

Shamballa Multidimensional Healing

Level 1

Distance Course Notes

This manual has been created from manual materials
received during attunements to the
Shamballa Multi-Dimensional Healing System
from Shamballa Master,
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Permission was granted by her,
and her Shamballa Master,
Diane Spindler-Ranta,
To use these materials to compile training manuals.

Materials were obtained from John Armitage's website:
<http://www.mahatma.co.uk>

Additional information is endnoted.

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.

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**The Shamballa System
of Multi-Dimensional Healing**

Level One

Training Material

July 2001

Welcome to the World of Shamballa Reiki

Reiki is a gift from God and myself, 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 which 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 individuals

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 cannot 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 a 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, 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 phenomena! 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 page boy. 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.

2. 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, 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, 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 July 1996.

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.lucistrust.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:

Louise 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.lucistrust.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 life. 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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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.

1. There is absolutely no way you can ever do a Shamballa session incorrectly. It is totally foolproof, so relax and enjoy the process.
2. There are no hand positions to memorize no information you need to study.
3. A session usually takes under 10 minutes.
4. There is absolutely no way you can ever do a Shamballa session incorrectly. It is totally foolproof, so relax and enjoy the process!!!
5. 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)

1. Have the person sit comfortably in a chair or 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.

2. 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.
3. 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.
4. 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 them 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.
5. 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.
6. 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!!!

7. 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.
8. 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.
9. 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 you learned to ground after the attunement works well for many people.
10. 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 channeling 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 channeling energy, the easier it will become and the more effective a channel you will become.

The following exercise is good for practicing channeling 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 aware 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. Overactivity 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 estrogen, 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 tumor 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, estrogen 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, sexual abuse.

HIPS: Support system, something to kick about, often stored anger/fear, which can create fat barrier. Too vulnerable/unprotected 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/responsibilities 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, 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.

