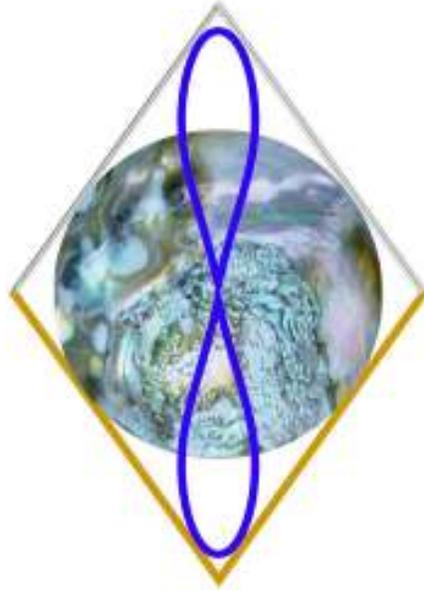


Shambhala *Oneness*



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The History *of* *Shambhala System of Multidimensional Healing* *&* *Reiki*

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Welcome to the world of Shambhala:

Shambhala means unconditional love! Shambhala 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 Reiki method as taught by Dr Usui. This is why I call it the Shambhala 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 Shambhala 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 disease, 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





John Armitage.

John is a Bachelor of Homeopathic medicine, Shambhala/Reiki Master, healer and teacher. He also works with Feng Shui, gem remedies and flower essences, crystals, and music to activate the Heart chakra. He is an Earth healer who works with the planetary grid and star gates. He facilitates workshops around the planet. All workshops are channeled from the Ascended Masters.

John is also known by his spiritual names Hari Das and Ashtar Melchizedek (sometimes just Dr. Das). Hari Das has dedicated his life to helping to heal Mother Earth and her people. He is one of the five Light beings from the Melchizedek Consciousness on Earth. Hari Das and the other four Light beings are here to aid the Ascension of Mother Earth and all humanity, through unconditional Love and the Science of Merkaba. When not globe trotting, he resides in the highlands of Scotland.

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Dr. Mikao Usui.



Dr Usui dedicated his life to the teaching of Ancient truth. Without his disciplined perseverance, we might not have the blessings of the Reiki Ray. Our lives will be enriched from his labor of Love for humankind. His dedications as a Servant of the Light continues to shine upon our Spiritual path in Reiki. (Februari 7, 1802 until October 16, 1883, unconfirmed dates)

The traditional Dr. Usui Reiki Story:

Until 1982 Usui Reiki was an oral tradition. with nothing being written down. The only source that we have of the history of Dr. Mikao Usui, and his rediscovery of Reiki, is from a tape recording made by Mrs. Hawayo Takata in 1979, towards the end of her life. Later attempts by other Reiki Masters have failed to verify some of the historical details of Dr. Usui's life. Such as his travel to America. However. This should not detract from the purpose of Mrs. Takata's story, which was to inspire her students with a love of Reiki and an admiration for Dr. Usui, and his search for truth. Many of the principles of Reiki will be found embedded within this story. Read it with discernment, from the heart, as an inspiration for your own inner search.

Dr. Usui's story starts in the late 1800's when, according to Mrs. Takata, he was Principal of the Doshisha University in Kyoto, Japan. She claims he was a Christian minister, but is more likely that he was a Buddhist Monk. In the post WW II era such a claim would make the Japanese Dr. Usui more acceptable to the Western world. It is said that one of his students asked Dr. Usui to demonstrate his healing abilities, as: Jesus had done with his laying on of hands, saying, "I tell you the truth, anyone who had faith in me can do the same miracles I have done, and even greater things than these will you do." But Usui had to admit that despite his great faith, he was unable to demonstrate any healing skills, as he had not learned them.

The students then replied that despite their great respect for Dr Usui, they did not share his blind faith, nor did they wish to. With this, Dr. Usui promptly resigned from both his ministry and the University. not in anger; but in a desperate search to find the answer to their questions. He started his search in America, where it is said he entered the University of Chicago, in order to study philosophy lit has since been discovered, however, that there IS no record of his attendance there]. But of course, being at the University, he also had the opportunity to study Hinduism, Zoroastrianism and Buddhism. And it was during the study of the latter that he found a passage stating that Buddha had also healed through the laying on of hands, and had taught his followers to do the same.

So after seven years in the U.S., he decided to return to Kyoto in Japan, in order to search their Buddhist teachings for a record of the Buddha's formula for healing. [The rest of the story is likely more historically accurate than the beginning.] He visited each of the many monasteries in Kyoto, and finally spent three years in a Zen monastery himself. Finding that while the monks were aware of the healings performed by the Buddha, from reading the Sutras, they were taught to concentrate on healing their spiritual lives, not the physical. They felt that the knowledge of physical healing would be revealed to them through meditation, once they had reached enlightenment. Constantly Usui searched for the truth, even to the extent of learning first Chinese and then Sanskrit, since the Buddha came from a Hindu tradition, so that he could read the Sutras for himself, in their original form. Eventually in the early Indian sutras, written in Sanskrit, he found the simple formula that he had been searching for. Now he needed to test both the formula and himself, through prolonged meditation.

He decided to spend twenty-one days on Mt. Koriama near Kyoto, a place where people often went to fast and meditate. He took no food with him, but settled down under the pine trees, near a stream, with a pile of twenty-one stones in order to keep track of time, hoping for some sort of phenomenon, but not really knowing what to expect...just trusting. As he opened his eyes on the morning of the final day, just before dawn when the sky is at its darkest, he noticed a small flickering light, just like a candle flame. The light started to come towards him, and despite his apprehension,

he realized that this was the test. He relaxed and sat firm, with his eyes wide open, facing his fear. The light hit him straight between his eyes, and he fell over. As he lost consciousness, his last thoughts were, "I have made contact!"

When he awoke, the light was gone, but the sun was rising. Looking to his right, he suddenly saw millions and millions of dancing, rainbow-colored bubbles, followed by a streak of light containing seven colors, including blue, lavender, rose and yellow. Lastly, contained within a great white light, just like looking at a screen in front of his eyes, he saw all the letters of the Sanskrit formula that he had studied flashed before him in gold, as if to say "Remember, remember!" He then meditated upon these letters. This was the first of four miracles that he was to experience that day.

When he at last stood up, he felt fit and well, despite his long fast, and quite able to make the twenty-five mile walk back to Kyoto. As he made his way down the mountainside, he stubbed his toe, lifting the nail and making it bleed. He held his toe in his two hands, until slowly the pain ebbed away. Not only had the bleeding stopped, but the toe was back to normal. "This," he said, "is the second miracle". As he continued his journey down the mountain, he came upon an old man with a charcoal stove, selling food by the roadside. Dr. Usui ordered a huge breakfast, but the old man, on seeing the length of his beard growth, and realizing that he had been up on the mountain for a long period, warned him that he would get indigestion if he ate so much at once.

Dr. Usui assured him that was what he wanted, he would be fine. It was while waiting for the food to be prepared that the old man's granddaughter approached, bringing the bowls, chopsticks and tea. Dr. Usui noticed that her face was swollen and she was in tears. For the last three days she had been suffering from dreadful toothache, the nearest dentist being seventeen miles away. Dr. Usui placed his hands over the troublesome tooth, and soon the pain was gone. "He is no ordinary monk, he makes magic!" cried the delighted girl. And this was the third miracle of the day. So grateful was the old grandfather, that he insisted that the food was "on the house". So an exchange was made for the healing received. Of course, as he predicted, Dr. Usui experienced no discomfort after his huge meal, this being the fourth miracle. On his return to the monastery, he found that one of the older monks had taken to his bed with very bad arthritis. Dr. Usui went to visit him, sitting with his hands on the old monk's bed covers, as he told him of the great success that he had had with his experiment. They talked late into the night, and as Dr. Usui got up to leave, the old monk reported that all his pain had gone, and that he felt full of energy.

Dr. Usui decided to start his healing practice with those most in need, in the slums of Kyoto, where he remained for seven years. He went wearing the robes of a monk, but disguised as a peddler with two panniers of vegetables. It didn't take long before the local gang of beggars had him before their leader, divesting him of all he possessed, including his clean clothes, in return for the rags of a beggar. It is interesting that Mrs. Takata refers to this as his "initiation", as though the trappings of his old life were being released and stripped away to be replaced with the new. Dr. Usui quickly struck a bargain with the beggar chief: that in return for somewhere to stay and three meals a day, he would work from sunup to sundown, healing all the sick that they brought to him, no matter what their disease, even impetigo, TB and leprosy. When asked if he was not afraid to touch these people, he replied, "No, I am a healer."

According to Mrs. Takata, he started to work on the cause and effect of their diseases, noting that the younger people got better quicker, and that "the older the person and the deeper the disease" it took many days and months. It would seem that already he had noticed that it was the accumulation of past experiences and emotions that had led to many of their diseases. Many were sent to the Zen

monastery, to be given new lives and jobs in the outside world. But despite this, they often returned to the slums and the empty lives that they had previously led. On meeting with several of his previous patients, and on hearing how they had chosen to abandon their work, preferring to return to a life of begging, Dr. Usui actually broke down and cried like a child. He said that the beggars were greedy, by wanting all the time, giving nothing in return and showing no gratitude.

Even Mrs. Takata did not consider that Dr. Usui had been successful in his mission to heal the sick. The monks had emphasized the healing of the spiritual body, to the neglect of the physical, while Dr Usui had concentrated primarily on healing their physical bodies. He finally realized that if he had healed both the spiritual and the physical, then the effects would have been lasting. So from this the Five Reiki Precepts were born: Just for today, do not anger. Just for today, do not worry. Do not waste food, for it is God-given. Make an honest living. Be kind to everything that has life.

But Dr Usui was a man of great determination, courage and strength. He learned from this lesson and refused to be defeated. He made a pilgrimage all over Japan, at one point carrying with him a torch, and shining it even in broad daylight. When questioned about this strange behavior he replied, "I am searching for people that need this light to brighten their hearts, take away their depression, cleanse their character, their mind and their body. If you want to hear this lecture, come to the church." And so he spread his rediscovery of Reiki to anyone who would listen. Through the length and breadth of Japan, creating 16 or 18 Reiki Masters (the exact number varies, depending on the source). One of these was Dr. Chujiro Hayashi, a retired military man, who stayed with Dr. Usui until Usui's death. Dr. Hayashi continued teaching the Reiki Healing system after Dr. Usui's death. One of his students was Mrs. Takata, who took Reiki out of Japan and into the rest of the world.

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What is Shambhala/Reiki:

(by John Armitage/Haridas Melchizedek)

The art of laying on of hands is as old as the hills. 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 In Hebrew, and Reiki in Japanese.

This energy is the natural energy used by Shambhala and Reiki practitioners. The Shambhala healer has access to this energy in a more powerful way because the attunements s/he 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 Shambhala/Reiki. This source could be called anything the healer pleases: the Goddess energy, God, the first Source, etc. Shambhala 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 attunements enhance our abilities to facilitate healing in one's self and others. The person has received a magical gift from the Source. After receiving Shambhala I, all you have to do is to place your hands on yourself or someone else and say (to yourself or out loud, as you wish). "Shambhala On!" The 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. Some feel nothing, but nevertheless are still channeling the energy.

You may feel heat or tingling in your hands. It is like plugging in. Every time you lay your hands on yourself or someone else, the energy is there.

Shambhala is not only for those who wish to become healing practitioners. It is also for people who want to become whole themselves. The Shambhala attunements make it possible for you to heal yourself, both physically and spiritually. It is a very useful way to break habits and addictions, to heal yourself on a mental and emotional level. People who are suffering ill health and mental imbalances should have Shambhala attunements. 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 attunement it is a good idea to do a self healing session daily, and if possible to practice on others. This helps you to settle into the energy and become used to it. This can take up to a month or so. The hand positions are a guide only-after becoming used to the energy, use your own intuition as to where to place your hands, and for how long. Often you will feel the energy subside when it is time to move your hands. As the energy of the earth quickens (and it is quickening rapidly and daily), less and less time is necessary to transfer this energy. Nowadays the "hands on" part of most sessions can be completed in five minutes.

Using Shambhala 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 disease. For instance, headaches are often caused by emotional stress. Healing the headache can also heal the emotions. We should know as Shambhala practitioners that most of the disease we suffer in the physical has its source in the emotional and mental bodies. If we root out the cause, the effect simply goes away. As healing facilitators we should encourage people to talk. By doing this, we can help them to discover the source of their disease.

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We might hear some terrible stories, but we should not react to them. We should transmute the energy of fear into love, by being love ourselves. This really means that we give loving support to them. By allowing the healee to go through this 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 Shambhala guides to help you. Master Germain especially has said that he is always available to Shambhala initiates. Stay calm and the universe will look after you. Know that after the release the healee will have grown a lot.

Another thing to realize as a Shambhala healer is that it is not always possible to heal people, because the disease that they suffer from might be part of their soul's purpose in this life. If this is the case, and they eventually die from it, 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, every day. 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.

Sometimes it happens that people block the healing. This usually occurs when they don't believe in it (see section on Belief Systems). You must always first seek their permission to heal, and this 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.

Shambhala relaxes and rejuvenates. Some would say that Shambhala 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. This result of course is wholeness in accordance with divine will, whatever 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 disease of others, because if you work with the Shambhala 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 Shambhala/Reiki, don't interfere with the religion or beliefs of others, and step into service with love. Allow yourself to LET GO, and let the Shambhala energy to do the rest. Allow the magic into your life and become one with the Source. The more you let go, the more it will flow.

Age is no barrier with Shambhala. Infants benefit from the attunement, and it starts their life on a path of service. Senior members of society benefit from being able to heal themselves, and others. Shambhala is not only for those that want to facilitate healing for others, it is for everybody. Being attuned to the Source brings wholeness.

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What is Shambhala? The Reiki story before dr. Usui:

Shambhala 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 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 Atlantian's, called the Inspirers. The Inspirers disconnected themselves from the mainland Atlantean dwellers. They sought to find a technique and way to equalize the spiritual development of all Atlanteans, in order to abolish and banish race differences which were judged by the psychical and spiritual progression of the Atlantean race. Many of the Atlanteans who were considered spiritually and psychically backwards were used as slaves by the priests and priestesses and the royal families of the Atlantean Island. Germain in that lifetime was given a number of 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 among the Atlanteans. He was given twenty two symbols, a Master number.

When Atlantis was destroyed, Germain journeyed with several of his fellow brothers to ancient Tibet. They tried in this place to continue this practice of raising spiritual consciousness. In order to see how this practice would ensue, they gave three symbols to a number of individuals who were in close proximity to the Atlantean landing. Many of them used the symbols and the spiritual evolution that they brought well. Others, however, used this power in a dark, negative and baneful way. They perverted and contorted the symbols, transforming and changing them. Germain and the Inspirers decided at this time not to give the full twenty two symbols to any individuals, in order to keep the full power that they thought would corrupt these individuals minds from their grasp.

The Reiki system as it is practiced today is an incomplete system. It is a system comprised of many symbols, some which are directly drawn from the Akashic records and have been given to mankind by Germain, but some which have been invented, created and draw upon a different type of energy.

[The above information was recently revealed to John Armitage (Hari Das Melchizedek) by the Collective Consciousness of the Lords and Ladies of Shambhala (the Ascended Masters).]

Dr. Usui's "Five Principles Of Reiki"

(also applicable to Shambhala/Reiki)

1. Just for today I will trust.

All things happen in accordance with Divine Will. I will listen to my I AM Presence, my Higher Self, and allow my life and work to unfold within God's plan. To worry is to be unsure of God's or Source's part in our lives. If we listen to our inner voice, we will grow. Let's acknowledge our place in the plan on earth, and go forward in Love and compassion.

2. Just for today I shall work honestly.

I love myself enough to know that my actions affect others. Doing one's work honestly means being truthful to one's self, if we create harmony in ourselves,~ we help to create harmony in the world. If we do create love and balance, we will have it in our own lives. See the confrontations in life as lessons from God, giving us the chance to learn. To be spiritual is to be conscious of the needs of the self and the needs of others. Mastery comes from honest effort in our daily lives.

3. Just for today I shall accept my blessings.

This means that I will look at my life and see what I really have. The key to having what you really need is visualization. Most don't realize that what you think is what you get! Learn to think in a constructive manner and bring into your life the energy you really need. If you think light, all will be bright. If you think dark thoughts, all will become dark. Allow your Higher Self to tell you what you need. We are the light of God/Goddess on the planet, allow it to manifest through you in truth, beauty, harmony, love and abundance.

4. Just for today I will be at peace.

To be angry is to be controlled. It is an unwillingness to see what you don't like about yourself. Anger is limiting and brings physical and emotional afflictions. Energy is life, and if you are angry this anger gets into food, houses, etc., and all living forms within our universe. It must be transmuted into love and balance. Smile and receive a smile. Love will radiate love in return. Think Pink! This is the color of love.

5. Just for today I will respect all life.

We have been given everything we need to live in harmony and respect. Until we respect and love ourselves, we cannot respect and love others and ebb in harmony with the Divine Plan. Our world is full of technology that allows us communication, but do we truly communicate with others, in love and respect? We are so busy with our individual lives that we don't take time to even "smell the flowers". Most people don't respect life. If they did, they would not indulge in the destruction of species and the killing of their brothers and sisters. We as healers are instruments of the Divine Plan, and must show others the way forward in love and compassion. The Earth is a living, loving being. We must understand this and help her to again become whole, in balance, for humankind has abused the Mother. Through helping her to regain her balance, we all will become whole.

Master Germaine on Shambhala and Reiki.

On the subject of Reiki, what a stir the Texas thing has caused. (The Texas legislature voting on regulations for Reiki practitioners) I AM amused to see most of it. It has brought out many things for many people, from abundance issues to total FEAR!!!

I don't know what all the fuss is about. I AM speaking here only to you Shambhala Masters, although I may ask that some of this channeling be posted elsewhere. So you' most LOVED masters, listen or read this and take it in: you are Masters, as such you can do what you like. No government can tell you you can't heal in accordance with Divine Will and LOVE.

What do they know about all these things? Much more than you think!! It has been seen that this thing called Reiki works. Not only can it be used for healing, it also CAN, IF YOU ALLOW IT, change your life. You know the kind of thing, you get focused In LOVE and you can't be controlled anymore by news and media, drugged with electronic tanks (TV) and be kept in fear. "So what shall we do about it," they said to themselves. "We can regulate it, but how? Let's look into it. Well look, a bunch of people who have been on top of the pile through control and money are worried, they are losing their grip on it all. Let's get them on our side."

They are just like the church. Think they know what's best for everybody, and they are on a crusade to save the public from too much LOVE!!! "These out of control LOVE Masters must be stopped!" they shout. See it for what it is.

These are the ways I see it. I AM! And of course, not 3D. I ask you this question all of you, remember at Shasta I told you to drop the name Reiki from our healing method? If you try to hang on to it, you are trying to hold on to the past. Ask yourself, "Does it make me feel secure when I say Reiki is my thing?" If it does, stop doing it! You are all Shambhala Masters. As Masters you can help others become whole through your LOVE. You don't heal them, they heal themselves. So if people heal themselves, how can people make laws to stop you? The LOVE police have not been formed yet. Keep on putting fear into all this and the energy will give them the idea, "We have them scared, not only can we control them with fear, we can use the energy to fuel our own projects!!!!" [said the controllers]

You do not need to be a rocket scientist to see the game, yes, the game, see it for what it is. Their game is to stop the LOVE from spreading. Our game is to spread the LOVE. LOVE is the natural state of all that is, all ones are working towards IT. Yes all ones, even the ones you judge to be bad understand that becoming whole means Change with a capital C.

"OH NO!" I hear as people draw in a sharp breath, "Change, I don't need that. I AM doing ok, if only I had more money I would have an easier life, if only I had this that and the other, it would make a difference." It would, because a difference means change. Really, if you think about change, it means a change in the way you see and perceive things. If you allow yourself to LOVE yourself instead of sticking with your deep rooted ideas that you are a victim, you would start to create a life full of what you need!!!! Allow the universe to provide, and the magic will manifest in YOUR life. Do NOT limit the universe, do not try to control it, allow the gifts you need to flow. Sometimes it's a bit hard to see the magic in some of the scenes you lot act, on earth, but believe me there are gifts in everything.

Now the subject of charging for anything: This always brings up a bit of stuff, eh? Look, you live on earth. I have lived there a few times, myself!!! Great place for some quick lessons I remember. On

earth at this time the universal energy exchange is money. These tokens are used in many exchanges, shops, gas station, dentist, loads of places. If you don't have any, you can't get food (unless you can grow or kill it). The basic fundamentals of life are denied you. You can't go to the supermarket and say, "I gave LOVE to 100 people today and taught others how to LOVE and did three meditations with my whatever and I would like this lot," the answer will be what? You haven't paid for it, so out you go!!!!

So charge what you need to charge, if you have the stored material energy to fill your needs, then don't. Please yourselves, it's a free will planet you live on remember, wake up. If you don't like the information you are getting change the channel!!

Now on the subject of even more control, many say that you can only teach one level of Reiki at one time, and make you wait for the next level for ages because you are judged unable to cope with a good dose of LOVE. The argument is over on that one. LOVE wins, if there is such a thing as winning. With the energies that are available to you now, all is possible. The time is NOW. Today should be the day that you really let yourself know you LOVE yourself. Practice mega acts of kindness to yourself. Let yourself know you are highly regarded and LOVED by yourself. When you become good at it, do the same for others. You won't need to mention Reiki, others will know you for what you are, your LOVE and healing.

Namaste, Germaine (Channelled by Hari Das Melchizedek, January 6, 1999)

Initiations into the diamond frequency of Shambhala.

Shambhala is the collective consciousness of the Ascended and Galactic Masters. It is a resonance which can be reached just like Atlantis and Lemuria. The preparatory work has been done within the Earth Templates to hold the Shambhala frequency and the time is now to open up the crystalline matrices within the human energy field to receive this frequency.

Master Germain: A new facet of the Shambhala diamond has been activated. It is through this facet that the Shambhala energy flows. This energy has a powerful Transforming nature, and as such supercedes the energies previously available through the Reiki Healing system, which was also founded by myself. The Diamond Frequency of Shambhala is highly refined, not only transformational, but also a very powerful healing energy which includes the Reiki spectrum.

(Channeled at Mt. Shasta, Oct, 198 by John Armitage/Hari Das Melchizedek).

The activations, attunements and Initiations into the Diamond Frequency of Shambhala will allow us access to the new coding's which are being downloaded through the Galactic Centers to stabilize and widen humanity's and the Earth's Harmonics to become One Unified Harmonic. Receiving the new coding's and operating within the Diamond Frequency will mean increased multi-dimensional awareness, developing clairvoyance, clairaudience, and clairsentience. Although it is not necessary for a person who is attracted to these courses to have had Reiki attunements, those who have can enjoy Shambhala for the increased healing powers which are given through the activations. It is the next step onwards and upwards in the evolution of your being!

The most important astrological event in the history of human civilization is happening now. The Earth cross formed in the sky by the Equinoxes and Solstices is aligning in our Galaxy. The last such alignment was around 6,500 years ago. This event signals the Earth's initiation into the next level of her evolution. The Galactic window is open between 1998 and 2001. This is in preparation for the Galactic Wave event in 2012. The Winter Solstice, will initiate an unprecedented Galactic alignment. The photon belt is a metaphor for this event. Now is the time to release all unnecessary programs from the past, and to prepare for the new energy coming in. We are about to co-create here on Earth things beyond our imagination at this time. YOU are invited to be present in each and every moment and enjoy the dance through to the end of time.

John Armitage/Hari Das Melchizedek

Why 352 symbols.

Shambhala Multidimensional Healing, as it is now being re-introduced to humanity by Master Germaine, has been expanded to include all 352 symbols of the original system. The Atlanteans were only ready for 22. We are now ready for the whole system. Why 352 symbols? This is another Master number: there is one symbol for each of the 352 levels of initiation we must complete on our way back to merging with Source.

The 352 Shambhala Multidimensional Healing symbols have not been given out until now, because humanity's group consciousness was not at a level that they could be given out. The 352 symbols are not in a manual that one has to memorize. They are infused directly into one's activated Merkaba Fields. One's I AM Presence works with the I AM Presence of the Shambhala Facilitator when this infusion takes place, during an initiation attended by many Ascended Masters and Celestial Beings. Later, when a facilitator does Shambhala healing, they first go through a pre-healing ceremony themselves, where among other things they request the assistance of various Ascended Masters and Celestial Beings that the facilitator works with. Then, when a specific symbol is needed for healing, the symbol appears to the facilitator.

I personally clear myself using the Sliver-Violet Flame. Mahatma gold-silver violet energy, from Source down through my whole chakra column, directly down to the center of Mother Earth trigger the Light the Light the Light, trigger the Love, the Love, the Love. I then call in my own Shambhala Healing Team, my I AM Presence, and Master Germaine and any other Shambhala Masters and other Angelic and Ascended Beings who wish to participate (such as Dr. Usui, Sai Baba, Sananda, Djwhal Khul, Vywamus, Kuthumi, Quan Yin, Mother Mary, etc.-whoever you feel comfortable working with). I say, "Mother/Father GOD, I am One with You; I am an Instrument of Your Will." I then say, "Shambhala On!" and proceed. After calling in the energy with Cho Ku Rei, I ask for the relevant symbols for that person at that time to come through. Sometimes I get a picture or idea of which symbols to use, and then I visualize and/or say the name of those symbols in my mind at the appropriate times. I realize that I am an instrument for the healing love energy of the Source, which comes through the beings I work with, through me, and I make myself as clear a channel as I can, so that I can pick up any instructions/insights at the moment that my "Team" wishes to give me. Sometimes I already have an idea of some of the symbols which may be useful in the present situation, as I have made myself familiar with certain symbols and their uses. But I always stay tuned to my Angelic/Ascended Master Avatar helpers and listen for their Input.

Symbols may be viewed as keys which bring in certain energy packets; or as condensed energy of the whole, a sort of pre-packaged condensed energy of the original energy, which will last much longer in the energy field of the person being worked on, without needing constant intention from the facilitator to hold that energy there. They are tools.

Thought forms, the illusions of the emotions made physical.

Trauma is not only emotional stress. The intellect has put forth enough "Thought Forms" for them to now reside as a foreign element in the body; i.e. infection, cancer, calcium deposits, dysfunctional body parts, etc. We create in physical reality (our illusion) an imbalanced condition that "mirrors" the etheric body imbalances. Of course, we cannot forget that our Heart is our center and through it we always respond (consciously or unconsciously). Therefore, our thought forms have a direct correspondence to how we feel about ourselves, to love and, its opposite, fear.

When a person brings down from the etheric levels imbalances of emotional energy (fear vs love) in the form of thought forms, the body begins to set up, unconsciously, complex reactions that stimulate this imbalance. This stimulation is on all levels of our existence: food to create nutritional deficiencies; relations (friends or lovers) to stimulate the heart and set up mirrored responses disliked, yet consciously unrecognized by the person; environmental influences that add fuel to fire the condition; and thought patterns that provide confronting situations to force recognition of the true causal factor of the imbalance (illness, pathology, etc.): the person himself. The bottom line then, in all pathologies, be they physical, emotional, or mental, is first and foremost the person's inability to Love themselves by maintaining their consideration of personal unworthiness, guilt, and having been born in "Original Sin".

The most difficult to apply and, therefore, the most important Reiki principle is "Just for today I will accept my many blessings. This means to accept the Self. To Love the Self. To allow the I Am Christ Consciousness to become illuminated and the Christ Self to begin radiating inside the heart, (embrace the physical body and glorify the God Self.) It is by this simple process, to see ourselves worthy of God's Love and Blessings, that illness is transformed into happiness, joy, peace, love and wellness. Take a moment to think about this - we are all Light, the Light of God, and God made us in his perfect image. The God of Light is not a God of wrath, fire and damnation.

God is Love, Peace and Joy. Mankind has created a fear of God by man's judgment values that are used to control the judicious and prudent divine free will actions of mankind. We must remember, God has only two Laws and man has thousands. God's Law simply says, "Love the Lord thy God with all thy heart and with all thy soul and with all thy mind, and love thy neighbor as thyself." So simple that few humans have truly mastered the understanding in Body, Mind and Emotions, (Heart, Mind and Soul connected by Spirit).

It is through the higher vibrations of Love. the God Presence level of the heart (8th chakra), that divine will can manifest and humankind become free of toxic thoughts of guilt and fear. It is, therefore, essential that love becomes the guiding light in all aspects of one's life for health, happiness. and joy to be a reality of human existence.

The ABCs of Practicing Shambhala.

Ask that the Shambhala energy come to you through prayer or request.

Please provide me with the universal energy so I can do Shambhala on this person.

If you wish to work on someone else either in person or long distance ask for permission to work on them. In either case you can request permission from that person's higher self You should get a clear 'no' if it is not in their higher interest, for you to work on them. You may or may not get a clear 'yes'. You can also ask them directly.

Say 'Shambhala on'.

Place your hands where you 'feel' they should go and feel the energy come through. It may feel warm, cold, tingly or you may not feel anything. It is still working and you will see the results through the healing that will take place

If you have been attuned to Shambhala 1 , 2, 3 and/or 4 this is the time for you to say, think or draw the symbols you have learned to enhance your Shambhala energy. Repeat each symbol three times.

Leave your hands on until they become neutral (no longer warm, cold or tingly) or about five minutes and you are done. If you should fall asleep with your hands in place, you will continue to receive healing energy slowly while you sleep.

PS. If you forget any of these steps, it is fine. The energy comes because you 'wish' it to be there. Once the energy gets used to flowing through you, just placing your hands on yourself or someone else will turn it on. Remember: It is your loving intent more than anything else which helps the energy to flow.

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 Shambhala 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.

Usui Reiki symbols part one

Reiki symbols are an important and very interesting part of Reiki practise. 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.

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 practise 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 practise. 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 cognisant 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.

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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 activated "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 become 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 Distant 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 must 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 learnt 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 part two.

As we can see 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 the 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 that my Reiki Master gave to me 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 introduction to this handbook, you will remember 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 are 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 the system I was taught. 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 tumours 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. (I will give more on this later.) It should also be born in mind that an energy vortex in the northern hemisphere often circulates in a clockwise manner, whilst the same energy in the southern hemisphere will circulate in a counter-clockwise direction. Just think about the way in which water drains down a sink plug hole!

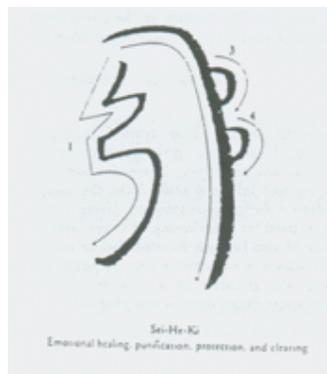


How to use:

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 strands 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.

SEI HE KI:

Again I will give you this symbol as my Master gave it to me. There are some variations of this symbol in use, but not as many as the Cho Ku Rei and Hon Sha Ze Sho Nen. 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. Its uses are given below. We will expand further on the uses of this symbol in the next section.



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.

HON SHA ZE SHO NEN:

Again the first representation of this that I will give is the one given to me by my Master. 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 1e acknow'ldges the Christ in You".



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Hon Sha Ze Sha Nen is a Buddhist chant used for releasing karmic debt, Hon Sha Za Sho Nen works with both karmic issues and healing.

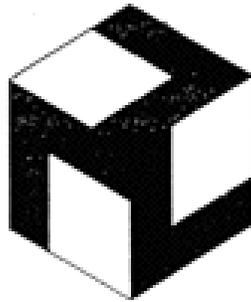
How to use:

In order to send long distance healing, first do a personal cleansing, Then call the person in to mind, through a photo, letter, visualisation. with their record card, or however else feels appropriate to you, In a settled meditative state affirm and visualise the person as whole. Repeat Cho Ku Rei three times, Hon Sha Ze Sho Nen three times, Cho Ku Rei 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 N en 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:

This very ancient symbol is said to have been given to Earth during Lemurian times, over 100,000 years ago.¹ It was created by a council of Ascended Masters who are watching over the evolution of the Galaxy. They saw that the people of the Earth were in trouble and needed help in reestablishing their connection with the Higher Self. They created the symbol and using a decree, imbued it with its own consciousness. No one who uses it will have the connection between the physical brain and the Higher Self strengthened. It is said that it is the Higher Self that creates and guides the benefits of the symbol, and that is why it can never be used for harm.

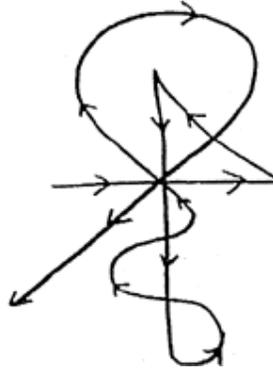


Simply having this symbol in your presence will create a positive effect on the chakras and aura. When doing healing work, it focuses and deepens the actions of the healing energies involved. When meditating with the symbol on your person or close by, it automatically creates "the great microcosmic orbit" of the Taoists, wherein the psychic energies that would normally enter the crown chakra instead enter the feet and travel up the back of the body to the top of the head and then down the front to the feet again. This grounds the person to the Earth and creates a continuous flow of energy through the chakras. It will also neutralize negative energy that has collected in objects such as jewelry or crystals, simply by placing the object between two symbols. It enhances all healing work.

This symbol can be placed under a massage or treatment table, under the bottom of a chair, on the wall, or held against the body, with the printed side facing the area needing healing. Small colored versions may be made to lay on the chakras during a healing or meditation session. Use your imagination. Remember, this symbol has its own consciousness, so it varies its healing effect depending on what you need at the time of use. It connects you with your Higher Self, so it always has a beneficial effect and cannot be misused or used to cause harm.

1. Michelle Griffith, a clairvoyant healer, has tuned into the symbol to read its psychic history.
2. It has been reversed and used as a symbol of the Neo Nazis, however. Where this has occurred one can encounter difficulties if one displays it openly.

MERKA FA KA LISH MA:
Mother Energy DNA To be used with ANTAKARANA.

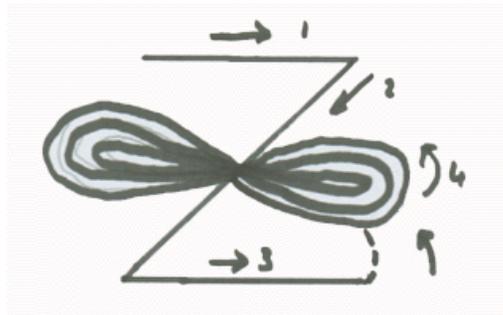


Restores distortion of blueprint to perfection of species and realigns and rebalances chakras' middle levels. The original pattern of the individual species. The Antakarana goes on top of DNA. Turns on your DNA Strands.

ZONAR:

This is the first of the missing Reiki symbols that Sai Baba retrieved from the inner planes. Draw a Z. come up and draw infinity three times. Works well with past life, karmic and interdimensional issues (i.e. those things we cannot put our finger on). Our cells can carry the memory of trauma. or even ideas that we "bought into" from other lives. Zonar as well as Hon Sha Ze Sho Nen helps to work through and release the karma and pain.

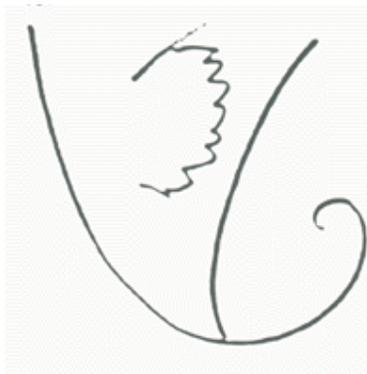
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For Long Distance Healing, Releasing!

MOTOR ZANON:

This symbol has two names. Motor going in and Zanon coming out. The symbol works in the following manner. Energize Motor three times with Cho Ku Rei. Motor goes into the body, and the little squiggles in the middle catch the virus, Then you energize Zanon (same symbol, different name) with Cho Ku Rei three times. The symbol reverses polarity and leaves the body, taking the virus with it.



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.

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For Virusses, bacteria, yeast infections, aides, any other infections!

How to use!

Cho Ku Rei (x3)

Motor (x3)

Goes in & collects nasty stuff, then say!

Zanon! (x3)

Pull handle then place in violet light!

Multidimensionality of the symbols.

According to Master Germaine, the Sharnballa/Reiki symbols are multidimensional. The 2D forms that we draw are just 2D symbolic representations of multidimensional energies. When I asked to see the 3D form of the Master Symbol, I saw a giant spiral funneling Source energy around, down, through wherever it was directed by the intent of the practitioner, the raku lightning bolt then (actually almost simultaneously) struck down through the center of the spiral, grounding the energy into the center of the Earth. The line at the top of the Raku is a sort of cap, sealing in the energy.



Atlantean Master symbol.

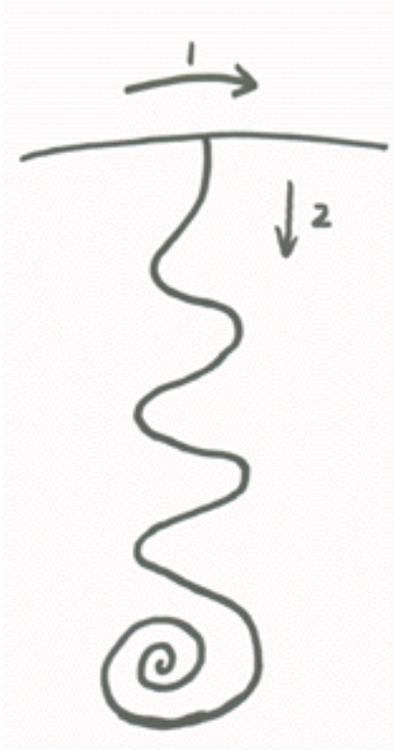
When I asked to experience the Master Symbol in multidimensional form, I felt an expansiveness, energies coming in from all directions to focus on me, but swirling in in bursts of light, like being inside of an exploding fireworks display in reverse. It was indescribable, as this proves, so I encourage you to contact Germaine and ask for the experience yourself Or just call in the symbol and ask for a multidimensional experience of it. Perhaps the explosions were the grounding by the Raku lightning bolt. It could be described as a multidimensional lightning experience. The bursts were colorful, though, not just white. And perhaps everyone's perceptions will be different.

Of course, I then asked to experience the Cho Ku Rey in 3D. Energy came in, then passed through a sort of transformer (the bend) to spiral down and in to the target area. My multidimensional experience of this symbol was of arrows of light coming at me from infinite directions. I was truly a target!

The Motor Zanon, which resembles the Master Symbol in 2D, in 3D was more like a funnel of light, aimed at a specific point. The "squiggle" was more of a corkscrew, instead of a lightning bolt, and the line at the top was not only a cap, to hold the energy in while it did its work, but also a handle to pull it out when it was done. I asked how long to leave it in. The answer was "from a few seconds to a few minutes, trust your intuition. In cases of AIDS or cancer or other deep-seated infection, 3-4 minutes, repeated often." (This symbol is useful with viruses. Why cancer? Hilarion channels in *The Spiritual Properties of Herbs* by Gurudas, pub.1988, that cancer is viral, and that Aids is a more contagious form of cancer. Of course, both are essentially the result of negative thought forms, both personal and collective).

TIBETAN FIRE SERPENT:

Very powerful, you only need to memorize this and it will come automatically! Useful in grounding & balancing whole chakra system. Use on individual chakras and whole system. Helpful to use on yourself.

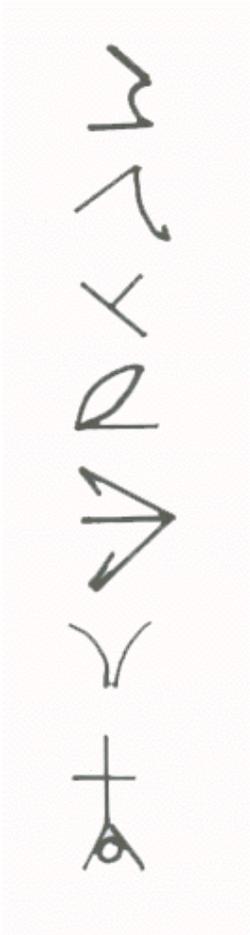


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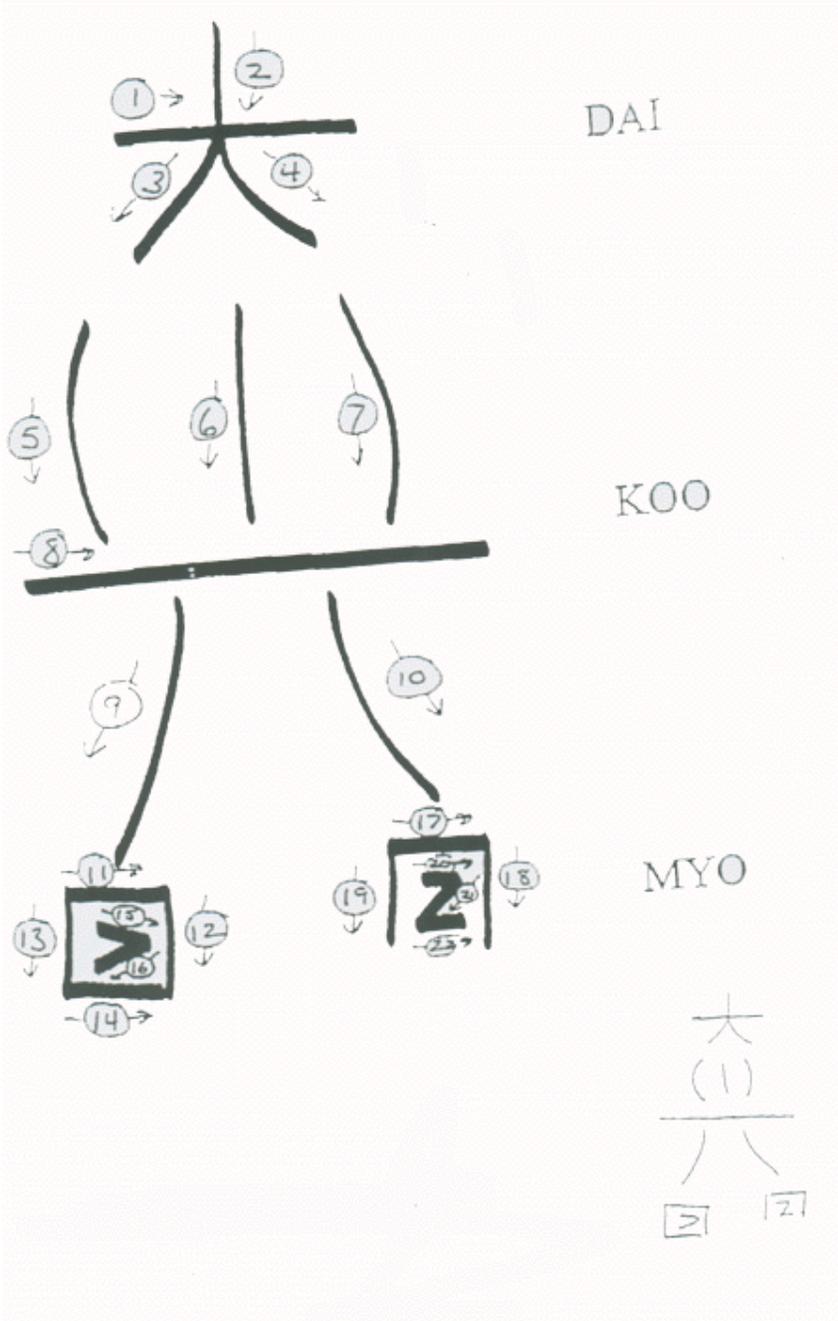
Use when energy feels depleted. You will know when and where to use this symbol. Link into yourself; you will know what the answer is. You do not need to physically draw the symbols. The thought (intent) is all you need for the same power. As your power manifests the thought will be as powerful as the drawing of the symbols. It will clear out the patterns on ourselves and others.

THE AMSUI SYMBOLS:

This symbol with all of its combinations is for stopping or changing patterns in your life. A symbol of completion. Cleansing of all the meridians and subtle bodies.



DY KO MY O:



PALM MASTER SYMBOL:

This is the Palm Master Symbol and the way it can be drawn. according to the messages of Djwahl Khul:



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1 = the crownchakra, opening itself to receive.

2 = the connection that is made between the pituitary gland and the pineal body in the brain.

3 = the connection to the throatchakra.

4 = the way through the other chakras down the earth.

5 = the unity of Mother Father Source and the I Am Presence.

RAKU SYMBOL:

In the old Shambhala MDH materials/system the raku symbol was used at the end of an attunement to separate the energies of the student and the master. Of course in the new Shambhala Oneness materials this is exactly the opposite of what we wish to achieve. In Shambhala Oneness it is all about coming together as ONE again. Germain let us know that we can now interpret the lightning bolt as tool to anchor the energies in us and mother earth.

In de oude Shambhala MDH materialen werd het Raku symbool gebruikt om na de inwijdingen elkaars energieën te scheiden. Dit is in de huidige tijd en de nieuwe Shambhala Eenheid niet meer de bedoeling want het gaat hier natuurlijk om het weer éénworden. German geeft mee dat we het nu als bliksemschicht mogen zien die de energie van eenheid verankerd in jouw energieveld en moeder aarde.

ATLANTEAN MASTER SYMBOL:

There is very little known about this symbol. When we asked Germain for a description he let us know that the symbol was given to assist us in remembering our roles in Atlantis and will open up to us when we are ready for it. It is important that our roles and our actions in that timeline are not judged. The memory is being provided so that we can make different choices this time.

Example: A high priest/chemist took certain decisions out of absolute love for his fellow man, unfortunately in doing so he broke the universal law of free will choice. This eventually resulted in the fall of Atlantis. This high priest in our time line has chosen to learn from that lesson and vowed never to abuse the law of free will choice again. That is one of the main reasons the term "sowing seeds" has become a popular term. Now words and actions are verbalized and offered as examples, (sowing seeds = words) but the choice is always left up to the receiver

Example 2: A highly skilled healer priestess chose to flee Atlantis because her skills and wisdom was often ignored. In that time line although their goal was indeed to achieve complete balance between the genders they failed. In this time line this priestess acts and speaks from a place of knowing, strength and equality with the opposite gender. She now stands for who and what she is.