

Shamballa Multidimensional Healing

Level 2

Distance Course Notes

The Shamballa System
of Multi-Dimensional Healing

Level Two

Training Material

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.

The Reiki symbols have traditionally been kept secret. While secrecy is a way of honoring their sacredness, there are also metaphysical reasons for this. One of the benefits of keeping the symbols secret until just before the attunement is to prevent the student from inadvertently linking the symbol to anything else but the energies they represent. If a student becomes aware of the Reiki symbols before a Reiki class, it is possible that energies of a lower vibration could connect to the symbol and possibly reduce the value of its use. Since the symbols have no real power without the attunement, it is better that they be kept secret until the class. In addition, if a person is shown a Reiki symbol without the benefit of the attunement that empowers it, they may incorrectly believe they have Reiki and not bother to take a class, thus missing the real experience of Reiki and losing the benefit of its healing power.

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

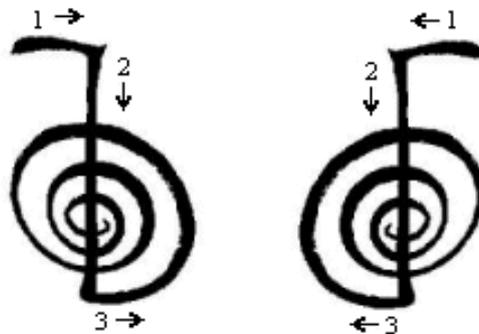
The traditional way of giving these symbols to people meant that they were not allowed to draw them on paper and take them away with them. I think that the time for that has now gone. If we don't allow our students to have symbols on paper, they will have forgotten how to draw them in no time at all. 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.



Cho Ku Rei

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

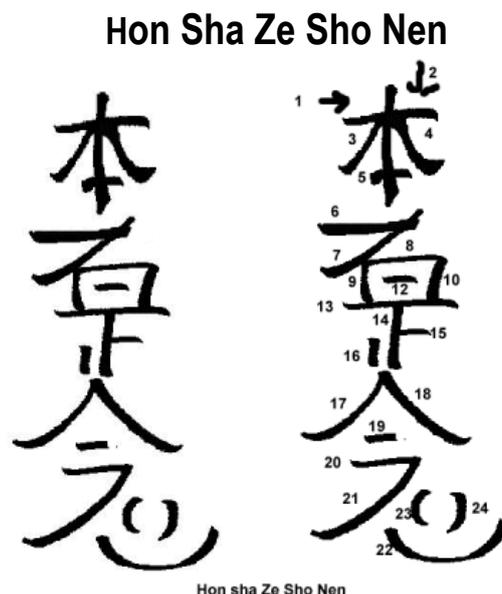
The general applications for Sei He Ki are:

- 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.



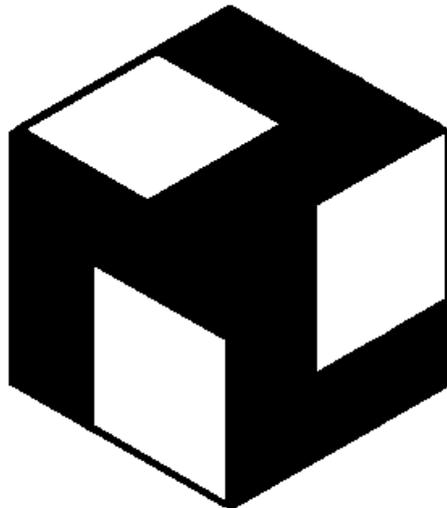
This symbol is traditionally used for absent healing and is known as “the bridge between heaven and earth.” It ensures that the receiver has proper consciousness and is the connector symbol to the entire nervous system and chakras. It has its origin in proper thought. Interpreted it means “The Christ 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. Placing 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 cell 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

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



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 will 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.