle as well as the material and lends this system its name.

Reflective Chakras: The Human Electromagnetic Field System is based in the reactive and reflective nature of electromagnetic energy the bio layer generates. It has 10 reflective chakras or r-chakras: r-solar, r-crown, r-brow, r-throat, r-heart, r-solar plexus, r-dan tien, r-root, r-lunar and r-axis. Each of these r-chakras is a combined reflection in the Human Electromagnetic Field of the chi generated at the two chakra connectors of each of the corresponding chakras in the larger HES that are part of the Blended Energies System. Each connector generates four spinning vortices of energy, two at the anterior of the core and two at the posterior and these two wheels cross at the front and back combining to make 10 larger r-chakras in the Human Electromagnetic Field that resemble a rosette. Their job is to deliver the message of the major chakra into the world by radiating energy out with the spinning rosettes.

Reflective Layers: The reflective layers overlay the four inner most layers of the Layers System from which they take their names and locations. The reflective layers are part of the Human Electromagnetic Field System, the reflective mental, the reflective primal, the reflective emotional and the reflective bio layer.

Release Tubes: In the Elimination System, streams of exiting debris are carried across the raging currents of the soul layer in a fan of 30 to 40 tiny and densely assembled release tubes that release in a diffused way at the edge through what looks like tens of thousands of pinhole-sized Elimination

sphincters. Sphincters dedicated to the release tubes open to receive debris when the spoke docks at the inner alignment track.

Resonating Chambers: The Harmonizing Network vibrational frequencies are sounded in nine resonating chambers. They are: Blended Energies resonating chamber located in the core sheath, Layers resonating chamber located in the point of transmutation, Template resonating chamber encircling the Human Energy Structure in 360 degrees at the center, the Bones of Light resonating chamber in a elongated oval from your upper left to lower right, the Elimination resonating chamber in an elongated oval from your upper right to lower left, Human Electromagnetic Field resonating chamber like a large walnut half over the physical body at the center of the structure, the Harmonizing Network resonating chamber in the suspending track of the divine gate, the harmonizing blend resonating chamber in the chi pool in a figure-8 shape and finally the human universal resonating chamber 18 to 24 inches in the Earth's crust where we can access it with the axis chakra.

Rims: Part of the anatomy of the Elimination System wheels. Rims hold the traveling spokes in alignment as they move across the Human Energy Structure from the hub to the inner alignment track. There are 8 curved sections that make a complete circle to form the entire rim of a wheel.

Rim Docking Locks: Connectors that allow the rims to affix to the inner alignment track and to stabilize them while at the inner edge unloading debris.

Rim Ligaments: A part of the Elimination System, the rims hold the spokes of the wheel in a fan shape as the spokes leave the hub and travel toward the inner alignment track. The rims keep the spokes equidistant and in formation while moving. Once the rims dock into the inner alignment track they keep the spokes held firmly as debris transfers.

Rim Receptors: Anchor the rims of the Elimination System wheel rims into the inner alignment track.

Rim Spoke Receptors: Located in the Elimination System, rim receptors attach to the end of the spokes closest to the inner edge of the soul layer. Eight for each wheel are imbedded in the inner alignment track and hold the spokes fast while debris is unloaded into the release tubes.

Root Chakra: One of the 13 major chakras, located in the perineum between the anus and the testes or vagina of the bio layer. Also called the base chakra it is part of the Blended Energies System.

Sacred Anatomy: Subtle or energy anatomy that comprises the Human Energy Structure. Contemporary sacred anatomy has been mapped by Desda Zuckerman and is the subject of this book.

Sacred Anatomy Teachings: These teachings are the ways that sacred anatomy can be used for a greater expression of authentic human self. They are also about the knowledge contained within the sacred anatomy. What we can learn from our own life expression and process of coming to consciousness is stored within us.

Set Intention: Giving the monkey-mind a job, keeping it busy engaged in a valuable exercise and contribution that benefits the whole.

Shadow: The aspect of the human expression that represents the dark side or underbelly of the highest truth. Not the lowest, but another unseen and mysterious face of the highest. It may behave or express as evil and yet is not separate from the Totality or the Divine.

Signatures: All things that are, vibrate and pulse at unique frequencies in denser and denser patterns of light. We experience our world and our relationship with our world as encounters with frequencies, which develop into signatures as they encounter the Human Electromagnetic Field.

They sometimes become attached to or contained by the HES of the person, place or thing encountered. All people have a personal energetic signature.

Silver Tether: The silver tether stretches from the containing membrane of the Human Electromagnetic Field to the inner edge of the soul layer and they hold this system steady and supported.

Solar Chakra: One of the 13 major chakras, located in the mental layer approximately 18 inches above the head. It is part of the Blended Energies System.

Solar Plexus Chakra: One of the 13 major chakras of the Blended Energies System, located in the solar plexus of the bio layer.

Somatic: Relates to the sensate experience of the bio layer.

Soul: The soul is pure self-realized intelligence that expresses constantly in the moment. Not mind, thought, action, sensation or emotion, it has a deep and abiding purpose to express, and this expression takes the form of individuation which drives the creation of and the operation of the HES.

Soul Connection at the Edge: One of the nine levels of sensing used by CoreIndividuationTM practitioners also called *going to the edge or the stance for living*. This skill is developed as the healer's stance in the Human Energy Structure. It uses the edge of the soul layer as a location from which to sense the world.

Soul Layer: The outermost of the eight layers of the HES, it is the home of the edge and the border of the entire structure. It is part of the Layers System and has three strata, which are also the individuated currents of the core: blue-function, red-purpose and golden-yellow-wisdom.

Soul Pathways: Soul pathways are the generic triple-current streams that form at the entering alignment valves in the inner edge of the soul layer. They pass through the core, participating in the creation of major chakras at 13 points along the core. When they exit the chakras they are changed into chakra streams by their experience at the core.

Source: An evolving context that is pure intelligence out of and within time and space. Everything happens in this context and is of this context. It is the Alpha and the Omega, the great I Am. It is nothing. It is everything.

Spheres of Influence: A manifestation in the Harmonizing Network, spheres of influence are rare, vibrant gold, cobalt blue or crimson red egg

and ball-shaped banks that store specialized knowledge that can be accessed or opened to retrieve data from previous lifetimes. Sphere transmitters and connection rings support the function of the spheres.

Spirit: Soul focused into expression as individuation moves through experience into self-definition as soul's purpose. To return to the Source requires the creation or the phase of spirit, which is the container of purpose. We carry our soul's purpose to completion with our spirit. It could be called the natural expression of the human nature.

Spiritual Layer: Located between the cognitive and the etheric layers, the spiritual is one of the eight layers of the Layers System of the Human Energy Structure. It has six strata: deity, angelic, intuition, fairy folk, elementals, and guides and guardians.

Spokes: Part of the Elimination System, spokes are fashioned out of a permeable membranous substance. They attach to a wheel and conduct debris.

Spoke Receptors: In the Elimination System, the inner edge of the soul layer contains spoke receptors that are similar to the core sheath Elimination cup receptors found in the core sheath.

Spoke Rings: Part of the Elimination System contained within tube-shaped spokes; 15 to 25 rings expand and contract to move debris through the spokes. They are made of permeable membranous substance that feels warm and slightly sticky and is constantly moving.

Spoke Sphincters: In the Elimination System, two different kinds of spoke sphincters are found at the ends of the spoke. At the hub end of the spoke it is called the hub spoke sphincter and at the other end it is called the rim spoke sphincter. The shape at the hub end is smaller than at the rim end of the spoke because denser debris is expelled here. At the outside of the spokes, permeable collectors attract and store waste from throughout the Human Energy Structure and at the end of each side surrounding the sphincters are waste valves that release the debris.

Stabilization: Stabilization is the energetic of balance that allows us to support a destabilizing change in the Human Energy Structure in a healthy manner.

Star Chakra: One of the 13 major chakras in the Blended Energies System; located in the spiritual layer.

Star Point: The center of the Template. It extends out of the core sheath and protrudes through the derma close to the belly button of the bio layer, pushing out from the Template in a star-shaped nub-like protrusion. It is the receptacle for most of the Template strands and is an anchor for and an access into the Template. It can be stimulated to active the expansion of the Template. The strands and the star point are pale lavender and green with a golden-orange glow surrounding them.

Star Point Conduit: Part of the Template, the star point conduit attaches into the core sheath at the rear of the star point. All of the strands that have gone into the star point go down the conduit into the e-stomach where the Source energies are personalized and initialized for use by the HES.

Strata: Membranous strata divide the Layers and are part of the Bones of Light.

Structure: Another term for the entire Human Energy Structure.

Substructure: Part of the Bones of Light all substructures consist of focused energy in the form of two large discs and five guide wires, each in two segments for a total of 10. The discs are 2 to 3 inches in thickness and are contained in a membrane that adds another 1 to 2 inches in width. The discs run the entire length of the HES. There are three different kinds of substructures: alpha, beta and gamma. Types are distinguished by the configuration of the discs. Substructure membranes surround the substructure anatomy. Ten inner edge anchors suspend them into the inner edge of the soul layer and 10 interior connections hold the guide wires fast into the discs.

Substructure Membranes: Part of the Bones of Light the substructure membranes are clear and surround the anatomy of the substructure.

Subtle Light Matrix: Subtle light matrix is personalized and charged amniotic-like subtle light that will become subtle life within the material body. It is accessed and used by the Bones of Light to form the skeletal structure.

Suspension Tracks: These are suspending ligaments that are part of the Bones of Light and yet act to support the Blended Energies System soul layer chakras, the divine gate and chi pool. They are slung like circular hammocks from the inner edge of the soul layer's inner alignment track into the core sheath with ligament connectors in four places at the interior and four at the exterior.

Super Receptor Sites: Extra large receptor sites with extra long villi ring the entrance and exit points of the core from the structure. These are part of the Bones of Light, and the extra long villi are part of the Template.

Telegraphing: Telegraphing refers to the human ability to “send out” a call within the structure for a portion of the anatomy to respond. The intention of the person telegraphing attracts to them what they are seeking.

Template: The Template has many functions, but it is primarily the information and sensate network that links the entire Human Energy Structure including the bio layer. It is most closely associated with the Nervous System of the bio layer and performs a similar function of sending impulses from one location to another. Template strands travel through every part of the structure allowing immediate transference of important information between systems and remote segments. It is lavender and pale green in color and looks like an enormous three-dimensional root web.

Template Drains: Changed energies and debris exit the stomach into Template drains that, move energy down the core sheath to the soul layer where the drains empty into the chi pool filters. Here the changed energy is cleared of debris and incorporated back into the soul layer. This new energy enriches the fuel of the individuated soul layer. Template drains serve both

the Elimination and Template as they leave the e-stomach but they are part of the Template.

Template Echo: Contained within the Template, the echo is reflectively *felt* or mimicked in the Template of a person who is making an intentional connection with another. The echo is one way that the bio layer responds to information held in the Template of another person. It is a kind of sympathetic resonance that can respond to the condition of the Template.

Template Hooks: Part of the Template System Template hooks hold the Template in place and allow the expansion and contraction of the Human Energy Structure. They have three basic functions, one as an anchor, the second as a blending place and funnel for combining energies, and the third as a base for villi-like antennae.

Template Inlets: Receive the Source energies entering from the Template strands at the core sheath and star point and carry them to be digested in the extragenic stomach. Template inlets run the length of the core sheath where they are located, transporting Source energies and debris from the strands into the e-stomach. They are part of the Template System.

Template Intake Vents: Four vents protrude out above the upper edge of the soul layer inside of the core sheath. Template intake vents attract Source energies that support the process of initialization and personalization in the e-stomach and stimulate it into action. They are located at the four corners of the core sheath and are part of the Template System.

Template Regions: The Template is broken down into separate sections each with a specific affiliation. Regions are devoted to all of the different parts of the anatomy and the functions of the HES. When damage occurs in the Template, it affects the region and can result in an impact to the corresponding area of the anatomy.

Template Strands: These gradually evolve out of the fine mist that reaches across the new Human Energy Structure to the soul layer from the core sheath, as well as from the soul layer toward the core sheath. There are two kinds of strands: singular and general in the Template System. Singular strands act like specialists and are aligned to only one function, and general

strands behave like generalists and serve combined functions of the Template. Singular appear to be thinner and general thicker. They are lavender and pale green in color, with the thicker strands appearing to be a deeper color. The strands enter the core sheath and star point through inlets.

Template Villi Antennae: The Template strands end as billions of tiny hair-like villi extending from the edge of the Human Energy Structure. Each one of these miniature antennae will become a center of a receptor designed to receive a specific frequency. The receptor site is actually part of the Skeletal System of the structure, but the little villi protruding from the edge at its middle are part of the Template System and as such are a further extension of the neural net function of the Template. Each villus attracts and receives the vibratory signal of a specific emission from the Source. They anchor into the inside of the soul layer with villi hooks.

Throat Chakra: One of the 13 major chakras, located in the throat below the vocal cords and above the thyroid gland in the bio layer in the Blended Energies System.

Totality: The All, the One, the Divine, the Whole, the Alpha and the Omega. Human beings are at their core, the Totality.

Triple-current Stream: The vertical downward moving core is a stream of light made up of three separate currents; they are the blue function current, red purpose current and golden yellow wisdom current. The structure has triple current streams in only four parts of the anatomy: the core, the channel, the 13 major chakras and the caduceus, which acts as the vertebral column supporting the core. The Bones of Light and the Blended Energies Systems are the two systems that contain triple current streams.

Universal: The universal exists everywhere and is the soup we walk through and breathe into. The universal is benign. It surrounds the Human Energy Structure, holding it as it evolves, accepting all in complete non-attachment. The universal is devoid of content unless the content has identity and is attached to a structure. It is called the surrounding universal around a structure.

Universal Attraction: A principle of CoreIndividuationTM. Universal attraction means that the unindividuated or unidentified extragenic energy, identified as universal, is attracted only to itself. Universal will seek the universal; like seeks like. Inside the HES, debris experiences the release attachment as it moves closer and closer to the universal, being pulled more strongly into the thing that it is like.

Universal Non-Attachment: A principle of CoreIndividuationTM relative to the release of issues, debris or attachment. Until an individual is able to experience some level of non-identification with the debris or issue in the Human Energy Structure, it will not release out of the confines of the structure. This does not mean just being aware of its presence, it means non-attachment, which is to say, not identifying it as having significance, value or charge. It means no longer owning the content of a past event at any level and instead letting it go freely as a move toward lightening up.

Vent Openings: Eight openings give access to the four Elimination intake vents and four Template intake vents contained in the core sheath located at the very top of the structure. They protrude above the four aspects of the authentic self, and the openings themselves behave like Template Villi as they attract to the vents specific universal Source energies that in their pure form support the unique and critical actions of the e-stomach. The e-stomach is part of both the Elimination and Template Systems.

Vertical Chakra Conduits: These vertical chakra conduits run up and down the core sheath like electric conduits with designated strands going singularly into the function, purpose and wisdom currents of each chakra from every other chakra. These conduits act as super highways for communication and transfer of information between all of the chakras.

Waste Valves: At the edge of the spokes on both ends and attached to the permeable collectors are waste valves. At the hub end is the hub waste valve and at the other end are the rim waste valves. These valves fit into the hub and rim spoke receptors along with the spokes.

Web of Indra: The explanation of the fabric of time and space as written about in the ancient Vedic text, the *Rig Veda*.

Wheels: There are five horizontal wheels in the Elimination System stacked along the core, and four vertical wheels, two on the top and two on the bottom horizontal wheels. Each wheel has spokes and a hub and connects into the inner alignment track of the inner edge of the soul layer to release debris.

Wholeness: All aspects of the authentic self and the HES expressing fully as the whole being.

Witness: To hold another at the edge selflessly and in complete compassion without agenda or desired result.

Witnessing: The stance of acceptance. To witness means to stand in the shoes of self-realization, uninvolved with facilitating the process of whatever action is taking place with no agenda or investment in outcome. Witnessing is a state of awareness that allows another to *become*. It is a critical part of the unfolding of the potential of life.

Witnessing Chamber: Surrounding the channel in the channel sheath of the Bones of Light, the witnessing chamber is the location where the structure is witnessed and where a person witnesses others.

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Sheridan has over 20 years experience coaching leaders and teams to embody their values and achieve what matters most. She partners with mid-career professionals seeking reinvention and renewal, as they access their own power and authentic presence. As a trainer, Sheridan designs and facilitates workshops on topics such as Authentic and Team Leadership, Intuitive Decision Making, Purpose-Centered Career Reinvention and Living from One's Core. As Principal of Purpose At Work, she works by phone and in person and lives in the Washington, DC area.

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Kelly Peters is the owner of Gentle Spirit, where she specializes in fertility, cancer care, and recovery. She creates a sacred space where clients know they are seen and accepted, helping to bring a sense of balance and well being to their journey. Kelly knows she has the best job in the universe where she does both massage and vibrational integration. Her practice is in New England.

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Regina has been a leader in bringing CI to the East Coast and has steadfastly supported the birth of CoreIndividuation™ as a healing modality over the last dozen years. She is the top teacher of CoreIndividuation™ on the East Coast and is certified to teach workshops and the practitioner-training program. Regina is a contributor to the CoreIndividuation™ class: *The Stance for Living*.

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