

# **SHAMBALLA MULTI DIMENSIONAL HEALING MANUAL**

**(Adapted from many Shamballa Source by Yulius Eka Agung)**

## **WHAT IS SHAMBALLA MULTI-DIMENSIONAL HEALING?**

What is it? I will try to explain in a few simple words. A number of years ago the being I know as Germain came to me and asked me if I would like to be involved in a new project. I was already very busy at the time and so said no, without even asking what the project was, and he said "It's Reiki". My reply was "It's not for me". I could not see what use Reiki was as I had been healing with my hands since I was a small boy, and over the years, I had taught many others how to facilitate healing.

Germain asked me to listen to what he had to say. He told me that he was the person who had incarnated Reiki on the earth during the time of early Atlantis and that it was a system of empowerment through LOVE. He explained that it was a way of connecting with the Source through your I AM presence or higher self. He told me the story of how he and his friends had left the area they lived in, before the end times of that era, and how he had given some beings who lived in the land we now know as Tibet, a number of symbols to see how they would use them. He said these people did not use the symbols for the benefit of humanity, but rather kept them to themselves to enjoy their power. He went on to say that the people of India had some knowledge of the symbols as well.

But for all intent and purposes, Reiki, was lost to the world until it was re- discovered by a Japanese fellow called Dr. Usui. Here is the difference between Usui, Reiki, and Shamballa Multi-Dimensional Healing. First of all, the Shamballa system is a complete system, containing the full 352 symbols given to Germain while he was a high priest in Atlantis. Second, although Reiki has been learned by tens of thousands of people and has helped many, many people, unfortunately, over the years, it has turned into a very controlled system ( you must do this, you must do that ) and generally requires a great deal of money to learn. Shamballa is not like that. You are asked to take your own power back and work in accordance with Divine will. You are asked to empower the people you work with, your clients and students (if you take the master/teachers course ), and to not give your power away to Reiki, or to anything else

## History

In his incarnation during the time of Atlantis, Ascended Master Germain served as a High Priest in the great Temple of Healing. During that time Atlantis had descended into a culture of duality, ruled by priests and priestesses and members of the royal families. These people, who considered themselves superior, often used those who were considered spiritually and psychically backward as slaves.

Seeking to rectify this situation, Master Germain took himself away from mainland Atlantis and formed a group of healers called The Inspirers. The Inspirers sought to find a technique and way to equalize the spiritual development of all Atlanteans. Master Germain was given twenty-two symbols that could be projected directly into the energy system of an individual, and would there-by raise that individual's vibration to a sufficient level where they would transcend their present spiritual situation and be equal among the Atlanteans.

When Atlantis was destroyed, Germain journeyed with the Inspirers to the land now known as Tibet. They tried in this place to continue the practice of raising spiritual consciousness. And, in order to see how this practice would work, gave several symbols to a number of individuals. Some of the people who received these symbols used them for the betterment of humankind. However, others did not. Some used these energy frequencies to manipulate other people and to become powerful over them. Because of this abuse of power, Germain decided not to give all of the twenty-two symbols to any one individual.

As the Inspirers traveled on through India, they gave out a few symbols, which eventually made their way into the Sanskrit scriptures. This is probably where Dr. Makio Usui encountered the symbols that he used to found the system of Reiki. Dr Usui was apparently a genius and a great philosopher and scholar, and he is honored as such by those who practice the Shamballa system.

Master Germain has stated that today, humanities' vibration has risen to such an extent that the complete system is now at our disposal. This system, Shamballa Multi-Dimensional Healing, which is comprised of 352 symbols, includes the Golden Flower of Life sphere which contains all five platonic solids as well as all forms, shapes and symbols in the physical universe.

Many people see a correlation between later day Atlantis and things taking place in our current culture, i.e. gene experimentation, ET technology, and a society run by the elite. It's almost as if we are being given a second chance to make wiser decisions. I believe that by using unconditional Love, which is the basis of the Shamballa systems, that we can empower people to choose the path that will allow all humanity and our beloved planet to move with grace into the Golden Age.

The attunement is an initiation where in the master teacher passes the Shamballa energies and the appropriate symbols to the student. This awakens the healing ability that is available to, and inherent in all human beings.

During the attunement the finger chakras will be activated with the Christ Light. This has nothing to do with religion, but rather is an acknowledgement of our own divinity as a part of Mother Father God. After these initiations, many people have reported interaction with higher dimensional beings who represent their particular religious faith.

The unconditional Love energy of the Mahatma is also brought forth during the attunement. The Mahatma energy is a direct circuit, or link, to Mother Father God and was anchored on the planet, for the very first time ever, just after the harmonic convergence in 1987. This energy, being new to the planet, is extremely pure, as it has never been manipulated or abused by those drawn to being powerful over others. The Mahatma energy is available to everyone on the planet regardless of which spiral they are currently experiencing on their spiritual path. One does not have to go a workshop to experience the Mahatma energy, just call on it during prayer or meditation!

The Shamballa system is a system of self-empowerment, and as such, we ask the workshop participants to claim their divinity and to own their mastery.

The Grand Master of the Shamballa family, John Armitage, has said that the Shamballa family is a gathering of the Violet Tribe of the 7th ray. My sense of this is that we who work with the Shamballa energy do so because eons ago we contracted to assist one another and Lady Gaia during these wondrous times. We are all, each of us, Spirits playing with matter. As a Shamballa Multi-Dimensional Healing Master Teacher, my passion is to empower students with the tools that will assist them in remembering this!

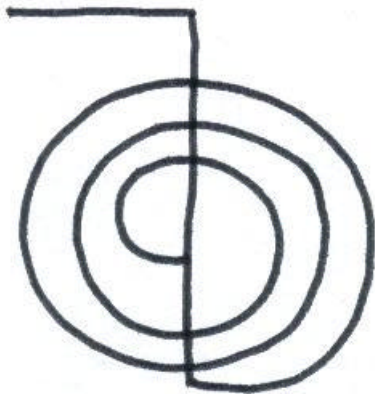
## Shamballa Reiki has 4 levels:

- **Level 1:** teaches how to offer a hands-on healing session for yourself, other people, also plants, Earth and animal friends.
- **Level 2:** introduces symbols used for distance healing also for understanding how to live Shamballa and creating community via an awareness of the interconnectedness that is life.
- **Levels 3 and 4:** are for anyone who wishes to teach Shamballa and who wish for a spiritual growth intensive. Levels 3 and 4 include all the Shamballa symbols not taught in level 2, for a total of 352 symbols

## Symbol

### Shamballa Level 1

#### CHO KU REI



This symbol is known as the activation symbol or 2<sup>nd</sup> degree symbol. It has many uses; the most important one is to activate the power inherent in other symbols, and in one's self. There are several symbols whose function is dependent on the Cho Ku Rei. It is drawn with two lines and a counter-clockwise spiral with 3 1/2 loops. The fact that the spiral is 3 1/2 is significant because 3 1/2 is a universal base number. For example, if you multiply 3 1/2 by two, you come up with seven. The universally significant numbers fourteen, and twenty-one are all multiples of 3 1/2. The Cho Ku Rei symbol is a representation of a process by which energy is brought into body as a spiral. The words

Cho Ku Rei have a few translations depending on how you look at it. The translations are "Direct from Spirit" or "Let the Power be Here".

As stated earlier, one of the most important applications of Cho Ku Rei is to turn on 2<sup>nd</sup> degree energy. In Reiki, the first degree energy warms up the muscles and tissues like a heating pad. This energy is very effective and efficient in most cases, especially for self-treatment. When working on clients, however, many have severe energy depletions in their fields, and would normally take a significant time to balance. With the use of Cho Ku Rei symbol, the energy is more penetrating and works at a much higher level; its color is Golden White and shoots out of the palm chakras like laser beams.

When turning on the second degree energy, there are two steps:

1. Self – empowerment
2. Directing the energy

### **CHAKRA CHO KU REI SELF – EMPOWERMENT**

Bringing the energy into yourself require a little visualization, and the use of the alternate Cho Ku Rei. The following is a visualization to help you properly uses the symbol and it's energy.

1. Link into the energy by imaging a wave of energy above your head. See this wave drifting through space. Tap into this energy by drawing in your mind's eye, a horizontal line inside the wave above your head, saying silently "Cho". Next, anchor this energy into you by drawing a line down to your crown chakra, saying "Ku" silently.
2. Now balance, align and center all your subtle bodies and chakras by seeing the energy that is anchored in your body begin to swirl around your body in a counterclockwise swirling motion. Say silently "Rei". When the spiral has gone all the way around the body, start another spiral, crossing at your third eye, seeing is a little smaller than the first spiral. Say "Cho" silently. Continue with the spirals, crossing at each chakra until you have created seven, one for each chakra. Continue to silently repeat the names "Cho", "Ku", "Rei" with each chakra. The spirals will align the subtle bodies governed by each chakra.

When performed, this exercise brings a frequency of energy into the body that helps to ground and center the body/mind/spirit.

Once the energy has stabilized and is flowing freely throughout the body, trace the symbol into the palms of the hands, intoning the sacred name three times. You can re-empower your hands as many time as you like, to increase the amount of energy that flows through you. The energy will stay activation in your body until you have completed the hands-on work. You can also re-empower your hands each time you change positions of the body, providing a sense of sacredness in each part of the client's body.

The Cho Ku Rei can also be used in any way you can imagination, for any purpose that would be beneficial and good for you and all others concerned. Just write down what you want or need, visualize or write the symbol with your mind or hand to empower it. Use your imagination and experiment; the uses are limitless. And remember not to leave the symbols lying around where others may see them, respect and honor the system as sacred. The healing effects of Cho Ku Rei are enhanced by maintaining the visualization or "holding" the symbol in your mind during healing work. It can be seen to exist between your hands that are on a client's body, or you can beam the energy across the room to a client. If you notice a great need for energy in the body, you can activate both palms and the third eye area with Cho Ku Rei, and visualize three symbols going into a client's body where needed while intoning the sacred name three times.

## CHAKRA CHO KU REI



It cleans, it energizes and it revitalizes the chakras and the entire body. It insures our earth connection. It is used before attunement and after treatment. It works with the spine energy (Kundalini) that is awakening and led into ascension. It works with all chakras, together with the Om symbol. Allows the sealing of the astral journey, so that can be safely done.

## SEI HE KI



means peace, serenity and spirit. It is also known as the Mental-Emotional symbol, the Dragon or Unicorn, and the Key to the Universe. It is said that this symbol works by activating the “God” within. It deserves the deepest respect as it allows direct accesses to the client’s deep subconscious mind. If you can’t focus intently on the client’s needs, visualize an etheric wall between you and your client at your elbows to protect the client from your stray thoughts.

## HON SHA ZE SHO NEN



– is the symbol for absentia or distant healing. With it, a healing can be sent to anyone regardless of the “distance”. This symbol is composed of five Kanji characters; a pictographic language that represents actions, sounds, colors or things. Kanji often convey a complete idea or concept. This expression means” The person here is the perfect spiritual truth”. In the East this would mean ”The Buddha in me meets the Buddha in you” It is the activation of this script with Cho Ku Rei that allows an absentia healing through time and space to happen.

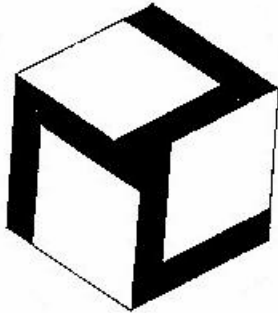
The Hon Sha Za Sho Nen addresses the soul essence between the healer and healee and can be used when the client cannot ask for a healing (comatose, severely injured, unable to communicate). Do not force a healing on someone through your will, as this has the potential of incurring a karmic debt; intend that this symbol be used for the greatest good of all.

### DISTANT HEALING TECHNIQUE

1. See the person in front of you with the Kanji character written on them.
2. See the Cho Ku Rei written on top of the Distance Symbol.
3. Hold the energy until you feel it stop.
4. Close the session by ”seeing” the healee surrounded by white light and touch your fingers together to sever the energy connections.

## Shamballa Level 2 Symbol

### Antahkarana



Antahkarana

The **Antahkarana** hit me like a ton of bricks when I saw it for the first time during my Level II attunement. The power of it emanated in all directions and I knew that I had used this symbol in Atlantis. In many Shamanic journeys back' to the temple I used, I see the Antahkarana on the base of the altar where I did my healings. I was a priestess, one of many who worked in the temples to help the children reconnect with Source. In this life, I have used the Antahkarana under my pillow, under the massage table, or under the doll' in distance healings. I see it floating above the person first so that the energies are gentle, then into the person rotating through their chakras, clearing out blockages so that the person can gain a clearer awareness of their connection with the Creator.

I believe the Antahkarana works well with cancer and viruses because cancer is symbolic of our selves acting like we are separate from the whole. When we heal our connection to God/Goddess, then our cells undergo a mirror healing. We need not go to war' inside or outside of ourselves because we are one with all others in this Universe. Oneness is manifested on all our energy levels.

The Antahkarana also strengthens those strands of light that link us to our knowing, our point of creation. The Antahkarana is clearly the number 7' pointing in every direction, tying us in with aspects of our Universe and ourselves. The number seven is sacred in many contexts. The Kabbalah states that there is the power of creation in the number seven, with the 7 creative planets directing our lives, reflected in the 7 days of the week, with the 7 archangels in charge of different aspects of Earthly life. In Shamanism, there are 7 levels (or frequencies) in the upper world and 7 levels in the lower world; each representing archetypal levels of awareness, just as our chakras represent. Alice Bailey mentions the obvious 7 chakras and colors, as well as the 7 tones of the musical scale and their mention in the Book of Revelations. Most importantly, the Seed of Life is seven circles and I believe the Antahkarana to be the total of the seven rays of life, the rainbow reflection of God's pure light.

Although the power of this symbol was perverted by the Nazi and Neo-Nazi regimes, the symbol has a longevity of spiritual history of light and goodness. Some of its many meanings are good luck, progress, the sun, and the union of yin and yang. Like all things, our intention is the critical factor when tuning into the energies.



## Merka Fa Ka Lish Ma



Mer - Ka - Fa - Ka - Lish - Ma

## Merka Fa Ka Lish Ma

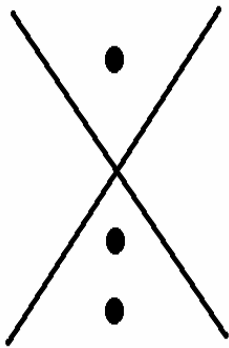
*Mother Energy*

DNA

To be used with Antahkarana

Restores distortion of blueprint to perfection of species and realigns and re-balances chakras middle levels. The original pattern of the individual species. The Antahkarana goes on top of DNA

## Ho-Ka Oi Lili

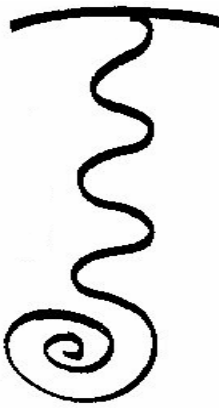


## Ho-Ka Oi Lili

To increase regalness  
Use for respect honor

The Ho-ko-oi-liili entered my third eye and glowed like a branding iron. I can picture it there, and feel like I have accepted my holiness and my human-ess at the same time. I realize that I have worth, even though I am not perfect. The Abundance symbol came and hovered over my crown chakra. The second piece to that sign, which is a straight line, glowed like a silver pin. I did not understand what it meant until I saw balloons floating above me. I visualized myself taking the pin and popping the balloons. There were a variety of things falling from Heaven: smiling faces, money, hugs from my children, and other things I value. The symbol still appears to me this way, waiting for me to take the silver needle and manifest my wishes.

## Tibetan Fire Serpent



### Tibetan Fire Serpent

#### *Very Powerful*

Enlivens each Chakra. Useful in grounding and balancing whole chakra system.

You only to need to memorize this and it will come automatically. Kundalini fire was the first thing that hit me. I saw and felt a roar of heat in my first chakra that rushed up my spine and blasted through my crown chakra. When looking within myself, I saw a green-eyed dragon curled up at

## Amsui Symbols



### *Amsui Symbol*

#### *Stop patterns in your life*

Call in Amsui, my own sword, and see myself cutting the psychic ties that are draining the energy of the client. Michael has told me that the sword can also be used to help release psychic ties for the planet, for the Devic Realm. Like Reiki, always use it for the Highest and Best of these beings. After the Amsui, I then use the purple flame to burn away any shadows of evil', followed by connecting the ground or person to the Mahatma energies.

## Palm Master Symbol

### Djwahl Khul on the Palm Master Symbol



Palm Master Symbol

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

1. The crown chakra – 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 throat chakra
4. The way through the other chakras down the earth
5. The unity of Mother Father Source and the I AM Presence

## Abundance Symbol

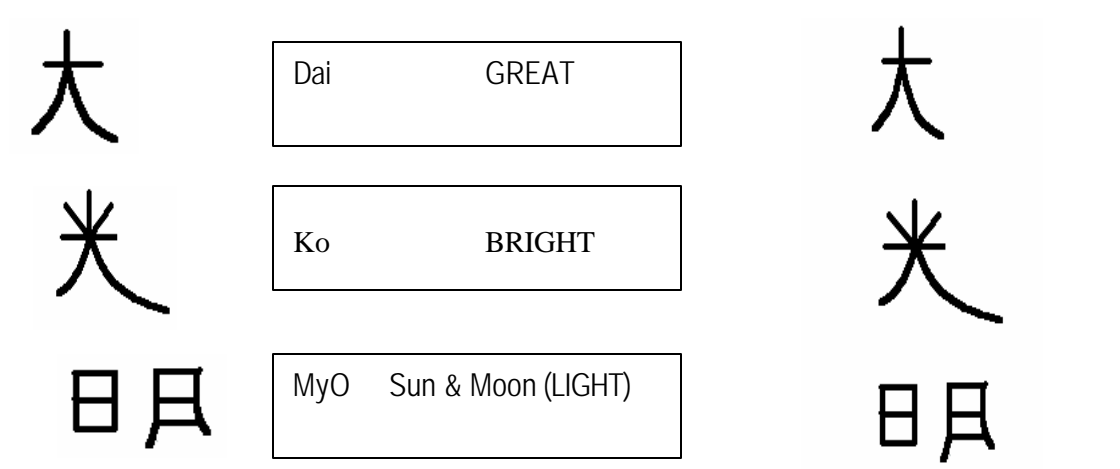


Element of Life Symbol

## Shamballa Level 4 Symbol

Dy Ko MyO

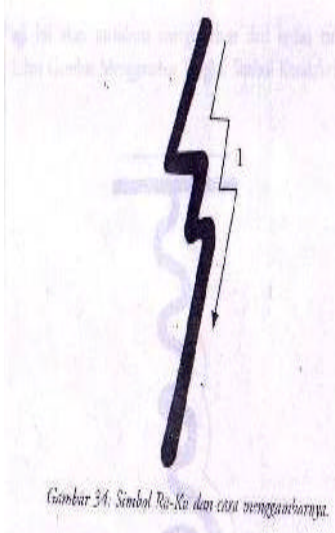
*Master Symbol of Traditional Reiki*



Dy Ko MyO – Great Bright Light

. It opens up the spiritual level and helps put people on the path home. My feeling is that the corkscrew (mini Master Symbol?) part of the symbol strengthens our connection with our higher self...to guide us on the spiritual path of healing. I see it going within the vortex of the spiral like a lightening bolt, to the core.

## Raku



. Raku can be Used to :

- Clean & Fix Sushuma, Major Chakra (from perineum to muladhara charka (our head))  
Send Negative energy in Sushuma to Ground (Earth). Although the Raku is only used now in attunements to ground energy and separate the auras of Master and student, the use of the Raku may evolve as we evolve. As we tune into the multitude of frequencies, more of our brain mass will be needed to interpret the multi-sensory signals we will be receiving from other dimensions. I believe this is beginning to happen now with many people

## SENDING ATTUNEMENT (DISTANT/DIRECT)

How to pass a distance attunement will vary from teacher to teacher based on intuitive preferences. What I do is imagine that the person I am attuning is sitting in a chair right in front of me. I call upon my Guides, Angels, Archangels, Ascended Masters, my Soul, Mother Earth, Father Sky, etc. and also those beings working for the highest good of the person being attuned. I ask that the space around myself and the person I am attuning be cleared charged for the highest good and that it remain that way during the attunement. Because I am very comfortable working via distance and can feel my support system, I do not sage or clear in the usual ways. If the person I am working with wishes to do so, then I encourage them (and you) to set your space for the attunement in whatever way works best.

Once I have called in the guides and asked the space be cleared, charged and maintained, I then ask for assistance in passing the attunement for the highest good of all concerned. I do so because the attunement affects not only myself and the person being attuned but many others as well, including other people, animals, crystals and plants in their environment and mine. We are all One. Then I wait until the guides tell me it is time to begin the attunement. I can usually tell this because I feel an energetic shift, a readiness. If you have already attuned someone in person and have felt this, then it is probably going to be similar when attuning via distance. If you are not sure when to begin, just begin at the appointed time.

Because I attune people from many different time zones, I find it easier to not use the telephone to pass attunements. I also find the internet contact during the attunement to be distracting. However, you may find that the increased contact with the person you are attuning makes the attunement process easier. Be creative and use whatever works best for you.

**Remember:** THERE IS NO WAY YOU CAN PASS A SHAMBALLA ATTUNEMENT INCORRECTLY!!!!!!! THIS APPLIES TO ANY AND ALL SHAMBALLA ATTUNEMENTS, IN PERSON AND VIA DISTANCE!!!!!!!!!!!!

## SHAMBALLA HEALING METHOD

The Ascended Masters also have a Masters Medical Assistance Program. I actually call these the MAP teams. You can have a personal MAP team for your own healing, or you can have a MAP team which will work with you in all your healing sessions. If you initiate a MAP team for your professional work, then the same team will work with you every time that you work. On this team will be various beings, or energies, that have skills that you require and that relate to the methods of healing that you use. On these MAP teams are also beings or devas known as the Overlighting Beings of Healing. The devas are in charge of the manifestation of everything upon our planet, and they are also responsible for the healing of all third dimensional entities. There are devas that relate to trees, plants, animals and birds, even devas that relate to places. One of these Overlighting Devas is also known as Pan. When we talk about Pan, most people think of a Greek God, but in fact Pan is a great way of summing up the universal energy in the third dimension. The Ascended Master in charge of these MAP healing teams, and the MAP healing program, both on a personal and professional basis, is a being known as Lorpuris. Machaelle Small Wright, a lady in America, has done a great deal of work in helping to set up this system with the Ascended Masters.

If you require a personal MAP healing session, then make the following affirmation: "I affirm that I would like to initiate a MAP healing session. I call upon the

Overlighting Devas of Healing, Pan, the MAP healing team, (here also name any personal Ascended Masters that you may wish to work with) and my I Am Presence or Higher Self.” Then confirm that you wish the session to last for exactly sixty minutes earth time, (higher dimensions have no concept of time as we know it). Don't cross your feet or your hands, or put your arms over your body during a session, as this will interfere with the clear flow of energies.

During the first session, tell them about any health issues that you need to address. or the type of health or emotional issues that are causing you the most problems personally. You may, or may not, have direct communication from the team during your first session, but certainly you will feel the energies moving through your body. You might see colors, shapes, feel tingling sensations etc. You can always discuss with the team any problems or effects that you are experiencing, and they will respond accordingly. Don't ask for a MAP session more than once in every twenty-four hours. Allow this space of time for the energies to settle in, as this is a very powerful technique. One of the best times to initiate a session is when you are lying down, maybe in bed in the morning when you wake up, or at night just before you fall asleep.

If you wish to work with the MAP team in a professional capacity, then affirm that you would like a professional MAP healing team assigned to you for your healing work, and then every time that you conduct a healing session, affirm that you would like the presence of your team. Ask them for a code name, which could be any thing from 'Coca Cola' to the 'Holy Healing Team'. Don't imagine that because it is not a holy sounding name, that it is not a reverent one. To initially set up your Professional MAP healing team, first of all initiate a personal healing session, then ask for the code name during that session.

Whatever name is given to you. then that's the one to use. By having this code name it will make many, that still have fear issues to be addressed concerning channeling and working with subtle energies, feel easier. If you wish to go further into this whole

fascinating field of work I suggest reading Machaelle Small Wright's book MAP, the Co-Creative White Brotherhood Medical Assistance Program.

Lastly, we would like to give a word of warning about working with any of the contents of this book. After reading this book, some people might be encouraged to think that now they have seen the Reiki Symbols, it is no longer necessary for them to attend a Reiki class. In fact this is not true. The symbols will not work for you until you have been attuned to them. Having a knowledge of the symbols by themselves, without the attunements, does not mean that you have Reiki. We would also like to remind you that crystals are very powerful tools, and that they can create imbalances as well as heal them, if they are used in an uncontrolled way. Crystals are co-creators, they will help to create anything that you want. Make sure that you are clear about what it is that you really want, and not what you think you want. Remember, you get what you ask for? So co-create a reality of Love and Light, and go forward in this Love and Light. Help the earth and humanity to come into their wholeness. Through your Love and through your service others will also realize that the way forward is through Service in Compassion and Love. Walk in Love, walk in Light, allow the energy of Mahatma to flow through your heart, and speed your journey to Freedom.

## **SHAMBALLA HEALING TECHNIQUE**

### **The 'SBZ' Method**

A quick and effective healing technique was given by Archangel Michael to Shamballa Master, Jan Harkey, for the purpose of healing the planet and people. She dubbed this method 'SBZ' for 'Slice/Burn/Zap. It can be used in distant healings as well as local work, and takes about 10-20 minutes. Michael encourages all Shamballa Masters to use this technique!

- **SLICE:** Call in the Shamballa symbol, AMSUI, sword of Archangel Michael. Picture it in your hands as you cut psychic ties from all sides of the 'object' area. If



you are clairvoyant, you may see the ties being cut. Any ties that are left represents the Karma that the person or place needs to resolve in this lifetime. It is their intent which will help people release what remains.

- **BURN:** Turn yourself into the purple flame by saying “Shamballa on” and envision yourself pure flame. Jan then ‘walks into’ the essence of the person on distant healings to burn negative energies. Or she puts her hands onto someone or someplace and pictures them burning violet with her.
- **ZAP:** To bring in the Mahatma energy, create a mental 3D pyramid and place it over a person or place. Hold your hands up and request the Mahatma energy. You may see or feel this energy creating a ball of golden light in your hands. Bring the ball into the pyramid. You may see electric sparks like lightning going through the pyramid in the process of grounding the energy. Hold the ball and image in your mind until the lightning stops, bringing the Mahatma further into the pyramid until completely grounded. Release it back to Source when you know it is grounded. Trust your own knowing.

