

# *Sacred Geometry Reiki*

*A spiritual development healing system*



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## Spiritual acceleration system

### Sacred Geometry Reiki

This is a method of healing that can be used with other methods of healing particularly Reiki. This course will give you suggestions for self healing and meditation using sacred geometric symbols. You will also learn how to use Sacred geometry with Reiki to heal others. The Universe is Vibration, and geometry is vibration manifest on the visual. This healing system works with your higher self at soul level. The symbols assist you in the clearing and re patterning process and in doing so you begin to deal with limiting beliefs. It is a method of enhancing your intuition to receive information and messages from your higher self /soul through geometric codes and symbols. This will assist you in your spiritual progression in line with your soul's purpose. You will feel more connected and it can bring cohesion to your life. The ancients believed that sacred geometry was essential to the education of the soul.

### What is sacred geometry ?

We are all familiar with geometry regardless of our level of education or life experience. Sacred geometry is all around us, in nature the snowflake and sunflower for example and in the shape and decoration of buildings throughout history. Celtic knots are also a form of sacred geometry that symbolize the interconnectedness of all things. They represent the eternal web and the continuous cycling of existence. The square, circle, triangle and hexagon remain the same. Sacred geometry can be described as the 'architecture of the Universe' (Gilchrist)

Sacred geometry is the root language or the language of creation, a blueprint of perfection which simply means the intended plan or design. It is a universal language. It reminds us of who we were and who we are. Sacred geometry can assist us in aligning to our true purpose and life path. Each symbol assists in clearing, re patterning and receiving the soul's instructions. Distorted energy patterns developed during your life time and imbalances are cleansed and re balanced. Intuition is enhanced as you begin to realise that your soul and spirit instruct you mind rather than the other way round.

## Sacred geometry spiritual development system ,

### Sacred geometry Reiki.

#### Course objectives

The use of the word Reiki to describe this system reflects the use of universal life force energy and many of the techniques come from various interpretations/ Reiki traditions. Sacred geometry is the root language ,the blueprint of creation. These sacred symbols are used as a vibrational healing technique as well as a focus for meditation. The symbols contain unique messages which will instruct the individuals soul/higher self.

It is primarily a system of spiritual development, of course healing and cleansing must play a part. There is the potential to enhance the use of intuition in your healing work. The course would appeal to Reiki practitioners who would like to take the next step and increasingly work intuitively . The system is based on the reality that all healing knowledge resides within. The symbols you will be introduced to are also there as keys to unlock your own knowledge, your own unique symbols, interpretations, meanings and abilities. There will be the opportunities to go 'back to basics' and try techniques to enable you to receive information from your higher self, about your soul's true purpose.

The system aims to empower individuals to heal themselves , this applies to you and your clients.

This course includes energy and empowerment exercises as well as practical ways to tune into your own inner guidance. Amongst other things there is the potential to develop an ability to scan the aura and use intuitively guided hand positions , making your approach to your own clients more flexible and personal. The course is designed to empower you to move and develop in your own direction in line with your life path/soul's purpose. the symbols and techniques you will learn are partly there as a framework and an introduction to energies which will assist you along your own unique path. The intent and the outcome are the most important focuses in the work you will embark on .You will have the opportunity to learn more about yourself , your abilities and have made more progress along your spiritual path. You will be equipped with a healing technique which you will use in self healing, healing clients and passing on to your students.

You will be attuned to all of the symbols we will use

There are no set course pre requisites .The course will suit experienced Reiki practitioners who are ready to accelerate their spiritual progression and enhance their current practices. Your primary aim should be spiritual progression . Your background may be in using healing methods other than Reiki .You may be somebody who has had intuitive, spiritual, psychic experiences and you now feel the time has come to explore your natural abilities. a basic understanding of energy based healing would be helpful however the course can be adapted to suit the path you are following and your preferred learning style. My experience teaching in schools gives me a good understanding of learning styles and course material can be adapted to suit your individual requirements .I also offer on going support and mentoring.

### Lineage

Rebecca Donaldson, add your name here.....

## Introduction to sacred /spiritual geometry

### Sacred geometry in nature

What do snowflakes have to do with Sacred Geometry?"

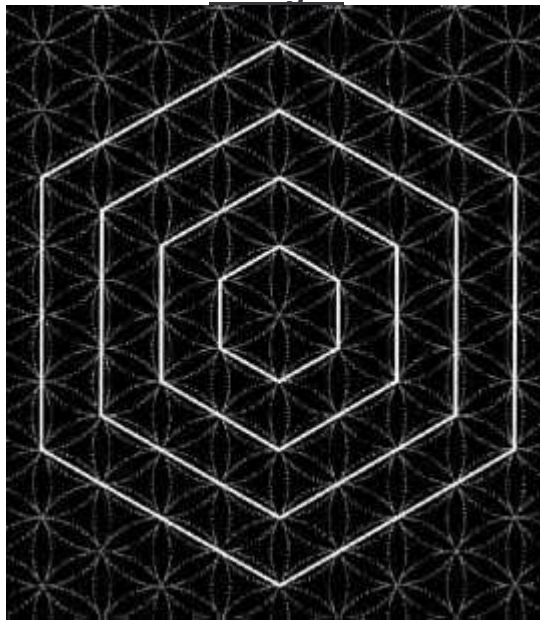
Snowflakes are like fingerprints in the sense that they are all absolutely unique. But even though there are no two snowflakes exactly the same, they are all based on the hexagon, that is a scientific fact (Gilchrist)

### Snowflakes and Sacred Geometry Snow Flake in Nature's First Pattern

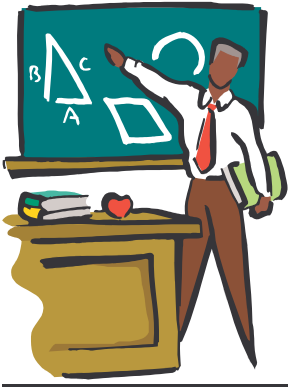


an Acrylic Mandala by Charles Gilchrist

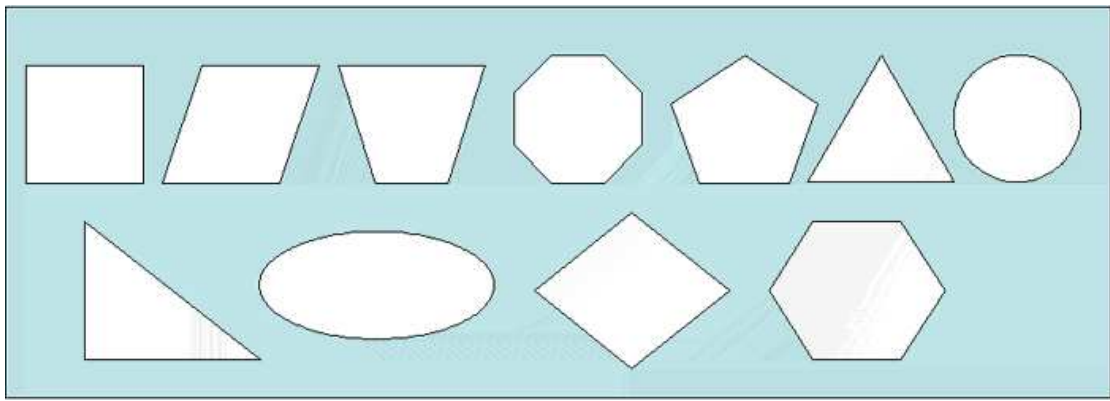
### Hexagon



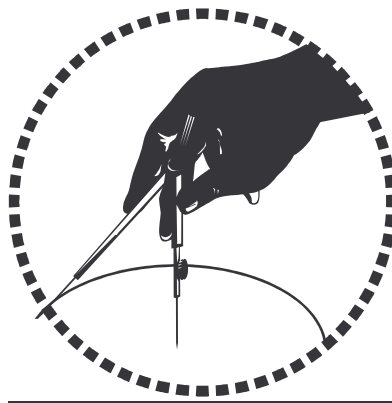
## Geometry all around us



Below are examples of geometric shapes you may come across in a maths lesson or everyday life.



Next we will look at some basic sacred geometry as a starting point...



## The symbols exploration exercise

### Studying visual symbols and our inner manifestation of meaning

The purpose of this exercise is that we begin getting used to tapping into our own intuition and knowledge. It is also a useful exercise as it can reveal information to you and your soul about your current situation.

It also highlights the importance of recognizing that symbols are multi dimensional and that meaning is an individual process. We will also begin to see that there are many meanings attached to symbols . The exercise will empower you to take an active role in your learning ,development and attunements. We will also dispel any mystery surrounding symbols or preconceived ideas about geometry.

### Exercise

- To start, find a piece of paper and draw five geometric symbols such as a square, triangle, circle . Which do you prefer? Put them in order, favourite to least favourite.
- Now notice your preferences and choices. What's your first, second, third, fourth and fifth preference?
- Work with a partner, compare your list of preferences  
Compare your symbols ,what are the similarities ?What are the differences ?

You can use this method to tune into your intuition and begin receiving information through sacred geometry. List the main components of your life .For example , work, relationships, family, health, spiritual path. For each question draw the first symbol that comes to mind or paper. What can this tell you about your current situation ? Use your instinct and the general meanings of symbols list to develop your own inner meanings. what do you see, feel, smell as you draw your symbols ?

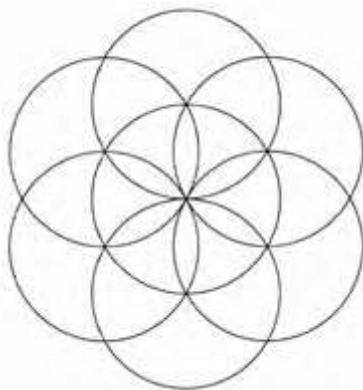
- Record your observations, What thoughts are you having ?

Try this exercise before and after your attunements

Sacred geometry is an ancient art and science which reveals the nature of our relationship to the universe. By studying sacred geometry we begin to understand the principle of oneness underlying all creation This leads us to a better understanding of interconnectedness, and the inseparability of all



## Flower of life



The seed blueprint for the whole of creation

### Healing with the symbols and codes-General guidelines

There are several ways that you can benefit from these symbols so experiment .

#### Method 1

- This method works well in self healing and meditation. Using you pointing finger gently draw the symbol onto the skin, your hand ,arm or leg for example.
- Use this method over your chakras. Practice working instinctively, which area of your body or chakra is your hand drawn to. Do you notice any particular sensation or reaction ? Alternatively work through each chakra, as you would if you are familiar with using set hand positions in your Reiki healing. perhaps starting with your root/base chakra.
- Draw the symbol in your aura , if you are able to ,scan your aura first by moving your hand slowly through your aura. Notice any changes in resistance, or changes in sensation such as tingling, buzzing, numbness.

If you tend not to feel changes in the aura ,trust your instinct , your higher Self will guide you.

- Using a pen, pencil, or marker pen, whichever you prefer, draw the symbol onto a piece of paper. Meditate on the symbol-just gaze at it.
- Hold your hand over your drawing of the symbol and direct your flow of energy towards the symbol this tends to amplify the vibration from the symbol.

### Make your own set of sacred geometry cards

This is an easy way of making your own set of divination cards, it is also a way of becoming very familiar with and gain confidence in your ability to work with the symbols. The following is just one method, there is no wrong way to do this.

- Cut a piece of A4 paper or card into four
- Draw each symbol on a separate piece of card

Use them like a pack of cards, choosing a card and symbol using your intuition, it may be that you can develop the ability to pick up the vibration from the card that is right for you at that time.

During self healing , you could place the symbol you require over your chakra as an alternative to visualising or drawing the symbol over the body with your finger.

### Healing with Sacred geometry and Reiki

This healing system works beautifully with your ability to heal with Reiki

Work in your preferred way using intuitively guided hand positions or your set hand positions. You can use all of the methods you learnt in the section on self healing and meditation.

Draw or visualise the symbol over the client's chakra or particular area of the body. Hold your palm over the symbols and direct the energy from your palm towards the symbol.

Place your hands in the prayer ( *Gassho*) position over each chakra to finish.



The word /gassho/ "To place the two palms together". it is perhaps the most fundamental hand gesture and symbol as it arises directly from the depths of enlightenment

## Reiki with meditation

Meditation is a useful therapy with many benefits. The main objective of meditation using Reiki and sacred geometry is that it enables you to receive and interpret messages and information from your higher self. Your intuition is enhanced, you are showing that you are listening and you are creating a conducive environment for inner development to take place.

Do we always really understand what is meant by meditation ?

It is worth demystifying meditation and going back to the basics , many of which are obvious. Firstly create the right environment for you, the important components are that there is quiet so that you can reduce any external noise or distraction. Sit comfortably, however energy will flow more efficiently if your back is straight.

### Reiki meditation method

Sit or lie down making sure that your back is straight and that you feel comfortable.

Bring your knees up towards your body and place the soles of your feet together. You can be sitting up on a chair or on the floor or lying down, let your knees relax towards the floor, either side of your body.

Place your hands in the *Gassho*, prayer position. You can see that this method connects the flow of energy, imagine a connected circuit.

The Reiki energy flows around your body, removing any blockages.

You can do this for short or longer periods of time.

Use your symbols as a focus for your meditation. They will assist you in enhancing your intuition and deepen your connection and understanding of your soul's purpose/path.

## The symbols

### Where have these symbols come from ?

I received these symbols in 2004 and 2005, as they came to me I began recording them until I realised I had been given a healing system based on Sacred geometry in addition to other codes and symbols. I gained experience by using the symbols with Reiki to cleanse and assist the spiritual progression of myself and others.

I also did some research into sacred geometry in order to be able to give you general background information and an overview of the healing properties of the geometric symbols. The course will give you my interpretation of the symbols I received. Some of the symbols also appear in other healing systems and will have more than one use.

Each person also brings to Reiki their own natural energies and lineage energies, often from different lifetimes.

### Drawing the symbols

Symbols are partly used as a way of focusing on the energy you are connecting to. Originally Usui taught his students to connect to and use energy without the use of symbols. The story goes that the symbols were added later to assist students who were having difficulty with this concept. In my opinion and experience you can use the same energy without consciously focusing on symbols and certainly we should not feel daunted by the task of learning, memorising, being able to copy a picture of a symbol perfectly. The intention behind what you are doing is far more important, gradually the drawing of symbols does become second nature. There is however another important aspect of drawing symbols on paper ,in the air or over a client's body.

### What is happening as you draw a symbol ?

As we read earlier the starting point is the dot ● , we then draw another dot and so on.

Afterwards we draw a line to connect each dot and your symbol comes to life. Energy begins to accumulate within the dot and you are able to draw in outside energies, your own unique energies and the energies or vibrations of the symbol. The dot also extends outwards to form a perfect circle .This is where you develop your own unique vibration which you use to heal yourself and others. It is also where you start to manifest your own internal meanings behind the symbols and receive information and messages.

There are practical as well as spiritual benefits to drawing the symbols. You will begin to realise that the symbols are actually coming from you, your higher self. They are part of you rather than something external . You will make the task of becoming familiar with the symbols and how they can be applied to your healing much faster. Most people learn through visual images and by doing. The symbols have been divided into three categories,

- Clearing, cleansing, detox symbols
- Balancing symbols
- Re programming symbols and symbols to enhance intuition ,receive soul's instructions and connection to higher self.

### General information on using the symbols

I will describe the origins of each symbol and explain how I use them in healing sessions.

#### Balancing symbols

The heart and the cross are both symbols I received intuitively however they are also ancient, universal symbols. Draw the symbol over each chakra after clearing .This symbol manifests itself towards the end of healing to indicate balanced chakras.

#### Chakra balancing

Use your finger to draw a circle in an anti clockwise or clockwise direction (use your instinct to decide ,which direction feels right )

Over each chakra and create a continuous movement so that your finger mimics a spinning wheel over the chakra. This get the chakra spinning healthily.

#### Balancing male and female energies

Use the figure of eight and the Star of David symbols

Concentric circles/entwined circle also balance opposites ,male/female, left /right and create shared vision, mutual understanding.

#### Grounding symbols

The lightening bolt symbol is also a part of Tibetan Reiki. Here it is used to end an attunement. It can also represents completion and enlightenment It can be used in grounding. I use this over the chakra or part of the body I have been treating, once healing using other symbols has been completed

#### The square

The square can also be used in grounding. It represents the earthly ,material world.

## Clearing symbols

Clearing symbols are used to remove blockages and imbalances created during life's experiences. We pick up negative energy often from external events and carry them around with us, long after they have any use. It is similar to hoarding possessions in a cupboard, drawer, loft. It is necessary to clear these blockages and imbalances as they create limiting beliefs that hinder your progression and can eventually impair how your body functions and cause physical illness, aches and pains. Use pressing, patting movements to dislodge the build up, then use your palm turned on its side to sweep removed energy out and away from the body and energy field. As you opened the foot chakra you may also be guided to pull negative energy out through the soles of the feet.

## Cleansing and Re patterning codes

After clearing, re patterning codes start to restore you to a natural state that is closer to the real you. Symbols such as the diamond remind us that the body is a vehicle for the soul/spirit and that the soul instructs the mind. This symbol also helps bring cohesion and universal connectedness. This symbol can help you feel more connected to Universal life force energy so that it becomes who you are rather than something that is external. The concentric diamond works on layers of consciousness with the diamond at the centre representing the most sacred aspects of your self. The diamond also works on cleansing the aura.

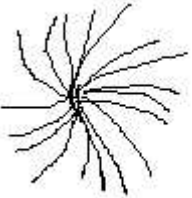
## Connecting to higher self & enhancing intuition

The Star code assists in reminding you of things your soul already knows. The Sacred light code instructs the soul's DNA. This can be used to receive information and healing to assist you in working towards achieving your true life/soul purpose. It can also be used for this purpose if you are in the process of Twin flame reunification.

Level 1

Clearing, cleansing, detox symbols

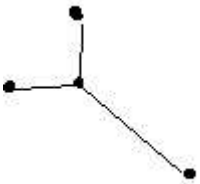
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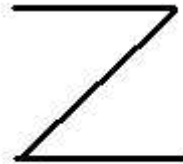
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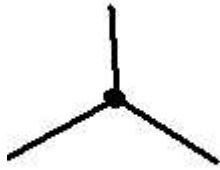
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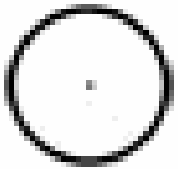
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1. Clears blockages physical and limiting thought patterns.
  2. Releases negative energy.
  3. Detox and cleansing, open foot chakras to release .
  4. Repairs holes in aura.
  5. Breaks down blockages, build up,depression
  - 6.Imprint clearing code,-eliminates fear, preconceived ideas restores correct thought patterns at a soul level. Removes impressions, beliefs, pre conceived ideas. Works well at higher heart chakra and use with leaning rectangle.
  7. Opens minor chakras in palms and feet.



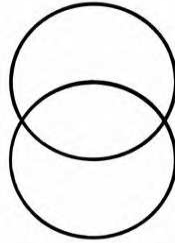
Level 2

Balancing symbols

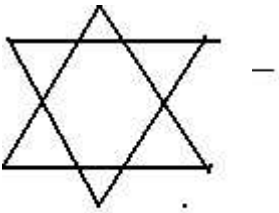
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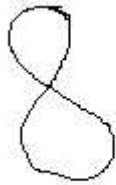
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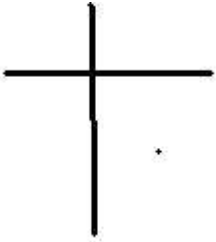
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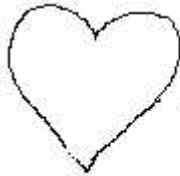
11.



12.



13.



14.



15.



8. Balances by spinning the chakras in a healthy motion.

9. Entwined circle, ends duality. Promotes mutuality, shared vision and centre.

10. Star of David balances masculine energies.

11. Infinity balances female energies.

12. The cross balances energies, left, right, male, female. Chakra balancing

13. The Heart is used in chakra balancing and is a universal symbol of love. Chakra balancing.

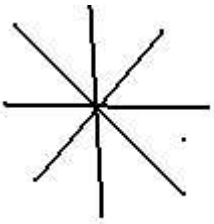
14. Direct and increases flow of energy.

15. Opens minor chakra in feet & palms.

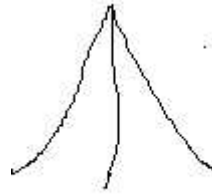
Level 3

Healing at soul ,spiritual level & ,re patterning symbols

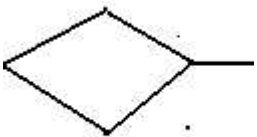
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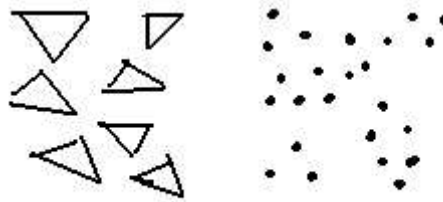
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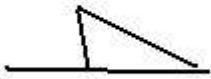
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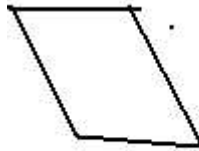
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19.



20.



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15. Star code, reminds you of ancient, ancestral knowledge, tap into latent information. releasing & healing. Use prior to re patterning codes.

16. Sacred light code assists in receiving soul's instructions. Works on layers of aura.

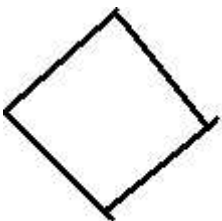
17. A re patterning code that assists in restoring the correct thought and energy patterns. Draw in palm use with figure of eight symbol.

18. A re patterning code., works on heart and wrist chakras.

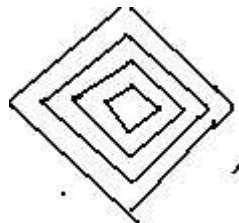
19. Re patterning code, downward triangle represents water, can assist in restoring correct energy pattern . Up ward triangle represents the opposite, element, fire. Also represents unity on spiritual and earthly plane . 20. Leaning triangle, works well over higher heart/thymus chakra

and lower throat chakra. Some say it is the origin of intent. Assists higher consciousness and accessing higher spiritual levels.

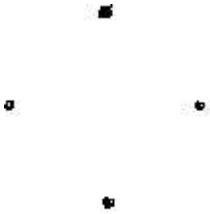
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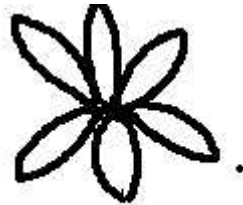
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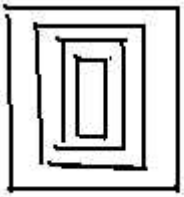
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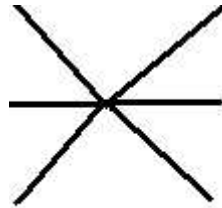
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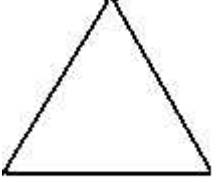


26.



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21. The diamond enhances your ability to recognise that your soul/spirit instructs your mind and body . An amplifier of energy. Symbol of purity, bring aspects of being into cohesive whole .22.Layered diamond, each layer works on different levels assisting different chakras & layers of the aura. Most sacred at centre. Third layer, sacral, ovaries. Layer 2 heart chakra , emotional layer of aura, and palm chakra.
23. Build up energy by starting with the single dot.
24. Cleanses palm chakra after healing.
25. The square is grounding, represents earthly, material world and manifestation. Also enhances intuition and each layer works of different levels of being.
26. Works well in emotional layer of aura where most addictions and overeating habits are found

27.

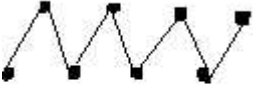


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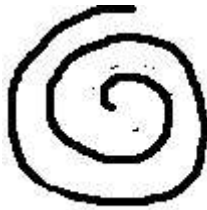
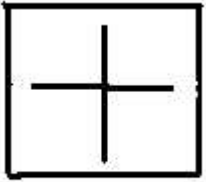
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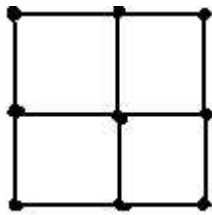
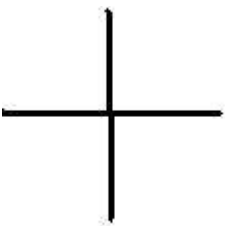
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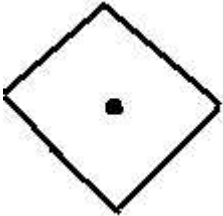


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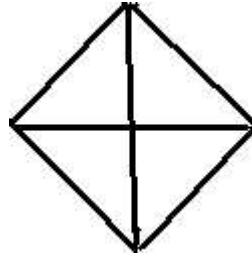
34 .



35.



36.



27. Triangle, union, blessed trinity, material manifestation ,third eye

28. Harmonises physical & spiritual body.

29 Zig zag , water,

30 zig zag dots, use over third eye .Soul's purpose & instructions

31 Squared cross, elbow, hips sacral.

32 Spiral , heals at spiritual level, shoulder & throat chakra, spiritual level of imbalances

33. Cross

34. Square divided into 4.

35 Diamond dot ,unifies mind, body, spirit

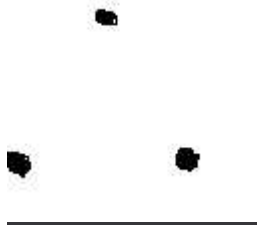
36 Diamond cross ,third eye, knee charkas, highest energy at centre

The diamond connects intellect with higher mind, cleanses aura, a stone of manifestation & abundance, aids spiritual evolution,



Grounding, integrating, fusion symbols

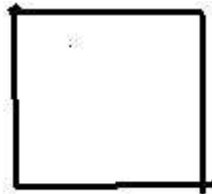
37.



38.



39.



37. Fusion symbol seen in Tibetan Reiki used to tie energy together. Integrates energy giving a seamless blend.

38. Known as Raku in Tibetan Reiki , used at end of an attunement for grounding. Use as the end of healing, a completion symbol.

39. The square is a grounding symbol, also use to assist intuition.

## Attunement Guidelines

### Method 1

Draw the symbol in your right hand or hold your right hand over a drawing of the symbols you are attuning your student to.

Place the symbols in the recipient's left hand by visualising or drawing the symbol.

You will probably know when the attunement is complete, in my experience the attunement lasts approximately 25 minutes

Use your own knowledge, methods, ideas, intuition when attuning your students.

### Method 2

The following method is a suggestion kindly contributed by Jay Burrell, Reiki Master/Teacher, Living Reiki Therapies.

There are 3 Attunements in the sacred geometry System.

A 5-7 day gap between each Level is a good idea, discuss this with your Reiki Master as this will often vary.

Set up your sacred space ,where ever you would normally send your Attunements, You can have candles burning, soft gentle music playing in the Background, incense burning, whatever you feel comfortable doing.

Place your hands onto the Student's shoulders to gain an energetic connection ,then say the following:

(STUDENTS NAME) I NOW INTEND TO ATTUNE YOU TO THE ENERGIES OF SACRED GEOMETRY REIKI LEVEL (1, 2 OR 3) ON THIS (DAY), (DATE), (TIME) IN HIS/HER TIME ZONE AND I CALL UPON OUR HIGHER SELVES TO CONNECT AND OUR GUIDES TO BE WITH US DURING THIS ATTUNEMENT.

ATTUNEMENT 1 - Draw the Clearing and Cleansing Symbols into the students Crown Chakra ,guiding them to the base of the brain.

Then Draw the same Symbols into the Students Palm Chakras

Place student's hands in *Gassho* position over their heart chakra and blow on the Hands to the top of the head back to hands.

This will seal in the symbols and activate them.

Place Hands back on student's shoulders and stay there until you feel the Attunement is over. Attunements normally last approximately 20-25 minutes

ATTUNEMENT 2 - Follow the above procedure but draw the [Balancing Symbols](#) into the Crown and Palm Chakras.

ATTUNEMENT 3 - Follow the above Procedure but draw the [symbols to heal at the Heart Level](#) and [Grounding Symbols](#) into Crown and Palm Chakras.

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Remember that sacred geometry is a way for your soul to receive instructions so use this as a guide. Be aware that you may have your own unique ways of using the symbols and they may have unique messages that apply only to you or your life path/situation. Always be open to receiving your own interpretations of the symbols.

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Below is a list of symbols found throughout history which will give you some useful background information and help you develop your own meanings.

## Index of sacred geometry general meanings

I will give you suggested/possible uses of each symbol, also use your intuition to find your own unique meaning. The list will give you general meanings and uses.

Most symbols, have been borrowed, adopted, assimilated, and changed as needed, from one culture or faith to another. As a result, the context of the symbol, (association with its surroundings and time period, etc.), determines potential meaning. Symbols have varied and layered meaning, as many were never intended to be completely one-dimensional.



*Symbol of the Union of the Spiritual and Physical Worlds.* Two opposing triangles can symbolize the union of heaven, (downward pointing triangle), and earth, (upward pointing triangle). can also represent complimentary opposites like male and female



Cross or X Mark  
Symbol of the Exact Centre



*First Symbol of Creation*, the beginning place for any creation, but most specifically the circle. It can expand out equally in all directions to form a circle or be connected to a second point to form a line  
The Point corresponds to the number One.



*Second Symbol of Creation*  
It can symbolize the undeviating, straight path needed to take us to God



*Symbol of Heaven & the Number 1.* It Points to Wholeness, Perfection, Eternity, & the Centre. The circle is the perfect geometric shape and the symbol of heaven and all things divine. It is also represents one eternal round, the cycles of life, nature and the sun.



*Two Intertwined Circles: Symbol of Endless & Eternal & the Number 2*

This is a powerful symbol of duality or pairs of opposites, Twoness. A few of these poles are the Yin and Yang, Left and Right, Mother Earth and Father Sky, Man and Woman, East and West, etc



*The Upright Triangle . Upward Pointing: Symbol of Unity & the Number 3.* The three sides of the upward pointing equilateral triangle may symbolize concepts involving unity created by the combination of 'three' things or persons, such as the Trinity . Also a symbol of *Manifestation on the Material Plane,*

(earth).

It may symbolize the earthly, physical, or material plane of man's existence. This basic phallic like form may also point to *Man* as opposed to woman, especially when used in conjunction with the downward pointing triangle. Lastly, this simple graphic is often associated with *Fire*.



The Down Pointing Triangle . Downward Pointing Triangle: *Symbol of Manifestation on the Spiritual Plane, (heaven).*

The downward facing triangle can also be associated with *water*, (opposite of Fire above



The Square *Symbol of the Earth and It's Four Cardinal Directions & the number 4.* This shape is associated with Equilibrium, Solidness, Permanence, and Being Firmly Grounded. One of the corners of the square forms the right angle,



The Spiral: *Creation A.* The circular spiral often symbolizes creation, along with birth, growth, learning, unfolding, and renewal



Concentric Squares

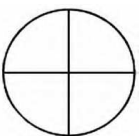
*The Sacred Versus the Profane, Zones of Holiness, The Sacred Must be separated from the profane to Retain Sanctity.* The symbol of nested squares can represent varying degrees or 'zones of holiness' as one passes from one sacred area to another.



The Latin Cross: *Traditional Christian Symbol for Christ.* Associated with the wooden cross used by the Romans in the crucifixion of Jesus Christ, this symbol also refers to his suffering for the sins of mankind. It is also a symbol for the love of God who gave his only begotten son to pay the price for all of mankind's sins .The Tree of Life is often associated with the cross.



The Zig Zag: *The Waters of Life, Mysteries.* This symbol points to the fountain of living water in the Garden of Eden, dividing into four rivers, (four cardinal directions), watering the whole earth. This graphic may also symbolize God and the Mysteries of the Kingdom



Astrological symbol for planet earth

<http://cfac.byu.edu/valbrinkerhoff/symbol/geometricsymbolism.html>

Symbols of all kinds are often intended to provide various meanings, .

## The chakras

There are seven major chakras that correspond to organs in the body .They connect and correspond to the physical, mental and emotional body .

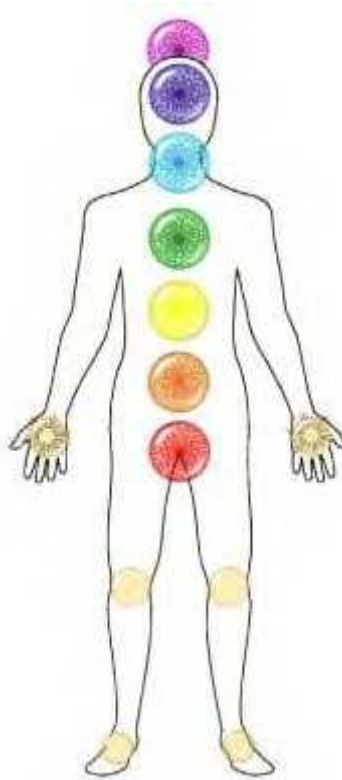
Chakras control the various levels of our being and communicate with our aura/energy field.

### The minor chakras are linked to major chakras

<u>Minor chakra</u>	<u>Major chakra</u>
Arch of feet	Root & solar plexus
knee joints	Throat & Third eye
Elbows	Sacral & Solar plexus
Shoulders	Solar plexus & Throat
Palms	Solar & Heart

## Minor chakra opening symbol

Use this symbol to open minor chakras with intent ,start practicing by opening your palm chakras.



### Some of the minor chakras

These chakras are located throughout the body

- the knee chakras (movement),
- the elbow chakras (flexibility),
- the thigh chakras (stability),
- the shoulders (strength) - considered as 1 chakra not two, and
- the genitalia (reproduction).

Remember, ideas about the number & location of the minor chakras do vary.

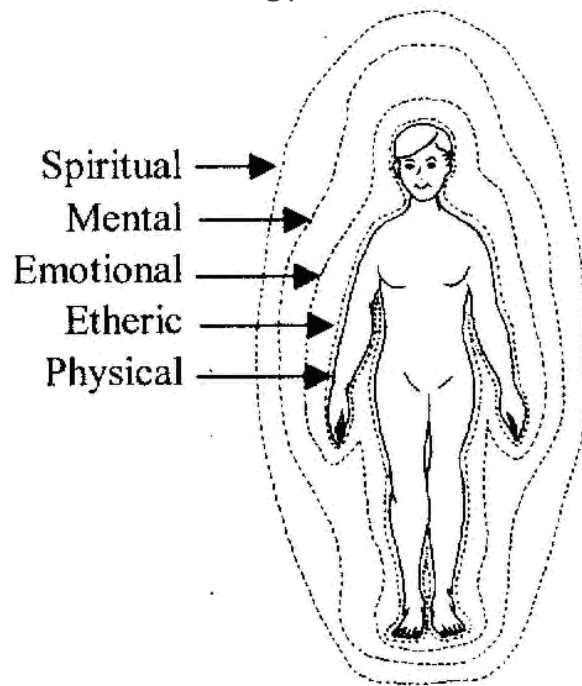
Some of the 'major' minor chakras are the palms of the hands and the soles of the feet, as previously mentioned. These two tend to be good ways to get energy throughout the system, or to give someone a quick boost of energy. They are particularly important as blockages can be pulled out through the minor charkas such as the feet.

### Opening the minor chakras

Opening the minor charkas enhances the efficiency of the major charkas and energy flow. Energy or blockages that need to be released can be drawn out through the minor chakras, particularly the foot chakras. It is worth opening them at the start of a treatment



## The energy field and aura



### Energy Bodies

The five-layer **Energy Body** system is the third way of describing the Human Energy Field. Note that the physical body is counted as an energy body since all matter is ultimately made up of energy

#### The 5 energy bodies that make up the aura or energy field

1. Physical body-first layer, closest to body
2. Etheric energy body - an inch out from the skin/physical body, its purpose is to form the template for the repair, maintenance and development of the physical body. Illness will appear here and physical trauma will be reflected here.
3. Emotional body- emotional patterns and feelings, vibrations that determine personality. Emotions such as anger, fear, helplessness get trapped here and become part of the personality
4. Mental energy body-contains structure and patterns of thoughts & belief systems. It is closely connected to our emotional bodies and explains why different people react differently to the same thought. Our reactions to thoughts carry more energy.
5. Spiritual body-All information from experiences, conscience, higher intentions, increases awareness of purpose.

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//www.thehealingspectrum.com/aura.html

Notes