

Double Dragon International Reiki School



Manual for

Oceans of Love Empowerment



Empowerment channelled by
Carol Ann Tessier

Manual by Mata Amritanandamayi Math,
Daniel Holeman, Carol Ann Tessier & Jens Söeborg

Foreword

This is an empowerment that my friend Carol Ann Tessier sent out in her Unity Shamballa group after a time with some disturbances. There was no manual to this empowerment, and of course that is not really necessary. But being a “manual freak” I have tried to make a bit to follow that beautiful attunement.



Love & light
Jens

Oceans of Love Empowerment

Embedded in this message is an empowerment to the Oceans of Love.

It was an empowerment sent to me by Amma, the Divine Mother, and my Orcas and Dolphin guides. May you all be blessed with eternal hugs and kisses.

Amma tells me that the x's represent the divine strength and protection of the masculine Divine Father's t energy. It is balanced in this empowerment by the O's which represent the circle of life, and the Divine Mother's feminine energy.

To use this energy hug and kiss for there is tremendous healing power in touch. You can also draw X's and O's, visualize the symbols, or send this empowerment by intention.

For all those who wish to receive it simply say:

"I am now willing to receive my Oceans of Love Empowerment from Carol Ann Tessier".

Love
Carol

Something about Amma

We all get our spiritual inspiration from different sources. A lot of you will have heard of Amma – at least the name – and some of you have not. Therefore a little bit about Sri Mata Amritanandamayi Devi – mostly just known as “Amma”.

This is just a short explanation. If you want to read more about Amma, then you could go to:

www.amritapuri.org

www.amma.org

www.amma-europe.org

The explanations about Amma is taken from the original indian Website, www.amritapuri.org, and is used after the “Terms of Use” and all the content of this explanation is copyright of Mata Amritanandamayi Math, Kerala, India 690525.

Who is Amma?

Love, compassion, empathy and tolerance--under the pressures of modern life, these qualities have all but disappeared. Through Her loving embrace and charitable activities, Sri Mata Amritanandamayi Devi (affectionately known as Amma or Mother) is healing the heart of the world, rekindling love and mutual respect, and awakening people to their fundamental oneness.

Through Her extraordinary acts of love and self-sacrifice, Amma has endeared Herself to millions. Tenderly caressing everyone who comes to Her, holding them close to Her heart in a loving embrace, Amma shares boundless love with all. Be they young or old, sick or healthy, rich or poor--everyone who comes to Her receives the same unconditional love.



Amma's compassion crosses all barriers of nationality, race, caste and religion. She has initiated a vast network of charitable activities, which is drawing attention throughout the world. At the root of these services lies Amma's teaching that the Divine exists in everything--in every person, plant and animal. Perceiving this unity is the essence of spirituality and the means by which to end all suffering. It is through this simple, yet powerful message that Amma is transforming our world, one embrace at a time. In the past 33 years, Amma has physically embraced more than 24 million people.

Amma's teachings are universal. Whenever She is asked about Her religion, She replies that Her religion is Love.

She does not ask anyone to believe in God or to change their faith, but only to inquire into their own real nature and to believe in themselves.

Addressing the World

Since 1993, Amma has been increasingly recognized by the international community as a treasured repository of practical spiritual wisdom, who has the capacity to guide the world towards a better, brighter future.

Amma is regularly invited by international organisations to address the issues of religious differences, the environment, and peacemaking. The Parliament of the World's Religions chose Her as one of three Presidents of Sanatana Dharma (the Hindu faith). In 1995 Her "Unity is Peace" address was a highlight of the Interfaith Celebrations at the UN 50th Anniversary in New York. In 2000 Amma lent the UN Millennium World Peace Summit a unique charm with Her spontaneity, humility, and tenderness. Asked by the press what She would do if She was the ruler of the world, She responded, "I would be the sweeper," so that She could "sweep everyone's mind clean."



And in 2002, She was presented with the Gandhi-King Award for Non-violence, given in recognition of Her lifelong work in furthering the principles of non-violence. During the same event, at the UN headquarters in Geneva, She gave the keynote address at the Global Peace Initiative of Women and Religious Leaders.

She was Sudhamani

"Amma had no feelings of strangeness when She came into this world. Everything was so utterly familiar to Her, and when one knows everything about the world one can only smile. When one beholds the entire universe as a play of Consciousness, what else can one do but smile?" - Amma



Amma was born in a poor fishing village in Kerala, Southern India, in 1953. Her father sold fish to make a living. Her mother relates that the child wasn't born crying as babies usually are, but with a beaming smile on Her face. She was given the name Sudhamani (Ambrosial Jewel).

Even as a small child, it was clear that She was unique. At six months She could walk and talk, and by the age of three She was constantly singing. By the age of five She was composing beautiful, extraordinarily profound hymns to Her beloved Krishna.

Sudhamani charmed and delighted everyone around Her. But as She grew, Her divine moods, including frequent meditative states, singing, and ecstatic dancing beside the seashore, began to annoy Her family. At the early age of five Sudhamani was already subjected to severe scoldings.

When Sudhamani was nine, Her mother became ill. Although Sudhamani was the brightest girl in Her class, She had to leave school and take care of Her entire family.

It was a gruelling task, with seven brothers and sisters to feed and clothe, and animals to tend. She virtually became the family servant, working from before dawn till midnight.

As part of Her work She had to collect food for the family cows. She would roam the local villages, gathering grass and visiting neighbourhood homes to ask for vegetable peels and leftover rice gruel for the cows. At times like these, She saw many things that troubled Her. She saw how some people were starving, while others had more than enough. She saw that many people were sick and suffering from intense pain, unable to afford a single painkiller. And She noticed that many of the elderly were neglected and treated harshly by their own families. Her empathy was such that the pain of others was unbearable to Her. Though just a child, She began to contemplate the question of suffering. She asked Herself, why do people suffer? What is the underlying cause of suffering? And so powerfully did She feel the presence of God within Her that She wanted to reach out and comfort and uplift those who were less fortunate than She.



In many ways, it was then that Amma's mission began. She would share Her food with the starving, and She would bathe and clothe the elderly who had no one to look after them. She was punished when She gave away the family's food and belongings to the poor, but Sudhamani would not stop Her acts of kindness. She took refuge in the solitude of the night, spending hours meditating and fervently praying to Lord Krishna.

During the day She carried his photo in Her blouse pocket and constantly sang His names. During Her early teens, Sudhamani was sent to the houses of relatives where She laboured for long hours, taking care of their households as well. Throughout all her duties She was incessantly singing and chanting Krishna's name, and imagined that all the work she did was for him. Sweeping the yard, she imagined that he could arrive at any moment. As she prepared food she imagined that Krishna would appear as a guest at the table. In this way she never resented her duties, nor the abuse her family gave her, but only prayed to given more of the Lord's work.

Teachings of Amma

Amma's teachings began with Her birth itself. She entered this world in silence, a divine gesture worthy of our contemplation. This has always been Amma's way. Throughout, Amma's life has been Her teaching.



If we watch Amma, we will see the embodiment of all the divine qualities She is constantly encouraging us to cultivate. If you want to understand devotion, watch the tears as they roll down Her cheeks during bhajans. If you want to learn about serving the world selflessly, sit by Her side one evening as She embraces 12,000 people. If you have questions about sadhana, envision Her years on the seashore when She sat motionless, completely estranged from the world. And whatever Amma does, it is meditation, whether sitting in silence, speaking to thousands or sweeping the ashram courtyard.

Amma teaches renunciation, but only in the midst of a lifetime of refusing to consider Her own comfort. Amma teaches Advaita, but not without Her every breath bearing testament to Her inability to see any man, woman or child as different from Her own Self. Indeed, actions speak louder than words. Yet the Truth as heard from Amma's lips has deafening impact. Whether delivered to crowds of thousands or in the intimate setting of the ashram, Amma's satsang is always unforgettable. Amma is eternally established in Truth, which is beyond words, beyond thoughts. Perhaps this is what She was trying to impart to us through Her birth. Yet when She wants to convey that silence, it assumes the form of a thought. A collection of these thoughts is presented here, so that one day we too may realize that silence.

X-es and O-s

Were you wondering what the X-es and the O-s were? Hugs and kisses is a term for the sequence of the letters X and O, ex. XOXOXO, used by people to express affection and love. The X represents the crossed arm of a hug, and the O represents a kiss.

Dolphins & Whales

They need no introduction I think.

The artwork of Daniel B. Holeman

The last part of the artwork with the Dolphins and the Whales is by Daniel B. Holeman. Maybe he needs to be introduced. He has made a lot of beautiful visionary art. And you should visit his website at:

www.awakenvisions.com

Daniel Brian Holeman

Born 8:41 PM Oct. 9, 1952, San Jose, California

Artistic talent combined with life-long exploration of consciousness and devotion to self-realization has given Daniel B. Holeman an ability to depict uplifting and profound sacred imagery. His inspirational paintings have a strong impact and an uncanny affect on people. Many are deeply touched emotionally – sometimes brought to tears - and describe his paintings as the most beautiful pictures they have ever seen.

Daniel feels it is not so much the beauty as the place it stirs in people that they are responding to. He invites the viewer to dive into a deeper dimension of consciousness while viewing his paintings. The imagery stirs forgotten awareness of a place felt to be HOME – a warm, familiar and heartfelt state of mind – a welcome contrast to the day-to-day world we live in. His work has been used on TV and videos, book and CD covers, magazines, prints, posters, cards and the internet.

Self-taught techniques include oil on canvas with airbrush touchup. The mandala works are pen and ink on paper, and then colored on computer. Rather than appealing to select markets, such as "New Age" and "Spiritual", his work appeals to a good percentage of people in all categories - perhaps anyone who appreciates or longs for that heartfelt place - thus crossing race, social, gender, religious and ethnic boundaries.

His paintings and reproductions can be seen and purchased at the **InnerSpace Gallery** at the **Luxor Hotel in Las Vegas**.

His Web Site, www.AwakenVisions.com, is a special world to explore and enjoy - a Domain of Beauty, Insight, Transformation and Awakening. In addition to the artwork, Awaken Visions is a haven for truth seekers, consciousness explorers and all who know, don't know, or want to know what it's all about. For more information visit Spiritual Awakening.

Born and raised in San Jose, Daniel currently resides in San Rafael, California and is working on a new series of inspiring abstract oil paintings.

Also see Awaken Truth Foundation at www.awakentruth.org

The intent of Daniel B. Holeman's artwork is to inspire people to find truth and self-realization.

Daniel is also available to give talks, teachings and presentations about Awakening, Liberation as well as the artwork and what it is about. Inquire by email: awakenvisions2@comcast.net

My Philosophy - Daniel's views on life

What kind of beliefs does a man have who paints pretty pictures of imagination and inspiration? I have had many philosophical and spiritual beliefs in this life, sometimes held strongly, other times just in inquiry or even in mystery. I noticed that my beliefs are always changing. And I more or less think of my beliefs as just how things seem to me for now.

I see people invest great passion in the "rightness" of their held beliefs. Jews, Christians, Muslims and others, often so sure they are right and others are wrong, the fundamentalist of each ready to kill others in the name of their "god" and their "rightness". And those with such "conviction" calling those who disagree with their side "terrorists".

I have listened to many teachers and I have checked in to my own experience and my innermost being to validate, or not; what is said. It is my experience that we are all the same oneness, and that our "separateness" is indeed an illusion; that this illusion is vast and pervasive and seems very real; that the stronger we indulge in the illusion the more egoic we act, the more ignorant we are and that all suffering we experience is in some way a result of this complex illusion. The illusion is a distortion of the Truth, which is always present behind the illusion and That is all of our true nature.

When we are truly in our hearts, truly feeling the connectedness, the love, we then feel joy and peace as we are more being our true nature. Truth does not assert, defend, or try to convince others. Our true nature IS Heart, is love.

The pain and suffering and apparent "wounds" are a result of being in illusion, in one's egoic activity too much. Most of what is going on in our day to day world is just a bunch of egoic programming interfacing with other programming, more like the Matrix (film) than people think. I know it is possible for each individual to wake up out of the dream or illusion to realize one's true nature, one's true being. The requirement is putting that commitment above all else - making realizing one's true nature one's highest priority in life. And that commitment leads in some way to honest SELF-INQUIRY (specifically, SELF-INQUIRY into the truth of one's self, one's true nature, and what activities of MIND one habituates which keeps one from realizing what they already always are).

And when it comes to "beliefs" it is important not to simply take the words of another and recite them as one's own, or quote them from a scripture, but to always find out for oneself through personal experience. And to share from there (personal experience) what one has found freely, openly, and relaxedly with others - for them to accept or reject as they wish. The diversity of perspectives, when shared casually with others can be a wonderful thing, expanding life's possibilities. Wanting or forcing others to see things the way you do is counter productive and not fun. I think this is one of the downfalls of traditional religions - trying to force or persuade others to their way of seeing things.

My devotion is to Truth. My highest priority and commitment in life is to abiding as and living life from my true, natural state. I regularly visit and listen to and speak with my teachers, who talk about this with other who are interested. I have found some great teachers who are quite good at pointing to the Truth. I gladly point to the pointers and you can connect with them here if you wish.



Therefore, to sum up my philosophy I would state simply:

1) We are all the same one "consciousness" that can take itself to be anything - and thus we *seem to be* what we take ourselves to be.

2) All that we experience in life is based on our interpretation. Our interpretation determines the nature of our existence.

3) ALL suffering and unfulfillment is the result of faulty interpretation - of taking ourselves to be a somebody separate from others. Taking ourselves to be an identity different from our true nature.

4) Therefore, having the broadest, truest angle of vision, the most accurate interpretation is wise.

5) Truly realizing and abiding as one's true nature (consciousness), the natural state, is the only way to accomplish this.

6) The requirement for enlightenment is to make #5 one's highest priority in life, above comfort, security, pleasure, etc. Then one will naturally attract the help and support one needs to wake up and stabilize in living that awakening. Stabilizing involves inquiring into and seeing all the ways in which one has avoided one's true nature, all the programming and habits and fixations, including one's very notion of being "separate".



Thus, I have found that the ONLY solution to the world's and an individual's struggle and suffering or unfulfillment is true self-realization (enlightenment). All other approaches and "solutions" are pseudo and/or temporary and are of the realm of hidden programming, which goes deeper than people realize. All those beings throughout history who have truly self-realized have said the same things - among those things that we are in a state of illusion which is so profound that even our notion of separateness is illusion; that the answer to life's woes is through Truth - which inevitably leads to self-realization - the awake state. The awake state is always present behind the illusion. It is not "attained", it is what is always there and comes forth when the illusion is busted. All are now invited to wake up from the dream.

In Love always, Daniel, April 2004

Dear Jens, Thanks. Yes, that is fine to use the material. Very nice. I have met Amma and love her very much.

Thanks and enjoy. Namaste, Daniel, Tue, 23 May 2006

Receiving the attunement

First be open to receiving the Oceans of Love. Then find a time that is quiet, and relax. Waves of Universal Love from the Divine Mother Amma will soon start hitting you. You will feel her arms around you, hugging you tight. You will feel her kiss you gently on the cheek, and hear her whisper soothing words to comfort you. Remember when your mother held you as a child? To send the attunement, just think "Oceans of Love". You can visualize the X's and O's, draw them, or say them as "hugs and kisses". There is no wrong way to send love.