Shamballa Multidimensional Healing  
  
Level 1  
  
  
  
  
  
www.reikithehealing path.com  
  
   
  
  
kathy@reikitheheali ngpath.com  
  
  
  
  
  
  
  
  
  
  
  
  
July 2001  
  
  
Welcome to the World of Shamballa Reiki  
  
Reiki is a gift from God and myself, St. Germain.  It is not only a system of healing; it is a way of accelerating your spiritual development.  A lot more information has been added to the method as taught by Dr. Usui.  This is why I call it the Shamballa Method.  Once you have been attuned to the Reiki Ray, you stay attuned forever.  You have all been attuned to the Reiki Ray in previous lives, and now you have come in order to have your memory triggered. By using the Shamballa Method on yourself and others, you will become En-Lightened.  Most of the Atlantean system has been lost for thousands of years.  I am now starting to incarnate it again.  
  
The Earth is changing, and has made a decision to become whole. She will do this with or without you.  YOU can help her with her healing and the healing of her inhabitants.  This will make the transition a smooth one.  Use the gift I have given you to bring Her and yourself into wholeness.  There is no need for traumatic events on your planet if you just walk into the Light.  This walking in the Light will bring you FREEDOM.  Freedom from fear, freedom from dis-ease, and freedom from death. You can, if you choose to be, Immortal. Your body will turn into Light. This is your birthright, so take your Freedom and become Whole.  
  
I am forever in your service.  
  
I Am The Ascended Master Germain  
  
16 March 1996  
  
  
  
  
  
  
What is Reiki?  
  
The art of laying on of hands is ancient.  People have been doing it since the beginning of time.  It is a natural instinct to put your hands on somebody who has been injured or is not well.  Mothers are one example of this.  When a child is hurt, mothers often put their hands on the injured spot.  Human touch conveys healing care and love.  This energy is known by many names.  Chi in china,  Prana in India,  Ruach by the Hebrews and Reiki by the Japanese.  Reiki is easily learned, very simple to use and is beneficial for all.   
   
Reiki is one of the more widely known forms of healing through direct application of this energy.  Mystics in all cultures have talked about the physical universe being made of an underlying simpler form of something, much as modern physics research is coming to understand the Universe is made of energy, which is subject to, or affected by, thought.  Just as modern physics says this energy is affected by thought, the mystics also say this underlying form is affected by thought.  They go so far as to claim we create our own reality from our thinking and the thoughts we share between us every day.    
  
This energy is the natural energy used by Reiki practitioners.  The Reiki healer has access to this energy in a more powerful way because the attunements he or she receives clears the blockages from the body’s energy channels.  The attunements also give an increase in the healer’s own life energies and connect the person to the source of Reiki.  This source could be called anything the healer pleases, the Goddess energy, God, the first Source, etc.  Reiki is not connected to any religion, so please call it what you like.  I personally like to call this source “Mother/Father/ God.”  
  
The process of attunement is not a healing session.  The attunement creates the healer after the first initiation, which comprises of four attunements.  This is known as Reiki I.  The person has received a magical gift from the Source.  After receiving Reiki I all you have to do is place your hands on yourself or someone else and the Reiki energy will flow.  
  
When you start to practice you may experience things that you may not have seen or felt before.  Some feel more than others do.  Some feel nothing, but nevertheless are still channeling the energy.  Heat may be felt in the hands.  It is like plugging into the outlets or mains.  Every time you lay your hands on yourself or someone else, the energy is there.  To practice Reiki, the practitioner places his or her hands upon the person to be healed with the intent for healing to occur, and then the energy begins to flow.  Reiki energy is smart, since the Universe is a very smart place.  The energy knows where to go what to do once it gets there and is being directed by a higher intelligence.  The energy manages its own flow to and within the healee.  It draws through the healer exactly the amount that the healee needs.  All this happens without direct conscious intervention by the healer.  The healer’s job is to get out of the way, to keep the healing space open and to watch/listen for signs of what to do next.  
  
Reiki is capable of healing anything because it works at very fundamental levels of reality.  Even though the capability is there, this is not always what happens.  The limits seem to be in the healee’s willingness to cast off the old and accept the change and healing.  In this context, the word healing has a different meaning from what is widely accepted.  The widely accepted meaning seems to be curing of symptoms.  The other meaning, used in the practice of Reiki, is the return to greater wholeness.  There is an ideal form that each of us has, this ideal is the highest and clearest expression of who we are.  Pain or dis-ease comes from any deviation between the person’s current form and the ideal form.  Healing in this context is to bring the healee's form into closer alignment with the ideal form.    
  
Deviations from our ideal form come from accepting limitations in our lives.  Most of this comes from early childhood because that is where we are most open and inquisitive about life.  A limitation may be a parent yelling “BE QUIET!” enough times that the child learns not to speak up.  Another limitation may be a limp that continues longer after a physical injury has healed or it may be phantom pains.  Limitations include behavior patterns, eating patterns, physical limitations, imagined physical limitations, psychological, mental or emotional ways of being, living expressing or loving that is not in alignment with our personal highest expression of self.  
  
In any healing the goal is to find the limitation, recognize the pattern, recognize where it came from and let it go.  Reiki facilitates this by providing the healee enough energy to step above (metaphorically) to see all that and have the courage to let it go.  Our lives are a constant flow of patterns of activity.  Sometimes it happens that people block the healing.  This usually occurs when they don’t believe in it.  You must always first seek their permission to heal.  Permission will usually mean that they are open to it.  But it could also be that they are feeling a little apprehensive, in which case, loving perseverance will soon release the block.  Remember, it is up to the healee to choose whether or not they become whole.  It is each individual’s choice to have these patterns remain stuck in limited expression or to release the old patterns and try new ones more in alignment with our personal highest self.    
  
Reiki is not only for those who wish to become healing practitioners; it is also for people who want to become whole themselves.  The Reiki attunements make it possible for you to heal yourself, both physically and spiritually.  It is a very useful way to break habits and addictions or to heal yourself on a mental and emotional level.  People who are suffering ill health and mental imbalances could have Reiki attunements to help them.  Self-healing is made easy by using the hand positions taught later in this course.  These positions are used for healing others as well.  After receiving your attunements it is a good idea to do a self-healing session daily, and if possible, practice on others.  This helps you to “settle” into the energy and become used to it.  This takes about one month.  
  
Using Reiki to heal one problem often leads to the healing of other problems.  Pain is often felt in a completely different place in the body than the point of dis-ease.  For instance, headaches are often caused by emotional stress.  Healing the headache also heals the emotions.  We should know as Reiki practitioners that most of the dis-ease we suffer in the physical has its source in the metaphysical (the emotional and mental) bodies.  If we root out the cause, the effect simply goes away.  As healers, we should encourage people to talk.  By doing this, we can assist them to discover the source of their dis-ease.  We may hear some terrible stories, but we should not react to them.  We should transmute the energy of fear into love, by being an embodiment of love ourselves.  This really means that we give loving support to them.  By allowing the healee to go through their process, we allow them to find out what is wrong.  This may even be from past lives.  If a person starts to get emotional and you are not experienced in dealing with this, just ask the Reiki guides to help you.  Stay calm and know that the Universe will look after you.  Know that after the release, the healee will have grown a lot.  Another thing to realize as a Reiki healer is that it is not always possible to heal people because the dis-ease they suffer from might be part of their Soul’s purpose in this life.  If this is the case and death takes place, know that death is also a healing process.  Death is usually a lot less traumatic than being born!  Modern societies try to deny the fact that death happens everywhere.  They think that if they deny it, it won’t happen.  Death happens everywhere, everyday.  You must realize that it is merely a transition.  In this age, death can be avoided by the Ascension process.  This is a process of becoming light, and being able to stay awake and conscious through dimensional change.  (See suggested reading list – Ascension Sources.)  
  
Reiki relaxes and rejuvenates.  Some would say that Reiki couldn’t replace missing limbs, or right congenital birth defects.  I say that this is limiting the system.  If it is not the Soul’s choice to suffer this, in this life, I say that we can, with the aid of the Source, achieve anything.  The seed blueprint for creation is wholeness, and wholeness is Love.  Reiki is love, so don’t limit yourself.  Do every healing with the result firmly in your mind.  The result, of course, is wholeness in accordance with Divine Will, whatever form that might be.  If you always look for results in accordance with Divine Will, you will find that you can facilitate the healing of anything, even those that are usually described as terminal.  
  
Don’t worry that you may take on the dis-ease of others, because if you work with the Reiki guides and the Source, this will not happen.  The more healing that you do, the more healed you, yourself, become.  Stick to the principles of Reiki, and don’t interfere with the religion or beliefs of other, and step into service with love.  Allow yourself to LET GO, and let the Reiki energy do the rest.  You are a channel for the energy.  Allow the magic into your life and become one with the Source.  The more you let go, the more it will flow through you.  
  
Age is no barrier with Reiki.  Infants benefit from the attunement and it can start their life on a path of service.  Senior members of society benefit from being able to heal themselves and others.  Reiki is not only for those that want to heal others, it is for everybody.  Being attuned to the Source brings wholeness.    
  
Reiki is a gateway shining pure love into the Universe.  It is this love, which allows us to transcend our wounds and help us to remember our true nature.  
  
  
  
  
The Reiki Story  
  
This is the story of Dr. Mikao Usui, originator of the Usui Reiki System of Natural Healing.  The only history we have was put on tape by a Mrs. Takata, a Reiki Master trained by a Dr. Hayashi who was taught by and worked with Dr. Usui.  Dr. Usui was apparently a genius, a great philosopher and scholar.  He was a Christian minister and the principal of the Doshisha University in Kyoto, Japan.  
  
The Challenge  
  
As he took the podium one Sunday in the late 1800’s, Dr. Usui noticed half dozen students in the front pew.  Usually students sat at the back.  One of the students immediately raised a hand.  He stated that the six were to graduate in two months, but before leaving they wanted to settle an issue.  First they wanted to know if Dr. Usui had absolute faith in the Bible as it reads.  “Yes.”  Then did he believe that Jesus could heal by laying on hands?  Again, Dr. Usui said he did believe.  The student said that he and the others also wanted to believe and would Dr. Usui please give them one demonstration.  Would he please heal the blind or cure the lame or just simply walk on water?  Dr. Usui said that although he believed these things had been done, he himself had not learned to do them.  
  
The spokesman said, “Thank you very much.  We can only say that your belief in the Bible is a blind faith, and we do not want to have a blind faith.”  Dr. Usui’s response was that he could not demonstrate at that time but would someday like to prove it.  He said he would find how to do it, then come back to show them.  With that he resigned, on the spot.  The next day he made plans to study the Bible in a Christian country.  
  
The Search  
  
Dr. Usui chose America.  He entered a university, possibly University of Chicago, but no one is certain.  He found that the Bible teachings were not significantly different from what he had studied in Japan.  No one he met there knew how Jesus healed.  However, while at the university, he studied other philosophies, and he found in Buddhism a passage saying Buddha healed by laying-on-of- hands.  So, for the remainder of his seven years in the United States, he concentrated on Buddhism, hoping to find a formula for the healing arts.  He didn’t.  He left there to study in a Buddhist country – Japan.  He returned to his own city of Kyoto.  Kyoto had the most people and the biggest monasteries in Japan.  He decided to visit all the monasteries starting with the largest, the Shin.  
  
At the Shin, Usui asked a monk if the Buddhist Sutras gave accounts of Buddha healing.  “Yes.”  He asked if the Shin monks had mastered the art of healing the body.  He was told, “We monks do not have time for the physical in reaching the spiritual growth.  Spiritual healing is first.”  Usui walked away into the jungle to visit other temples.  Their stories were the same.  None of the monastery monks could heal.  His last stop was at the Zen temple.  Here he heard again that the monks were very, very busy and had little time for the body healing – but they were sure that someday, during meditation, they would receive that great light and then they would know how to heal.  Dr. Usui decided to stay on and study all their secrets.  He spent the next three years studying the Sutras but without success.  He then got permission to stay on at the Zen temple to do independent research.  
  
Dr. Usui learned Chinese, because the Japanese Sutras were translated from Chinese.  He then mastered Sanskrit, because Buddha was a Hindu.  While working on Sanskrit he found a healing formula.  There was no mistaking what it was, but the 2,500-year-old formula had to be interpreted and tested.  He told himself, “I cannot guarantee myself whether I will live through it, but if I don’t try the test, and years of study will be wasted.”  He talked about his plan with the head Zen monk.  The monk said Usui was a courageous man, and he could perform the test at the monastery.  Usui said he would rather do it on Mount Koriyama, a mountain known as an excellent place for meditation.  
  
The Meditation  
  
Dr. Usui told the monk, “I will test myself for twenty-one days.  If I do not come back on the night of the twenty-first day, on the twenty-second morning, send out a search party to find my body, I will be dead.”  Before departing he told the monks, “I shall go through this meditation without food – only water.”  He climbed the mountain.  
  
On the mountain he found an old pine near the stream.  He piled up twenty-one rocks and watered them.  (I don’t know why.)  He sat with his back to the tree with the rocks before him.  He threw one rock away, then began his first meditation.  He expected a phenomenon of some sort but had no idea what it might be or when.  He read scripture, chanted, meditated, and drank water.  He had no food with him.  Days and nights came and went.  The pile of stones dwindled.  There was no phenomenon.  Nothing.  
  
On the twenty-first day, he woke before dawn and threw away the last stone.  The morning black was near absolute – no moon, no stars.  Dr. Usui meditated; knowing it was the last time.  He opened his eyes expecting to see nothing, but there, on the horizon, he glimpsed a flicker of light, like a candle!  He instinctively knew this was the phenomenon he had hoped for – and feared.  Dr. Usui braced himself, “It is happening and I am not going to even shut my eyes.  I shall open them as wide as I can and witness what happens to the light.”  
  
The light moved toward him.  It seemed to be accelerating as it approached.  Usui became frightened, his courage faltered.  “Oh, the light!  Now I have a chance to avoid the light, to dodge!  What shall I do? If the light strikes me, I might burn!”  But he began to brace himself.  “This is best.  I am not going to run away!  I’m going to face it!  Come!  If this must be, hit me!!  I am ready!”  And with that, he relaxed and, with eyes wide open, he saw the light strike in the center of his forehead.  “I made contact,” he said as he fell backward from the force.  When he came to, he thought that he had died because at first he couldn’t see and he felt nothing.  The light was gone.  He heard roosters in the distance and knew it would soon be dawn.  
  
Dr. Usui sat, dazed.  Then, off to his right, colored bubbles seemed to rise from the earth.  Millions and millions of bubbles in rainbow colors danced before him then moved to his left.  Usui counted seven colors.  “This is a phenomenon!  I was blessed today!”  A great white light came from his right.  Golden symbols appeared, one after another.  They radiated out in front of him, like on a movie screen, as if to say, “Remember!  Remember!”  He didn’t read them so much with his eyes as with his mind.  He studied and studied, then said, “Yes!”  He recalled all he had learned in Sanskrit as the symbols moved in front of him as if they were saying, “This is it, this is it.  Remember, remember.”  
  
After the phenomena had passed, he said, “I must close my eyes, and for the last meditation, please give me a vision.”  He closed his eyes and saw the golden symbols in front of him.  
  
  
The Miracles  
  
It was over.  “Now, I can open my eyes.”  As he regained awareness of his body, he was surprised to find no pain or hunger.  “I feel my body is good.  I’m going to stand up.”  He stood.  “My legs and feet are strong.  I fast for twenty-one days, and still I feel I can walk back to Kyoto.”  His body felt well fed, “Well, this is a miracle – I’m not hungry.  And I feel very light.”  He dusted himself off, picked up his cane and straw hat, then took the first steps of his twenty-five mile trek to Kyoto.  The Zen monks were expecting him by sundown.  
  
Near the foot of the mountain, Dr. Usui stubbed a big toe on a rock.  The blow lifted the toenail.  Blood spurted out.  It hurt.  The pain thumped with his heartbeat.  He sat down and held the toe in his hands.  The pain subsided.  The bleeding stopped.  “Is it okay?”  He continued to hold it till there was no more pain.  When he looked at the toe, he was amazed and delighted to see the nail back in its normal position.  There was no indication of injury except dried blood.  “This is a second miracle!”    
  
A short distance later, he came upon a traditional mat and ashtray, which means in Japan there is an eating place near by and that all are welcome.  He approached an old, unshaven man who was starting a fire in a hibachi, “Good morning old man.”  “Good morning, my dear monk, you are early.”  “Yes, I know, but may I have some leftover rice and some tea, and that piece of nori you just made?  And I would like to have some salted cabbage and also some dried fish, if you have some.”  (This is a typical Japanese breakfast.)  But the old gentleman was wise.  He had served many monks after their extended meditations on this famous mountain.  He knew the appearance of a seven-day beard.  He knew this monk had been without food for a much longer time.  “I cannot let you have this rice and hot soup and all those other things because you are going to have a huge indigestion.  I have no medicine and cannot help you.  Kyoto is far away.  You will have to wait until I make a soft gruel.”  
  
“Thank you.  You are very kind, but I think I shall try it.”  Dr. Usui was feeling weak as he moved to a table to wait for the food.  The old man thought, “Well, if he wants to do it this way, fine.  I am not responsible.”  Soon, the man’s fifteen-year- old granddaughter brought a tray with lots of food.  She was crying and had a towel wrapped under her chin, tied in rabbit ears on top of her head.  “My dear young girl, why do you cry?”  
  
The child sobbed, “Oh, my dear monk, three days and three nights I have a toothache so bad that I cannot stop my tears, and I cannot eat the whole time.  The dentist is too far away, so I just suffer and cry.”  Dr. Usui’s heart opened to the child.  He stood and put a hand on her swollen cheek.  The girl began to blink her eyes.  Dr. Usui soon had both hands on her face.  She suddenly cried out, “My dear monk, you have just made magic!  The toothache is gone!”  Usui could hardly believe it.  He hadn’t really known what to expect from his impulsive action.  “Is it really?  Are you telling me the truth?”  It was true.  She quickly removed the rabbit ears and was radiantly happy.  Usui said, “Yes, now I believe you are well.”  
  
The beaming child thanked him, then she ran off to her grandfather.  “Look, grandfather, I took off my rabbit ears!  The toothache is gone!  He is not an ordinary monk, he makes magic!”  
  
The grandfather, wiping his hands on his apron, walked over to Dr. Usui, “My dear monk, you did us a great service.  We are grateful.  We do not have money, but for our gratitude, there is no charge for the food.  This is all we can offer.”  Dr. Usui said, “Thank you!  I will accept your gratitude.  Thank you, very much.  Now for my food.”  With that he turned to his food and eagerly shoveled it with chopsticks.  He ate happily.  The people watched and hoped this magic monk wouldn’t suffer any kind of indigestion.  
  
Later, Dr. Usui reflected on these miracles, the third and fourth.  Placing his hands on the child had again healed almost instantly, and he had suffered no ill effects from breaking a twenty-one day fast with a huge meal.  “Now, I am ready for my hike to the Zen temple.  I shall be there by sundown according to schedule.”  And so he was.    
  
The doctor was met at the temple gate by a young pageboy.  Dr. Usui asked, “How is our dear monk?”  “Oh, he’s suffering from arthritis and back ache.  He is in bed near the chapel stove.”  Before going to visit the monk, Usui went to his own room to bathe and put on clean clothes.  He was then taken to the monk.  “My dear monk, I am back.  My meditation was a success.”  The ailing monk was excited by this news and wanted the details.  Dr. Usui said, “Yes, of course, and while I talk, may I place my hands on your silk covers?”  It was late at night when the doctor shared the last happy detail.  He was about to leave when the old monk spoke up, “And by the way, my pain is all gone.  I can sleep now.  I don’t need the stove, and my body feels wonderful – you say this is called Reiki?”  (In English, Reiki means Universal Life Energy.)  
  
  
  
  
  
  
The Reiki Experiment  
  
  
Dr. Usui slept in a bed for the first time in three weeks.  Next morning, after breakfast, Dr. Usui presented a question to all the temple monks.  “What shall I do to experiment with this Reiki?”  After much discussion it was decided that the best way to experiment was to go into one of the very big slums of Kyoto.  The slums were playgrounds for most every kind of injury and disease including leprosy.  They chose the largest slum.  
  
Dr. Usui walked into the slum as a monk vegetable peddler – dressed as a monk with two baskets of vegetables hanging from a pole.  The beggars assembled quickly.  Usui told them, “Please I would be one of you.  I would like to live here.”  In turn, he was told, “If you want to stay here, we have a chief.  We shall call him.”  Shortly the chief beggar made his appearance.  “I understand that you want to live here and become one of us.”  Usui answered yes.  “In that case, give us vegetables.   And there is no need to wear new clothes here.  We will give you initiation clothes.”  They undressed Dr. Usui and found his money belt.  The chief beggar said he had known the belt was there and that it would also have to be forfeited.  Dr. Usui was then allowed to dress in his beggar initiation costume – dirty, smelly rags.  
  
The chief asked what Dr. Usui was going to do in the slum.  “I would like you to provide me with food and a cottage by myself.  Then you can send me your sick and I will heal them.”  The chief found that to be a very good trade.  “We have all kinds of diseases, even tuberculosis and leprosy.  You are not afraid to touch them?”  The doctor said as a healer he was not afraid of disease and promised to work sunup to sundown, so he would want meals delivered to the cottage.  Agreed!  
  
The next day many appeared at his door.  Based on his own theory, the doctor categorized the sick.  He believed disease was an effect resulting from some inner cause.  He felt that in the younger patients the cause should be shallow and more easily treated.  And this is the way it worked out.  The older slum dwellers required more Reiki treatments and recovery sometimes took months.  The young healed quickly.  
  
Usui sent healed patients to the Zen temple where they received a new name and a job in the city.  He told them to become honest citizens, to forget the slums.  
  
One evening, after seven long, hard years of Reiki healing, he was out walking through the slums when he spied a vaguely familiar face.  “Who are you?”  “Oh, you should remember.  I was one of the first healed.  The temple monks gave me a new name and found me a job.  But now I am back.  Begging is easier than hustling by myself.”  This was the greatest shock of the doctor’s life.  He threw himself to the ground and cried, cried like a heart broken child.  
  
Most of his former patients returned to the slums.  Dr. Usui now realized that after all the years of searching for a healing formula and these years in the slums, he had become preoccupied with the physical side of life; he had forgotten the spiritual.  “Oh, what did I do?  I did not save a soul.  So the physical is number two and the spiritual is number one.  All the churches were right.  I was wrong.  No beggars, no more beggars, no more beggars.  It is my fault that they come back, I did not teach them gratitude.  They are here because they are greedy, greedy people.  Want, want, want – nothing in return.  If I had taught them the spiritual side first, then healed the body, it would have been effective.  No more beggars.  No more healing.”  Dr. Usui turned his back on the slums and walked away.    
  
The Crusade  
  
The doctor then launched a crusade to help unhappy, depressed people.  He wanted to brighten their hearts and cleanse their characters, minds and bodies.  He traveled on foot to every temple in Japan.  At each he invited locals to attend his lectures.  (I assume he worked on the spiritual side then healed the physical.)  After one of his lectures, he met Dr. Chujiro Hayashi; a forty-five year old retired military man.  Hayashi stayed with Dr. Usui until Usui’s death.  Before his transition, Usui announced that Dr. Hayashi was to continue this Usui System in the Art of Healing.    
  
Dr. Hayashi later trained Mrs. Takata.  Between 1945 and 1970, she was the only living Reiki Master in the world.  Between 1970 and 1980, she trained twenty-one Reiki Masters.  She was about eighty when she made her transition.  Both Dr. Hayashi and Mrs. Takata practiced and taught Reiki just as it had been passed on by the dear monk, Dr. Mikao Usui.   
  
  
  
  
DR CHUJIRO HAYASHI  
  
It was at one of these lectures, in about 1925, that Dr. Usui is said to have met 45-year-old Dr. Chujiro Hayashi, a retired Naval Commander.  Dr. Usui pointed out to Hayashi that he was too young to retire, and invited him to join him in his crusade.  Dr. Hayashi accompanied him on his tour of Japan for many years, continuing his system of healing after Dr. Usui's death around 1930.  It was Dr. Hayashi who passed the story of Dr. Usui on to Mrs. Takata, saying that he had not changed Dr. Usui's original system; although it is claimed that it was Dr. Hayashi who developed the system of standard hand positions, the three degrees and their attunement processes.  He opened a very successful clinic in Tokyo, where Mrs. Takata became one of his patients.  In about 1941 he predicted the approach of a great war, (World War II) and realized that most of the men would be called up, including some of the sixteen Reiki Masters that he had already created, so in order to preserve his development of Reiki, he passed his complete teachings on to two women, his wife Chie and Hawayo Takata, whom he named as his successor.  As a Naval reserve officer, he had already been drafted, but as a healer he refused to take life. On May 10, 1941, in front of several of his students, he psychically stopped his own heart, and chose his own death.   
  
Born in 1900 in Hanamaulu, on the island of Kauai, Hawaii, her parents, Mr. & Mrs. Otogoro Kawamura, were poor immigrants from Japan, working as pineapple cutters.  They had great hopes for their daughter and her future, naming her Hawayo after the territory of Hawaii. But she was never physically strong, being too small for plantation work.  Instead she took several part time jobs whilst still at school, and on leaving became a servant at the plantation owner's house.  During the next twenty-four years she managed to work her way up to the position of housekeeper and bookkeeper.  In 1917 she married the plantation accountant, Saichi, whom she describes as a guiding light in her life, until his early death in October 1930, from a heart attack.  The strain of trying to bring up two young daughters on her own took its toll upon her health.  She developed asthma, nervous exhaustion, and gall-bladder disease.  Following the death of her sister in 1935, she traveled to Tokyo to take the news to her parents, who had retired there.  It was while she was there that she entered the Maeda Medical Hospital in Akasaka, where she was diagnosed with a tumor, gallstones and appendicitis.  Her poor respiratory condition, of course, made the possibility of an operation very dangerous.  However, she rested there for several weeks, and was eventually scheduled for surgery.    
  
The night before her operation she heard a voice telling her that it would not be necessary.  She again heard the same voice, whilst lying on the operating table, being prepared for the anesthetic.  On reporting this to the surgeon, and inquiring if there were any other treatment that she could take, he told her that his sister had attended Dr Hayashi's clinic, and had herself been trained there.  The very next day she took Mrs. Takata to the clinic, where she remained for four months, receiving regular treatments from the teams of healers working there. Mrs. Takata asked to be trained in Reiki also, but was at first refused, because she was considered a foreigner, and it was not in Dr Hayashi's plans for the practice of Reiki to leave Japan.  But Mrs. Takata persisted, and finally, with the intervention of the surgeon who had originally told her of Reiki, in spring 1936 she received her first Reiki I attunement.  She went on to take her Reiki II, remaining at the clinic and becoming part of the team of healers there, returning at last to her home in Hawaii in 1937.  
   
    In 1938, Dr. Hayashi followed her to Hawaii, where he lectured with her, assisted in the setting up of her clinic, and gave her a Reiki III initiation.  On February 22, 1938 he announced her as a Master, and in 1941 made her his successor.  Despite his insistence that she did not give any training away without charge, she passed free attunements to her friends and relatives.  But she found that instead of using this knowledge to heal others, they continued to bring all their patients to her, not having any faith in their own abilities.  It was at about this time that her sisters asked her for free attunements also, and were most upset when she refused.  She suggested that if they could not afford the fees, they could perhaps pay in installments, and this was agreed upon as a satisfactory compromise.  Her sister was later reported by Mrs. Takata to have said that it was the cheapest investment that she made, better than buying a car!  Mrs. Takata later noted that of all the twenty four people that she gave free attunements to, not one of them had went on to attain good health themselves, nor were they successful in business.  Contrary to popular thought, Mrs. Takata was not rigid in her thinking, but grew and expanded upon her own personal experiences.  However, she did acknowledge that an exchange of energy in some form was necessary for the healing to be effective.  It seems that we value most that which we have made an effort to obtain.  Mrs. Takata eventually traveled to the United States, and then on to Canada, spreading the knowledge of Reiki as she went.  Where she found people who were seriously ill, she trained a member of their family to give them healing.  She taught Reiki in many different ways, varying the hand positions and even the symbols that she taught, responding always to the needs of her students. During the last ten years of her life she trained twenty-two Reiki Masters, both men and women, until her eventual death on December 11, 1980.  Since then Reiki has spread all around the world, to all continents, with an estimated 5,000 Masters (1,000 of whom are said to be in Australia) and some 500,000 practitioners.  
  
  
  
  
  
The Two Precepts  
  
1.  The Person Must Ask – Or you must work on the I AM                               level and ask Permission  
  
We must ask to be healed, and in asking, open ourselves up at the throat level.  We vocalize and hear ourselves say, “I want to change where I am.  I want to alter my state of existence.”  In asking, the person is putting forth a conscious decision to become involved.  The request may also be made on a soul level.  It is from the soul level that the person asks for healing.  As a Reiki healer, you are a viaduct, a channel through which the Reiki     energy flows.  It is essential to listen and render service to a request of the soul.  
  
There Must Be An Exchange of Energy For The    
        Service  
  
The healing energy belongs to the Universe and to God.  However, there needs to be a creative exchange from the recipient to the person whose time and services are being rendered for the healing.  Giving something for nothing causes an imbalance by the unpaid obligation.  An energy exchange maintains the balance.  Energy exchange can be anything from the stored concept of energy that we call money to any exchange of services between the healee and the Reiki healer.  Reiki healers offering services on a professional level do establish a fee.  This fee sets a value on the service, which is considered a concrete reality in the thinking of humankind.  Wellness, likewise, has a value and ultimately reflects the feeling of worthiness and self-love of the person seeking to change their state of health.    
  
  
  
  
REIKI IS LOVE  
  
Mrs. Takata and Dr. Usui  
  
I am Mrs. Takata.  My sisters and brothers, it is my personal honor to further welcome you to the family of Reiki.  I would like to inform you that myself and Sai Baba, are the beings, the energies that have attuned you during this attunement session.   
  
Many of you wonder who I am.  I am Takata.  I am the energy of that lady that is responsible for bringing forward the tradition that our wonderful teacher and friend, Dr Usui, gave us.  Some of you would wonder why I would be present at what could be called an unconventional Reiki training course.  I am present, brothers and sisters, because I am very excited to see things move forward.   
  
I have been portrayed as that stern lady who insisted that everything was done in a methodical and planned way.  It is true; I trained some of my early Reiki Masters this way, but a number of the later Masters that I trained were taught very differently.  They did not, of course, pass on the unconventional aspects of what I taught them, because in those days most people thought that it was necessary to stick to tradition, not only the tradition of Reiki, as taught and re-discovered by Dr Usui, but all traditions.  Now is the time when myself, Quan Yin, Dr. Usui, Germain, Wotanna, Djwhal Khul, and others of the Ascended Lords and Ladies of Shamballa, are working collectively to move these philosophies forward, so that they truly may take their place in this Golden Age of Light that is rapidly approaching on this Earth of yours. Things are changing very quickly, and many, many, many healing facilitators are required in a very short time. Things are speeding up and you must speed up with them.   
  
Speed up the awakening and enlightening of your brothers and sisters of all creeds, all colors, all countries. I leave you with my love. I leave you with my blessings, and I congratulate you all in taking this greatest step forward. Bless You.   
  
I am Usui, welcome.  Welcome all of you to the next level of Reiki, to the next level of energy. You will find now that your capacity to facilitate has been accelerated. You will remember that this morning there were questions as to whether I really did exist. I exist, because I am channeling through this one.  I existed in the third dimension.  I existed as a being of Light, a being of Love, that came to teach love.  
  
Reiki is Love. I came not to teach methods of control, methods of teaching that forced one to adhere to a rigid form. I came to teach about love. I came to teach about compassion. It was not I that formed a system of control; it was ones that came after me. I do not judge them, for at the time they thought that they were doing things for the best. That was then, and the times are now very different.  So because the times are different, Germain, others, and myself are incarnating the accelerated system, not only through this one, but also through many others. And as that great, dear soul, Mrs. Takata, told you yesterday, now is the time that many, many healing facilitators are required upon this beautiful planet of yours. Do you all understand the meaning of that term?   
  
Go out; speak about what you know. Use what you know for the furtherance of the energy of love, for the furtherance of the energy of light. And when ones that have not heard of Reiki ask you; "What is this Reiki?" the only thing you need to reply is; "Reiki is Love."  There is no need to tell them, those that have not been attuned, and had any information passed on to them, there is no need to go into; "This is a system of symbolism. We use these symbols, you do this, you do that.”  There is no need for them to know this.  It is not secrecy, but I would ask you not to confuse them, not to send them into rigid patterns of thinking.   
  
     Reiki is love; love is wholeness; wholeness is balance; balance is well being, freedom from dis-ease.  Remember these words.  You can sum up Reiki with them.  Colleagues, for that is what you are, you are not students, you are not trainees, you are not below me, you are not below this one that I am channeling through; realize that you are colleagues, that you are all Masters in your own right.  If you weren't Masters in your own right, why would you be here?  There would be no reason for you to be here.  Walk forward in love, walk forward in light, speak of that light, and spread that light through your hearts, spread that light through your hands, spread that light through your feet, and spread that light through your eyes.  I bless you all, and again I say to you, welcome home to the Family.  Bless you.  
  
It is I, Takata.  I am here again to briefly address you on the subject of Reiki.  I would like you all to know that most beings upon this planet had Reiki before.  Many ones understand the meaning of this word, the meaning of this energy.  Again, I will compound what the dear Doctor has just told you.  You have now returned home.  You have now returned home to love, compassion and light.  Remember this short sentence, because contained within it is all you need to know.  Bless You.  You may now start to return yourselves to your normal consciousness.  Of course, you should by now know that you will never be "normal" again!  I leave you.   
  
 The preceding channeling was received through John Armitage during a Shamballa Reiki I & II workshop held at   
Bangor on 13-14 July1996.  
  
What is the Shamballa Multi-Dimensional Healing System?  
  
  
THE REIKI STORY BEFORE DR USUI  
  
Reiki was a system that was devised in ancient Atlantis. It was created by a high priest at the Temple of Healing, who is now known as the Ascended Master St. Germain.  This priest took himself away from the central temples at Atlantis, and journeyed to the far mountains of Atlantis creating his own tribe, or clan, of Atlanteans called the Inspirers.  The Inspirers disconnected themselves from the mainland Atlantean dwellers.  They sought to find a technique and way to equalize the spiritual development of all Atlanteans, in order to abolish and banish race differences, which were judged by the psychical and spiritual progression of the Atlantean race.  Many of the Atlanteans, who were considered spiritually and psychically backwards, were used as slaves by the priests and priestesses and the Royal families of the Atlantean Island. St. Germain in that lifetime was given a number of symbols which could be projected directly into the energy system of an individual, and which would raise their vibration to a sufficient level where they would transcend their present spiritual handicap and be equals amongst the Atlanteans.  He was given twenty-two symbols, a master number.  When Atlantis was destroyed St. Germain journeyed with several of his fellow brothers to ancient Tibet.  They tried in this place to continue this practice of raising spiritual consciousness.  In order to see how this practice would ensue they gave three symbols to a number of individuals who were in close proximity to the Atlantean landing.  Many of them used the symbols and the spiritual evolution that they brought well.  Others however used this power in a dark negative and baneful way.  They perverted and contorted the symbols, transforming and changing them.  St. Germain and the Inspirers decided at this time not to give the full twenty-two symbols to any individuals, in order to keep the full power that they thought would corrupt these individuals’ minds from their grasp. The Reiki system as it is practiced today is an incomplete system. It is a system, which comprises of many symbols, some which are directly drawn from the Akashic records and have been given to mankind by St. Germain, but some which have been invented, created and draw upon a different type of energy.  It is now being made known by St. Germain that there are 352 Symbols in the complete Shamballa System which correspond to the 352 Levels / Initiations back to the Source of this Cosmic Day.  For As Above, So Below.  
  
  
  
  
  
The above information was recently revealed to Dr. John Armitage by the Collective Consciousness of the Lords and Ladies of Shamballa (the Ascended Masters).   
  
  
The Shamballa Multi-Dimensional Healing Techniques are more than just another healing modality.  With anchoring these higher levels of energy, rapid expansion of your consciousness occurs.  Masters of the Shamballa System are also given the opportunity for additional initiations which anchor the energies of the 12 dimensions of Shamballa for this creation which will increase the amount of healing energies you can channel to help bring all back into wholeness.   
  
  
  
  
  
Is Shamballa Reiki, or is it not?  
  
The answer to this would depend on whom you ask. Some will say that any form of healing that works with Universal Life Force energy is Reiki, some will say that Shamballa is different.  Some will call it Shamballa Reiki, some Shamballa Multi-Dimensional Healing.  I will tell you more about Shamballa and let you decide for yourself.  
  
           Shamballa is a blend of several different types of energy:  
  
           1. Universal Life Force (Reiki) Energy is the energy that runs through all beings, including the "objects" all around you.  It is the energy that creates and gives life and this includes "objects" since they are made of this energy as well.  Everyone and everything is made up of this energy.  It is love energy.  Love is the fuel.  
  
           2. Mahatma Energy is also known as the I AM presence. It is the awareness of the Self, as the Source.  This does not mean that you are disconnected from everyone else; as a matter of fact it is saying that the key to Oneness is inside of you.  It is a recognition of who you truly are your Wholeness.  This is one of the most powerful energies of Pure, Unconditional Love.  It is said that this is a new energy for humankind available since the harmonic convergence to bring to Earth a new way of being. When you reach inside yourself and find the Wholeness, the Oneness, you realize that everyone else is a part of you.  And you are a part of everyone and everything else.  All is One.  
  
           3. The Energy of the Ascended Masters.  Ascended Masters are beings who have completed their reincarnational cycles and now exist in spirit form as teachers of humanity.  Their purpose is to assist others in their spiritual evolution and the evolution of the planet as a whole.   
  
What is meant by Multi-Dimensional?  
  
Shamballa is referred to as Multi-Dimensional because it focuses on Wholeness.  We all have various aspects of ourselves that, as we work with Shamballa, come up for us to work through as we so choose.  Some of these are familiar such as physical pain we have been carrying around for a long time.  Other times things may come up and we do not know why they are happening.  We do not know why we have such a hard time letting go of a relationship that is not working.  We feel so drawn to someone or a way of being that is hurting us and we cannot understand why, after we have done so much healing, it is not helping.  This is when many of us start to look for help, for answers, and discover via synchronicities whole new ways of looking at things, whole new understandings.   
  
We discover a world that we did not know existed before.  We start to understand and deeply feel that the synchronicities mean all life is connected.  This gives us new understandings of still more parts, of ourselves and others, that need love, healing and integration.  If you think about the idea of Ascension as becoming whole, then Shamballa Multi-Dimensional Healing helps us to love, heal and integrate all of who we are, Individually and collectively.  New understanding opens up new ways of being including past lives, intuitive development, energetic connections, working with guides, angels and helpers who you loved and who passed over, etc.  A deeply felt love of Mother Earth and a sense of partnership opens.  While this is not the experience for everyone, it is true of many people who work with healing energies.  Shamballa is called Multi-Dimensional because Wholeness includes healing all of ourselves. All is One.  
  
Many people call Shamballa the next step in Reiki.  This is not intended, I think, to mean that Shamballa is better than any other Reiki lineage.  What it means is that Shamballa is a blend of energies that allow a focus on healing via the interconnectedness of all life, starting with yourself.  Because of the Shamballa energies, healing the planet and all life can be done with self-healing.  You will still find many of the healing successes that happen with other Reiki lineages, but the focus of Shamballa is planetary healing via personal healing.   
  
You may wonder if this is the case, then why is it taught as hands on healing.  I choose to teach it that way because many people are looking for a tactile, common sense way to heal and offer themselves in service to the Oneness.  Teaching this as a form of Reiki makes sense because there is no need for years of study.  Instead of reading about spiritual development, Shamballa helps you to live it and be it.  It helps you to do this in just a few minutes of healing a day and it helps, via the Multi-Dimensional aspect, to integrate the fear and other personality issues that come up as you open spiritually.  
  
Shamballa Reiki is a system of living taught as energy healing.  
  
  
  
  
  
  
  
  
  
Suggested Reading List  
  
Reiki and Healing Work:  
  
John Armitage’s (Hari Das Melchizedek) website (Shamballa):   
http://www.mahatma. co.uk  
  
Books and writings by Alice Bailey  
Available through the Lucis Trust at:  http://www.lucistru st.org  
  
Reiki, Universal Life Energy,  
    By Bodo J. Baginski and Shalila Sharamon  
  
Essential Reiki, A Complete Guide To An Ancient Healing Art,  
    By Diane Stein  
  
MAP The Co-Creative White Brotherhood Medical Assistance Program, Second Edition  
    By Machaelle Small Wright  
  
Hands of Light,  
    By Barbara Ann Brennan  
  
Light Emerging, The Journey of Personal Healing,  
    By Barbara Ann Brennan  
  
  
Causes of Disease:  
  
  
Heal Your Body  
          By Louise L. Hay  
  
  
Ascension:  
  
Mahatma I & II – The I AM PRESENCE,  
    By Brian Grattan  
  
  
Books and writings by Alice Bailey  
    Available through the Lucis Trust at:  http://www.lucistru st.org  
  
An Ascension Handbook,  
    By Tony Stubbs  
  
What is Lightbody?  
    Archangel Ariel Channeled by Tashira Tachi-ren  
  
A Beginner’s Guide to the Path of Ascension,   
    By Dr. Joshua David Stone  
  
The Complete Ascension Manual,  
    By Dr. Joshua David Stone  
  
Beyond Ascension,  
    By Dr. Joshua David Stone  
  
The Ascended Masters Light the Way,  
    By Dr. Joshua David Stone  
  
Hidden Mysteries,  
    By Dr. Joshua David Stone  
  
The Four Agreements,  
    By Don Miguel Ruiz  
  
The Mastery of Love,  
    By Don Miguel Ruiz  
  
  
  
What is an Attunement?  
  
Shamballa Reiki Multi-Dimensional Healing System instruction has two parts.  One is the instructional materials and information that teaches you what Shamballa is and how to work with it.  The other part is an attunement.  This attunement has been identified as an initiation in which energy is passed on from Reiki Master to student.  During the attunement, Reiki symbols are placed in the energy fields of the student allowing the ease in flow of the Reiki energy.  I believe that while this description is partially correct, it leads to misunderstanding on the part of the student and also fear from many people who worry something is being done to them.  
  
What an attunement actually does is assist the student to become more in-tune with energies that are already a part of them and their environment.  The symbols are a means of interpreting and understanding the energies so that the energies can be more easily used.  In everyday terms this is like someone taking you outside on a starry night and showing you the various stars, telling you what they are and what they mean.  All of a sudden, the stars become more familiar and you find you enjoy looking up at the sky often.  Once something becomes more familiar you notice it more and more.  With a Reiki attunement, the Reiki Master is actually just “shining a light” upon the energies inside of you to bring them more into your conscious awareness so they can be more easily utilized.  
  
Reiki symbols are not any kind of magic.  They are visual representations of certain energies.  They are a symbolic language, meaning they are one way of understanding and explaining live.  Reiki symbols are drawings of various shapes.  Runes are another example of a symbolic language, as are all other written languages, such as English, Spanish, French and Arabic.  They all are an attempt to explain our human experiences in a way that is understandable to others and ourselves.  
  
Many people believe the Reiki symbols are charged with very important energies.  This is true.  Much of the sacredness of the symbols is a result of the symbols being treated with respect.  The symbols are images created for sacred healing, for us to connect with our true Divine Essence.  Since our Divine Essence is already inside of us, the symbols are a means of reconnecting with those parts of ourselves.  As we treat the symbols with respect, we are respecting our own Divinity and that of everyone else also.  
  
During the Shamballa Reiki attunement, the Shamballa Master is basically shining the light of recognition on your own Divinity using the symbols as mirrors.  It is like someone showing you in the mirror how beautiful and wonderful you are.  Each symbol highlights specific qualities that you might not have noticed before, opening you more and more to a sense of your own wonder and Divine beauty.  
  
It is my belief that attunements are thought of as having symbols being put into someone, because we have become conditioned to think of ourselves as incomplete and separate.  Many believe that we need someone to give us something that we lack.  From this paradigm comes the possibility that someone could put symbols into us and do something to us in the process.  We become afraid that if we open ourselves to someone else we can get hurt.  It is my hope that this article clarifies the attunement process and alleviates any fear you may have so that you can enjoy the attunement and celebrate your opening to your own beauty and love.  
  
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beauty and love.  
  
  
Peace,  
Linda White Dove and Guidance  
5/30/01  
  
www.neholistic. com/whitedove  
  
  
  
  
  
  
Before a Healing Session  
  
  
“Mother Father God  
  
I Am One With You  
  
I AM an Instrument of Your Will”  
  
  
  
Invoking the Violet Flame  
  
  
“I Am a being of Silver Violet Fire  
  
I AM the purity God desires  
  
I Am that I Am”  
  
  
  
  
  
Shamballa Level One  
  
The Healing Session  
  
The Healing Room  
  
1.    Try to set up your room so that you have a healing couch or bed that is the right height, i.e. so that you can sit or stand without having to bend or stretch.  This will help you to do your Shamballa healing without stress on your body.  The room should be decorated with soft blues, purples and pinks.  This helps the healee to feel relaxed.  This does not mean that you cannot do your Shamballa healing without a special room, but it helps.  Shamballa healing can be done anywhere, anytime, on trains, planes, and busses or in the street.  
  
2.    The healee should keep their clothes on during sessions, with the exception of their shoes, but it can often help to loosen tight garments.  The healer should wear loose, comfortable clothes.  The healee may feel chilled during the session, so keep a light cover handy.  
  
Self Healing  
  
It is important to use your Shamballa regularly, preferably daily, after you have received your first attunements.  If you don’t have anybody to practice on, practice on yourself.  Using Shamballa on yourself is as good as somebody else doing a session on you.  There are charts for self-healing (refer to Recommended Reading List).  These positions may also be used for the healing of others.  I recommend that when you first start to use this Shamballa system, you use all the hand positions.  As you get more practiced, you may use your own intuition and the Shamballa guides to help you decide which ones to use and which ones not to use in any given situation.  Whole body treatment is better if time permits.  
  
Using the Shamballa system on yourself on a daily basis puts you in touch with yourself and your emotions.  It makes it easier to deal with them.  Remember that fear is a lack of trust in the Source and results in a feeling of separation.  Getting connected with the Source allows truth, beauty, harmony, love and abundance into your life.  When you put your hands on yourself and think, “Shamballa On,” even before you have been given your symbols and been trained how to use them, the Shamballa energy will flow. Very little intent is needed when doing Shamballa healing.  Some people may be able to focus better than others.  People with less focus should not worry that they are not working properly.  With practice, you will become more focused.  Becoming aware of drawing the Shamballa energy into yourself with your in-breath, and directing it through your hands into the healee with the out-breath, will often assist with this focusing.  Other visualizations such as feeling a beam of light entering in through your crown chakra and out through your hands and heart chakra may also help.  Whatever works is the right one for you.  So it is the same old thing again, practice makes perfect.  
  
The Healing Contract  
  
When working on others, it is first necessary to explain to the healee that some effort is required on their part.  This I would refer to as the healing contract.  The ideal situation is three sessions in a row.  This does not have to be on three consecutive days, but as short a period as possible between the sessions is preferable.  A person reaches peak health because they are being re-aligned with the Source.  If a person is not willing to make a commitment, it is better not to start at all.  Treating people in a willy-nilly way can create more harm than good.  You also need a commitment from the healee to become whole.  Without that, there is no point in starting.  Tell them that by becoming Love, they will become Whole.  
  
Another very good way of empowering yourself as a healing facilitator, and ensuring that things only happen totally in accordance with divine will, is to use the affirmation:  
  
        Mother Father God  
        I Am One with You  
        I Am an Instrument of Your Will  
  
Use this before every healing session, or as an affirmation in your daily life, and you will soon find that things are accelerated for you in the healing modalities.  By using this affirmation, you relinquish all responsibility and hopes, etc. that you may have during the healing.  It makes a great difference to the outcome when you surrender the results to Divine Will.  This also takes a lot of strain off of you, too, because you are not interfering with the process that the healee is going through.  Some ones need to go through these various healing processes as learning scenarios.  We as facilitators can help them to go through these processes quickly.  
  
  
  
  
  
  
  
How to Offer a Shamballa Healing Session (Level 1)  
  
First a few things you need to know before you offer a session.   
  
There is absolutely no way you can ever do a Shamballa session incorrectly.  It is totally foolproof, so relax and enjoy the process.  
There are no hand positions to memorize no information you need to study.  
A session usually takes under 10 minutes.  
There is absolutely no way you can ever do a Shamballa session incorrectly.   It is totally foolproof, so relax and enjoy the process!!!  
The process of offering a session for yourself is the same as how you offer it to others.  
  
Even if you forget everything else written here, do not worry.  It will work anyway.  When you offer a Shamballa session, you are helping a person open to who they already are deep inside.  This is all you are doing.  Since they are already who they are, you are just assisting in bringing that recognition forward.  
  
To Offer a Session in Person (distance sessions covered in Level 2)  
  
Have the person sit comfortably in a chair of if you have a Massage/Reiki table they can lie down.  If you wish for the person to lie down, a bed is just fine provided you are comfortable.  When you put your hands on someone you are sitting and leaning over them.  Even if it only for a few minutes, you can become uncomfortable reaching for that long.  You do not have to be a martyr to offer Shamballa.  Make yourself comfortable too.  
When the person is ready, take a moment to center and ground yourself.  This puts you in the frame of mind of peace and service.  Some people like to call in their guides, angels or say a prayer either out loud or silently.  I usually ask for the session to be for the highest good of the person.  
Put your hands on the person.  If they have mentioned an ache/pain or part of their body that needs healing, put your hands there.  If not, just put your hands where you feel guided.  There are no hand positions in Shamballa.  Wherever you put your hands, it will work, regardless of what they need.  Remember, what you are doing is helping the part of them that lives in peace, abundance, perfect health and joy to come forward and help the person obtain the healing for their highest good.  You are being a channel/conduit of energy for that process.  Their inner healer does the identifying and the actual “work.”  Think of it as a partnership.  
When you put your hands on someone (and this is done with the palms down), be sure to respect their individual likes, dislikes and comfort zones.  If you are not sure what is appropriate, just ask.  It is a good idea to ask before you touch someone or put your hands on him or her anyway.  Some people, for example, dislike being touched on their throat.  This may apply to someone who has been abused.  Some people do not like to have their eyes covered.  Or whatever.  I usually tell people to let me know if something I do is uncomfortable.  Also, many Reiki practitioners, when they put their hands on someone, cup their hands and keep their fingers together.  I believe most people receiving Reiki are more comfortable with this because it feels less intrusive.  
After you put your hand on the person, say to yourself, “Shamballa on.”  Usually the Shamballa energy flows anyway, but it is a good reminder of intent to work with the Shamballa energy.  Over time, you do not need to say it anymore.  
A session takes less than ten minutes.  You can use one hand position or many.  The energy goes where it needs to go. You do not need to balance any chakras, or figure out what is going on with the person’s energy.  Just be a channel and let things happen as they are meant to.  If you are already attuned to Reiki and can feel energy, you will find that the Shamballa energy flows first and then the Reiki you were previously attuned to flows next.  If you are not attuned to Reiki or other types of healing energies, you will find (if you can feel the energy flowing) that the flow of energy tapers off after a while.  This is how you know the session is finished.  If you are not sure, then just make your best guess.  Use your intuition.  There is no way to do a Shamballa session incorrectly! !!  
When you are finished, tap your fingertips together to stop the flow of energy to the person.  You do not need to say, “Shamballa off.”  The Shamballa energy will never shut off; you are just ending the flow to that person you were working on.  
Important:  More is not necessarily better.  If you are used to giving Reiki or other healing sessions, you may be tempted to keep on going with Shamballa because ten minutes does not seem like much time, or the person you are working on expects more.  The extra time is not necessary.  It would not hurt anyone, but it does bring into focus your desire to meet other people’s expectations.  That understanding is healing to work with for yourself and the other person.  But that is on a personal note and has little to do with the actual session itself.  
When you are done, be sure to thank your Spirit Guides, Angels and whomever you called in to help.  Expressing gratitude allows the things you are grateful to multiply.  Ask the person you are working with to be careful in getting up and have them do so very slowly.  If they need to ground, show them how.  The Earthstar activity your learned to ground after the attunement works well for many people.    
Remind them to drink extra water and take a nap if they are tired.  These two simple steps help their bodies to flush out anything released and also the nap helps the person to integrate the energy and the changes (healing) that happens as a result of the session.  In my opinion, what makes a session work is not what happens when the person is on the table receiving, but what they do with the changes when they go home.  They are responsible for their healing.  This does not mean you have no responsibility for what you do during the session.  Your responsibility is to be as clear a channel as possible.  You do this by self-treating on a regular basis.  
  
  
  
Grounding After Healing  
  
Touch your fingertips together to break the magnetic charge between you and the healee.  Wash your hands and arms in cool water after completing the healing to discharge any collected energy in your auric field.  
  
Grounding Exercise  
  
When electricians wire houses for electrical energy, they must ground the system, to protect it from improper flow of energy.  When we are channelling energy through our bodies, we must also ground for the best results.  However, unlike electrical grounding, for us grounding means that we are connected to the earth and energy comes from the ground.  
  
How do you ground?  There are many different ways to ground, all with the end result of you feeling connected to the earth.  You can use earth energy for balancing and healing, like Reiki energy; you can channel earth energy into people, plants, animals, and the planet itself.  The more you practice grounding and channelling energy, the easier it will become and the more effective a channel you will become.  
  
The following exercise is good for practicing channelling earth energy, both for grounding you and helping to heal our planet.  When we channel energy up from the planet, through us, and back into the planet, we are sending the earth a transformed and healing energy, different from what she offers us.  
  
1.  Stand firmly with your feet flat on the floor, shoulder width apart, knees slightly bent.  
  
2.  Relax and breathe, and be aware of your feet on the floor and your legs holding you up.  
  
3.  Be aware of your feet.  Imagine that your feet are sinking through the floor into the earth below.  Plant your feet in the earth.  
  
4.  Imagine that you are a tree, growing roots down into the earth from your feet.  Let the roots sink deep into the earth, through the layers of soil and rock, into the hot, vibrant, molten center.  Once your roots reach the center of the earth, imagine that you can attach an anchor to them, an anchor that allows you to move freely, but one that keeps you connected to the earth.  
  
5.  You may want to re-connect your ground every 45 to 60 seconds.  
  
The above exercise will ground you.  If you then wish to channel this earth energy continue as follows:  
  
6.  Feel your spine and root open to the energy of the earth, and like the roots of a tree; allow the energy of the earth to flow up into your spine effortlessly and easily.  You may want to imagine energy flowing into you with each in-breath.  
  
7.  Allow the energy to move all the way up your spine, filling your entire body and flowing out the top of your head.  
  
8.  Allow the energy to fill your chest and heart, and to move down your arms and out your hands, as if your arms and hands are a hose through which the energy flows.  
  
9.  Once you feel the energy flowing up your spine and out your arms and hands, place your hands flat on the floor and channel the energy back into the earth, knowing that this energy is nurturing and healing our planet.  
  
10. You may wish to reconnect to the earth every 15 to 60 seconds to keep the energy flowing.  
  
One way to maintain your grounding is to be award of the bottoms of your feet, particularly of the beginning of the kidney meridian (located just beyond the ball of your foot at the beginning of the arch, in a line from the base of the second toe).  
  
  
  
  
  
THE PHYSICAL ENERGY AND EMOTIONAL BODY  
  
  
Reiki assists us to balance our physical, energy and emotional bodies and those of our clients.  You will notice that the traditional Reiki hand positions are designed to channel energy to all of our organs, glands and associated chakras.  With the Shamballa system, no specific hand positions are necessary.  The following information is simply a quick reference for relationships between our physical, energy and emotional bodies.  
  
  
Our Organs  
  
HEART:  Our heart is the muscular pump of the vascular system.  It has four chambers: the two on the right relate to the lungs, and the two on the left relate to the rest of the body.  Our hearts take deoxygenated blood into the right side, pump it through the lungs and return oxygenated blood to the left side and the rest of the body.  
  
Stored emotional blockages: Heartaches, heartbreak, grief, loss, fear, sadness, rejection, hurt.  Holding back out of fear of being alive or fear of dying, blockage of love, imbalance of giving or receiving.  
  
LUNGS:  Our lungs bring air into a place where it can be absorbed by our blood, and takes undesired gasses from the blood and releases them to the outside world.  
  
Stored emotional blockages: Asthma related to anger, fear, low energy, coughing up pain.  
  
STOMACH:  Our stomachs store undigested food and start the digestion process, preparing our food for treatment by the small intestine.  
  
Stored emotional blockages: Place where all things swallowed go to be digested, such as old rules, ideas from family, peers, teachers, ministers, doctors etc.  Ulcer is anger eating away at one’s gut, butterflies in the stomach are anxiety, indigestion of old thoughts, feelings, ideas that don’t fit anymore into one’s life, fear of change and disapproval.  
  
SMALL INTESTINE: Our small intestine fills our abdominal cavity and is framed by the large intestine.  It receives partially digested food from the stomach and uses secretions from the pancreas and liver (via the gall bladder) to further break down food.  It is responsible for all digestion of nutrients, including vitamins.  
  
LARGE INTESTINE: Our large intestine absorbs water, vitamins and minerals.  It includes our appendix (lower right side), goes right up our right side, across at about our waist, and down our left side.  
  
Stored emotional blockages in the abdomen: Hara center, storage place for unexpressed feelings of anger/fear, unresolved situations relating to anger/fear/guilt.  Where information from the computer center in head goes if it isn’t cleared.  
  
LIVER:  The liver is our largest organ.  It is responsible for a multitude of chemicals and changes.  Blood brings nutrients into the liver.  It converts carbohydrates into fat and proteins.  It makes cholesterol, stores vitamins A, D, B12 and iron.  Removes toxic substances from the blood.  
  
Stored emotional blockages: Anger/fear storage over long periods of time.  
  
GALLBLADDER:  The gallbladder lies just under the liver.  It stores bile that is secreted to the beginning of the small intestine.  Bile helps digest fats by making them soluble in water so enzymes can act on them.  
  
Stored emotional blockages: Anger gone over to bitterness.  
  
PANCREAS:  The pancreas excretes enzymes that enter the small intestine and help with the breakdown of protein, fat and carbohydrate.  The pancreas makes insulin.  It is considered a gland and is regulated by the hormones.  
  
Stored emotional blockages: Sweetness gone out of life, spark, spice, sparkle, zest missing.  Being too nice/sugary etc.  
  
SPLEEN:  The spleen is a lymphatic organ.  It filters our blood and is active in the immune system.  
  
Stored emotional blockages: Storage of unfinished business with past relationships.  Could relate to death of a person, job, lifestyle, which have created strings with the past.  
  
KIDNEYS:  The kidneys work to maintain the electrical, chemical and concentration balances and integrity of the body water.  They maintain the body water volume, process blood plasma and maintain the acid-base balance in our bodies.  
  
Stored emotional blockages in adrenals/kidneys: Shock/trauma center of the body.  Over activity of sympathetic nervous system, adrenaline rushes, healing of entire autoimmune system.  Always treat this position for shock, trauma, illness, surgery, emotional imbalances, stress of any kind, allergies, low energy and fear response.  
  
  
Our Endocrine Glands  
  
PITUITARY:  The pituitary and pineal glands are related to the body’s metabolism.  They secrete hormones that cause other secretions in other parts of the body.  
  
PINEAL:  (Hypothalamus) The pineal gland can secrete hormones to create estrogens, progesterone and testosterone and also regulate the thyroid, bone, skin, adrenals, milk production in mothers and water conservation.  
  
THYROID:  The thyroid increases oxygen consumption in our tissues and thereby fuels and maintains metabolic activity.  
  
THYMUS:  The thymus is part of the lymphatic system.  It can produce “T” lymphocytes that attack the protein of certain tumour cells.  It atrophies as we age.  
  
ADRENALS:  Our adrenals secrete a hormone that breaks down starch and fatty acids and stimulates our metabolism.  The adrenals are responsible for “light or flight” responses that can result in dilated pupils, increased heart rate, nervous activity and breathing.  
  
OVARIES, TESTES: The ovaries develop female germ cells (eggs) and female hormones, estrogens and progesterone.  The testes develop sperm and the male hormone testosterone.  
  
  
Further Seats of Stored Emotions  
  
HEAD:  Seat of our computer center for the body.  Place that we create all that is going on in our lives.  Important to treat to keep in balance so we put our lives in order on the physical, emotional, mental and spiritual levels.  Headaches are often withheld feelings causing imbalances as we try to figure out why things aren’t the way we would like them to be, can be accompanied by unshed tears, anger, confusion, too much analyzing.  
  
EYES:  Relate to inner seeing, feeling and hearing.  (Third eye or psychic center development. )  Not being seen by others, not seeing what others want, not wanting to see what’s right in front of our noses (far-sightedness) or what’s going on out there (near-sightedness) .  Connected to the sinus passages where stored tears are held.  Also directly connected to the ovaries and uterus in women and to the prostate gland and testicles in men.  
  
EARS:  Hearing others, being heard by others, blocking out what we don’t or didn’t want to hear.  Also related to high blood pressure, balance and clarity.  
  
THROAT:  Speaking out, expressing oneself verbally, throat blockages caused by choking on ideas or words, thoughts or beliefs.  Not saying what needs to be said, talking too much, feeling gagged.  
  
NECK:  Related to shoulders carrying burdens and responsibilities, a stiff-necked point of view, sticking one’s neck out, to do with support, rigidity in thinking, etc.    
  
INTESTINAL TRACT: Constipation/ holding feelings in, usually anger and fear as well as guilt.  Colitis/diarrhea is letting go of old feelings, thoughts and ideas without actually dealing with them.  
  
OVARIES/UTERUS: Storage of anger with men, issues about birth, abortion, miscarriage, rape, incest, abuse, fear/guilt/anger about sexuality.  
  
BLADDER:  Stored anger/pissed off.  Often related to fear/guilt around sexuality.  
  
PROSTATE:  Sexual guilt, anger with women, powerlessness, helplessness, issues with birth, incest, and sexual abuse.  
  
HIPS:  Support system, something to kick about, often stored anger/fear, which can create fat barrier.  Too vulnerable/unprotec ted shows in thinness.  
  
KNEES:   Flexibility in thinking, support (left knee internal emotional support, right knee external support such as job, money, friends, etc.)  Support from mother on left, father on right.  Parents with roles reversed will find similar reversal in knees.  
  
ANKLES:  Understanding, related to thinking, analyzing, and the word why.  
  
FEET:  What we stand for, can’t stand, standing up for ourselves or others, setting standards, being soulful.  Feet contain points for all other parts of the body.  Also represents our grounding in life.  
  
SHOULDERS:  Right - burdens and responsibilities carried for the family, business, world, others etc.  Left - internal emotional burdens/responsibil ities for our own lives, spiritual/emotional /mental growth.  Guilt.  
  
UPPER BACK: Right - stored anger, giving too much, storage of little angers such as irritation, being a bit upset, striking out or striking back, holding back or holding out, defending oneself by being imbalanced with giving/receiving.  Left - stored sadness, grief, sorrow, loss, and guilt.  Occasionally represents too much receiving, not enough giving.  
  
LOWER BACK: Storage of anger, held feelings, sexual stress, barriers against opposite sex, sexual abuse.  
  
TAILBONE:  Has to do with survival, kundalini activation, fear of success, fear of aliveness, fear of action.  
  
   
  
  
This manual has been created from manual materials   
received during attunements to the   
Shamballa Multi-Dimensional Healing System  
from Shamballa Master,   
Linda White Dove.  Her website is:  
  
www.neholistic. com/whitedove  
  
Materials were obtained from John Armitage’s website:  
http://www.mahatma. co.uk  
  
Additional information is end noted.  
  
These course materials contain the original information as channeled by Hari Das Melchizedek, the channel of the modern Shamballa System.  Additional materials have been added by other sources.  Where supplemental materials have been added, the authors’ name will be noted for your clarity and reference.  
  
Thank you for joining us in creating Shamballa together.  We are One.  Shamballa is a system of living taught as energy healing.  
  
Compiled by:  
  
Deb Edward  
  
Shamballa Reiki Multi-Dimensional Healing System Master/Practitioner  
Usui Reiki Master/Practitioner  
Lightarian Manifestation Ray Teacher/Practitione r  
AngelLinks Facilitator

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| --- |
| Shamballa Multidimensional Healing   Level 2        www.reikithehealing path.com        kathy@reikitheheali ngpath.com        REIKI LEVEL II  USUI REIKI SYMBOLS - PART ONE  Reiki symbols are an important and very interesting part of Reiki practice.  They allow one to focus the energy of Reiki for specific purposes.  There are a total of five symbols in the Usui system of Reiki.  Three are given in Reiki II and two in Reiki III.  There are other symbols that people are using, but they are not a part of the Usui system.  In the Shamballa Multi-Dimensional Healing system there is a total of 352 symbols.  Usui Reiki symbols are not as mysterious as they might seem. They are actually Japanese kanji, which means they are simply words from the Japanese language.  Their names can be found in a Japanese/English dictionary.  The first two symbols vary from this somewhat.  While the names of the Power and Mental/Emotional symbols are Japanese, the symbols themselves may be Shamanic or a combination of Sanskrit and Japanese kanji.  It is a practice of Japanese Buddhists to sometimes combine ancient Sanskrit with Japanese kanji in their sacred writings and symbols, so the way these first two symbols are drawn may have been influenced by this practice.  The Distant and Master symbols are completely Japanese kanji; both in their names and in the way they are drawn.  It is interesting to note that the name of the Usui Master symbol can be found in "The Encyclopedia of Eastern Philosophy and Religion," and is translated to mean "treasure house of the great beaming light."  It is said to be "a Zen expression for ones' own true nature or Buddha-nature of which one becomes cognizant in the experience of enlightenment or satori."  This is quite a profound definition.  Perhaps it is called the Master symbol because it gives us direct connection to the Master within, which is the real source of Reiki.  Also, since the Usui Master symbol is a powerful symbol from Zen Buddhism, one wonders how much help Dr Usui received from the Zen Buddhists he was staying with when he re-discovered Reiki.   The above information indicates that the Usui Reiki symbols are not exclusive to Usui Reiki.  They existed prior to Dr Usui's use of them.  Also, because they are Japanese, it is not likely that he discovered them in a Sanskrit sutra as some have thought.  It is much more likely that Dr Usui received the symbols in his mystical experience on Mt. Koriyama, or that he had prior knowledge of them from the Zen Buddhists he was staying with.  Since the symbols are Japanese and we know that the Master symbol is from Zen Buddhism, perhaps the sutra in which he discovered the formula for healing was Zen Buddhist rather than a Sanskrit sutra, (even though there is a Sanskrit sutra that contains a formula for healing).  In addition, the Usui Master symbol also appears as part of the symbol on the Goshintai, which is the sacred scroll of the Johrei Fellowship.  These are all interesting ideas to contemplate.   The Reiki symbols are transcendental in their functioning.  Whereas most symbols have an effect of the subconscious mind of the user, causing a change in one's internal state, the Reiki symbols access the source of Reiki directly and signal a change in how the Reiki energy functions, independent of one's internal state.  There are many ways to activate the Reiki symbols.  They can be activated by drawing them with the hand, or visualizing them, or by saying the name either out loud or to oneself.  The symbol may also be traced on the roof of one's mouth with the tongue.  Intention is the main ingredient in activation and it is possible with awareness to activate them by intention alone.   The power and effectiveness of the symbols comes from the Reiki attunement that is given during a Reiki class.  Before the attunement, the student is shown these symbols and given time to memorize them.  During the attunement, the energies of each symbol come down and enter the student's mind/body, linking themselves to the appropriate symbol in the student's mind.  Afterwards, whenever the student uses the symbol, the same energies that they were linked to during the attunement are activated and begin flowing.  This linking or activation of the Reiki symbols during the attunement process makes use of the stimulus/response mechanism, which is a dynamic part of the human mind.  The Reiki symbol becomes the stimulus and the particular energy the symbol represents is the response.However, because the attunement is guided by the Higher Power, and functions at a higher level of awareness, the stimulus/response mechanism doesn't require the repetition normally necessary to establish a relationship between stimulus and response.  It happens immediately.    Many have noticed differences in the way that the symbols are drawn when compared to the symbols from other Reiki Masters. These differences are there for a number of reasons.  First, it is known that Mrs. Takata did not always draw the symbols exactly the same for every student she taught.  After her transition, there was a meeting of the Reiki Masters she initiated.  At the meeting they compared their symbols.  The Power symbols of all the Masters present were basically the same.  The Mental/Emotional symbols of the Masters had some slight differences.  However, the Distance symbols were quite different - especially with the strokes at the bottom.  They did not compare their Master symbols.  So, even at this early date, there were differences, which apparently came from Mrs. Takata.  Perhaps she deliberately drew them differently to give a little distinction for each student, or perhaps at other times because of age or from having taught for over 30 years, she accidentally drew them with some differences.  Also, there are different ways to draw the Japanese kanji figures and in fact, Mrs. Takata did have two ways she drew the Master symbol.  One way was more of a flowing style, called "running hand" with the main difference at the bottom part of the symbol.  The other way she drew the Master symbol was a printed or block style called "normal."  Both ways of drawing the Master symbol have exactly the same meaning.   So starting out there were already changes in the symbols from one student to another.  Add to this the fact that students were not allowed to make original copies of the symbols, and were to keep them only in the mind.  When it came time to pass them on, the teachers had to draw them from memory and since few people have perfect memories, some changes were bound to occur.  This process has continued over and over, thus allowing more changes to take place.  What is surprising is that for most students, the symbols still look fairly close to the original.   So, the question arises about whether there is a perfect or correct way to draw the symbols.  From the above example, it can be seen that even those who learned from Mrs. Takata did not draw the symbols in exactly the same way - so there must not be a perfect way to draw them.  It has also been found that everyone who has received the attunement for the symbols has symbols that work.  So, the power of the symbols does not come from drawing them perfectly.  It comes from the link that is made between the symbol the student receives in class and the attunement energies entering the student during the Reiki initiation.  The correct way to draw the symbols is the way your Reiki Master drew them for you before you received the attunement.  It is the link between the symbol and the Reiki energy that takes place during the attunement that empowers the symbols.  (With this principle in mind, some Masters have chosen to deliberately make slight changes in some of the lines of the symbols to give distinction to their particular school of Reiki.)  The symbols that you receive from your Master are the right symbols for you to use, even if they are different than those others are using.  The Reiki symbols are a wonderful, beautiful way to connect to the higher power.  Their use does not require that we are able to meditate or have years of spiritual practice.  Their power and effectiveness comes to us by grace, which allows us to humbly accept the value we receive as a gift from the Creator.  We are grateful for the efforts of Dr Usui and all the others who have lovingly worked to make this system of healing available to us.     Reiki Symbols    The traditional way of giving these symbols to people meant that they were not allowed to draw them on paper and take them away with them.  I think that the time for that has now gone.  If we don’t allow our students to have symbols on paper, they will have forgotten how to draw them in no time at all.  There are many different representations of these symbols in use.  It is known that Mrs. Takata drew these symbols in many different ways.  They all seem to work.  I am giving here various representations of the symbols.  The symbols from my Reiki Master are the first ones given.  Once we have worked on the meaning of these symbols, I will go into other variations of them and how to draw them.  If you look at the Level One materials, you will know that there was once over three hundred symbols in the full system, with twenty-two in daily use.  We are now down to five in the traditional system today.  The five seem to work well, but I am in possession of many more.  Some say they are not Reiki symbols, but who knows?  Most of this system has been lost.  Many of the symbols still exist in Tibet, because they were also used there, but it is hard to get access to them because of the Chinese.  They are in remote monasteries and inaccessible to most of us today as are you not allowed to roam around Tibet as a tourist.  So, after we have looked at and discussed the Reiki II symbols, I will include some of the others I have access to.    Working With Symbols   In my own experience I have found that working with the Reiki II symbols also makes it easier to “tune in” to the Reiki Guides.  Each person is assigned a Guide during their first Attunement to Reiki I.  Using the symbols seems to bring the Guides closer.  You may find at this stage that you might even start to hear them talking to you.  This of course takes your healing into a whole new dimension.  Using the symbols boosts up the Reiki energy; it is just like turning up the power from fifty watts to five hundred watts.  When you take your Master attunement it takes the energy from alternating current to direct current.      Cho Ku Rei  This symbol vibrates at the seventh level.  This symbol is drawn counter-clockwise in some systems.  I have been given guidance by the Ascended Masters that both ways work, counter and clockwise.  I have also been told that drawing counter-clockwise over tumors and inflamed areas draws the energy out, so wait for guidance on which way to draw it during your sessions.  Using it once clockwise and once counter-clockwise can be used for manifesting what you need in life.  It should also be born in mind that an energy vortex in the Northern Hemisphere often circulates in a clockwise manner, while the same energy in the Southern Hemisphere will circulate in a counter-clockwise direction.  Just think about the way in which water drains down the sink plug hole.               Increase Power  How to Use  This symbol relates to the spirals of DNA.  DNA channels the light codes.  At the present time most people have only two strands of DNA active.  For us to experience full consciousness we need to have twelve stands activated.  I will give another symbol later to help activate DNA.  It should be used at the beginning of every treatment on the Head.  Repeat it every time contact is broken with the body.  When to Use  Cho Ku Rei has general applications for: Food Friends Family House Work Animals Traffic, traffic jams, accidents Electrical appliances Correspondence Gardens The Third Eye Minor health uses Increases the power of crystals and remedies etc.  Earth Healing Application  Cho Ku Rei may also be used in activating vortices of energy, in stone circles or on ley lines etc.          Sei He Ki     This is the symbol that heals the mind and emotions.  It means:  “I have the key” or “greatest peace.”  This is a subconscious key and protects the subconscious mind  How to Use  This symbol should be used when treating the solar plexus.  Repeat Sei He Ki three times then repeat Cho Ku Rei three times to seal.  When to Use  The general applications for Sei He Ki are: Addictions Mental disorders To change past events Past life recall On houses Crystals  Earth Healing Applications  This symbol may also be used, together with Cho Ku Rei, on stone circles, ley lines, the earth and vortices.       Hon Sha Ze Sho Nen    This symbol is traditionally used for absent healing and is known as “the bridge between heaven and earth.”  It ensures that the receiver has proper consciousness and is the connector symbol to the entire nervous system and chakras.  It has its origin in proper thought.  Interpreted it means “The Christ in Me acknowledges the Christ in You.”  Hon Sha Ze Sha Nen is a Buddhist chant used for releasing karmic debt.  Hon Sha Ze Sho Nen works with both karmic issues and healing.  How to Use  In order to send long distance healing, first do a personal cleansing.  Then call the person in to mind, through a photo, letter, visualization, with their record card, or however else feels appropriate to you.  In a settled meditative state, affirm and visualize the person as whole.  Repeat Cho Ku Rei three times, Hon Sha Ze Sho Nen three times, Sei He Ki three times.  Repeat the earlier affirmation, then seal the treatment with Cho Ku Rei three times and Hon Sha Ze Sho Nen three times.  Release the person and perform a personal cleansing.  When sending a long distance healing always make sure that you have the recipient’s permission.  It can also be helpful to arrange a mutually agreed time when you will be sending the healing and they can then be aware and in a more settled and receptive state.  This also allows them to participate in their own healing.       Antahkarana – Ancient Symbol of Healing       Antahkarana  Alice Bailey and several other authors of Tibetan philosophy have some knowledge of Antahkarana, which you can find in a number of books.  They describe the Antakarana as a part of spiritual anatomy.  It is the connection between the physical brain and the Higher Self.  It is this connection that must heal and develop if we are to grow spiritually.  The Antahkarana symbol depicted here and described represents this connection and activates it whenever you are in its presence.  The science of Radionics indicates that lines drawn on paper create a psychic effect on the space surrounding the drawing and will influence the human aura and chakras in various ways depending on the pattern created.  This validates the age old practice of yantra meditation which makes use of visual images to purify and evolve the consciousness.  The Antahkarana is an ancient healing and meditation symbol that has been used in Tibet and China for thousands of years.  It is a powerful symbol and simply by having it in your presence, it will create a positive effect on the chakras and aura.  When doing healing work, it focuses and deepens the actions of the healing energies involved.  When meditating with the symbol on your person or close by, it automatically creates what the Taoists call the great microcosmic orbit wherein the psychic energies that would normally enter the crown chakra enter the feet and travel up the back of the body to the top of the head and then down the front to the feet again, thus grounding the person to the earth and creating a continuous flow of energy through the chakras.  It will also neutralize negative energy that has collected in objects such as jewelry or crystals simply by placing the object between two symbols.  In addition, it will enhance all healing work including Reiki, Polarity Therapy, Chiropractic, Hypnotherapy, Past Life regression, etc.  These positive effects have been confirmed over and over by the improved results noted by those using the symbol and by clairvoyant observation by those trained in sensing changes in the aura and chakras.  This symbol is multi-dimensional.  From one perspective, it appears to be two dimensional, being made up of three sevens on a flat surface.  The three sevens represent the seven chakras, the seven colors and the seven tones of the musical scale.  These three sevens are mentioned in the book of Revelations as the seven candle sticks, the seven trumpets and the seven seals.  From another perspective, this symbol appears as a three dimensional cube.  Its energy moves up from two to three dimensions that can be seen and also continues up through unseen dimensions all the way to the highest dimension – the dimension of the Higher self.  Historically, the use of this symbol can be traced back through a number of Reiki Masters to an ancient Tibetan meditation technique.  The few Tibetan meditation masters who knew of the symbol tended to keep it to themselves so that the increased value it created for their work would add to their status.  For this reason, its use has not been widely known.  The Tibetan meditation practice that used the Antahkarana took place in a room lit with candles.  In the middle of the room was a large earthenware vessel shaped in an oval which symbolized the cosmic egg of the universe.  The vessel was filled with several inches of water and in the middle was a stool.  On the seat of the stool, inlaid in silver was the Antahkarana symbol.  One wall was covered with copper, polished to a mirror finish.  Tapestries were hung on the opposite wall which displayed Reiki symbols.  A Tibetan Lama meditator would sit on the stool and gaze steadily at the image of the Reiki symbol reflected in the polished copper mirror.  This yantra meditation would create one pointedness in the mind of the meditator, uniting the consciousness with the transcendental energies of the Reiki symbol while the Antahkarana symbol on the stool would focus the energies generated and cause them to evenly flow through all the chakras and to connect with the earth.  It is clear that the Tibetans did not originate the symbol, and there is no written record as to its true origin.  However, through clairvoyant perception, Michelle Griffith, a talented clairvoyant healer has been able to tune into the symbol and read its psychic history.  According to Michelle, the symbol was first given to the people of earth during lemurian times over 100,000 years ago.  The Antahkarana was created by a counsel of Ascended Masters who are watching over the evolution of the Galaxy.  They saw that the people of the earth were in trouble and needed help in re-establishing their connection with the Higher Self.  they created the symbol and using a decree, imbued it with its own consciousness.  Now, anyone who uses it will have the connection between the physical brain and the Higher Self strengthened.  It is the Higher Self that creates and guides the benefits of the symbol and that is why it can never be used for harm.  This sacred symbol has been kept a secret for thousands of years, being known and used by only a few.  Now it is time for all to have access to this ancient and sacred symbol of healing.  Directions for Use  The Antahkarana is a special symbol that has its own consciousness.  It works directly with your aura and chakras and varies its healing effect depending on what you need at the time of use.  Since it is directed by the Higher Self, it always has a beneficial effect and can never be misused or used to cause harm.  The symbols can be placed under a massage table or under the bottom of a chair.  They can also be placed on the wall or they can be held against your body with the print facing the area needing healing.   Further Uses of the Symbols  Now that we have been through what could be called the basics, we can expand on the symbols, their uses and how to use them.  First, it is important to memorize the symbols correctly.  Learn to draw them on paper and in your mind, also on the roof of your mouth with the tip of your tongue.  If you draw the symbols incorrectly while working, don’t go back to correct them.  Your Reiki guides will do this for you.  But don’t use this as an excuse for laziness.  Your guides will support you if you make an effort, but not if you are lazy or sloppy in your work.  Effort is always rewarded in spiritual life, even if the content is not 100% correct.  Purity of heart and intention should always be the guideline.  Intent is a key!  Flower Remedies and Homeopathic Drugs  Cho Ku Rei and Sei He Ki are used in tandem for this.  Hold the bottle between your hands.  First use Sei He Ki three times to clear the prescription, then use Cho Ku Rei three times to amplify, then finally seal with Hon Sha Ze Sho Nen three times.  This will help to make the prescription more powerful and clear any residual energies that are not of the light.  Commercially made remedies often hold the vibrations of all the many people that have come into contact with them.  This of course will affect the user in a way that was not intended.  Using these symbols also helps alleviate any reactions one may have in the form of a healing crisis.  Crystals and Gem Stones  Take the crystal in your hands.  First use Sei He Ki to clear the stone.  Repeat the Se He Ki at least three times, or as many times as you are guided to.  Then affirm that the crystal is now programmed with the Mother/Father’s seed blueprint for Creation.  When you have made this affirmation three times, affirm that it will be self-cleansing three times.  Then use the Cho Ku Rei at least three times, followed by the seal Hon Sha Ze Sho Nen three times.  This will amplify the power of the crystal.  Crystals are capable of holding many programs all at once, so experiment with this.  You can also create crystal layouts in the shape of Cho Ku Rei.  Lay the patient on the floor and create the symbol out of crystals around and on them.  This will increase the power of the symbols hundreds of thousands of times.  Be sure to first clear the crystals of any conflicting programs.  Planing a person within this symbol will activate their DNA with the divine light codes and the twelve strands will light up.  This method of working is very powerful, so use it with guidance and it will take you to freedom.  This freedom is your birthright.  You can also use crystals in layouts of the other symbols, but place the hands only until you gain more experience in working with this crystal/symbol combination.  As I have previously stated, this is a very powerful method of healing and should be treated with respect.  Make sure that you always have permission from the healee and work with love.  This system will also encode all the crystalline structures of their body with the divine light codes.  The human body is after all, mostly crystalline, the sell salts, the blood (liquid crystal), trace metals, trace minerals and the water content, which is also liquid crystal.  You can also use the Antahkarana here.  Place the symbol under the healee in as many places as you are guided to.  Use it under the body or on top.  The Antahkarana symbol works well under the head and on the heart.  Photocopy the symbol as many times as you wish.  You could also use the Mer Ka Fa Ka Lish Ma symbol here to further speed up the DNA activation.  This symbol restores the seed blueprint if it has become unbalanced.  Visualize or draw it though the crown chakra of the healee.  I cannot stress the importance of DNA activation enough.  When you consider that we are normally only working with two strands when the potential is twelve strands, you soon realize that we are only utilizing a small portion of our potential.  When we have twelve strands activated, we become whole and we have a total connection with the source and the Goddess Gaia/Earth.  Again I say, take your birthright with love and be free.       Mer Ka Fa Ka Lish Ma Mother Energy – DNA  Clearing Houses  First go into the house and check it out.  Go in with an open mind.  Ask Archangel Michael to give you a pillar of light to protect you.  To do this affirm, “Archangel Michael, please give me a pillar of light and protection during this work.”  This type of work is quite safe as long as you remain without fear.  There is nothing to fear but fear.  Ghosts or disincarnate spirits cannot hurt you.  There might not even be any ghosts to deal with, so have no fear.  If there should be ghosts, then just deal with them with love and compassion.  But you will probably find that you are only clearing a build-up of energies that have accumulated over the years.  Burn some incense, sage or sandalwood, in every room.  Then draw/visualize multiple Sei He Ki symbols in every room.  Don’t forget the corners of the room.  At this stage you may feel or hear something or somebody.  If it is the latter then ask them who they are, and tell them that it is inappropriate for them to stay there.  They may not even be aware that they are dead.  So tell them that there is no longer anything here for them in this dimension, and that they must now move on into the light.  They may feel fear at this stage, so ask Archangel Michael and Mother Mary to assist them to move on.  This is a very effective system to use.  Once they have departed and you will know when they have, use the Cho Ku Rei symbol all over the house.  Don’t forget the windows, doors, garden, etc.  This will bring good luck, love, truth, beauty and harmony back into the situation.  If you feel that the spirit’s presence has a karmic reason behind it, then use the Hon Sha Ze Sho Nen symbol as well.  Say a prayer of thanks to your guides and all concerned, then think Light and Be Bright!   Additional Symbols  Zonar     This is the first of the missing Reiki symbols that Sai Baba retrieved from the inner planes.  It is pronounced like “zone air.”  Draw a Z, come up and draw infinity three times.  This symbol works well with past life, karmic and inter-dimensional issues - i.e. those things we cannot put our finger on.  Our cells can carry the memory of trauma, or even ideas that we “brought into” from other lives.  Zonar as well as Hon Sha Ze Sho Nen help to work through and release the karma and pain.         Motor-Zanon     This symbol has two names.  Motor-Zanon is a two part symbol used with Cho Ku Rei.  Think of the symbol like a bottle with a cork in it.  Say Cho Ku Rei three times followed by Motor three times.  As you do this, the cork pops out of the bottle and cleanses the area you are working with. The symbol reverses polarity and leaves the body, taking the virus with it.  When you are finished, call upon the Silber Violet Flame and cleanse the cork.  Then to put the cork back in the bottle until the next use, say Cho Ku Rei three times followed by Zanon three times.  The cork returns to the bottle.   This symbol does work with AIDS.  However the root problem with AIDS victims is extremely low self-esteem and low self-worth.  These issues must be addressed first before healing can take place.  Remember, too, whether it is AIDS or some other disease, there are people who love their pain and enjoy wallowing in misery.  For them the question is “Why are you doing this to yourself?” and then finding aspects within them that can be built upon to establish a true sense of feeling good about themselves.  Shamballa Symbols  If you are already working with Reiki, you probably have been taught that the Reiki symbols are used for sending distant healing and for sending specific types of energy when you give Reiki. This is accurate, but a further explanation of the symbols will show how the Shamballa symbols can be used as a means of creating Sacred Community, living as your Higher Self.  Each of the Reiki symbols, and this includes all 352 Shamballa symbols,  represents a certain type of energy. These energies are present around us and inside of us. As we mentioned before, when you are attuned to these symbols you are actually becoming more in-tune with these energies so that you can access them easier. You can then use them when doing healing sessions for yourself or others. Shamballa is Reiki for living as your Higher Self (Creating Sacred Community). Your Higher Self is One with everything that exists. Everything is energy, and all energy can be accessed if you become in tune with it, if you allow yourself to notice and to resonate with it. That is what many call manifesting. Manifesting is the act of creation. Symbols are archetypes, representations of energies that are useful in living and creating as your Higher Self. You can work with these symbols via hands on healing by calling them in as you work. Or with Shamballa, the symbols that are necessary will flow as you do the work with someone, even if you do not ask for any symbols specifically.  However, there are other ways to work with the symbols that will allow you to learn more about them and benefit from the connection in very powerful ways. These ways of working with the symbols are helpful in understanding their and your true nature in a way that is difficult to do with just hands on healing. We will share several of these ways here. What is important is that you find ways that work for you and bring out a sense of exhilaration and exploration. Think of it like going on an adventure!   Since each symbol is energy and represents certain characteristics that are inside of you and part of all life, working with the symbols energetically is a very practical and useful way of understanding them. Energy has certain qualities. It has motion, sound, light, color, sensations, knowing, etc. Depending on how you access intuitive information, you may experience the symbols as any one or a combination of these qualities. Or perhaps other qualities may apply. There are many people who can feel their guides smile or know that something is a certain color even if they cannot see it. Can you hear colors? The possibilities are endless and eternally joyful. There is no one right or wrong answer and each person may experience the same symbol differently. That is why we recommend doing this with a sense of exploration. Allow yourself to be creative and do not judge yourself if things do not happen as you think they should!  One way to play with the symbols is to merge with their energy. Call upon the symbol and ask it to merge with you in a way that is gentle, joyful and for your highest good. Experience the energy of the symbol as experienced by your body/mind/emotions. Think of this as trying on the symbol to see what it is like to wear/be it. Ask any parts of your physical body that could use healing from the symbol to step forward and receive if they wish. You do not have to know which body parts are receiving, it will happen. You can call upon specific parts if you choose, or not. If you have an issue you are working with, you can call upon a symbol to help you energetically. Think of the issue briefly, experience it as energy (see, feel, hear, or know it) and then call in the symbol to help for your highest good. All you do then is just watch and witness. You do not have to direct anything.  For those of you, who enjoy channelling and wish for channelled information,  call upon the symbol like you would call upon a guide. Since symbols are energy and all energy has consciousness, the symbol can connect with you and provide you with information.  Energy can be understood and accessed in so many ways to fit the way you work and live. If you are on a Shamanic path., for example, you can journey on the symbols. You can meditate on the symbols if you enjoy meditating. You can breathe the symbols as you do breath work. The symbols are meant to be enjoyed and are ways of connecting with the Oneness, of which you are a part. The more you connect with them, the more you become in tune with the Oneness, and you live as your Higher Self.  That said, it is important not to overdo things and connect with too many symbols at once. The symbols are very powerful and create many changes. Your spirit can do a lot of work, but since your body and emotions work differently, it may take them a while to catch up. It is similar in a way to eating a lot of food very quickly. It takes a while to realize you have eaten too much, but by then you are already full and cannot do much about it. If you overdo it with the symbols, it may take a day or two, but you are likely to need some rest. The same is true of your emotions. They are designed to protect you via protecting the status quo. When you upset the status quo by bringing in higher energies than they are used to, you may get "emotional." That is why so many people can feel cranky and irritable during times of accelerated spiritual growth. It is also recommended that you not work with too many symbols at once. It is like sampling many different types of perfume at once, you become unable to distinguish between the different scents.  We hope this information is useful for you in learning about the symbols and yourself via direct experience. We encourage you to play with the symbols, determine what works for you and add your own ideas of how to integrate the symbols into your daily life where they already are.  Linda White Dove 9/2000      Dear Friends: I wish to present to you today a different paradigm for understanding the Shamballa symbols that will enable you to work with them in new ways and understand better the connection between Shamballa Reiki and other spiritual practices. The concept that I wish to present is that of the 352 Shamballa Reiki symbols as metaphors of the human experience expressed energetically.  >From a Theosophical approach, all spiritual practices and religions at their core have the same goal. They wish to offer ways of understanding and of living to be a better person and make the world a better place. This is true not only of religions/spiritual practices but also of other universal systems (languages) such as literature, film, etc. Depending on a person's belief systems they choose their form in which they "get" their metaphors. Metaphors are impossible to ignore. They are everywhere. And since everything in the Universe exists within us, they are "built" in to our very bodies at the cellular level as archetypes. Some archetypes we establish a connection with and over time we identify with them more and more. Other archetypes we seldom think about, but they reside within us anyway. Their purpose is as a means of connecting with each other (establishing a common language) and for healing as individuals and collectively.  We can, and often do, activate/manipulate these archetypes for healing. Sometimes it feels like it happens to us, like when we see a movie that touches us deeply and stirs us. Sometimes it is a story in the news that gets our attention collectively and keeps people talking. It triggers something in the human condition, uniting us or seemingly keeping us apart in "controversy, " which can ultimately be understood as bringing us together.  We can choose consciously which archetypes we wish to work with and how. We can choose not to read certain books, etc. Manifesting, visualizations, etc. teaches us this also and so does Shamballa via the symbols. I believe the symbols are energetic representations of various archetypes that, combined with the Shamballa energy and the intent to heal, can evolve the archetypes in us for personal and collective change. This is one reason why Shamballa has the mix of the three energies that it does. The Reiki energy works on the body/mind/spirit level of the individual. The Mahatma energy works on the interconnectedness (Oneness) and the Ascended Master energy is used to evolve the archetypes for the Ascension of the planet and all life. It works with Archetypes on the Universal Template level.  What makes Shamballa Reiki so special also is that it is very intuitive. I believe this is one of the best ways to heal and bring to wholeness. Imagine working with the Bible, other religious texts, all literature and all knowledge on an energetic level to transform yourself and all life to joy, peace, love and abundance without the need for formal training/study. Now imagine doing it in 10 minutes or less per day via nurturing touch for yourself or someone you love. It is so!   How To Offer A Shamballa Distance Healing Session  First of all, some background information. Shamballa recognizes the Oneness of all beings. From this understanding Distance Healing is as powerful as if the person you are working with is sitting right in front of you. There is no distance if all is One.  The felt experience for you of offering Shamballa is not all that different from an in person session. You may still feel tingling, warmth or love as the energy flows through you. You may feel the guides working with you as well. Some people find it easier to let go and all the energy to flow when doing distance sessions. Others find that without the person "physically" present, they tend to get distracted. You will find a way of doing this healing that works for you. Although I offer two different ways, it is important to know that it is not the technique that makes Shamballa Distance healing work, it is intent.  I offer you a story about a healing session. I arranged a date and time for the distance session. The day before the session was to happen, I received an e mail from the client thanking me for the session and telling my how much they could feel the energy and how much better they felt. There had been some confusion about the date of the session and I had not consciously sent any healing energies. The client was embarrassed but this speaks to the power of intent. If the person is expecting to receive (meaning they intend to receive healing) they will. If you intend to offer, even if you feel you are not doing it "right" (there is no such thing) then you are offering. This does not mean there is no benefit in formally doing a session, there is much more that can be offered with focus and technique to add to the intent. It is merely meant to assure you that there is no way to do a session incorrectly. What I offer are two ways that work for me, one structured and one less structured. Feel free to experiment and find what works for you.  About the symbols, you may wonder why they need to be included in a distance session. Technically they do not need to be included. The symbols are tools that will add focus, intent and a lot of power to distance work. I highly recommend that you use them when doing distance Shamballa sessions.  Many people find the symbols difficult in that they are unfamiliar. With Shamballa distance healing, there is no need to learn to draw the symbols from memory. When you offer distance healing you can either say the names of the symbols (out loud or in your mind) or you can draw them if you choose. Whichever works best for you. Even if you are unsure about the pronunciation it is still the intent that works. The attunement you received for Shamballa 2 puts those symbols in your energy field for you to draw upon as needed. You will find as you work with these symbols and become more confident in your healing work that they flow automatically. If you need assistance in pronunciation of the symbols, please contact me.   How to offer Shamballa distance sessions:  Method #1  1. Sit comfortably in a chair, feet flat on the floor 2. Relax, hold both of your hands out in front of you, palms facing forward fingers together. This is how you will send. 3. In your mind either say the names of the following symbols (3 times each) or draw them:  Cho Ko Rei ("Cho" the "o" is pronounced like the "o" in show, "Ko" the "o" is pronounced like the "o" in "Cho", "Rei" is pronounced like "Ray.") Sei He Ki (pronounced like Say Hey Key) Hon Sha Ze Sho Nen (pronounced like Haan Sha Zey Show Nen. In "Nen" the "e" is like the "e" in "men.")  4. Say in your mind "Shamballa On." 5. That is it. Now just sit and allow the energy to flow through you. You do not have to visualize the energy moving, or visualize the person you are working with or anything else. Just sit and relax for as long as is needed. This is usually less than ten minutes. when you are finished, tap your fingertips together to end the flow of energy. Or just use intent.  Method #2  1. Sit comfortably as in method #1. 2. Close your eyes and relax. 3. Open to the flow of Shamballa energy and allow it to fill you and the space around you. 4. Let this space around you grow, expand. You do not have to actually see this, or force it, just intend it to happen and know that it is so. 5. Include with intent the name or names of the people you are offering healing. "Put" them with intent into the space around you that has the Shamballa energy. This is not the same as visualizing them there or taking on their energy. You are just including them and recognizing them as receiving healing energy for their highest good. 6. Do steps 3-6 as in method #1.  Several things to keep in mind about Shamballa: 1. It always works for the highest good. It cannot be used to harm someone or "force" your intent on them. 2. It is best to ask the person for permission to offer Shamballa. Either directly or by tuning in to check if it is appropriate. To check in internally, all you have to do is think about sending and be silent. See how you feel physically when you think about doing this and this is one way to receive your answer. You may wonder if Shamballa cannot be used to harm someone, and it only works for their highest good, then why check in? This has more to do with your reason for sending than anything else. Shamballa sent with the desire for a specific result, whether it is the healing of a specific condition or the need for being the one to help, usually ends up offering you a karmic lesson, sometimes one that is painful or difficult. If you find you are feeling headache, tension in your body or "not right" when you send, this is probably a good indication you need to stop.  Shamballa Distance Healing has many other uses. You can use the same formats as above or change them as needed to:  1. Send Shamballa healing to yourself in the past, the future or multi-dimensionally . 2. Send Shamballa healing to places where events have happened such as earthquakes, wars, etc. 3. Send Shamballa regarding issues you care about and want to help. Again realize that you cannot force a specific result. It is important to send for the highest good of all concerned and then surrender the outcome. This is a hard thing to do when you feel strongly but it is extremely important. Intensity of feeling is what manifests the most powerfully and you do not want to attract for yourself very powerful learning via hardship. 4. Send Shamballa distance healing for yourself. This may seem like a strange concept but it is an educational experience to try this and see how it works. And know that it works. |

Shamballa Multidimensional Healing  
  
  
Level 3  
  
  
  
  
  
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Shamballa Multi-Dimensional Healing  
  
    In ancient Atlantis a high priest at the Temple of Healing created a healing system.  He is now known as the Ascended Master Germain.  This priest took himself away from the central temples at Atlantis, and journeyed to the far mountains of Atlantis, creating his own tribe, or clan, of Atlanteans called the Inspirers.  The Inspirers disconnected themselves from the mainland Atlantean dwellers.  They sought to find a technique and way to equalize the spiritual development of all Atlanteans, in order to abolish and banish race differences which were judged by the psychical and spiritual progression of the Atlantean race.  Many of the Atlanteans who were considered spiritually and psychically backwards were used as slaves by the priests and priestesses and the royal families of the Atlantean island.  Germain in that lifetime was given a number of which would raise that individual’s vibration to a sufficient level where they would transcend their present spiritual handicap and be equals amongst the Atlanteans.  He was given twenty-two symbols, a Master number.  When Atlantis was destroyed, Germain journeyed with several of his fellow brothers to ancient Tibet.  They tried in this place to continue this practice of raising spiritual consciousness.  In order to see how this practice would ensue, they gave three symbols to a number of individuals who were in close proximity to the Atlantean landing.  Many of them used the symbols and the spiritual evolution that they brought well.  Others, however, used this power in a dark, negative and baneful way.  They perverted and contorted the symbols, transforming and changing them.  Germain and the Inspirers decided at this time not to give the full twenty-two symbols to any individuals, in order to keep the full power that they thought would corrupt these individual’s minds from their grasp.  
  
    As the Inspirers (or their descendants) traveled on through India, they gave out a few symbols, which eventually made their way into the Sanskrit scriptures.  This is probably where Dr. Usui encountered the symbols which he used to found the system of Reiki.  The Reiki system as it is practiced today is an incomplete system.  It is a system which is comprised of many symbols, some which are drawn directly from the Akashic Records and have been given to mankind by Germain, but some which have been invented, created, and draw upon a different type of energy.  
  
    The only history we have of Dr. Usui was put on tape by Mrs. Takata, a Reiki Master trained by a Dr. Hayashi, who was taught by and worked with Dr. Usui.  Dr. Usui was apparently a genius, a great philosopher and scholar.  He was the principal of the Doshisha University in Kyoto, Japan.  It is claimed in the story that he was a Christian minister and that he attended university in the United States, but both of these claims have eluded proof.  It is more likely that he was a Buddhist monk, and that his followers made these later claims in order to make his Reiki teachings more accessible to Westerners.  
  
    Most of the above information was recently revealed to John Armitage (Hari Das Melchizedek) by the Collective Consciousness of the Lords and Ladies of Shamballa (The Ascended Masters).  The rest is from Master Germaine through Hari Das at the Mt. Shasta Intensive in October 1998.  
  
  
REIKI IS LOVE  
  
Mrs. Takata and Dr. Usui  
  
    I am Mrs. Takata.  My sisters and brothers, it is my personal honor to further welcome you to the family of Reiki.  I would like to inform you that myself and Sai Baba, are the beings, the energies, that have attuned you during this attunement session.   
  
    Many of you wonder who I am.  I am Takata.  I am the energy of that lady that is responsible for bringing forward the tradition that our wonderful teacher and friend, Dr Usui, gave us.  Some of you would wonder why I would be present at what could be called an unconventional Reiki training course.  I am present, brothers and sisters, because I am very excited to see things move forward.   
  
    I have been portrayed as that stern lady who insisted that everything was done in a methodical and planned way.  It is true, I trained some of my early Reiki masters this way, but a number of the later Masters that I trained were taught very differently.  They did not, of course, pass on the unconventional aspects of what I taught them, because in those days most people thought that it was necessary to stick to tradition, not only the tradition of Reiki, as taught and re-discovered by Dr Usui, but all traditions.  Now is the time when myself, Quan Yin, Dr. Usui, Germain, Wotanna, Djwhal Khul, and others of the Ascended Lords and Ladies of Shamballa, are working collectively to move these philosophies forward, so that they truly may take their place in this Golden Age of Light that is rapidly approaching on this Earth of yours.  Things are changing very quickly, and many, many, many healing facilitators are required in a very short time.  Things are speeding up and you must speed up with them.  Speed up the awakening and enlightening of your brothers and sisters of all creeds, all colors, and all countries.  I leave you with my love.  I leave you with my blessings, and I congratulate you all in taking this greatest step forward.  Bless You.   
  
    I am Usui, welcome.  Welcome all of you to the next level of Reiki, to the next level of energy.  You will find now that your capacity to facilitate has been accelerated.  You will remember that this morning there were questions as to whether I really did exist.  I exist, because I am channeling through this one.  I existed in the third dimension.  I existed as a being of Light, a being of Love, that came to teach love.  
  
    Reiki is Love.  I came not to teach methods of control, methods of teaching that forced one to adhere to a rigid form.  I came to teach about love.  I came to teach about compassion.  It was not I that formed a system of control; it was ones that came after me.  I do not judge them, for at the time they thought that they were doing things for the best.  That was then, and the times are now very different.  So because the times are different, Germain, myself and others, are incarnating the accelerated system, not only through this one, but through many others.  And as that great, dear soul, Mrs. Takata, told you yesterday, now is the time that many, many healing facilitators are required upon this beautiful planet of yours.  Do you all understand the meaning of that term?   
  
    Go out, speak about what you know.  Use what you know for the furtherance of the energy of love; for the furtherance of the energy of light.  And when ones that have not heard of Reiki ask you; "What is this Reiki?" the only thing you need to reply is; "Reiki is Love."  There is no need to tell them, those that have not been attuned, and had any information passed on to them, there is no need to go into; "This is a system of symbolism.  We use these symbols, you do this, and you do that.”  There is no need for them to know this.  It is not secrecy, but I would ask you not to confuse them; not to send them into rigid patterns of thinking.   
  
    Reiki is love; love is wholeness; wholeness is balance; balance is well-being, freedom from dis-ease.  Remember these words.  You can sum up Reiki with them.  Colleagues, for that is what you are, you are not students, you are not trainees, you are not below me, you are not below this one that I am channeling through; realize that you are colleagues, that you are all Masters in your own right.  If you weren't Masters in your own right, why would you be here?  There would be no reason for you to be here.  Walk forward in love,  walk forward in light, speak of that light, and spread that light through your hearts, spread that light through your hands, spread that light through your feet, and spread that light through your eyes.  I bless you all, and again I say to you, welcome home to the Family.  Bless you.  
  
    It is I, Takata.  I am here again to briefly address you on the subject of Reiki.  I would like you all to know that most beings upon this planet had Reiki before. Many ones understand the meaning of this word, the meaning of this energy. Again, I will compound what the dear Doctor has just told you.  You have now returned home.  You have now returned home to love, compassion and light.  Remember this short sentence, because contained within it is all you need to know.  Bless You.  You may now start to return yourselves to your normal consciousness.  Of course, you should by now know that you will never be "normal" again!  I leave you.   
  
 The above channeling was received through John Armitage during a Shamballa Reiki I & II workshop held at Bangor on 13-14 July1996.  
  
  
Master Germain on Shamballa and Reiki  
  
    On the subject of Reiki, what a stir the Texas thing has caused.  (The Texas legislature voting on regulations for Reiki practitioners. )  I AM amused to see most of it.  It has brought out many things for many people, from abundance issues to total FEAR!!!  
  
    I don’t know what all the fuss is about.  I AM speaking here only to you Shamballa Masters, although I may ask that some of this channeling be posted elsewhere.  So you most LOVED masters, listen or read this and take it in:  You are Masters, as such you can do what you like.  No government can tell you that you can’t heal in accordance with Divine Will and LOVE.  
  
    What do they know about all these things?  Much more than you think!!  It has been seen that this thing called Reiki works.  Not only can it be used for healing, it also CAN, IF YOU ALLOW IT, change your life.  You know the kind of thing -–you get focused in LOVE and you can’t be controlled anymore by news and media, drugged with electronics (TV), and be kept in fear.  “So what shall we do about it?” they said to themselves.  “We can regulate it, but how?  Let’s look into it.  Well look – a bunch of people who have been on top of the pile through control and money are worried, they are losing their grip on it all.  Let’s get them on our side.”    
  
    They are just like the church.  Think they know what’s best for everybody, and they are on a crusade to save the public from too much LOVE!!!  “These out of control LOVE Masters must be stopped!” they shout.  See it for what it is.  
  
    These are the ways I see it.  I AM and of course, not 3D.  I ask you this question all of you, remember at Shasta I told you to drop the name Reiki from our healing method?  If you try to hang on to it, you are trying to hold on to the past.  Ask yourself, “Does it make me feel secure when I say Reiki is my thing?”  If it does, stop doing it!  You are all Shamballa Masters.  As Masters you can help     others become whole through your LOVE.  You don’t heal them, they heal themselves.  So if people heal themselves, how can people make laws to stop you?  The LOVE police have not been formed yet.  Keep on putting fear into all this and the energy will give them the idea, “We have them scared, not only can we control them with fear, we can use the energy to fuel our own projects!!!” said the controllers.  
  
    You do not need to be a rocket maker to see the game, yes, the game, see it for what it is.  Their game is to stop the LOVE from spreading.  Our game is to spread the LOVE.  LOVE is the natural state of all that is, all ones are working towards IT.  Yes, all ones, even the ones you judge to be bad, understand that becoming whole means Change with a capital C.  
  
    “OH NO!”  I hear as people draw in a sharp breath, “Change, I don’t need that.  I AM doing ok, if only I had more money I would have an easier life, if only I had this, that and the other, it would make a difference.”  It would, because a difference means change.  Really, if you think about change, it means a change in the way you see and perceive things.  If you allow yourself to LOVE yourself instead of sticking with your deep rooted ideas that you are a victim, you would start to create a life full of what you need!!!  Allow the Universe to provide, and the magic will manifest in YOUR life.  Do NOT limit the Universe, do not try to control it, allow the gifts you need to flow.  Sometimes it’s a bit hard to see the magic in some of the scenes you lot act, on earth, but believe me, there are gifts in everything.  
  
    Now the subject of charging for anything:  This always brings up a bit of stuff.  Look, you live on earth.  I have lived there a few times, myself!!!  Great place for some quick lessons I remember.  On earth at this time, the universal energy exchange is money.  These tokens are used in many exchanges, shops, gas stations, dentists, loads of places.  If you don’t have any, you can’t get food (unless you can grow or kill it).  The basic fundamentals of life are denied you.  You can’t go to the supermarket and say, “I gave LOVE to 100 people today and taught others how to LOVE and did three meditations with my whatever and I would like this lot,” the answer will be what?  You haven’t paid for it, so out you go!!!  
  
    So, charge what you need to charge, if you have the stored material energy to fill your needs, then don’t.  Please yourselves, it’s a free will planet you live on remember, what up.  If you don’t like the information you are getting, change the channel!!!  
  
    Now on the subject of even more control, many say that you can only teach one level of Reiki at one time and make you wait for the next level for ages because you are judged unable to cope with a good dose of LOVE.  The argument is over on that one.  LOVE wins, if there is such a thing as winning.  With the energies that are available to you now, all is possible.  The time is NOW.  Today should be the day that you really let yourself know you LOVE yourself.  Practice mega acts of kindness to yourself.  Let yourself know you are highly regarded and LOVED by yourself.  When you become good at it, do the same for others.  You won’t need to mention Reiki, others will know you for what you are, your LOVE and healing.  
  
Namaste’,   
Germain  
  
Channeled by Hari Das Melchizidek  
January 6, 1999  
  
  
Why 352 Symbols?  
  
    Shamballa Multi-Dimensional Healing, as it is now being re-introduced to humanity by Master Germain, has been expanded to include all 352 symbols of the original system.  The Atlanteans were only ready for 22.  We are now ready for the whole system.  Why 352 symbols?  This is another Master number:  there is one symbol for each of the 352 levels of initiation we must complete on our way back to merging with Source.  
  
    The 352 Shamballa Multi-Dimensional Healing symbols have not been given out until now, because humanity’s group consciousness was not at a level that they could be given out.  The 352 symbols are not in a manual that one has to memorize.  They are infused directly into one’s activated MerKaBa Fields.  One’s I AM Presence works with the I AM Presence of the Shamballa Facilitator when this infusion takes place, during an initiation attended by many Ascended Masters and Celestial Beings.  Later, when a facilitator does Shamballa healing, they first go through a pre-healing ceremony themselves, where among other things they request the assistance of various Ascended Masters and Celestial Beings that the facilitator works with.  Then, when a specific symbol is needed for healing, the symbol appears to the facilitator.  
  
I personally clear myself (using the Silver-Violet Flame), bring in Mahatma gold-silver- violet energy, from source down through my whole chakra column, directly down to the center of Mother Earth (“Trigger the Light the Light the Light, trigger the Love, the Love, the Love).  I then call in my own Shamballa Healing Team, my I AM Presence, and Master Germain and any other Shamballa Masters and other Angelic and Ascended Beings who wish to participate (such as Dr. Usui, Sai Baba, Sananda, Djwhal Khul, Vywamus, Kuthumi, Quan Yin, Mother Mary, etc. – whoever you feel comfortable working with).  I say,   
  
“Mother/Father God,  
I am One with you;  
I am an Instrument of Your Will.”  
  
  
I then say,  
  
“Shamballa On!”  
  
and proceed.  After calling in the energy with Cho Ku Rei, I ask for the relevant symbols for that person at that time to come through.  Sometimes I get a picture or idea of which symbols to use, and then I visualize and/or say the name of those symbols(s) in my mind at the appropriate times.  I realize that I am an instrument for the healing Love energy of the Source, which comes through the beings I work with, through me, and I make myself as clear a channel as I can, so that I can pick up any instructions/ insights at the moment that my “Team” wishes to give me.  Sometimes I already have an idea of some of the symbols which may be useful in the present situation, as I have made myself familiar with certain symbols and their uses.  But I always stay tuned to my Angelic/Ascended Master/Avatar helpers and listen for their input.  
  
    Symbols may be viewed as keys which bring in certain energy packets; or as condensed energy of the whole, a sort of “pre-packaged” condensed energy of the original energy, which will last much longer in the energy field of the person being worked on, without needing constant intention from the facilitator to hold that energy there.  They are tools.  
  
  
  
  
WORKING WITH THE ASCENDED MASTERS AND THE MAP HEALING TEAMS  
  
    Who are these beings that are talked about as the Ascended Masters, these beings that have taken their ascension?  They are a group of beings, some terrestrial, some extra-terrestrial, who have already completed their ascension process.  The ascension process is a process of integrating the Lightbody, or the body of Light, into the body physical.  It is not a question of accelerating your cellular structure until you become light, because if you do that, you will spontaneously explode.  The idea is to facilitate the grounding of your Lightbody by expanding your cellular structure to hold Light.  Of course this can be done with crystals, and this is what is really happening when we work as healing facilitators.  This idea of healing is not only to become fit and balanced within the emotional and physical bodies, but to become fit and balanced multi- dimensionally, between the I Am Presence and the physical, mental, emotional and spiritual bodies.  So the integration of Light into the physical body is actually extremely important.  The Ascended Masters have achieved this multi-dimensionalit y.   
  
    Many people are confused by the term 'Ascended Master'.  Firstly, this term 'Master' does not imply any hierarchical system.  The term simply implies that the One given the title has achieved self-mastery.  This achievement of self-mastery means that it is possible to move through numerous dimensions in conscious states, being aware of the changes whilst fully conscious.   
  
    The Ascended Masters, as individuals, no longer exist.  They are now a collective consciousness of Light.  The place where this collective consciousness exists is in the etheric realms, in a place that is known as Shamballa.  Hence, esoterically they are known as the Lords and Ladies of Shamballa.  The energy of the consciousness of the Masters is a diamond that reflects the Light of God.   
  
    Each individual facet of this diamond reflects an individual energy of an individual Master.  So these Masters are terrestrial and extra-terrestrial.  They have a wide divergence of skills, but their greatest common skill is transmitting the energy of Unconditional Love and Compassion.  They can help you to bring Love and Compassion into your life, and they can help you bring this into the lives of others also.   
  
    The Ascended Master known as Germain, or St Germain, was the inventor of the Reiki system.  In other lifetimes, he was also Merlin the Magician, and Francis Bacon, son of Elizabeth I, and the true writer, some think, of Shakespeare' s plays.   
  
    Another of the Ascended Masters, Kuthumi, was also St Francis of Assisi in a previous incarnation.  He was also Shah Jehan, builder of the Taj Mahal.  Many of these ascended beings that we work with are very traceable throughout history, many within the last 100 to 800 years.  These beings are very easily channeled.  I, personally, have some favorites that I work with.  These energies are known as Kuthumi, Mother Mary, Wotana, Kwan Yin, Germain, Djwhal Khul, Vywamus, Merlin and Arthur.  I suggest that for further information about the Ascended Masters, both as individuals and collectively, you read any of Joshua Stones works, in particular; The Complete Ascension Manual and The Ascended Masters Light the Way.  This will give you a further insight into the energies of the Ascended Masters, and just how much these energies can do for us, and for others, in our daily lives.   
  
    The Ascended Masters also have a Masters Medical   
Assistance Program.  I actually call these the MAP teams.  You can have a personal MAP team for your own healing, or you can have a MAP team which will work with you in all your healing sessions.  If you initiate a MAP team for your professional work, then the same team will work with you every time that you work.  On this team will be various beings, or energies, that have skills that you require and that relate to the methods of healing that you use.  On these MAP teams are also beings or devas known as the Overlighting Beings of Healing.  The devas are in charge of the manifestation of everything upon our planet, and they are also responsible for the healing of all third dimensional entities. There are devas that relate to trees, plants, animals and birds, even devas that relate to places.  One of these Overlighting Devas is also known as Pan.  When we talk about Pan, most people think of a Greek God, but in fact Pan is a great way of summing up the universal energy in the third dimension.  The Ascended Master in charge of these MAP healing teams, and the MAP healing program, both on a personal and professional basis, is a being known as Lorpuris.  Machaelle Small Wright, a lady in America, has done a great deal of work in helping to set up this system with the Ascended Masters.  
  
    If you require a personal MAP healing session, then make the following affirmation: "I affirm that I would like to initiate a MAP healing session.  I call upon the Overlighting Devas of Healing, Pan, the MAP healing team, (here also name any personal Ascended Masters that you may wish to work with) and my I Am Presence or Higher Self.” Then confirm that you wish the session to last for exactly sixty minutes earth time, (higher dimensions have no concept of time as we know it).  Don't cross your feet or your hands, or put your arms over your body during a session, as this will interfere with the clear flow of energies.  
  
    During the first session, tell them about any health issues that you need to address or the type of health or emotional issues that are causing you the most problems personally.  You may, or may not, have direct communication from the team during your first session, but certainly you will feel the energies moving through your body.  You might see colors, shapes, feel tingling sensations etc.  You can always discuss with the team any problems or effects that you are experiencing, and they will respond accordingly.  Don't ask for a MAP session more than once in every twenty-four hours.  Allow this space of time for the energies to settle in, as this is a very powerful technique.  One of the best times to initiate a session is when you are lying down, maybe in bed in the morning when you wake up, or at night just before you fall asleep.  
  
    If you wish to work with the MAP team in a professional capacity, then affirm that you would like a professional MAP healing team assigned to you for your healing work, and then every time that you conduct a healing session, affirm that you would like the presence of your team.  Ask them for a code name, which could be any thing from 'Coca Cola' to the 'Holy Healing Team'.  Don't imagine that because it is not a holy sounding name, that it is not a reverent one.  To initially set up your Professional MAP healing team, first of all initiate a personal healing session, then ask for the code name during that session.   
  
    Whatever name is given to you. Then that's the one to use.  By having this code name it will make many, that still have fear issues to be addressed concerning channeling and working with subtle energies, feel easier. If you wish to go further into this whole fascinating field of work I suggest reading Machaelle Small Wright's book MAP, the Co-Creative White Brotherhood Medical Assistance Program.  
  
    Lastly, we would like to make a comment about working with any of the contents of this book.  After reading this book, some people might be encouraged to think that now they have seen the Reiki Symbols, it is no longer necessary for them to attend a Reiki class.  In fact this is not true.  The symbols will not work for you until you have been attuned to them.  Having knowledge of the symbols by themselves, without the attunements, does not mean that you have Reiki.  Crystals are co-creators, they will help to create anything that you want.  Make sure that you are clear about what it is that you really want, and not what you think you want.  Remember you get what you ask for?  So co-create a reality of Love and Light, and go forward in this Love and Light.  Help the earth and humanity to come into their wholeness.  Through your Love and though your service others will also realize that the way forward is through Service in Compassion and Love.  Walk in Love, walk in Light, allow the energy of Mahatma to flow through your heart, and speed your journey to Freedom.  
  
  
Antahkarana  
  
   
This very ancient symbol is said to have been given to Earth during Lemurian times, over 100, 000 years ago.  It was created by a council of Ascended Masters, who are watching over the evolution of the Galaxy.  They saw that the people of the Earth were in trouble and needed help in re-establishing their connection with the Higher Self.  They created the symbol and using a decree, imbued it with its own consciousness.  Now anyone who uses it will have the connection between the physical brain and the Higher Self strengthened.  It is said that it is the Higher Self that creates and guides the benefits of the symbol, and that is why it can never be used for harm.  
Simply having this symbol in your presence will create a positive effect on the chakras and aura.  When doing healing work, it focuses and deepens the actions of the healing energies involved.  When meditating with the symbol on your person or close by, it automatically creates “the great microcosmic orbit” of the Taoists, wherein the psychic energies that would normally enter the crown chakra instead enter the feet and travel up the back of the body to the top of the head and then down the front to the feet again.  This grounds the person to the Earth and creates a continuous flow of energy through the chakras.  It will also neutralize negative energy that has collected in objects such as jewelry or crystals, simply by placing the object between two symbols.  It enhances all healing work.  
  
This symbol can be placed under a massage or treatment table, under the bottom of a chair, on the wall, or held against the body, with the printed side facing the area needing healing.  Small colored versions may be made to lay on the chakras during a healing or meditation session.  Use your imagination.  Remember, this symbol has its own consciousness, so it varies it’s healing effect depending on what you need at the time of use.  It connects you with your Higher Self, so it always has a beneficial effect and cannot be misused or used to cause harm.    
  
  
Merka Fa Ka Lish Ma  
  
Mother Energy  
DNA  
To be used with Antahkarana  
   
Restores distortion of blueprint to perfection of species and realigns and re-balances chakras middle levels.  The original pattern of the individual species.  The Antahkarana goes on top of DNA.  
  
Abundance Symbol  
  
  
   
  
  
  
  
  
  
  
Ho-Ka Oi Liili  
  
To increase regalness  
Use for respect  
Honor  
   
  
  
  
  
  
Palm Master Symbol  
      
    Djwhal Khul on the Palm Master Symbol  
  
(Channeled by Krijn Koetsveld, 1998)  
  
Krijn:  Can someone tell me if it is appropriate to initiate to the Palm Master Symbol?  
  
Answer:  Yes, it is o.k.  It is possible again.  
  
K:  Who are you?  
  
Answer:  I am Djwhal Khul.  
  
K:  I am glad to hear from you again, Djwhal Khul.  Can you tell me more?  Why can we use it again?  
  
DK:  The symbol has been activated again, a few months ago.  It was ineffective before.  But it is in use now.  Everyone who’d been initiated to Shamballa Reiki can use the symbol and pass it on.  It connects all chakras of the 13-chakra system with the I AM PRESENCE.  It is an old and sacred symbol.  
  
K;  Why wouldn’t we use it until recently, and we can now?  
  
DK:  That’s about the energy circle that is set right to… (the message gets too complicated for me.  I see many colors, feel energies, but don’t receive words).  
  
DK:  You don’t get that, do you?  
  
K:  No.  
  
DK:  You know the stories about lengthening of the Earth year from 360 to 235 days?  The changing of the Earth orbit around the sun, as a result of the attraction of the main crystal of Maldek?  At that time the contact was lost.  
  
K:  Contact with Sirius?  
  
DK:  More or less; that’s not important. The contact is now partially restored, as a result of the first Earth Grid, and will improve at the time the Second and Third grids are activated. This process will heighten the frequencies of the Earth and the consciousness of all, especially of the so-called “Lightworkers” and all who participate in this process.  The energies are so high now that we can use the Palm Master Symbol again to download the information, appropriate to everyone.  Very much work has to be done right now.  That’s why we activated the symbol already, although it is not in its immense power.  But it will be in time.  That concerns you also, my friend, and everyone you initiate to this symbol.  This is Djwhal Khul.  Please pass on this information.  We thank you.  Love and Light.  
Namaste’.  
I am Djwhal Khul.  
   
  
  
  
  
This is the Palm Master Symbol and the way it can be drawn according to Djwahl Khul.  
  
  
The crown chakra – opening itself to receive  
The connection that is made between the pituitary gland and the pineal body in the brain  
The connection to the throat chakra  
The way through the other chakras down the earth  
The unity of Mother Father Source and the I AM Presence  
  
  
Amsui Symbols  
   
  
Stop patterns in your life  
  
  
  
  
  
  
  
Dy Ko MyO  
  
Master Symbol of Traditional Reiki  
   
  
            Dy        GREAT   
   
      
Ko        BRIGHT   
   
  
  
            MyO        Sun & Moon   
                   (LIGHT)  
  
  
  
   
  
  
Dy Ko MyO – Great Bright Light  
Tibetan Fire Serpent  
  
Very Powerful  
Enlivens each Chakra  
   
  
You only need to memorize this and it will come automatically.  
  
Useful in grounding and balancing whole chakra system.  Use on individual chakras and whole system.  Helpful to use on yourself.  Use when energy feels depleted.  You will know when and where to use this symbol.  Link into yourself, you will know what the answer is.  
  
You do not need to physically draw the symbols.  The thought (intent) is all you need for the same power.  As your power manifests the thought will be as powerful as the drawing of the symbols.  It will clear out the patterns on ourselves and others.  
  
  
  
SHAMBALLA HEALING TECHNIQUE  
The ‘SBZ’ Method  
  
      
A quick and effective healing technique was given by Archangel Michael to Shamballa Master, Jan Harkey, for the purpose of healing the planet and people. She dubbed this method ‘SBZ’ for ‘Slice/Burn/Zap. It can be used in distant healings as well as local work, and takes about 10-20 minutes. Michael encourages all Shamballa Masters to use this technique!   
  
SLICE:  Call in the Shamballa symbol, AMSUI, sword of Archangel Michael. Picture it in your hands as you cut psychic ties from all sides of the ‘object’ area. If you are clairvoyant, you may see the ties being cut. Any ties that are left represents the Karma that the person or place needs to resolve in this lifetime. It is their intent  which will help people release what remains.  
BURN:  Turn yourself into the purple flame by saying “Shamballa on” and envision yourself pure flame. Jan then ‘walks into’ the essence of the person on distant healings to burn negative energies. Or she puts her hands onto someone or someplace and pictures them burning violet with her.  
ZAP:  To bring in the Mahatma energy, create a mental 3D pyramid and place it over a person or place. Hold your hands up and request the Mahatma energy. You may see or feel this energy creating a ball of golden light in your hands. Bring the ball into the pyramid. You may see electric sparks like lightning going through the pyramid in the process of grounding the energy. Hold the ball and image in your mind until the lightning stops, bringing the Mahatma further into the pyramid until completely grounded.  Release it back to Source when you know it is grounded.  Trust your own knowing.    
  
  
Using Energies and Symbols  
  
  
    Alice Bailey spoke of Shamballa Force in her writings.  We should use Shamballa Energies first in healing work to clear and heal then we should bring in the Mahatma Energy for further healing and connection.  Working in this manner with our clients not only benefits them, it benefits us.  That is the nature of Shamballa.  
  
    Amsui is also referred to as the sword of Archangel Michael. It assists in healing the karma of the planet.   A technique that was given to Shamballa Master, Jan Harkey is to create a pyramid and place it over a person or place and step away.  Then bring down a ball of golden light.  Bring the ball into the pyramid, You may see electric sparks like lightning going through the pyramid and person or place your are working with.  Hold the ball and image in your mind.  Release it back to Source when you know it is grounded.  Trust your own knowing.  This is Mahatma energy grounding the person or place.  In this work, use Amsui, the Purple Flame, then Mahatma Energy.   Jan’s technique is included in this material.  
  
  
More on the 352 Symbols of Shamballa  
  
  
Greetings dear Shamballa friends.  It is important that we speak with you regarding the true meaning and usage of the Shamballa symbols and symbols in general.  You have a spoken language.  Your words are auditory representations of certain items, ways of being, etc.  Words are a means of describing what is in your environment (and inside of yourself because everything in your environment is also inside of you).  Regardless of whether the words describe actual objects, events or something else, words describe energy because everything is energy.  The words themselves are also energy but the power of the words is in their ability to describe what is in your environment.  When you hear the word, the item or situation is brought into your mind and you have a response.  
  
  
The same is true with Shamballa symbols.  The symbols are visual representations of specific energy states.  Or if you use the name of the symbols, they are spoken words that bring into your awareness the same energy states.  The symbols themselves are just reminders or ways of easily accessing the desired state of energy represented by the symbol.  There is a tendency among Reiki practitioners to focus on the symbol as having the power instead of realizing the symbol is a reminder of the power that is within them.  This is the spiritual version of going shopping for possessions, trying to obtain something believed to be outside of yourself.  If only I had a new car, or a new home, or that new outfit or that new whatever my life would be better.  
  
  
The symbols have the gift of reminding you who you are.  When you call upon a symbol, you are "bringing out" from within, the qualities represented by that symbol.  It matters not if you are calling upon the symbol for a healing session for others, for yourself or if you are meditating on the symbol.  The symbol is just an easy way to connect with, and embody the state of being that it represents.  It is like a string tied around your finger saying "remember who you are and what you are capable of."  
  
  
In a world of duality and separation, it has been taught that the symbols have power.  Therefore it is important to understand what each of the symbols represent and the more symbols you have the better off you are.  This is the desire to know all 352 symbols of Shamballa and what they "do." We remind you that the symbols are just reminders of what is already inside of you.  
When you need the qualities (the energies) represented by the symbols, you can call upon the symbols or you can know that the energies are present and working as needed, whether you call upon them or not, because you are the energies of Shamballa.  Sometimes it is helpful to call upon a specific "tool" (energy state) represented by the symbol.  It is good to remind yourself that you are an embodiment of the energy and it is helpful to know what state to call upon.  There is nothing wrong with using the correct tool and doing so consciously.  
  
  
On the other hand, when doing so, what is most important to remember is that Shamballa is about claiming and living your Mastery (the Divine Love/Power that you are).  Each of the energy states represented by the symbols are states of Mastery  which you already embody.  Understanding, trusting and living these states is the path to Mastery.  It is entirely different from the paradigm of separation in which you need to have symbols which hold the power for you.  Shamballa can be a path of Mastery in which you acknowledge the love and power that is you, or you can search for the Holy Grail in the image of symbols, or whatever else you believe holds the answers.  
  
  
Teaching Shamballa Reiki with symbols has advantages and disadvantages.  The advantage is that symbols are an easy way for people to call upon and become familiar with energy states that could not be called upon if there were not a way to call upon them.  Having a name/label/picture to use is great in helping a person recognize the symbols and feel them inside as a natural part of who they are.  Each time you call upon the symbol, you become more familiar and attuned to it, you begin to recognize it as a part of you that you can use.  The disadvantage is that many people become lost in the symbols and cannot see the forest for the trees.  We believe that the true meaning and importance of the symbols has become lost to many and we thank you for the opportunity to remind you of the importance of the symbols in your Self Realization.  
  
  
Linda White Dove and Guidance,  
8/17/01  
Attunement Process  
  
    With your Level III Attunement, you are able to attune others to Shamballa Level I, although until you are attuned to the Master Level, you are not able to issue certificates.  The Attunement process is as follows:  
1.  Cleanse space using smudging and/or ChoKuRei (x3) and SeiHeKi (x3) starting in the East and working clockwise through the other directions, along with the sky and the earth.  
  
2.  Tell the trainee what is going to happen:  You will be starting at the back, touching the head.  When you tap them on the shoulder they should raise their praying hands above their heads.  You will work with their hands and then come around and kneel in front of them.  You will hold their hands and then their feet.  At each spot you will be repeating Shamballa symbols.  You will go behind them again and finish the attunement.  Ask them to sit with closed eyes while you work and sit in meditation for a while after you finish.    
  
3.  Trainee sits on a chair, hands together in prayer position in front of heart.  
  
4.  Call on Ascended Masters (especially St. Germain, Dr. Usui, etc.) the Angels and Archangels of Light, all Beings of Light and Love and the MAP teams.  
  
Throughout the Attunement, when downloading symbols, bring them in by:  
    Saying their names (silently or out loud),  
    Drawing them,  
    Visualizing them,  
    Any of the above or any combination.  
  
5.  Stand behind trainee.  Open the Crown Chakra by gesture and affirmation.  Pull out what doesn’t belong for transmutation.  Place hands on head and begin to bring symbols:  
    ChoKuRei  (x3)  
    SeiHeKi  (x3)  
    HonShaZeShoNen  (x3)    (x4)  
    DyKoMyO  (x3)  
    ChoKuRei  (x3)  
  
Now state (silently or out loud):  “I am now ready to download the relevant symbols for this person.”  Blow symbols into crown chakra and bring them into the body by moving your hands down the sides of the trainee’s body in one swift movement.  
  
Tap shoulder (trainee lifts hands above head in prayer pose).  
  
6.  Fingers:  (from back) place your fingers between the fingers of the trainee.  Affirm:  “I am activating the chakras in the fingertips to channel the energies of Shamballa, the Mahatma, Unconditional Love and The Christ Energy.  Activate NOW!”  
  
Move around and kneel in front of trainee.  
  
7.  Hands:  (from the front – open gently like a book to rest on knees).  Feel unconditional love flowing through you to the person.  Press symbols into their hands gently:  
      ChoKuRei  (x3)  
    SeiHeKi  (x3)    (x4)  
    HonShaZeShoNen  (x3)  
    ChoKuRei  (x3)  
  
(No DyKoMyO in the hands)  
“I am now ready to download the relevant symbols for this person.”  (Push into or blow on hands.)  
  
8.  Chest/Heart: (ChoKuRei coming out of both hands facing heart)  
“I affirm the Left and Right spinning ChoKuRei in your heart Chakra.”  (x3)  (Blow-push hands to either side of the trainee’s body.)  
  
9.  Feet:  (Place hands on feet; tap feet 3x for each symbol.)  
    ChoKuRei  (x3)  
    SeiHeKi  (x3)  (x4)  
    HonShaZeShoNen  (x3)  
    DyKoMyO (Traditional)  (x3)  
    ChoKuRei  (x3)  
“I am now ready to download the relevant symbols for this person.”  (Push symbols into feet.)  
  
“I affirm that your foot chakras are activated to ground the energies of Shamballa, The Mahatma, and the Christ Consciousness NOW!”  (x3)  
“I affirm that your Earth Star is activated NOW!”  (x3)  
  
“I affirm that all energies are grounded in Mother Earth NOW!”  (x3)  
  
10.  Go behind the trainee and make the Tibetan Fire Serpent symbol down their back to the ground to ground the attunement.  Welcome the trainee to Shamballa I.  Let the trainee meditate a while to ground the energy.  
  
  
How To Attune to Shamballa   
Reiki Via Distance  
  
  
First the response to the most commonly asked question.  
  
  
Q.  Do distance attunements work?  
R.  Yes.  Since we are all one being, it is theoretically no less effective to attune via distance than in person.  What makes distance attunements work better for some people has to do with belief systems (comfort).  Distance attunements are not for everyone.  
  
  
How to pass a distance attunement will vary from teacher to teacher based on intuitive preferences.  What I do is imagine that the person I am attuning is sitting in a chair right in front of me.  I call upon my Guides, Angels, Archangels, Ascended Masters, my Soul, Mother Earth, Father Sky, etc. and also those beings working for the highest good of the person being attuned.  I ask that the space around myself and the person I am attuning be cleared charged for the highest good and that it remain that way during the attunement.  Because I am very comfortable working via distance and can feel my support system, I do not sage or clear in the usual ways.  If the person I am working with wishes to do so, then I encourage them (and you) to set your space for the attunement in whatever way works best.  
  
  
Once I have called in the guides and asked the space be cleared, charged and maintained, I then ask for assistance in passing the attunement for the highest good of all concerned.  I do so because the attunement affects not only myself and the person being attuned but many others as well, including other people, animals, crystals and plants in their environment and mine.  We are all One.  Then I wait until the guides tell me it is time to begin the attunement.  I can usually tell this because I feel an energetic shift, a readiness.  If you have already attuned someone in person and have felt this, then it is probably going to be similar when attuning via distance.  If you are not sure when to begin, just begin at the appointed time.  
  
  
Because I attune people from many different time zones, I find it easier to not use the telephone to pass attunements.  I also find the internet contact during the attunement to be distracting.  However, you may find that the increased contact with the person you are attuning makes the attunement process easier.  Be creative and use whatever works best for you.  
  
  
Remember: THERE IS NO WAY YOU CAN PASS A SHAMBALLA ATTUNEMENT INCORRECTLY! !!!!!!!  THIS APPLIES TO ANY AND ALL SHAMBALLA ATTUNEMENTS, IN PERSON AND VIA DISTANCE!!!! !!!!!!!  
  
  
Attunements work via intent.  The symbols and methodologies are focusing tools to help us have a structure to depend on.  The time will come when none of this will be necessary because we will know that all attunements are tuning in to aspects of ourselves that already exist.  The format for attunements helps us focus our intent.  The familiarity of a ritual gives confidence. But the ritual/methodology/ format of the attunement holds no magic power, no mystery in and of itself.  It is just a tool to give direction for now.  As with any attunement, if you leave part of it out by mistake, it will still work.  You are supported by many guides, Masters, etc. as you attune and they always assist you.  In the Oneness you never, never work alone.  As soon as you intend to pass the attunement and the person you are attuning intends to receive it, you are supported in the process of helping the recipient to tune in.  It happens.  Your intent is facilitating the process, kind of like a conductor with an orchestra.  The music comes through you but it also come through all who are a part of the attunement (like the Masters).  And they are professionals at attuning!!!! !  
  
  
So, when I sense it is time for the attunement, I imagine the person is sitting in a chair in front of me and I pass the attunement accordingly.  I hold my hands as if they are above the person's head and do as the instructions say on how to pass an attunement in person.  Just follow along the instructions in your course materials as if the person is present in the room.  Since I am not visual primarily, I just imagine they are with me even if I cannot see them.  Imagination serves as intent.  
  
  
I hope you will experiment with how to attune via distance in a way that works for your individual style and strengths.  And even though I mention that the format for attunements is just a focusing tool, I recommend you stick with the format when you attune, in person or via distance.  Just be sure to remember that we are meant to enjoy the attunement experience.  
Spirituality (and thus attunements) is not intended to be fraught with worry over whether you did it correctly.  It is meant to be fun.  After all your true nature is one of unconditional love and joy!!!  
After the attunement, I remember to thank all who have assembled to help me pass the attunement.  I do this verbally and/or I just allow the love to radiate from my heart chakra.  
  
A few more details: Before I attune anybody, especially via distance, I make an attempt to connect with their Soul via the heart energy.  I merge with my Soul and connect with theirs heart to heart.  This reminds me why we attune to Shamballa in the first place.  It puts me in a heart centered place from which to attune.  You can do this any way you wish, perhaps by prayer, or sending loving thoughts to the person you are attuning, or just expressing gratitude for the opportunity to attune the person, but I strongly recommend you make the connection with the person in a way that is for the highest good before you attune.  
  
Also, be sure to ask permission before attuning anybody.  Shamballa Reiki attunements can bring about many life changes and because of this,it would be unethical to attune a person without their spoken permission.  
  
Have fun attuning via distance!  It is an excellent means of sharing Shamballa energy with others.  And because Shamballa is planetary healing, the more people that can be attuned all across this beautiful planet, the better off we all are.  I hope you will give distance attuning a try.  
  
Peace, Linda White Dove   
2/14/01   
"Loving yourself unconditionally is the highest form of service."  
Linda White Dove www.neholistic. com/whitedove

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Vywamus on The Mahatma Energy  
  
    So I would start again with the same words, I am Vywamus. Many of you would wonder who Vywamus is, or who I, Vywamus am.  Many of you have heard of Sanat Kumara , and I, Vywamus am a cosmic aspect of Sanat Kumara.( Info on Sanat- http://www.crystali nks.com/sanatkum ara.html) I say a cosmic aspect because if I really try to explain to you what this cosmic aspect is or this higher aspect, it is very easy for you to become confused.  So just understand that I am a cosmic aspect of Sanat Kumara .  
    So the Mahatma Energy, many of you have heard the word mahatma throughout your lives in relationship to a master that was known as Mahat ma coat Gandhi.  It really angers you when you make jokes and nobody laughs (laughter) Mahat ma coat my Gandhi (laughter).  Oh, many have heard this word mahatma, this prefix mahatma used in conjunction with this master, this being, who did really great service for the human race. He taught harmlessness and action through Love.  
    Brought about many changes in the country where he lived, integrated a lot of the knowledge of harmlessness and action with love and non action with love, into the hearts and minds of many. Even today many take up a protest in a Ghandian way, just through love not through fight, just love. The word Mahatma means Great Soul and is not only the prefix to the name Ghandi.  Many, many beings in India, males, have the prefix to their names, Mahatma.  Many, many people call their fathers Mahatma.  Many call their spiritual masters Mahatma. It is a fact that if you admired your uncle, your grandfather or any other male member of your family, you would possibly call them Mahatma instead of their real name. It is a term, really of respect, of recognition for the qualities of the Indian type of spirituality, or the Indian paths of spirituality.  
    So this energy we call Mahatma, you might wonder why we use that name or that mantra to bring the energy. Understand, that in Atlantean times, it was, there was an attempt to bring the Mahatma energy to Earth, or this energy that we call Mahatma to earth and to integrate it into the hearts and minds of humans on the planet at that time.  
    Fortunately, or unfortunately, whichever way you may choose to look at it, it was not possible to ground the energy because the emotional bodies of the humans were not sufficiently developed to be able to integrate the energy of unconditional love. So we had to withdraw the energy. So we patiently waited for a few thousand or thousand of your earth years until the time that we considered the world ready for the Mahatma Energy.  
    Many of you may remember 1987, when an event took place upon your planet that is known as the Harmonic Convergence. The Harmonic Convergence was a event which millions of people became involved around the planet. But no body really understood what it was about. Very few humans understood what that event really meant to humanity and planet earth and the whole of creation. It was a fact that groups gathered here there and everywhere.They gathered in ashrams, they gathered in homes, they gathered in holy places, they gathered on holy hills and mountains, and they focused. What did they focus on?  Again, not many knew.  
    It is a fact that when you asked what humans said the Harmonic Convergence was, the reply was usually "harmonics converging.”   Nobody really understood what the harmonious convergence really meant. During the time of the Harmonic  Convergence, Sanat Kumara, one of my, we will say for ease of explanation, one of my lower aspects. Finally, integrated his etheric body with the body and the etheric body of the Goddess Gaia, Mother Earth, your mother. You must understand that the earth is your mother, because without the earth you do not have bodies. Your bodies are composed of the elements that Mother Earth is composed of. She is your mother on earth. This integration of Sanat Kumara energies into the body of Mother Earth started to bring about an accelerated rate of consciousness changes. The focus of all the people on the Harmonic Convergence created a lens, a vortex, maybe you could say, through which Sanat Kumara could bring his energy, but, a number of us, myself - Vywamus, Djwal Khul, Quan Yin, and a number of others who at this time their names will not be given to you because you will have no reference points for them, also decided that the Mahatma Energy would be grounded through the lens of the vortex. We decided to call this the Mahatma Energy because humans always have a need to know what things are. (It is through your education and conditionings) . The best name we could come up with was Mahatma, because its very simple.   
So because of this need for human beings to put everything in boxes, pigeon holes, files or drawers, we decided that we would give you a very easy way to call this energy in. So the word Mahatma, the vibration of the word, is attached to the energy.  Also, as well, when you understand what the energy is, it may give you other clues as to why we decided on the name, Mahatma.  
    Now the Mahatma Energy is pure, unconditional love which flows from the I AM presence of Mother – Father – Source - the Creator. Now when we say Mother – Father – Source - the Creator, we need you to understand that we are talking about the Mother – Father - Source of this aspect of creation in which you live and experience. There is more than one Mother – Father - Source. There is more than one aspect of Mother – Father - Source.  Now when we say this energy is pure unconditional love, many would think, "I don’t really understand what is being spoken of here because has not the love of Mother – Father - Source always been present upon the planet?  Isn’t the unconditional love of Mother – Father - Source the cohesive energy that holds the molecular structures together?  In this aspect of creation, it is the energy of manifestation, so therefore it must already be here?”  100% gold stars for everybody who thinks like that! But, the energy is impersonal. You may have heard through Hindu philosophies, that the Hindus have realized that there are two different energies at work or two different energies that flow from Mother – Father - Source. One is personal and one is impersonal.  The impersonal energy which we would say is the energy of Brahma in Hinduism and the personal energy is the energy of Krishna and Radha of Lakshmi, Vishnu, Parvati, of Rama and Sita, of all the other Hindu deities, be they male or female aspects –that is personal energy.  You understand that the Hindus have worked out that if you looked at God as a personal being, or a being you could relate to on a personal level, you did link in with a very powerful personal energy or person aspect of Mother – Father - God.  And the Buddhists and followers of Brahma, their idea was that God was impersonal and God just is, and the energy just is, and it is composed of White Light.  Now you have heard of Buddhists talk about enlightenment, and their quest for enlightenment and their quest to merge with the White Light.  Well these quests to merge with the White Light have their usefulness, but ultimately it is not ascension and it is not total enlightenment.  
    Understand that this White Light of which they speak is really in Hinduism known as the informants of Brahma - it is a place in time and space, the informants of Brahma is White Light. It emanates from the body of Brahma, the Creator, and this place you might be able to relate to it as the Fifth Dimension.  So, merging with the White Light of the Fifth Dimension, although it is, or was, something worth working towards - I would say now, it is not worth working toward merging with the White Light of the Fifth Dimensional reality. There is a lot of stuff around that we are all going to merge with the Fifth Dimension - ascension to the Fifth Dimension were the buzzwords.  The plan is changed now.  The whole universe is going to ascend, and take residence in a new place, in a much higher vibrational reality than the Fifth Dimension.  So for the first time in 1987, we grounded the energy of the I AM presence - the personal aspect of Mother – Father - God, the female balance of Unconditional Love - into planet Earth.  
    The Mahatma Energy is gentle, because it is pure unconditional Love. You cannot contort or twist or change the energy of unconditional Love into an energy which is controlling, into an energy which is disempowering. Understand that as you work with the Mahatma Energy, it comes through your I AM Presence. Often times in the Mahatma meditations, I would ask people to check in with their I AM presence, "Do I have permission to work with this energy?" often the reply is 'YES, you have permission and I will filter and adjust this energy so that it comes through you in a very balanced way."   Also, the energy is very easy to work with. Humans, in many ways, have become conditioned into believing that the only progress that you can make in spiritual life is through hard work of some kind or another. Be it following the different kinds of yoga that are available to you, Ghan Yoga - the yoga of knowledge, Bhatka Yoga -  the yoga of service and love, Raj Yoga - the king of yogas working with your energy systems working on starting to learn to control how the energy flows through your body and how to control energy around you. Ghan Yoga, I already told you that - the yoga of knowledge.  Karma Yoga - the yoga of work and service to humanity and the earth.  Many ones think that you just have to work, work, work, very hard, otherwise there is not progress. This is all conditioning from the priesthood, be they Hindus, Jews, Christians, Islamic or whatever – work, work, work is the only way you will go forward.  I, Vywamus, tell you that work is not the way you go forward.  It is through focus and acceptance that you go forward, and it is through integrating the energy of the I AM Presence of the Source – Mother – Father - God - through this Love will take you through everything. This Love will take you through your processes. This Love will change everything upon the planet.   
    So okay, if you don't have to work, what system are you going to use to work with this energy?  Again,, many have been led to believe and conditioned that working with complicated systems is the only way to get results. For some, they need complicated systems to satisfy their left brains and their conscious minds. But we would ask them to overcome that and integrate this system, invoke the Mahatma Energy, I AM the Mahatma, I AM That I AM in Love. Now when you make affirmations like that, when you work with energy like that and you invoke energy in such a simplistic way.  Your mind is not taken up with the practicalities of the system. The energy comes through your Eleventh Chakra through the I AM Presence in a way that can be assimilated by your body physical and it flows down into your Higher Heart Chakra.   
Now many don't understand what the Higher Heart Chakra is. The Higher Heart Chakra is the thymus gland. Humans have been tricked into believing that the Heart Chakra is where the physical heart is and through storing and feeling emotion, feeling pain, feeling confusion and holding it in your heart space you have become constrained, not able to experience the true joy and the true magnitude of what unconditional love really is. Deep in the human psyche, humans have an idea that Love is painful. Have you seen Valentines card, with hearts bleeding?  Hah! Is that supposed to make you happy? Hah! What craziness humans get themselves involved in! “I love you and my heart is bleeding.”  Bleeding hearts mean not very good times, emotionally.  Bleeding hearts do not mean that you are focused in Love. Also, through this idea that Love and things around Love are to do with your physical heart, you have placed terrific strains on your physical hearts.  This again, you have heard the words, “My heart is aching...I feel separation from my loved one and my heartaches.”  Where unconditional Love is, there is no separation. There may be separation in the physical, but really no true separation, because where unconditional Love is, it is impossible to have separation.  When you feel separation from your loved ones, make the affirmation that, "I AM That I AM, the Mahatma in Love," and you will feel to draw you together, of your consciousness and your energy fields in pure, unconditional Love.   
    So now one of the projects that we have on the Earth is to educate everybody to the understanding that the thymus gland is where the Love comes through.  I would ask all of you to tap your thymus glands and start to feel them working. Because if you are over about 25 years old, and you are human, your thymus gland stops working. The older you get, the longer it is since it worked, the harder to focus in the unconditional Love and feel the unconditional Love. The younger ones have an easier time with it. Of course, the ones who have very, very young bodies, the ones who have not been through the conditioning of school, of nursery and things like that, do know how to act spontaneously in Love. They know how to shout and scream in Love. They know how to give Love spontaneously.  They know how to BE, and go with the flow of their feelings and express themselves.  But then the conditioning comes, You cannot do that, it is unacceptable.  You cannot scream and shout because you are supposed to be doing other things.  You cannot go spontaneously into Love and feel the Love emotion through you because you are to be learning that 1x1 is 1.  You are supposed to be learning how to be a useful human being on planet Earth.” The truth of the matter is, is that you are supposed to accept the conditioning which will make you or turn you into an easily controlled being, that you will not cause trouble to the sociological systems, that you will not cause trouble to the oppressive authorities, that you will do whatever you are told and accept any rule or law no matter how out of step it is with cosmic and universal law, into your lives without arguing. Understand that when you graduate from university with a degree, the only thing that you have is a piece of paper to say I have been conditioned and will not cause trouble. (laughter)  “I will work ceaselessly on your behalf to oppress the rest and will not question what is happening.”  That is what you've got. Understand that when the children go to pre-school groups or nursery, that is when the conditioning starts. For many, it is quite soon, after they have only just integrated the fact that they are individuals. Understand that the human condition after birth is that the baby still believes that they are part of the mother, and there is no separation - that they are still part of the mother, and it is only in this period of time that you know as teething, does it start to be imprinted upon the mind of the child, that there is a separation. This, “I’m hurting like hell, and you don’t seem to be. We must be separate.”  It takes time to integrate that and then you are pushed into the conditioning system of your society. You stop, in many cases, expressing the unconditional Love that you previously expressed.  
  
  
Channeled through John Armitage/Hari Das Melchizedek on October 28, 1998 in McCloud, CA at the base of Mt. Shasta.  
  
  
Meditation to Bring in The Mahatma Energy  
  
So let us now focus, all of us, on our thymus gland and see this thymus gland as a room.  It can be any kind of room, square, round, oblong, any kind you choose.  And let us see, in front of us, the door to that room.  Just see, feel, imagine the entrance.  Now I would like you all to ask your I AM presence,  “Do I have permission to enter this room?”  Ask now.  (pause)   
  
So now, let us open the door to this room and walk in.  What do we see?  A room full of crystal, that has amethyst, rosy quartz, clear quartz, all the gem stones that you can think of.  All the precious crystals that you can think of.  See the room lined with these crystals.  This is your thymus room.  It is in your chest, all your glands are crystalline, brothers and sisters.  
  
And now, with your in breaths...see these crystals becoming energized … pulsating ... lighting up ... and feel the love that is generated by them ... filling your chest cavity ... at this stage you may use the affirmation, "I affirm I am open … to receiving the Mahatma Energy ... I AM That I AM in Love."     
  
Keep on with your inbreaths, and as you breath in see the crystals, see your thymus room becoming the thymus palace … a crystalline palace of Love … See and feel the nature of the Mahatma … The silver and gold energy with a hint of violet … flowing down from your own glorious I AM Presence into your body physical ... and filling this thymus palace with the silver, gold and violet energy and feel the Love and Be the Love.   
  
Feel your Hearts opening, this Higher Heart Chakra opening … opening ... opening … see the lotus that is in your hearts ... the lotus with twelve petals … now just blooming like a lotus on a lake … opening to greet the morning sun.    
  
Trigger the Love … Trigger the Love … Trigger the Love, the Love,  the Love … Trigger the Light … Trigger the Light …  The Light,  the Light …  
  
Feel this love permeating the whole of your physical body, the whole of your cellular structure ... Allow this affirmation to run through you …   
I AM THAT I AM ... Love!   
  
Trigger the Love,  the Love, the Love … Trigger the Love,  the Love, the Love …  The Light,  the Light,  the Light, the Light … Trigger the Light …   
  
And as this light and love is coming through you, feel your thymus palace becoming more and more activated, pulsating with the Love, pulsating with the Light … and see the Love flowing forth from you … encompassing the whole ... not only of this Earth but the whole of this Creation ...   
  
Trigger the Love … Trigger the Love,  the Love,  the Love …   
Trigger the Light ... Trigger the Light … Trigger the Light, the Light, the Light ... I AM THAT I AM … Love…  Work with your breath ... draw in more Love ...   
  
Now let us focus on the Crown Chakra … the thousand petalled lotus … feel your Crown Chakra blooming … just like a lotus welcoming the morning sun … as you breath in, see, feel and allow the petals to open into this glorious flower that is you … and now, allow this affirmation to run through your minds …   
  
I AFFIRM, I ALLOW THE MAHATMA ENERGY TO FLOW THROUGH MY CROWN CHAKRA IN ACCORDANCE WITH DIVINE WILL ... I AM THAT I AM ... THE MAHATMA ... IN LOVE.  
  
As it flows through you…feel it coming through your thymus palace…further activating, pulsating ... Trigger the Love, the Love, the Love, the Love ... Trigger the Light, the Light, the Light, the Light …   
  
I, Vywamus, guarantee you that through every one that brings the Mahatma Energy through them, we multiply that by 10 ... 200 ... over 200 people now ... bringing in the Mahatma in here ... and that is not counting the beings from under the ground and the other beings that have gathered in other dimensional realities to help you to integrate the Love.   
  
Trigger the Love, the Love, the Love ... Trigger the Light, the Light, the Light …  
  
Now let us, with this Mahatma Energy, clear out the residues of blockages of the Crown Chakra... just affirm in your minds...   
  
I AFFIRM I NOW RELEASE ALL RESIDUES, ALL BLOCKAGES FROM MY CROWN CHAKRA ... I AM THAT I AM … THE MAHATMA IN LOVE …  
  
Trigger the Light,  the Light, the Light ...   
Trigger the Love,  the Love, the Love ...   
Trigger the Light, the Love, the Light, the Love ...   
I AM That I AM ... the Mahatma in Love ...  
  
Now move down to your Third Eye Chakra ... now let us affirm that your Third Eye Chakras are now being cleared of all blockages and residues.  All the residues of your misuse of your Third Eyes in previous times.  We also at this time, affirm that your channeling abilities are activated now ... so you may see and speak to others the glories that you perceive through your Third Eye.   
  
Trigger the Light, the Light, the Light ... Trigger the Love, the Love, the Love ...  Affirm ... I AM the Mahatma in Love ... I AM That I AM.  
  
See, feel and allow the energies of the Mahatma to clear this chakra.  We feel it becoming activated ... Affirm that you are now ready to work with it.  You are willing to accept the activation ... Trigger the Light, the Light, the Light … Trigger the Love, the Love, the Love ...   
  
Clairvoyance in all activated.   
  
Now down to the Throat Chakra.  Just focus there on the Throat Chakra.  I now clear my Throat Chakra in accordance with the Will of my I AM Presence.   
  
I AM That I AM - the Mahatma ...   
  
Just allow that to run through your minds ... now I accept that I can speak my truths and state my needs ... and I activate my Throat Chakra so that I may speak of the glories of Love to others that are receptive ... focus on your Throat Chakras ...   
  
Trigger the Light, the Light, the Light ...Trigger the Love, the Love, the Love ... Now the affirmation just flows through you ...   
  
I AM That I AM ... the Mahatma in Love ...   
  
And just perceive that you are allowing the Love to come through you ... you are Love ... you are Light ...  
  
And now we move to the Thymus Gland, the Higher Heart Chakra.  Focus your attention in your thymus palace, that glorious palace of love ... Now allow this one to run through your minds ... I AFFIRM I AM NOW ACTIVATING CLEAR, MY HIGHER HEART CHAKRA - I AM THAT I AM THE MAHATMA IN LOVE ...   
  
Trigger the Love, the Love, the Love ... Trigger the Light, the Light, the Light ... See and feel that Light, further activation of the crystals ... see the palace growing and growing and growing into this glorious crystalline thing.  I now clear my Higher Heart Chakra of all residues of fear of Love ... the inability to accept Love ...   
  
I AM the Mahatma in Love ... I AM That I AM ... Trigger the Light, the Light, the Light ... Trigger the Love, the Love, the Love ... I AM That I AM ... Love ... Run it through your minds ... I AM That I AM ... LOVE ... Feel the Love, Be the Love ... Trigger the Light, the Light, the Light ... Trigger the Love, the Love,  the Love ...      
  
Now down to the Solar Plexus.  Just allow this unconditional Love to flow through ... changing, changing ... the accumulated emotional rubbish of lifetimes ... the fear, the resistance ... feel the Love flowing through ... transmuting all this debris into harmony and beauty ... and allow this affirmation to flow through your minds eye ...   
  
I AFFIRM THAT I ALLOW AND LET GO THE CLEARANCE OF ALL THESE EMOTIONAL RESIDUES THAT ARE HOLDING ME IN ANGER, HOLDING ME IN THE ENERGY OF LACK, THE ENERGY OF NOT BEING ABLE TO RECEIVE ... AND I NOW REPLACE IT WITH LOVE, UNCONDITIONAL LOVE ... I AM THAT I AM THE MAHATMA IN LOVE ...   
  
Trigger the Love, the Love, the Love ... Trigger the Light, the Light.  the Light ...    
  
And now down to your Second Chakra, the Sexual Chakra ... Still working with the breaths, bringing in this Love ... Bringing it through your activated chakras, your thymus palace, becoming amplified through your thymus palace, your newly cleared solar plexus ... and now allow this affirmation to flow through your minds ...   
  
I AM NOW READY TO RELEASE ALL MEMORIES OF ABUSE, THE MEMORIES OF ABUSING OTHERS, AND THE MEMORIES OF BEING ABUSED MYSELF ... AND I OPEN UP MY SECOND CHAKRA TO THE MAHATMA ENERGY OF UNCONDITIONAL LOVE ... I AM THE MAHATMA, I AM THAT I AM IN LOVE ...   
  
Trigger the Light, the Light, the Light ... Trigger the Light, the Light.  the Light ... Trigger the Love, the Love, the Love ... Just see, feel, allow and imagine these residues becoming transmuted into pure unconditional Love ... See silver golden violet of the Mahatma Energy flowing into this chakra balancing and purifying ...   
  
I AM That I AM ... Love.        
  
Now to your Base Chakra.  Now is the time to release all anger, all fear, all residues that are not of the light and Love ... Allow this affirmation to flow through you ...   
  
I NOW ALLOW THE CLEARANCE OF MY BASE CHAKRA .AND TRANSMUTE THE ENERGIES INTO UNCONDITIONAL LOVE ... I AM THAT I AM ... LOVE…   
  
Trigger the Light, the Light, the Light ... Trigger the Love, the Love, the Love ... See this silver golden violet energy flowing into your Base Chakra, reconfiguring, clearing ... Again, make the affirmation ...  
I AM THAT I AM...THE MAHATMA IN LOVE.    
  
Now ask in your own way, for an infusion of the Mahatma Energy to clear your cellular structure of all resistance, fear and anger ... Make the affirmation ...   
  
I AM THAT I AM, THE MAHATMA IN LOVE ...   
  
See, feel and allow the energy to come through you, the silver golden violet ... Trigger the Light, the Light, the Light ... Trigger the Love, the Love, the Love ...  
  
And now again ... focus on the thymus palace ... and see it growing, growing, growing ... expanding and expanding and expanding ... and transmitting this newly found unconditional Love for your self without judgement, without reserve,  
without resistance ... feel it transmitting that Love to the whole of Creation ...   
  
I AM THE MAHATMA, I AM THAT I AM ... IN LOVE ...   
  
With this Love you can heal, with this Love you can facilitate wholeness ... whole beings ... not only humans … and with this Love you can facilitate the healing of your Earth Mother.  
  
So now let us all spend some time focusing this unconditional Love, this Mahatma Energy, through our crystalline palaces of Love … and see, feel and allow it to flow into the very Heart of your Earth Mother.  And now if you focus a small part of your attention on your Base Chakra, you may feel the Love that the Goddess Gaia is giving you in return for your Love ...  
  
I, Vywamus, leave you focused in this Love and Bless you with Love ... for there is another that wishes to speak with you ... keep focused in the Love, keep holding the Love Vibration ... Bless you.   
  
Channeled through John Armitage/Hari Das Melchizedek on October 28, 1998 in McCloud, CA at the base of Mt. Shasta.  
  
  
  
  
  
Lady Gaia Speaks  
  
    I AM the Goddess Gaia, the feminine consciousness of Mother Earth.  It is not often I speak through channels.  I have asked to be granted the privilege of speaking through this channel, to tell you how much I appreciate your love and your healing, and to tell each and every one of you how much I love you.  I hope you can feel my love, as I amplify your Love and use it to balance my meridians, use it to clean my Heart Chakra and then amplify the Love and send it to each and every one of you as a personal gift from your Mother.    
  
    This work of Love, this labor of Love,that you are performing for me is a most wondrous thing.  It reminds me that my children have not forgotten me and do love me.  My heart is glad and happy, and as I heal and transmute gladness, happiness comes more and more within my heart.  There is, there has been on my part, a time of indecision as to what I should do that is best for my children.  You beings, in these past days, have brought me to a decision, and my decision is to balance and heal further before I take you and the Universe through the ascension process.  I have had an idea in my mind, that I would quicken things, and by quickening things, it would have meant that I would go into a healing crisis instead of a gentle transition into wholeness.  Through that healing crisis, much upon my body, the mantle of my body, which you call the surface of the Earth, could have had its nature changed, you humans might call it destruction.  Understand, that the destruction is only from the perspective of humans that are focused on staying in their third dimensional aspect.  Nevertheless, it brings fear into their hearts because of a lack of understanding.    
  
    Through the healing which you have been giving me, and the love that you are giving me, it means that the transition into wholeness can be much smoother.  I love you, my children… and like all mothers, I try to make the right decisions for each and every one of you to take you into the love, to take you into wholeness, in a most gentle way that I can find.  
  
    Thank you.  I will accept the gifts that you have given.  Accept my Love in return.  Bless you all.  
  
  
This came through Hari Das Melchizedek on October 28, 1998 (in McCloud, CA at the base of Mt. Shasta) after he had just finished leading a group meditation to bring in the Mahatma Energy of unconditional Love, into the crystal palaces of our Thymus Chakras, from there into our Mother Earth (See “Vywamus on the Mahatma).  
  
  
  
  
  
  
  
Archangel Michael on Cutting Karmic Ties  
  
    I AM Michael the Archangel.  Greetings to you, One and All.  It is a pleasure and an honor to be with you.  I would speak with you about some of what being an Archangel means.  There was a time when there weren’t many Archangels.  Yes, there were some, but their numbers were very few.  Now many Angels and Archangels have contracted to take human births, many of the children that have been born in the last four to five of your Earth time are from the Angelic and Archangelic realms.  These Angels and Archangels, as they take human birth, experience a newfound freedom of a way of doing things.  Understand that the Angels and Archangels were created by Mother – Father - God to perform certain tasks, and in the performance of these certain tasks there was not too much free will.  Like myself, Michael.  Many, many human beings know who Archangel Michael is, because there are many mentions in the Christian scriptures.  There are many pictorial representations in church and cathedral glass windows, but many do not understand, really, what my place is and how many other Archangelic and Angelic beings are under my command.  You could say that I have at my command many, many Legions of Light, many legions of Angles whose task it is to protect, transmute and oversee the plan of Love in the focus of the cosmic plan and the whole of creation.  The focus of the cosmic plan for the whole of creation is, of course, the integration of Love, unconditional Love for one’s self; and also the task of my Legions of Light and myself is the protection of human beings.  
  
    Some would ask, “Why do I need the protection of Michael?  Why do I need protection at all?”  The answer to that is that some humans have focused enough Love into their hearts that they are now indestructible, that they are impervious to the energies of the dark brothers and sisters and they do not need protection, but the truth of the situation is that many humans still need surrounding by the energies of Light and the energy of Love to hold back the discordant energies, and energies that have disassociated themselves from the Source.  Many would ask why Mother – Father - God allows discordant energies to operate within creation.  It is because of free will.  And understand that also Mother – Father - God does not judge, just experiences and Loves.  
  
    Also, as well, many ones during this time that is known as the fall… contracted to create discordant energies, to instill fear into the hearts of humans that have not yet developed the capability to Love themselves.  So, this is where fear originates from, that many feel within their hearts, when the word extraterrestrial, when the word Lucifer, when the words interfere, it is disempowerment … because they have still not yet integrated Love for themselves, and they are still subject to the Laws of Karma.  
  
    The Laws of Karma are simple… it is a Law of Cause and Effect.  If you throw a stone in the pond, ripples emerge all the way around from the point where the stone entered the water.  That is a demonstration of the Law of Cause and Effect.  The Laws of Cause and Effect were put into place so that all ones might reap the rewards of their actions.  When I say reap the rewards of their actions, it’s not always the rewards that you would have liked.  Now is the time that there is dispensation from the Karmic Board.  The Karmic Board is chaired by a being whose name many of you will be familiar with.  The chair of the Board is Quan Yin.  She is the Goddess of Compassion.  Many would know her as the Chinese Mary.  Through her compassion she has decided the dispensation be given to all humans now and all humans can, if they wish, become free of all the Laws of Cause and Effect.  But you have to understand how to free yourselves from the Laws of Cause and Effect.  Unless you ask, I will not cut the ties that bind you because it is your free will, your decisions to stay within the confines of these energetic ties which connect you through your thoughts, words, actions and deeds that you have performed since you were created and came to this planet.  These energetic ties bind you through your chakras, they bind you through your chakras and hold you, bind you energetically to the other beings, the beings that you have to pay back.  Even after the balance has been achieved, many times there is still not a releasing of the ties.  You could say that now is the time to forgive yourself of your sins.  I say “sins” because you have heard the preaching of the Christian priests, you have heard the preaching of the Christian controllers.  They have told you that you are all sinners, that you would not be born, that you would not be incarnated on planet Earth unless you are a sinner.  In many ways this is true, but you are not born because it is the retribution of Mother – Father - God for your misdemeanors and energetic mistakes.  You are not punished and sent back to this planet to have uncomfortable times, to have things happen in your life that do not make you happy, that are not pleasant experiences.  Each and every one of you choose, made a conscious choice to incarnate again into a human body and learn the lessons.  You could understand, or you could equate incarnation or reincarnation as a school class.  When you first go to school you learn the basics of interacting with others, what is required of you socially, what is required of you by the others of your kind, your race… but just the basics, and then you graduate from the first school that you go to and you go to another school, and you learn other things.  You learn mathematical skills, communication skills.  We are, of course, leaving out here the energies which are put into your psyche to control you.  So you could say that when you have a life on Earth, you learn or you sit at the back of the class and don’t do anything.  But if you are a keen student, you come forward, you absorb the information, you learn and then you go to the thing called death.  That is your graduation, and then you realize there is much more to learn, so then you go to the next level of school, you incarnate again, you go through the next class, and if you are a keen and diligent student you learn anything you need to learn and then you die, you graduate all over again.  And then you decide to come back and take the next class and learn.  
  
        As you learn, you learn to balance the experiences, . you learn to balance the energies.  You understand, that it is desirable not to do things unto others that you would not like to have done unto you.  Some students take longer, some decide to take the scenic route home, and others buy a ticket on the straight through express.  There is not judgment, either way it is perfect, either way is perfect for each and every one.  Mother – Father - God is compassionate and non-judgmental and forgives you for everything, you could say before you ever did it.  It is only yourselves that are holding the sins in your hearts, and when you go to your priests and ask them about sin, or you confess your sins, they never tell you about the freedom that you achieve through the balancing of these energies.  
  
    So now, brothers and sisters of Earth, it is now time to forgive yourselves (train whistle… “Whoooooooo”)… Even the train reinforces my words with its sound (laughter)… It is time to forgive yourselves, it is now time to let go of the guilt, because what is sin?  Sin is just something that you hold, it is a concept that you have as human beings, and sin really is feelings of guiltiness.  It is now time to release all contracts, all connections… all vows of poverty.  There is no point in affirming that you are now ready for abundance, if you still have outstanding vows of poverty.  There is no point in affirming that you are now open to receive the Love, when you have already made vows in the past that you will not be open to receiving the Love, because those vows, unless they are cancelled, still hold.  They are still written down in the Akashic Records, they are there in your own personal record books.  Understand that these blockages are created by your own selves.  
  
    Now when we talk about ties with other beings, when you hurt a person, be it physically, mentally, or emotionally, you have a tie with them.  Understand that many humans have lost sight of the fact that these ties may last for thousands of years, because of the lack of forgiveness for one’s self.  Also many humans do not understand that when they merge with another human being in sexual intercourse, that you have a tie through your base chakra and through your sexual chakra which would last for at least seven to ten years.  Many humans are promiscuous in this way.  This is not a judgment, just an observation.  You have human bodies to enjoy them, there is nothing wrong with enjoying your human body, there is nothing wrong with having fun with your human body.  But understand that having intercourse with another one, or merging with another one with your physical body, when the energy of Love is not present, is really not desirable.  When I say it is not desirable, I would point out to you that these are ties that hold and bind, and as the other goes through their emotional processes, as they go through their mental processes, you also, as well, feel the energies of it through these links.  So, we will take you through a visualization, through a meditation to cut off the ties that bind, to rescind all previous vows of poverty, to rescind all previous vows of not being able to love, to rescind all previous vows of silence, to rescind all previous vows you have made to ignore your emotional body.  
  
  
Meditation to Cut Karmic Ties  
  
    So, focus in the space above your heads, your Source Star.  Again, I am sure you know the routine … breathe … breathe in, … feel the energy of Love, and as you breathe in, fill up your lungs to their capacity, and when you think they are full, push out your diaphragm.  This will expand your lungs further and bring in more breath.  Feel the breath filling you to the top of your chest … that’s right, some of you will cough, because you have gotten into the habit of shallow breathing … and when you shallow breathe, the energies of fear manifest in your energy matrix and in your mind.  Do you remember that if you are afraid, you have a tendency to breathe (shallow breathe)… When you were born you emerged through the birth canal and your mind went into fear, because all of a sudden the connection with your mother was chopped, cut, the cord was cut before you were ready to breathe, and panic set into your heart and your mind that you would not get oxygen and that you would lose this physical body after going through the trauma and experience of coming through the birth canal, and shallow breathing is what you did … It is imprinted in your cellular memory that shallow breathing equates with fear so learn to breathe. Program your minds to monitor your breathing and any time you find yourself shallow breathing, change that programming and take deep regular breaths.  Your breaths should be inhaled, hold, exhale, for the same number of heartbeats or counts… no matter what you are doing… sleeping, eating, working, loving.  
  
    So, as we breathe in this energy of Light and this energy of Love through our higher chakras, feel and see and allow the electric blue.  This electric blue is the energy with which I work.  My sword, the sword I use to cut the ties, is also a sword of electric blue.    
  
    Now focus on your CROWN CHAKRA.  And here, allow the energies of Love, and allow the energies of Light to permeate it.  And I, Michael, cut all ties to all others, the times you gave your poser away to the gurus, the time you gave your power away to the religious controllers, I now cut these ties so that you become free of every one of them ,and you can make conscious choices for yourself.  (SLICE!)  Your Crown Chakra now resonates white Light, composed of all the colors of the spectrum, and all ties that were attached to it are gone!  
  
    Now let us move to your THIRD EYE CHAKRA.  Here look into that chakra, see and feel all those vows you made that clairvoyance, that sight was against the teachings of God, and if you had sight and clairvoyance, you were evil.  Here we are going to release you from the energies of persecution and the energies of death by torture the energies of death by drowning, death by fire.  I now cut these ties with my sword. (SLICE!)  Now feel your Third Eyes open, they are balanced in a harmonious way, and see with these eyes, because understand that in early Lemurian times and before Lemuria your Third Eye was your means of seeing, it was your eye.  It was through this Third Eye, this gland that you now know as your Third Eye, you saw everything.  You did not have physical eyes.  There was nothing to see with physical eyes.  Not only did you see with this gland, you communicated with others through it.  You picked up the impressions of thought.  Words and languages did not exist.  Feelings were all there was.  So, see, feel, imagine this activation taking place.  See the electric blue color of my energy.  Allow this affirmation to flow through your minds, “I affirm my Third Eye is now activated!  My channeling abilities, which are my birthright, I now claim and accept.”  
  
    Now let’s move to the THROAT CHAKRA.  If you need to cough, please cough.  Coughing is clearance.  Many ones have blockages in their throat chakras.  Here, let us clear the residues of all energies of all vows of poverty and vows of silence.  All the ties that bind you to others through the words that you have spoken to them.  The energies of fear, the vows of silence that you made that stopped you from speaking your truths, from telling others about the magnificence of the energies of Love and Light and about self-enlightenment.  I Michael, now cut all those psychic ties that are holding you. (SLICE!)  Feel the freedom in this chakra, feel it becoming activated.  Affirm now that from this moment on you will speak your truths, that you will pass on the knowledge to all that require it.  There is no point in trying to pass on your knowledge to those who do not ask or require it.  It makes them resistant.  It blocks them from feeling the Love.  Don’t use your voice to press your ideas on others who are not ready to accept them.  
  
    Now we go to the HEART and HIGHER HEART CHAKRA.  Feel this space as your thymus glands, activate it with Love.  And now we are going to cut the ties with all ones that you thought you loved, but the love was based on fear and dependence.  Cut the ties with all the ones that hurt you emotionally, supposedly in Love.  Feel your Heart Chakra becoming open.  Feel the Love flowing through you and feel the Love flowing through it.  Affirm that you are now ready to have these ties cut that bind you.  I cut them with my sword.  (SLICE!)  Feel your heart open.  Feel the Love flowing through.  Be the Love!  
  
    And now to your SOLAR PLEXUS.  This is where you hold your emotional stuff.  All the memories of being hurt and dis-empowered, anger directed towards you and anger you directed toward others emotional manipulation and control, that others did to you and you did to others.  Again, there are psychic ties binding you to all the ones you have been through this emotional stuff with.  So now affirm that your are not ready for these emotional ties to be cut and that you are again ready to step into your own power as a free being, you are now ready to take on sovereignty of your own emotional body. (SLICE!) I cut the ties with all ones.  
  
    And now come to your second chakra, the SEXUAL CHAKRA.  Now you must affirm that you are ready for all psychic powers to be cut with all ones, to remove all the residues of abuse and being abused, to remove the residues of misused kundalini energy, to be free to Love, to be free to enjoy your own human body, the human body of a loving person in freedom, with freedom of expression.  Feel those ties and affirm that you are now ready for the ties to be cut.  (SLICE!)  I cut them all and release you from them.  
  
    Now let us move to the BASE CHAKRA.  The Base Chakra is a repository for fear and anger.  It is also where your kundalini energy resides.  Many have blockages in their kundalini energy and cannot raise their kundalini because of the amount of fear.  Fear of stepping into your own power, fear of becoming a Master in your own right, a master of energy, a master of your own destiny.  Many have stored memories here about when they had mastery of their kundalini and they used it to repress, they used it to control, to dis-empower, and these ties, these karmic ties, stop you from being the glorious being that you truly and really are.  Now affirm that you would like the ties cut from your Base Chakra.  Affirm that you are ready.  (SLICE!)  I cut them all!  
  
    Understand, that there is no need to fear these cuttings of the ties.  Many would have that by cutting the ties they will lose the connection with their loved ones.  But this is not true.  The cutting of these ties to the chakras allows you a fresh start with your loved ones, it balances the karma between you and allows both of you to enter into a relationship that is based on unconditional Love rather than dependency and fear, or control.  Now for each and every one of you, I, Michael, , will cut more ties.  Many of you still have energies surrounding you, the energies of the vows of poverty.  (“Whooooooooooo!” Again, we get confirmation from the train driver that this is the truth… -laughter…).  So let us work some more on the releasing of these vows.  You must, first of all, affirm in your mind that you want to release these, that you want to have this energy taken from you, because otherwise, I, Michael, am powerless to do anything.  I am powerless to do anything because of free will that you have, either to stay with it or to release it.  So, affirm that you are now ready to accept your abundance and that all previous vows of poverty are cancelled.  So I come and cut (SLICE!) FROM EACH AND EVERY ONE OF YOU!  Do you feel more openness in your energy?  
  
    So now, let us work on this repression of emotion.  All the time, all the lives that you thought you should stifle your emotions because that was the only way to become holy.  Affirm that you are now ready to release this, that you are ready for the ties to be cut.  (SLICE!)  
  
    Now, just to encompass all karmic ties, all energies that are binding you, I, Michael, and my Legion of Light will cut for you, we will take you out of the cocoon, we will strip away the cocoon that had been binding you and constricting you and we will take away all other residues, if that is what each and every one of you wants, as an individual.  You must affirm that you are now ready to be free of all karma, free of all karmic imbalance, and that from this moment forth you are a karma-free being.  Make the affirmations in your minds now!  (SLICE!)  I TRANSMUTE ALL THESE CONSTRICTIVE ENERGIES INTO LIGHT!  I welcome you to a life of freedom from karma.  
  
    Do not think that because you are free of karma now that you will be free of karma for all time.  It is up to you whether you stay free of karma.  It is up to you whether you integrate further guilt.  It is up to you whether you do not forgive yourselves your transgressions an sins.  The choice is yours in your daily lives and interactions.  It is very easy to build up karmic ties with many through your thought patterns, through your actions and interactions.  Hold in your minds that you are karma-free and that during the course of your actions and interactions with others you are coming from the position of true unconditional Love and non-judgment.  This will keep you karma-free.  If you make mistakes, don’t feel guilty.  Ask me to come and cut the ties and transmute and balance, and I will.  
  
    I give you another very useful piece of information.  I have at my disposal Pillars of Light, Pillars of Love.  Any time that you feel you are not holding the love energy in your hearts, and fear may enter your minds, or any time that you feel you are being unfairly pressured by the dark brothers and sisters, or by any other energy whose desire it is to interfere with you and get you to become unfocused in the love and the Light, call upon me for a Pillar of Light.  Again, I cannot give you a Pillar of Light unless you ask, because you have the free will to suffer or not suffer.  If you suffer, I feel compassion and love for you, but I cannot do anything else about it.  Call upon me for Pillars of Light.  I will show you how this works:  “Archangel Michael, surround me with the Pillar of Light!”  When you make the request, I will know that you want it.  You might think, “Well, I will not call upon Michael very often for a Pillar of Light, because I don’t want to bother him, he must be busy.”  These are energies that stem from feelings of unworthiness.  As Kuthumi told you, each and every one of you is worthy.  I am charged by Mother – Father - God to provide as many as ask for Pillars of Light with the Pillars of Light.  If I don’t have anything to do, how will I pass the time?  It is possible that I might get bored, with no Pillars of Light to pass down!  You might say, how can I be in a million, two million, five million places at once?  I have the Legions of Light under my command, and the Legions of Light also provide you with Love, Pillars of Light and protection.  
  
    So, let us now collectively invoke a Pillar of Light.  To do this, you will just need to follow my words:  “Archangel Michael, give me a Pillar of Light, now!”  See the electric blue come down?  Silver and gold energies.  It is so simple.  Brothers and Sisters, I would ask you to integrate my words, ask you to integrate what has happened to you, and Quan Yin asks that you engage yourselves in the Yoga of Unconditional Love, that you engage yourselves in the Yoga of Non-Judgment, that you engage yourselves in the Yoga of Laughter.  She is asking for a chance to speak to you.  But we are planning to take care of this channel.  
  
(Channeled through Hari Das Melchizedek, 10/29/98, Mt. Shasta, CA  
  
  
  
DNA Activation and Expansion  
  
    Now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head.  This is where your higher chakras are.  It doesn’t matter that you don’t know where they are, they ARE in the space above your head.  So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love.  (Pause)  
    So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you.  
    You can also at this time focus on your Higher Heart Chakra, which is just above your physical heart, and just feel the energy moving there, in that Higher Heart Chakra, the thymus gland.  It is only through this thymus gland that you do feel the Love.  It is only through this thymus gland that you can actually experience true Unconditional Love.  So, with each in-breath, allow yourself to feel this Love.  Trigger the Light, trigger the Light, the Light, the Light.  Trigger the Love, Trigger the Love, the Love, the Love.  
    And I’d like you to now imagine yourselves as being a double-terminated crystal, that is, a crystal with a point on each end.  The top point of this crystal is one hand’s length above your head.  The bottom point of this crystal is one hand’s length below your feet.  (It doesn’t matter that you may be sitting or lying or standing.)  So now this crystal is your crystalline Light Body.  
    With each of your in-breaths, I would like you to see, feel, imagine, allow – for understand that seeing, feeling, imagining, allowing are not different from each other.  Imagination is visualization.  So, see, feel, visualize, allow this double-terminated crystal to become activated with the energy of Love.  As you breathe in, see this crystal starting to pulsate with Light, see this crystal starting to pulsate with Love.  And with each in-breath, see it building in energy.  See, feel the Love, feel the Light pouring into you.  Trigger the Light, the Light, the Light.  Trigger the Love, trigger the Love, the Love, the Love.  
    Now, see another double-terminated crystal (or a crystal with a point on each end) going through this first crystal right where your Heart Chakra is, horizontally.  See this new crystal, also, with your in-breaths, being energized with the energies of Unconditional Love and the energies of undifferentiated Light.  Trigger the Light, trigger the Light, the Light, the Light.  Trigger the Love, trigger the Love, the Love, the Love.  
    Just keep breathing, and allowing, seeing, imagining, visualizing, and again, as you breathe in, both these crystals are becoming energized with the energies of Unconditional Love and the energies of Light.  Now let us see these crystals spin, turn, you choose which way you are going to spin these crystals.  And again, we’re going to work with breath.  As you spin these crystals, every time you breathe in see the spin or the turning getting faster, and as the speed builds up, see the crystals becoming further energized with the energies of Love and the energies of Light  
    So, now the crystals are spinning, spinning; turning, turning, turning – and becoming even more energized with the energies of Love, becoming more energized with the energies of Light.  So now, as we spin these crystals, we didn’t tell you that we’re going inside our own bodies using this crystalline Light Body.  We’re going to shrink this crystalline Light Body until it is so small that you may pass through the wall of a single cell of your physical body.  So now with each of the out-breaths, see, feel, imagine, allow yourselves to become smaller, smaller, smaller – shrinking, shrinking – smaller, smaller, to the size of a pinhead, smaller to the size of a speck of dust.  Now shrinking, shrinking, smaller than a speck of dust, down to the size of a bacteria, a virus, a microbe, and smaller – shrinking, shrinking, shrinking.  
    And now we ask you to go into one single cell of your physical body.  Go through the wall of the cell.  You are so small no damage will occur.  And now, look around inside this cell, and see your crystalline DNA, How many strands of DNA do you have lit up?  You may be able to see the DNA spiraling upwards and upwards, through your cellular structure, connecting with Mother – Father – Source, with God – and spiraling downwards, connecting with the very heart crystal of the Goddess Gaia, planet Earth, your Earth Mother.  Now, some of you may have more than two strands of DNA lit up, activated.  If this is the case, don’t worry.  Just stay until we catch you up with activation.  Understand that these activations not only connect you with your Higher Self, your I AM Presence, but with Mother – Father – Source, and the Goddess Gaia.  
    We’re going to activate for you your DNA with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.  So all we want you to do is to visualize, see, allow, imagine the DNA expanding, two-strand after two-strand, and becoming activated with these codes.  
    So, now see the first two strands of DNA – everybody has at least two strands lit – see this DNA spiraling upwards and upwards to the Source, and downwards into the Heart of the Earth Mother.  (Pause)  And now let us activate these two strands of DNA with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light. See these strands further lighting up with this energy.  See the crystal becoming programmed and activated.  
    And now expand this DNA by two more strands, and again see these strands spiraling upwards and upwards to Mother – Father – Source, and downwards into the heart of the Goddess Gaia.  And again, let us activate these further two strands of DNA, making four, with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.  Trigger the Light, trigger the Light, the Light, the Light.  
    So now let us expand this DNA by another two strands, making six, and again see them spiraling onwards and upwards to Mother – Father – Source and into the Heart of the Earth Mother.  Let us activate these further two strands with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.    
    Now we see them expand by another two strands, making eight.  And here again we do the same thing, connect upwards with Mother – Father – Source, connect downwards with the heart of Mother Earth.  And again activate with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.    
    See and feel the next two strands, making ten.  And again, see these ten strands spiraling upwards and upwards to Mother – Father – God, and spiraling downwards to the Heart of the Earth Mother.  And again we activate with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.  Trigger the Light, the Light, the Light – Trigger the Light, the Light, the Light.  Trigger the Love, trigger the Love, the Love, the Love.    
    So, now we go to another two strands, making twelve.  And again, we activate by spiraling upwards and upwards to Mother – Father – Source, and spiraling downwards to the Heart of the Earth Mother.  And again we activate the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.  
    So now, let us bundle, or gather these twelve strands of DNA into one bundle, pulsating with these codes and activations.  And now, see, feel, allow imagine, visualize another bundle of twelve strands of DNA.  And now let us integrate this further bundle of twelve strands of DNA with the twelve strands of DNA that have been activated.  And as these strands of DNA merge with the activated strands, they as well become activated with these Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.    
    Now there are twenty-four strands of DNA coded and active.  Now let us again see another bundle of twelve strands of DNA, and let us merge these strands, this new bundle of twelve strands of DNA, with the twenty-four active strands.  Just allow them to all become one bundle and as they merge with the twenty-four active strands, they also become activated with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.    
    So, now let us move from DNA.  You can move through your own cellular structure, with your own miniaturized Light Body, until you come to your heart.  Your physical heart that works for you without question.  It doesn’t say, “I don’t love you, and so I will not do for you.”  As long as you love yourself, your heart loves you, and this heart pumps blood to every part of your body physical, to the furthest reaches of your physical body.  
    Your blood is living crystal.  Now we’re going to spiritualize your blood.  Your blood is going to become spiritual light.  So now, as this blood is pumped through by your heart, let us code the crystalline nature of this liquid crystal, again with the same codes, the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.  We see and feel the liquid crystalline blood pulsing through your body, spiritualizing every part.  You are, understand, becoming spiritual light.  Trigger the Light, trigger the Light, the Light, the Light.  spiritual Light.  
    Now understand that the crystals that are, the vitamins, the minerals, the salts, the metals, that are within your body physical, let us reprogram with these spiritual codes, the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma Energy, the Christ Light.    
    Trigger the Light, trigger the Light, the Light, the Light.  See, feel, allow, imagine yourselves, visualize yourselves, each and every one of you, becoming spiritual Light.  Because you ARE spiritual Light.  You are beings of Love, beings of Light.  That is your natural state.  
    So now, let us code the water in the physical body – the water is also liquid living crystal.  Let us program the water with these Living Light Codes, with the Key Codes from the Keys of Enoch,, the Sacred Geometries, the Fire Letters from the Sacred Languages, the Energies of Unconditional Love, the Mahatma Energy, the Christ Light.   
    And now, let us program the whole of our cellular structure with these energies.  I now ask and demand the removal of all fear from all these one’s cellular structure, and the residues of the knowledge of dis-empowerment, the residues of the knowledge of being disconnected from the Source, Mother – Father, and not feeling Unconditional Love for yourselves.  I now remove the codes that stop you from receiving ABUNDANCE on all levels.  I now remove the codes that stop you from shining bright, and giving Love without fear in your hearts.  I recode your cellular structure with the geometries of Light, and the geometries of Love.  Understand that that’s what you are – Love.  
    So now I also activate and clear with the energies of Love and Light the dense organs of your physical body, your liver, your kidneys, your spleen – I remove all fear from these organs, and activate within them the Sacred Geometries of Light, the Living Light Spiritual Mandalas, which will allow you to be the gods that you really are.  (Pause)  
    Now I will ask you to leave your bodies through any way that you wish.  You may come out through the wall of a single cell, you may come out through your eye, your mouth, your nose, your ears – any way that you would like.  I would like you to exit your bodies -NOW!  
    And then, with the in-breaths, let us make this Light Body bigger, until it again integrates with our body physical.  So, with each in-breath you become bigger, bigger, bigger, and bigger, bigger, bigger – integrating this Light Body with your physical body NOW after it is returned to normal size.  
    I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work, the Multi-Dimensional Councils with which you all work (but may not, at this time, realize) – I ask and demand on the behalf of all of you that these activations are held steady.  
    No now, I ask that, again with your in-breaths, that you move your bodies around a little bit, that you move your heads, that you move your fingers and tows, maybe shrug your shoulders – but don’t move too quickly, because if you do, maybe some disorientation will take place, or you might feel that you’re not all here.  So, just move slowly around, and integrate your consciousness, and we’ll give you some time for this integration to take place.  
  
  
Meditation dictated and channeled by Hari Das Melchizedek, October 1998, at the Mt. Shasta Intensive.  
  
  
  
The Yoga of Laughter  
  
Quan Yin  
  
    I Am Quan Yin.  The voice of Quan Yin is seldom channeled.  Many ones don’t even know who I am.  I AM the Chairlady of the Karmic board.  I AM the Goddess of Compassion and the Goddess of Mercy, but also I would like to be known as the Goddess of Laughter, because I bring to you just a few short sentences which I would like you to listen to very carefully.  My sister, Mary, brings you a message of Compassion and Love.  She brings you ways that, if you use them, you can easily become Love.  I come to give you the message that if you laugh, it will be easier to become Love.  
  
    Many ones think that this spiritual life is serious, that all ones should have straight faces and be thinking, “I AM Love, I AM Light.  I will not enjoy myself because it is not spiritual.  Laughing in the presence of Mother/Father God is not allowed.”  I come to tell you that Mother/Father God loves Laughter, and the main part of this message is – learn to laugh at yourselves.  Because when you learn to laugh at yourselves, you will be able to let go of this seriousness, to let go of this fear and conditioning from which you all suffer.  When you laugh, you will release waves of energy that ripple through the universe.  Not only through the universe, but through the multi-dimensional universes.  When you laugh in the third dimension, many beings enjoy this laughter and laugh with you.  So remember, make jokes about yourselves.  It is a good way to get through your blocks, making jokes about yourselves.  Learn to laugh when you see something in yourself, when you see habits, these habit patterns, within yourselves that you have been suffering from – energies that have been holding you back through fear.  Let them go by laughter.  Don’t run around saying, “How can I deal with this?  How can I let this go?”  Laugh!  Because laughter is the essence of Love.  
  
    And when you can laugh at yourself, remember that you are also being compassionate towards yourself.  Many ones would say, “I am a compassionate being.  I am compassionate to all.”  And then would add as an afterthought, “But how can I be compassionate to myself?”  How can you be a compassionate being if you are not compassionate to yourself?  Being compassionate to oneself is true compassion.  So, learn to laugh.  Spiritual life, I tell you, is not serious.  It is the conditioning of the priests and priestesses that tell you that you must not laugh in the presence of God.  They forgot that the presence of God is everywhere, that God IS.  So were they telling us that we must not laugh at all, anywhere upon earth, or even on any other planet, or through the multi-dimensional universes, should people not laugh?  I say – keep laughing.  Remember these jokes, because as you make jokes about yourself, you will learn a lot about yourself, and instead of saying, “I hate this wo/man, my Self” – laugh!  Laugh, “OK, I have this habit, it is funny.  It is not something that I should be sorry for and hide, because I think that I am not worthy.”  All ones are worthy in the eyes of God, my children.  So take this laughter, take this energy of laughter and use it.  This message of laughter that I bring you, you don’t have to sit and you don’t have to open up your hearts to receive laughter.  The laughter is already within you.  So now we have a new form of yoga.  It is called Laughter Yoga, and this Laughter Yoga means that instead of being serious for five hundred years, and starving yourself and denying yourself, you can now laugh for five hundred years.  And instead of being half starved, half crazy, filthy and all the other things that you did with yoga for five hundred years, after five hundred years you will be beautiful.  You will have no lines upon your faces except the lines of laughter, not the lines of fear.  You will not have wrinkled foreheads and brows.  You will have lines around your mouth, you will have lines around your eyes that when you laugh, they twinkle and move.  You will become whole through laughter.  
  
    So, my message is, starting today practicing this Yoga of Laughter.  This Yoga of Laughter will enlighten you.  Think of this word enlightenment.  It has been used upon this planet for thousands of years, “I want to become enlightened.”  But if you break up this word enlightened, it is en-lightened.  People would ask, “Why would I want to become light?”  Because you will become enlightened!  That is why you want or need to become light.  It is very, very simple.  I will leave you with one final thought, and this is – why can angels fly?  Because they are light!  Remember these words, and most of all my message of laughter.  Laughter Yoga is the lesson of the day.  Bless you all my children.  
  
(Channeled by John Armitage/Hari Das Melchizedek)  
  
  
ALL ONES ARE WORTHY  
  
           I am Kuthumi. Namaste brothers and sisters. It is not too often that I speak through this one like this, but there are many Masters involved in this celebration, and many ones waiting to come through, not only this one, but others that are involved in this celebration. But I can say that because of my position as World Teacher (sometimes these titles do come in handy) I was allowed to take center stage first. So I come to speak to you about the subject of worthiness. Already I see that ones are thinking, "Is he talking to me? ". Yes, I am talking to all of you.   
  
    This thing worthiness means many things to many different people. Some ones would think that, "I'm not qualified to work with the Ascended Masters. I am not qualified to be a channel for the energies of the Ascended Masters. I am not qualified to become light and take my ascension." This idea, if you hold it in your minds that you are not qualified, extends from feelings of unworthiness. I would like to inform you officially that all ones are worthy. All ones are worthy. I would like you to think about these words, not only think about them, but allow them to sink deep into your consciousness and your sub-consciousness. It is as well to look into the reasons why many ones feel unworthy.   
  
    Many ones feel unworthy because of their past, but the past is the past, and the past brought you to the present. It doesn't matter to Mother/Father God or the Lords and Ladies of Shamballa, the Ascended Masters, what your past is. Your past in this life and your previous pasts. When I say previous, I mean your past in other lives.  The past is gone, it has disappeared. I would also like to tell you that in many ways there is no future. There is only NOW, this split second in which you hear the first fragment of my words. This split second is the only place worth living, because if you try and live in the past the energies of the past are brought into now. They affect your energy fields, they affect your chakras, they also affect your emotional bodies.  
  
    Do you understand what is being said here? This is the reason why the flame of St Germain is so useful, because every time you start to experience these feelings of emotion that stem from past conditioning, these feelings of emotion that stem from fear, consign them to the silver, violet flame for transmutation into love. The silver, violet flame is the cosmic garbage disposal system, and it isn't like the garbage disposal systems in the third dimension. It cannot be overloaded. The silver, violet flame has a massive appetite and asks to be fed with these energies that have disassociated themselves from the Source.   
  
    Back to the unworthiness, I would ask how many ones can honestly put up their hands in this group and say that in every lifetime that they ever had since they were created, since their monad was created at the first outpouring from the Source, they have continuously had lives in Light? How many lives have you had, all of you and all of us too, as the Lords and Ladies of Shamballa, the Ascended Masters, how many lives did we have when we didn't work with the Light? You have heard this channel say this many times, but again I, Kuthumi, say it to you to reinforce it in your consciousness - there are only two teams at play in God's plan. One wears light T-shirts and one wears dark T-shirts. There is nothing else. There is nothing to fear. If you went to a football match, would you fear the team that was wearing a T-shirt that wasn't the same as the T-shirt of the team you were supporting? Of course you wouldn't. I would like you to look at what is happening here upon your planet as a football game. I can see that that presses some buttons.   
  
    Does everybody think that you have to be holy, serious, not laugh, not be joyous and not have fun in the spiritual process that will take you to freedom and your ascension? I say to you, look upon it as a football match and through your skills in grounding the Light and your skills with working with the energies of the Ascended Masters, the game will be won. And once the game is won, the other team will not be defeated.  They will change their T-shirts. They will join us on this journey of fun, love, freedom and laughter. So again I say to you, forget the unworthiness. It is in the past. I would like you all to say now, collectively, after me, "I affirm I am worthy. I Am that I Am." Do you feel the changes of energies within you? Do you feel the lightness that flows into your bodies now? So don't forget this affirmation.  Make this affirmation of worthiness continuously. Any time that you feel that you are unworthy, just affirm that you are worthy, and everything takes a 360 degree turn.   
  
Every time there are energies at work within your life that have disassociated themselves from the Source, these energies which want to throw you into confusion and fear, affirm that you are Light and Love. Use the 'I Am that I Am' affirmation. Some ones I know don't understand what these words 'I Am that I Am' mean. When you make this affirmation it links you, it sets up the two way flow of energy, between you and your Monad, your Higher Self or I Am Presence. There is some confusion in the way people use these words. Some people think that their Higher Selves are their Souls. Your Higher Self is your Monad, your spark, your individual spark of the Creator's essence. That spark of energy which has the capability of extending itself and creating souls. Notice that the plural word is used here - souls. Each Monad is capable of creating twelve souls, and each of those twelve souls is capable of creating another twelve soul extensions. I don't need a calculator to work out that this makes 144. The magical numbers again, 144, 144 thousand. How many times is this 144 thousand mentioned in the philosophy and science of ascension? So these words, this affirmation "I Am That I Am" links you with your monad, your I Am Presence. Your monad is the keeper or holder of your personal blueprint. This I would point out is different to the seed blueprint for creation, which is held in the mind of the Creator.  Your personal blueprint is your monad's plan, or your monadic plan, for your spiritual ascension, for your spiritual work etc. in this present life.   
  
    At this present time, upon this beautiful goddess upon which you all live, the Goddess Gaia, Mother Earth, this planet which is more beautiful than any other planet in this aspect of creation, within which you experience, this Goddess Gaia, this alive being, she is more alive than many human beings right now. She is living, she is breathing, she is growing.  She's channeling the energies of love. You live upon her, just like many beings live upon your skin and upon your body. You may not be able to see the beings that live upon your body, or even within your body, but there are billions of them. If you are balanced and free from disease, well then you are termed within the fifth dimension 'well'. All the beings that live upon you, and all the beings that live inside you, are all living in a state of harmony. Now is the time that the Goddess Gaia, Mother Earth, is asking for the beings that live upon her to live in harmony with her. This living in harmony with her is multi-faceted and multi-leveled. It is so simple at one end of the scale, that she asks you to walk upon her gently. Not to stamp your feet as you go about your daily lives, but to understand that you are treading on a living being, and to tread lovingly and carefully. And on the other end of the scale, Mother Earth asks you not to dump your confused emotional energies into her. Not to dump chemicals, not to dump radio-active waste, not to dump polluting substances upon her body and within her body. She would like you to know that if you do walk gently upon her and you do turn around this poisoning of her through your Love and through your Light, then this transition into Light that she has chosen as a living being will take place in a gentle manner.   
  
    You see you are all co-creators. Co-Creators. Think of this - you are co-creators in so much as that you can create Heaven upon this planet. And not only are you co-creators, you are also creator gods, because you can create your own reality. So it is a question of creating your own reality. A reality of peace, a reality of love, a reality of compassion and a reality of Light, within your own hearts and within your own minds, and with others co-create that same reality for all that live upon and within the Earth Mother. You are all worthy of this. It is possible that this worthiness can be realized in a fraction of time that is less than the clicking of fingers.   
  
    So I would ask you all now to realize that you are all worthy, to walk in love, to walk in Light, to open up your hearts and allow the energy of love, the energy of Mary, the energy of Isis, the energy of Shakti, the energy of Lakshmi, the energy of Radharani, the energy of Sananda, the energy of Krishna, the energy of Shiva to flow through your hearts and transform you into Light and Love.   
  
A short lesson for you, very straight and to the point. I leave now. I am Kuthumi. I leave you with my love, I leave you with my Light and I say to you that it is a great honor to be amongst so many shining beings. It is an honor which I very gladly receive. The last thing I say to you is think Love and BE Love.   
  
Namaste’.  
  
  
Channeled by John Armitage at the Eye of the Sun on 26 April 1996.   
MAHATMA - THE ENERGY OF FREEDOM  
  
I Am that I Am.  I Am the Mahatma.  The Mahatma, the energy of freedom, the energy of Love, the energy of transformation.  
  
    This transformation means that it is now possible to create your own reality.  A reality of Love, a reality of harmony.  Mahatma can transmute the energies of oppression into the energies of Love and freedom.  Love and freedom are yours as a birthright.   
  
    Your birthright is wholeness.  Wholeness is Love.  It is unconditional and compassionate.  Be first compassionate to yourself.  Realize that working on yourself is the first job, the first task which must be tirelessly worked on until the transformation to Love takes place.  When you have achieved Love and compassion for yourselves co-create the reality of Love.   
  
    Let's work on co-creating the energy of Love.  The Mahatma is Love.  Allow this Love to flow through your heart and speed your journey to freedom, your journey to mastery.  Mastery over the elements, mastery over the Self and mastery over the reality on Earth.  Let's create a reality of Love.  A reality in which love is the only thing.  It is unconditional.  It is flowing from the I Am Presence of the Mahatma.  Invite Mahatma into your life.   
  
    Mahatma is the blended energies of the Source.  This Source is a never ending generator of love which is unconditional.  Open up your hearts and allow this Love to flow into it.  Through this Love you will achieve mastery over your own reality.  Create your own reality of Love.  Create your own reality of freedom.  I am the Mahatma.  I Am that I Am.  I Am Light.  I Am Love.  Allow the chalice in your hearts to overflow with the silver and gold energy that is Mahatma.  Absorb this energy into the very core of your being.  Now see this energy, feel it in every atom of your body.  Feel your body turn to Light.  The MerKaBas are activated.  MerKaBas spinning, spinning, activating the Light, activating your aura so that you can further absorb the energies of the Mahatma.  I Am the Mahatma.  Know that Love is freedom. Know the Light, see the Light, feel the Light, BE the Light.   
  
    This Light is the energy of Mahatma.  Mahatma is not the road to freedom, Mahatma IS freedom.  The Rider on the White Horse, The Avatar of Synthesis.  The Avatar of Synthesis is present upon the planet.  Effects are set into movement which will bring about changes in reality.  These energies will bring about changes in reality which have never been known upon your planet.  The energy of Mahatma will transform.  It will activate the Christ Consciousness in all beings.  All beings will become Light, and by this Light and with this Light, you will be able to traverse many, many areas of vibration, numerous dimensions of experience.  Not like staying in the death state.  It will be an adventure into Light.  It will be an adventure into Love.  The Source Is. Love Is.   
  
    We say to you time is short.  Now is the time to take the first step on this journey, this journey of transformation.  This journey that will culminate in merging with the Mahatma, the I Am Presence of Mother – Father - God.  Know that you are from the Source, that you are part and parcel of the Creator.  That you are an individual spark of the Creator's essence.  This essence is compassion and Unconditional Love.  This energy is the driving force, the welding force, the cohesive energy with which the whole of creation is kept together.  This Unconditional Love flows through everything.  It IS everything.  There is nothing apart from it except the things that want to be apart.  But know that if you want to become a part of it just open your heart and allow the compassion and Love to flow through you.  This energy is a direct outpouring from the Source, Mahatma, the I Am Presence of the Source, the source of energy which is going to free mankind.  Free them from the fetters of their consciousness.  Allow them to expand into Love, allow them to expand into Light.  
  
    This Light will be seen through many universes, and it will spread throughout the 352 levels back to Godhead.  Angels and Archangels will join in the celebration as the Light of humanity spreads with Love back to the Source, Mahatma.  Transform, recycle the energies of control, the energies of fear and oppression, by channeling it through your Heart Chakras.  Allow the energy of Mahatma to flow through your hearts and these energies will become Light, will become Love.  The fetters of oppression are about to fall and we shall walk into the Light.   
  
    The Archangels and the Angels shall be the torch bearers.  They will lead those souls that are brave enough to stamp down their own systems of control.  Let go of your conditioning, let go of your fear, and know that a new age dawns.  Know that Mahatma, Merlin, Arthur, Wotanna, Kuthumi will lead us to victory.  This victory is assured.  Because there is Light, darkness cannot exist.  Where the Light shines bright there are no shadows.  There's no grayness, there's no oppression and misery.  All there is, is freedom.  Freedom!  Use this freedom wisely.  Know that you are a Co-Creator, so use this freedom to create the Light, to fuel the Light until it becomes pure Unconditional Love.  You will see that your systems are crumbling.  You will see that your cities are falling into disrepair.  These are the signs that proceed major changes, both in the systems of oppression and also in the systems that create freedom.  Know that it will fall.  Know that it will crumble and it will be replaced with a civilization of beings that have transmuted into Light, that have transmuted into Love, and have no use for oppression, no use for the energies of fear.  Go forward into freedom and accept the Mahatma.  I Am the Mahatma.  
  
  
SILVER VIOLET FLAME  
  
I AM Germaine, Keeper of the Violet Flame or, the Violet Flame with the added dimension of the Silver Violet Flame.  Because, as times change and the vibrations go faster, the vibrations are accelerated, we have to add other colors to assist those that you've already been using.  
  
    Higher vibrations mean different times, so different cures and different methods are called for.  So, the Silver Violet Flame.  There are many things you can do with it.  one thing you can do is you can get It to consume all your negative feelings and emotions.  Just consign all that aggravates you in that way into the Silver Violet Flame.  So, when you find your thoughts moving in directions that you don't want them to move in thoughts that are interrupting that flow of Christ Energy into your physical body.  When you work out what these interruptions are and as time goes on, it becomes much easier for ones to do this, just consign them into the Silver Violet Flame.  
  
    There are also Mantras you can use.  Of course, it only means that you have to add the Silver bit to the Violet Flame Mantras, the most useful or easiest many ones find to use is:   
  
I AM a Being of Silver Violet Fire.  I AM the purity God desires.  
  
Now, I give this Mantra to you to use in your daily lives for several reasons.  One is that this is a Cleansing effect.  You could say that the Silver Violet Flame Mantras are Spiritual antiseptics.  You can flood your consciousness, your minds, your physical bodies, with this spiritual antiseptic and ALL will become clean.  But, if you chant this Mantra in the mornings when in your bath or on the loo, you will find that it brings the Silver Violet Color, the Silver Violet Energy into your space, into your living room and of cause, this heightens the vibration.  We're not suggesting you take up this system of chanting on beads or an exact number of these Mantras every day and taking it up as a discipline in that way.  
  
    Although if you are going to take up the chanting of Mantra, if you chant this Mantra day after day, this is one Mantra that is very worthwhile thinking about.  But just use this Mantra in your daily lives, chant it a few dozen times a day and you will find that every thing starts to become Silver Violet.  The vibration gets into the walls of your house, into the metal work of your cars, into the metals of your jewelry, into your energy system, both physical and spiritual.  You will actually start shining Silver Violet!  
  
So, we could chant a few repetitions and see the vibrations.  I AM a Being of Silver Violet Fire, I AM the Purity God desires, I AM a Being of Silver Violet Fire, I AM the Purity God desires.  I AM a Being of Silver Violet Fire, I AM the Purity God desires, This is very good because many are putting the emphasis on ' I AM', because the important part of this Mantra is I AM.  The important part of the Ascension process is realizing that you ARE the ' I AM' Presence.  
  
    So use this Mantra in your daily lives.  It need not take up much time.  No need to put hours into it.  Use it as a matter of course.  Allow it to flow into your consciousness.  Allow your voice to speak it.  It is better spoken out loud and with intent because, saying it to yourself, although it has an effect on your physical body, your four body system and what can be termed your Spiritual Body, you are not having an effect on everything that surrounds you.  So when you think about how much Service you can do for creation just by chanting your Mantras out loud (because the business end of the mantra is the vibration of the Mantra) so you will be affecting everything around you.  So when you get into these situations, as well as using the Protection of the Pillar of Light of Archangel Michael.  use these Silver Violet Mantras.  They will help to bring nice high vibration Energies into your space.  
  
    Any questions?  A deep heartfelt 'thank you' to all from …. There's no need to thank us, that's our job.  We accept your thanks with Love but all the time, there is no need to thank us because we are giving you Service from the heart with unconditional Love.  It is because we love you, we give you the Service.  I do take your acknowledgement and accept your Love, thank you.  
  
    So again, I say to you that you can use this Mantra out loud but also you can meditate with this Mantra, which will trigger your mind into meditation.  Then meditate on this Silver Violet Flame.  
  
    I have now with me, some helpers to help put the Vibrations and energy of this Silver Violet Flame into your working space and now you have chanted a couple of rounds of this Mantra, some of you if not all of you, must be seeing this Silver Violet energy that is building up within the space.  We are putting it too into this small Stargate and spreading it into the room.  So, just take some time to think about this Mantra.  Ground it within your bodies and your consciousness and bathe yourselves with the lovely Vibrations of It  You must all now be feeling in your physical bodies, this Raising of Vibrations.  This is a reasonably Energetic day on many levels so of course on the second day, many are feeling the results of that.  Many feeling somewhat disorientated, feeling somewhat tired but you see, there IS a heightening of Vibrations here.  So, use this in your daily lives, use It to transmute situations that are undesirable to you.  You can also as well, leave this Violet Flame behind you wherever you go.  You can bring down the Fire and install It in many Places.  Install it in the streets of your towns, on the rads of your Island, in the energy Points of your Island.  It will be there then for the transmutation of all, not only of the human but the animals, the birds.  Work with these instructions.  We Love you.  
                                      
Channeled by :JOHN ARMITAGE  
ABUNDANCE PRAYER  
  
From the God – Goddess of my being  
I give thanks for the Love that I AM.  
I give thanks for the Love in my life  
and for the Love that surrounds me.  
Thank you!  
Thank you for the miracle of life that I AM  
and for the miracle of life that I see all around me.  
Thank you for the gift of life.  
Thank you for my perfect body,  
my health and vitality.  
Thank you!  
Thank you for the abundance that I AM  
and the abundance that I see  
reflected all about me.  
Thank you for the riches  
and the richness of my life,  
and thank you for the river  
of money that flows to me.  
Thank you!  
Thank you for the excitement and the adventure  
of the millions of wondrous  
possibilities and probabilities.  
Thank You!  
Thank you for the beauty and the harmony.  
Thank you for the peace and tranquility.  
Thank you for the wonderment  
and thank you for the joy.  
Thank you for the laughter and the play.  
And thank you for the privilege of serving  
and sharing the gift that I AM.  
Thank you!  Thank you!  Thank you!  
  
  
  
  
  
  
  
  
  
  
  
  
  
   
Atlantean Master Symbol:  
  
  
This symbol is used for healing at the Soul/Spiritual level.  (Reiki people:  you may use this symbol in place of the DaiKiMiO.)  The ChoKuRei heals at the physical body level: SeiHeKey heals at the physical body level; SeHeKey heals at the emotional level; HonShaZeShoNen heals at the mental level; This symbol heals at the source level of the disease or imbalance, the spiritual (blueprint or template) level.  It can also be used to enhance the immune system.  After attaining Master’s level this symbol should be used in every healing.  
  
  
   
  
RAKU  
  
The Lightning Bolt of Enlightenment, symbolizes liberation from duality.  Signifies Completion, Grounding.  Make this symbol down the back of the person being initiated, from head to foot, in order to complete and ground the attunement.  During the attunement process the Master’s aura is joined with the student’s in order to draw negative karma from the student.  The Master receives this karma and grounds it.  Using the Raku at the end separates the auras again.  
  
  
  
  
  
SHAMBALLA ATTUNEMENTS  
  
All Levels  
  
Prior to starting, cleanse the space using smudging and/or ChoKuRei (x3) and SeHeKei (x3) starting in the East and working clockwise through the other directions, along with the Sky and the Earth.  
  
1.    Tell the trainee what is going to happen:  You will be starting at the back,     touching the head.  When you tap them on the shoulder they should raise     their praying hands above their heads.  You will work with their hands and     then come around and kneel in front of them.  You will hold their hands     and then their feet.  At each spot you will be repeating Shamballa     symbols.  You will do behind them again and finish the attunement.  Ask     them to sit with closed eyes while you work and sit in meditation for a     while after you finish.  
          
2.    Trainee sits on a chair, hands together in praying position in front of     heart.  
  
  
3.    Call on the Ascended Masters (especially St. Germain, Dr. Usui)  
        the Angels and Archangels of Light  
        All the Beings of Light and Love (including Sai Baba and Hari Das,                 if you wish)  
        and the MAP Teams.  
  
THROUGHOUT THE ATTUNEMENTS, WHEN DOWNLOADING SYMBOLS, BRING THEM IN BY:  
    Saying their Names (usually silently)  
    Drawing them  
    Visualizing them  
    Any of the above or any combination of the above.  
  
Continue with the relevant level attunement, as described on the following pages.  
  
  
  
  
  
  
  
  
SHAMBALLA  
  
Levels I & II Attunements  
  
Level I:  
  
4.      Crown Stand behind the trainee.  Open the Crown Chakra by gesture and affirmation.  Pull out “stuff” for transmutation.  Place hands on head and bring in symbols:  
        ChoKuRei           x3  
        SeHeKei           x3  
        HonShaZeShoNen        x3        x4  
        DaiKuMiO(Trad)        x3  
        ChoKuRei           x3  
  
    Level II add:  
        Antahkarana  
        Merka Fa Ka Lish Ma  
        Zonar  
        Motor Zanon  
        \*If attunement is within one month of the Level One  
        attunement repeat only symbols in boldface from that   
        attunement, plus the above.  If Level One attunement was  
        more than one month ago, repeat all symbols.  
  
    “I AM NOW READY TO DOWNLOAD THE RELEVANT SYMBOLS FOR THIS PERSON.”  
(Blow symbols into crown chakra & bring them into the body by moving your hands down the sides of the trainee’s body in one swift movement.)  
      
Tap Shoulder (trainee lifts hands above head in prayer position).  
  
  
5.      FINGERS (from back):  place your fingers between the fingers  
of the trainee:  
  
Affirm:    “I AM activating the chakras in the fingertips to                 channel the energies of Shamballa.  
            The Mahatma/Uncondition al Love  
            The Christ Light  
            Activate Now!”  
  
Kneel in front of the trainee.  
6.    HANDS (from front – open gently like a book, to rest on knees)  
Feel Unconditional Love flowing through you to the person.      Press symbols into their hands gently.  
        ChoKuRei    (tap)        x3  
        SeHeKei            x3  
        HonShaZeShoNen        x3  
        ChoKuRei            x3  
      
    REMEMBER:  NO Dai Ku MyO in the hands at this level.  
  
    Level Two add:  
        Antahkarana  
        Merka Fa Ka Lish Ma  
        Zonar  
        Motor Zanon  
  
AFFIRM:  “I AM now ready to download the relevant symbols for this person.”  
    Push or blow symbols into hands.  
  
7.    CHEST/HEART (ChoKuRei coming out of both hands facing heart.)  
  
“I affirm the left and right spinning ChoKuRei in your heart chakra.”  (x3)  
“I affirm that the 12-Pointed Star in your Heart Chakra is now activated!”  (x3)  
    Blow – Push hands to either side of trainee’s body.  
  
8.    FEET (Place hands on feet, tap feet x3 after saying or drawing each symbol).  
        ChoKuRei            x3  
        SeHeKei            x3  
        HonShaZeShoNen        x3  
        DaiKuMyO (trad.)        x3  
        ChoKuRei            x3  
  
        Level Two add:  
        Antahkarana  
        Merka Fa Ka Lish Ma  
        Zonar  
        Motor Zanon  
  
“I AM now ready to download the relevant symbols for this person.”  
 Gently push symbols into feet.  
“I Affirm that your foot chakras are activated to ground the energies of Shamballa, Mahatma, and Christ Consciousness NOW!”  (x3)  
“I Affirm that your Earthstar is ACTIVATED NOW!”  (x3)  
“I Affirm that all energies are grounded in Mother Earth NOW!”  (x3)  
  
Note:  When activating the feet, you can use the above process when you first start teaching, as it will make you feel confident that you are doing this properly.  As you gain more confidence in your work, the feet can be activated very easily by intent and by each affirmation once.  
  
9.    Go behind the trainee and make the RAKU sign down his/her back, to ground the attunement, and to ground any negative karma drawn from the trainee and to separate your aura from the trainee’s.  
  
10.    Welcome the trainee into the Shamballa Family and let her/him work with the energy to ground it.  
  
  
The Level One Attunement may be done three times within two days.  Some people expect to have it done three times during the course.  If you feel resistance from the trainee when pushing in the symbols, more than once is indicated.  Once is usually enough, however.  Listen to your guidance.  The Level Two Attunement needs to be done only once.  
  
End Shamballa Attunements Levels One and Two  
  
  
  
SHAMBALLA  
  
Levels III Attunement  
  
4.      Crown - Stand behind the trainee.  Open the Crown Chakra by gesture and affirmation.  Pull out “stuff” for transmutation into the Silver Violet Flame.  Place hands on head and bring in symbols:  
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent    x3  
        Amsui                x3  
        DaiKuMiO (Trad)            x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
  
    If Level III attunement is within 1 month of Level II attunement, download     only the symbols in boldface.   (You do not have to repeat the symbols     from the Level II attunement.)  
    If Level III attunement is NOT within 1 month of Level II attunement, then     download all of the symbols listed.  
  
“I AFFIRM THAT I AM NOW READY AND OPEN TO RECEIVE AND PASS ON ALL THE SYMBOLS AND ENERGIES THAT ARE APPROPRIATE TO THIS ONE … NOW!”  
(Blow symbols into crown chakra & bring them into the body by moving your hands down the sides of the trainee’s body in one     swift movement.)  
  
  
5.      FINGER CHAKRAS - From the back, tap shoulder of trainee, who puts     hands up in prayer position.  Place your fingers between the fingers of the     trainee and make this affirmation:  
  
“I AFFIRM THAT YOUR FINGER CHAKRAS ARE ACTIVATED TO SEND THE ENERGIES OF SHAMBALLA, THE MAHATMA, AND CHRIST CONSCIOUSNESS…NOW!”  
  
  
6.      HANDS - Move to the front and kneel in front of trainee.  Open hands     gently to rest on knees in open book position.  Feel Unconditional Love     Flowing Through You To The Person.  
  
AFFIRM:  “I am now open and ready to receive and pass on all the symbols and energies that are appropriate for this one … NOW!”  
  
    Let the symbols be brought in by tapping the hands x3 after each symbol.  
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent    x3  
        Amsui                x3  
        DaiKuMiO (Trad)            x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
  
    Gently push or blow all the symbols into the hands.  
  
7.      HEART - With both hands facing trainees Heart Chakra, affirm:  
  
    “I affirm Traditional DaiKuMiO in your Heart Chakra” (x3)  
    “I affirm that the 12-Pointed Star in your Heart Chakra is activated …          NOW!” (x3)  
    “I affirm the energies of Mahatma and Christ Consciousness are          activated NOW! ” (x3)  
  
      Blow or push palms toward Heart Chakra saying “ACTIVATE”  
  
8.      FEET - Place hands on trainee’s feet.  Bring symbols in by tapping feet x 3 after each symbol.   
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent    x3  
        Amsui                x3  
        DaiKuMiO (Trad)            x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
      
    Gently push the symbols into the feet and affirm:  
  
    “I affirm your foot chakras are activated.  Activated NOW!”     (x3)  
    “I affirm your Earth Star is activated.  Activated NOW!”     (x3)  
    “I affirm that all energies are grounded into Mother Earth. NOW!” (x3)”  
  
NOTE:  When activating the feet, you can use the above process when you first start teaching, as it will make you feel confident that you are doing this properly.  As you gain more confidence in your work, the feet can be activated very easily by intent and by each affirmation once.  
  
9.    BACK - Go behind the trainee and make the RAKU sign down his/her back, to ground the attunement, and to ground any negative karma drawn from the trainee and to separate your aura from the trainee’s.  
  
10.    Welcome the trainee to Shamballa Level III and let them work with the energy to ground it.  
  
End of Shamballa Level III Attunement.  
  
  
  
  
      
  
SHAMBALLA  
  
Levels IV Attunement  
  
  
4.      Crown - Stand behind the trainee.  Open the Crown Chakra by gesture and affirmation.  Pull out “stuff” for transmutation into the Silver Violet Flame.  Place hands on head and bring in symbols through affirmation, visualization and/or drawing:  
  
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent        x3  
        Amsui                x3  
        Golden Flower of Life    x3  
        DaiKuMiO (Trad)            x3  
        Raku                x3  
        Atlantean Master Symbol  
        spinning left & right    x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
  
    If Level IV attunement is within 1 month of Level III attunement, download     only the symbols in boldface.  
    If Level IV attunement is more than 1 month after Level III attunement,     download all of the symbols listed.  
  
“I AFFIRM THAT I AM NOW READY AND OPEN TO RECEIVE AND PASS ON ALL THE 352 SYMBOLS  OF SHAMBALLA AND ENERGIES THAT ARE APPROPRIATE TO THIS ONE … NOW!”  
  
(Feel and/or see the symbols coming in.)  
  
Blow the symbols into Crown Chakra & bring them into the body by moving both of your hands down the sides of the trainee’s body in one swift movement.  
  
  
5.      FINGER CHAKRAS - From the back, tap shoulder of trainee, who puts     hands up in prayer position.  Place your fingers between the fingers of the     trainee and make this affirmation:  
  
“I AFFIRM THAT YOUR FINGER CHAKRAS ARE ACTIVATED TO SEND THE ENERGIES OF SHAMBALLA, THE MAHATMA, AND CHRIST CONSCIOUSNESS.   ACTIVATE NOW!”  
  
  
6.      HANDS - Move to the front and kneel in front of trainee.  Open hands     gently to rest on knees in open book position.  Feel Unconditional Love     Flowing Through You To The Person.  
  
AFFIRM:  “I am now open and ready to receive and pass on all the symbols and energies that are appropriate for this one … NOW!”  
  
    Let the symbols be brought in by tapping the hands x3 after each symbol.  
  
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent        x3  
        Amsui                x3  
        Golden Flower of Life    x3  
        DaiKuMiO (Trad)            x3  
        Raku                x3  
        Atlantean Master Symbol  
        spinning left & right    x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
  
  
    Gently push or blow all the symbols into the hands, then affirm:  
  
    “I affirm that I AM ready and open to receive and pass on all the 352     symbols of Shamballa and energies that are appropriate to this one     … NOW!”   
  
    (Feel and/or see the symbols coming in.)  
  
7.      HEART - Place your hands before the Heart Chakra, affirm:  
  
    “I affirm:  Traditional DaiKuMiO in your Heart Chakra is activated (x3)  
      I affirm:  Atlantean Master Symbol, spinning Left and Right in your  
               Heart Chakra is activated (x3)  
      I affirm:  The 12-Pointed Star in your Heart Chakra is activated (x3)  
      ACTIVATE NOW!”   
  
    Blow the symbols into the Heart Chakra and push with hands to either     side of trainee.  
8.      FEET  Place hands on top trainee’s feet.  Bring symbols in by tapping feet     x3 after each symbol:  
  
        ChoKuRei               x3  
        SeHeKei               x3  
        HonShaZeShoNen        x3          
        Antakarana               x3  
        MerKaFaLishMa            x3  
        Zonar                   x3  
        MotorZanon                   x3  
        Tibetan Fire Serpent        x3  
        Amsui                x3  
        Golden Flower of Life    x3  
        DaiKuMiO (Trad)            x3  
        Raku                x3  
        Atlantean Master Symbol  
        spinning left & right    x3  
        Palm Master Symbol    x2  
        ChoKuRei               x3  
  
  
    Gently push the symbols into the feet and affirm:  
  
    “I affirm your foot chakras are activated.  Activated NOW!       (x3)  
    I affirm your Earth Star is activated.  Activated NOW!       (x3)  
    I affirm that all energies are grounded into Mother Earth…NOW!”(x3)  
  
NOTE:  When activating the feet, you can use the above process when you first start teaching, as it will make you feel confident that you are doing this properly.  As you gain more confidence in your work, the feet can be activated very easily by intent and by each affirmation once.  
  
9.    BACK - Go behind the trainee and draw the DaiKuMiO (Traditional) , Atlantean Master Symbol, Palm Master Symbol and the Raku sign down the length of the trainee’s back, to ground the attunement, and to ground any negative karma drawn from the trainee and to separate your aura from the trainee’s.  
  
  
10.    Welcome the trainee to Shamballa Master Level IV and let them work     with the energy to ground it.  
  
End of Shamballa  Master Level I Attunement.  
  
  
What is Mastery?  
  
Upon completing Shamballa level 4, you are called a Shamballa Master. Many people cringe at being called a Master. They say they do not feel like a Master. They point to all that is not working in their lives, all their fears, doubts, worries and shortcomings.  
  
It is a common misconception to believe that spiritual Masters have perfect lives with no difficulties whatsoever. Some people think that to be a Master is an end goal in which they are finished learning and evolving. Others think that to be a Master means they do not suffer anymore. Masters are eternally learning and evolving but because they are aware of this, and the context of love in which it happens, they do not suffer.  
  
As you progress on your spiritual path, your mind and heart open to the love all around you, and you become aware of the suffering of others (and your own issues) with an Unconditionally Loving heart and mind. Mastery is not escapism. And it is not an unattainable experience. It is a way of living.  
  
The belief that Mastery is a goal, rather than an experience, makes a person continually strive to be something they believe they are not and cannot "obtain." This sets you up in a cycle of trying to be what you believe you are not and manifests suffering and low self esteem. The other drawback to Mastery representing being a goal of perfection is that deep inside you are probably afraid of being perfect. It is a lot of responsibility having to maintain an air of perfection when most likely you do not feel perfect. So you set yourself up trying to obtain something you do not believe you are, and are fearful of obtaining. No wonder people are uncomfortable being  
called a Master!  
  
While it is true that anyone who has the money and the time and completes all four levels of Shamballa is called a Master, it does not detract from the fact that you are a Master. You were a Master before you learned Shamballa and you will always be a Master. A Master is someone who recognizes all life, including themselves as eternally evolving. Based on this deeply felt understanding, a Master surrenders trying to be perfect, and all that they think it would provide for them. What is it you believe being perfect would get for you? Whatever it is, this need to have it all together in order to have what you want, manifests in attachments to what or whom you believe would have you accomplish this. When a Master realizes their is no "end  
point" because they will always be growing, the need to be perfect and all that it confers is released. You are then "free" to love yourself and your life as it is in the moment. Things will still happen, your life will still have its challenges, but you will not take them personally anymore because you love and accept yourself as you are.  
  
Shamballa Reiki is more than just a healing modality to offer clients and students. It is a "new" way of offering an age old paradigm. A paradigm is like a mirror. You may be used to looking at yourself in the mirror and seeing yourself more or less the same way day after day. Then someone gives you a different type of mirror that lets you see yourself as you truly are. You have not done anything to improve yourself, you are just seeing yourself in a new way. This is Mastery and it is the essence of what Shamballa offers: a new way of experiencing yourself. Fears and inadequacies melt away, leaving you open to living your life in whatever way brings you joy and fulfillment.  
  
As you are attuned to level four and given the title of Shamballa Master, a celebration takes place as all who are present honor your love, light and Divine perfection as you are in the moment, regardless of how you feel about yourself and your life. I, along with your helpers in the light, hope you will experience your Mastery as a celebration of who you are and have always been. We are here to help you remember.