

Advanced
Kundalini Healing

Love Inspiration & Maitri Foundation



Levels 4 - 9

ADVANCED KUNDALINI HEALING
LEVELS 4 - 9



Love Inspiration

Learn • Heal • Awaken

WITH LOVE & LIGHT THESE MASTER TEACHER ENERGIES
ARE WARMLY DEDICATED FOR THE BENEFIT OF ALL.

MAY ALL BEINGS BE HAPPY.



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Prerequisites For This Ebook



Welcome!

Please ensure that before you begin this Advanced Kundalini Reiki Level 4-9 course you:

- 1) Have completed Kundalini Reiki Levels 1, 2 and 3 as a prerequisite.
- 2) Have completed either of the [Ascension Pathway](#) ebooks:
 - a) The Unified Pathway To Light (Volume 2) OR
 - b) The Pathway To Light (Volume 2)
- 3) Have allowed yourself a minimum of 11 days from your Level 3 attunement before commencing Level 4.
- 4) Have activated (unlocked) the Advanced Kundalini Healing Level 4-9 energies and attunements using the activation code & instructions on the next page.

***Once you have unlocked the energies, you are ready to begin.
With love, we wish you well on your Advanced Kundalini Reiki journey!***

Helpful Resources For This Ebook

- [Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)
[Join the Love Inspiration Community Facebook Group](#)
[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)
[Visit our Free Music & Relaxation webpage](#)
[Sign up for an Ascension Healing Booster](#)
[Find out how you can help](#)
[Read our Disclaimer](#) and [Copyright Information](#)



ACTIVATING (UNLOCKING) THE ADVANCED KUNDALINI HEALING LEVEL 4-9 ENERGIES:

Before opening up to these beautiful Advanced Kundalini Healing Level 4-9 energies, it is very important that you firstly activate or 'unlock' the energies and attunements in this ebook. Once this is completed, you will then be ready to begin Advanced Kundalini Healing!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



"With infinite grace, I ask humbly and clearly to activate the energies and attunements for Advanced Kundalini Healing Levels 4-9. With the unique activation code 7791482 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."

■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Prescribed Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Advanced Kundalini Healing Level 4-9 energies! May you enjoy these with much love & light and with an intention to benefit all beings.



FOREWORD:

It is with much love and delight that we welcome you here to this Advanced Kundalini Healing ebook as your next step on the Kundalini journey! Up until this point, you have completed your Kundalini Reiki training and with this, you may have started to feel some warmth and healing energies from your practices. Perhaps some of you may have experienced some of the beautiful and uplifting healing manifestations on your Kundalini journey so far - at least we hope you have!

From your Kundalini Reiki training, you have also started walking on your chosen Ascension Pathway, either through The Unified Pathway or through the Pathway To Light teachings. From this, you will have moved through a series of very significant and important ascension based energies which have been extremely beneficial for you and for these Advanced Kundalini energies.



Most importantly, the Ascension Pathway energies have guided you towards releasing and healing a significant amount of internal obstacles, impurities or imperfections from within. For some of you, it is also quite possible that you have been moving through what may have seemed like a 'rough patch' during this time and this is a wonderful sign that there has been very deep and profound healing happening within you!

As part of your ascension journey there have also been a number of very important and sophisticated energetic upgrades taking place behind the scenes and again, this has been a wonderful and important preparation for the Advanced Kundalini Healing energies that are now to be received for your continued journey into the light.

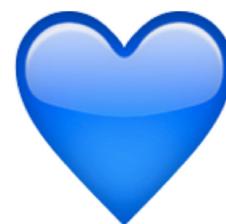
For those of you who have not yet completed the Ascension Pathway prerequisites, we kindly ask that you put this Advanced Kundalini Healing course on hold for a while and come back to it a little later on, after you have completed the necessary Ascension Pathway prerequisites.

For those of you who have completed these prerequisites, we welcome you here with much love & light. Within this ebook, we will now be covering and outlining all of the healing practices and meditations for the Advanced Kundalini Healing levels for your continued expansion.

These healing practices and teachings are very simple and easy to learn & practice and typically, the healing practices at each level can be completed within around 5 - 10 minutes. In some cases, the attunement will do all the work for you and there is no additional healing practices required at all!

In total, there are six levels offered as part of the Advanced Kundalini Healing system with the seventh level being an Advanced Master Teacher level. Throughout each level, you will be gaining access to much love, light, and divine Kundalini healing as you are guided towards a beautiful and wondrous expansion and blossoming from within.

May you allow yourself to open up and receive these beautiful and loving frequencies so that you may experience the bliss, expansion and transformation that comes from these practices. May you enjoy working with a more altruistic and benevolent intention, for the benefit of all beings as you connect with these beautiful and divine healing energies. May your Kundalini light benefit all beings!



ADVANCED KUNDALINI HEALING

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GET THE MOST CURRENT VERSION OF THE ADVANCED KUNDALINI HEALING EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.

ADVANCED KUNDALINI HEALING

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AN OUTLINE OF THE ADVANCED KUNDALINI HEALING SYSTEM:

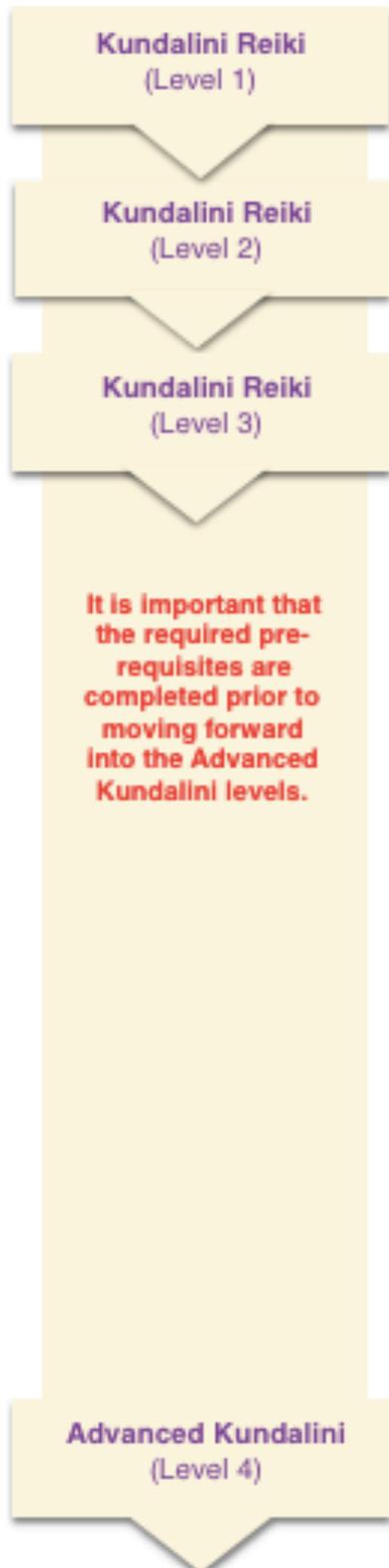
The Advanced Kundalini Healing System is a series of six levels including Levels 4, 5, 6, 7, 8 & 9 which are all in this ebook. The Advanced Kundalini Healing Master Teacher Level is also available in a separate ebook for those who wish to take it. The levels and timeframes are indicated in the table below. May you enjoy these additional Kundalini teachings and may these beautiful energies help you to go more deeply into the Kundalini experience!

Outline Of Kundalini Reiki & Advanced Kundalini Healing

NAME	LEVEL	DESCRIPTION	APPROX. TIMEFRAME
Kundalini Reiki	Level 1	Basic Healing Practices	-
Kundalini Reiki	Level 2	Self-Cleansing & Purification	After 48 hours from Level 1 attunement
Kundalini Reiki	Level 3	Kundalini Reiki Master Level	After 5 days from Level 2 attunement
Kundalini Fire	Level 4	Deep Kundalini Cleansing	After 11 days from Level 3 attunement
Kundalini Gold	Level 5	Working with Multiple Energies	After 11 days from Level 4 attunement
Kundalini Prism	Level 6	Expanding & Growing	After 11 days from Level 5 attunement
Kundalini Equinox	Level 7	Consolidating & Encapsulating	After 21 days from Level 6 attunement
Kundalini Rheon	Level 8	Expansion of Kundalini Energies	After 3 days from Level 7 attunement
Kundalini Blue Diamond	Level 9	Advanced Kundalini Master Level	After 3 days from Level 8 attunement
Advanced Kundalini Master Teacher	Level 10	Advanced Master Teacher Level	After 3 months from Level 9 attunement

THE QUICKEST KUNDALINI REIKI PATHWAY
(SHOWING THE UNIFIED PATHWAY AS THE CHOSEN PREREQUISITES)

THE KUNDALINI REIKI PATHWAY

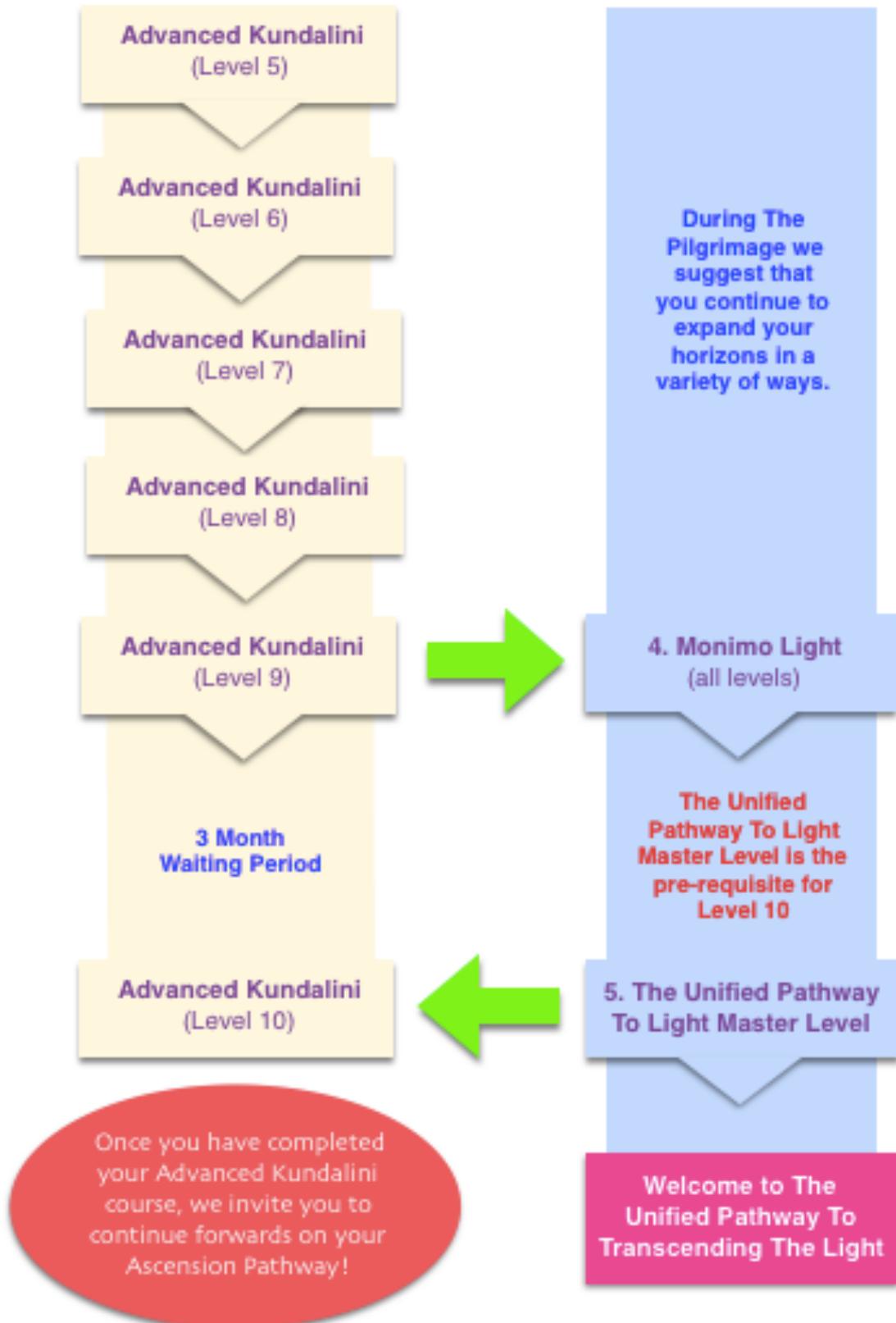


THE UNIFIED PATHWAY



THE QUICKEST KUNDALINI REIKI PATHWAY

(CONTINUED)



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WELCOME TO THE ADVANCED KUNDALINI HEALING LEVELS!

With warm and divine Kundalini blessings, we welcome you to this beautiful extension of Kundalini Reiki. Having now completed your Ascension Pathway prerequisites, you are ready to move into these beautifully expansive and wonderfully healing energies for the benefit of all!

In August 2014, after a significant period of purification and healing work, Love Inspiration received the blessings to clairvoyantly 'bring through' an additional series of advanced Kundalini Healing energies. As was described by the higher beings or 'Guides' who passed on these attunements and teachings, the new Kundalini energies are to be shared with others as an extension of the current Kundalini Reiki system, so that this Earth can continue to evolve towards higher and more harmonious vibrations as part of the ongoing 'shift' in consciousness.

And what has beautifully emerged from these intuitive communications is six levels of Advanced Kundalini Healing, including a Master Level, plus an additional Master Teacher Level for those who wish to go on to become teachers of this Kundalini Healing system.

It is truly an exciting time here on Earth as we are being blessed with many divine healing opportunities. These Advanced Kundalini Healing energies can help to significantly expand our Kundalini healing abilities and offer us a wonderful healing tool in the form of the Kundalini Blue Diamond Level where all of the Kundalini energies are consolidated and accessible together.

It seems that we are all being guided to explore a deeper aspect of ourselves in what will no doubt be a beautiful blossoming of the collective consciousness! We hope that these Advanced Kundalini Healing energies will help you on your journey towards this wondrous, love filled vibration, for the absolute and infinite benefit of all.

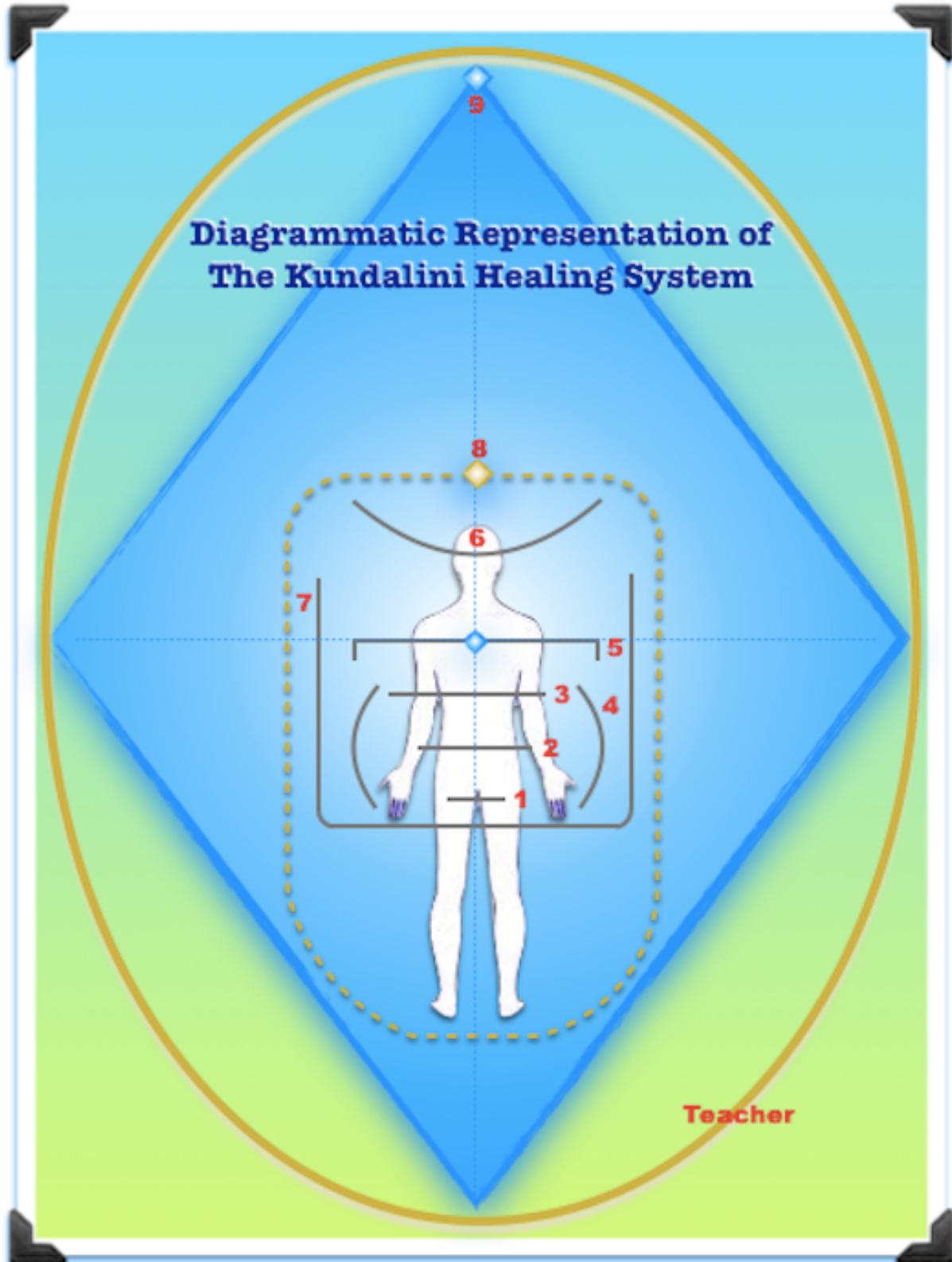


ADVANCED KUNDALINI HEALING

LEVELS 4 - 9

1. AN INTRODUCTION TO THE ADVANCED KUNDALINI HEALING LEVELS:

To help give some context to these new energies and how they relate to the more traditional Kundalini Reiki energies, let us now refer to a diagrammatic representation of the levels of Kundalini Reiki and Advanced Kundalini Healing energies.



ADVANCED KUNDALINI HEALING

LEVELS 4 - 9

This diagram will likely make more sense as we move through the teachings however for now, let us highlight that each of these advanced levels have been 'divinely designed' to allow for a beautiful blossoming and expansion of our love energy.

The Advanced Kundalini Healing energies are here to help open and clear our Kundalini healing channel so that we may heal ourselves and others more effectively than we have before. These teachings have been brought through from a very pure and sacred place of love and we are deeply humbled to be able to share these with you here, in this ebook, with our hearts open and filled with love & light. As our Guides have explained:



“These new energies have not been available before because the consciousness level has not allowed it these new levels are completely new [higher] frequencies.”

These new energies therefore offer a wide range of divine healing opportunities, both for ourselves and in our healing work for others. The healing practices can help us to connect to a wider variety of Kundalini energies and thus, help us move closer to a feeling or understanding of oneness.

Love Inspiration is very excited to be able to offer these energies and we hope that you will enjoy them as much as we enjoyed bringing them through. May you find happiness and love in your life.



2. RECEIVING YOUR ATTUNEMENTS FOR LEVELS 4 - 9:

Just as you have received an attunement for each level under the traditional Kundalini Reiki system, it is also important here in these advanced levels that you receive an attunement for each level.

NOTE: Before starting your attunement, please ensure that you have activated (unlocked) the Advanced Kundalini Healing Level 4-9 energies and attunements prior to commencing.



The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Advanced Kundalini Healing Level 4-9 energies & attunements have been activated specifically for you. You are therefore then ready to continue your Advanced Kundalini Healing journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

If you have not yet activated / unlocked the Advanced Kundalini Healing Level 4-9 energies for yourself, you may do this by following the instructions on Page III of this ebook.

The attunement process is almost identical to the traditional Kundalini Reiki attunements noting that it is only our intention that will change i.e. "to receive the Kundalini Fire energies" or "to receive the Kundalini Prism energies". In accordance with divine guidance, the attuning energies will always respond to your intention so we kindly ask that you follow along with these instructions below so that you can receive each of the attunements successfully.

As always, it is important to open up and receive these energies with love & gratitude. We kindly ask that you sit for around 20 - 25 minutes for each attunement to allow the energies to be absorbed into your energy field and so that each attunement can be completed successfully. Let us point out here again that you will need to receive one attunement for each level of learning (i.e. 6 attunements). We kindly ask that for each level, you simply return to this section and state your intention correctly for each level of learning.

■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

■ 2. Setting your intention

Stating the intention below for each attunement will activate your attunement to begin.



"With love and gratitude I open to receive the attunement for Advanced Kundalini Healing Level *[insert level here]* in order to benefit all beings.

Thankyou, thankyou, thankyou."

ADVANCED KUNDALINI HEALING

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Now your attunement will commence, in line with your intention. You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing during their attunement which is perfectly ok - the energies are still working!

Once you have received your attunement, you will be able to start working with the healing practices outlined in each of the sections below. May you enjoy them with much love & light!



And finally, the Guides have prescribed the following timeframes in between each of the Advanced Kundalini attunements to allow for the appropriate practice and healing times at each vibrational level.

We humbly suggest that you receive each of the attunements after these minimum timeframes to allow the energies to settle into your consciousness. There is often much healing work being done in the 'resting' days and this healing work helps to provide the necessary foundations for future attunements.

PRESCRIBED TIMEFRAMES FOR RECEIVING ATTUNEMENTS

Level	Prescribed Timeframes
Kundalini Fire (L4)	Can be taken after 11 days from your Kundalini Level 3 attunement
Kundalini Gold (L5)	Can be taken after 11 days from your Kundalini Fire attunement
Kundalini Prism (L6)	Can be taken after 11 days from your Kundalini Gold attunement
Kundalini Equinox (L7)	Can be taken after 21 days from your Kundalini Prism attunement
Kundalini Rheon (L8)	Can be taken after 3 days from your Kundalini Equinox attunement
Kundalini Blue Diamond (L9)	Can be taken after 3 days from your Kundalini Rheon attunement
Kundalini Master Teacher (L10)	Can be taken after 3 months from your Kundalini Blue Diamond attunement

ADVANCED KUNDALINI HEALING
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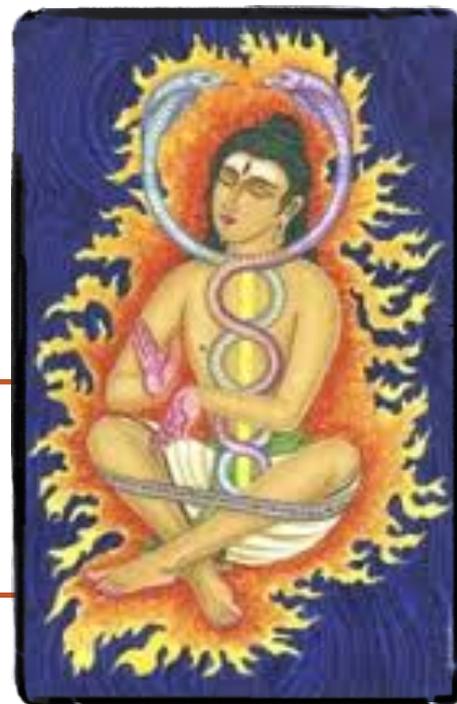
3. KUNDALINI FIRE - LEVEL 4:

Welcome to Level 4 - Kundalini Fire!

The Kundalini Fire energies add to the existing suite of Kundalini Reiki energies from Levels 1, 2 & 3 by helping us to clear away a deeper layer of energetic debris and impurity from within us, in what is a very simple five minute practice.

Our Guides shared this information with us as these energies were being brought through:

“These energies help to stimulate the erosion of old energies around the Kundalini Fire”



Prior to working with these Kundalini Fire energies, it is important that you first receive your attunement as outlined in the previous section (section 2). When you feel ready to, you may receive the Level 4 attunement by following along with those instructions.

Once you have received your attunement, the Guides have recommended that you work with the following self-healing practice daily for a minimum of 11 days, at which point you may progress through to the Kundalini Gold level as you feel ready to.

* Kundalini Fire - Self Healing

The healing practices for the Kundalini Fire energies are very simple and easy to work with. For this practice, we will be using the Level one self-healing technique i.e. we will be imagining that a very small version of ourselves sits in the space between our palms.

The only difference here is our intention and to activate these Kundalini Fire energies, we simply need to say 'Kundalini Fire' whilst intending that these energies flow into this small version of ourselves for around 3 - 5 minutes.

This process can be repeated as many times as you feel necessary. If you wish to, you may also wish to work with the other Kundalini Reiki (Level 1-3) practices in addition to the Kundalini Fire practice. For example, you may wish to call on the Kundalini Reiki energies prior to working with the Kundalini Fire energies.

This is a personal preference and will depend on how much time you have for your practice, however **we do suggest that you at least work with the Kundalini Fire energies once per day for a minimum of 11 days as prescribed by the Guides.**

* Kundalini Fire - Healing Others

Activating the Kundalini Fire energies for others is equally as simple. For example, If we were working with someone in-person, we would simply activate the energies by saying 'Kundalini Fire' as our hands are placed on the recipients Crown Chakra. The energies would then flow into the recipient for around five minutes or so.

Again, these Kundalini Fire energies are complementary to your other Kundalini Reiki energies so for some of you, you may feel guided to call on the Kundalini Level 3 energies prior to working with the Kundalini Fire energies in your healing work. As always, please be guided by your own intuition.

In a distance healing format, the Kundalini Fire is used in a similar way as the self-healing practices. Simply imagine that the recipient sits in the space inside your palms and activate the Kundalini Fire energy by saying "Kundalini Fire" whilst setting your intention for the recipient to receive the Kundalini Fire healing energies.

You may also continue to set intentions as you send the healing through affirmations, as we discussed in earlier levels or you may just wish to open up as a divine healing channel and allow the energies to flow through you and into the recipient.



And again, you may wish to work with other energies in your distance healing sessions as you would in a regular hands-on-healing type session. The choice is always up to you and what you feel is right for the recipient.

A standard healing session for Kundalini Fire will last for around 5 minutes and if you are choosing to combine these energies with other Kundalini Reiki energies it may take you around 15 minutes or so to complete your healing session.

As always, these practices are very flexible and adaptable to many different settings so we hope you enjoy using whichever frequencies you feel intuitively guided to use in your own healing and meditation practices.

As you go about your daily practice with these Kundalini Fire energies i.e. over the minimum 11 day period, you are helping

your energy to clear away a deeper layer of energetic impurities in preparation for moving into the Kundalini Gold attunement and practices.

ADVANCED KUNDALINI HEALING

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4. KUNDALINI GOLD - LEVEL 5:

As Love Inspiration received the Kundalini Gold energies and teachings, the Guides showed the energies as a golden 'egg' which encapsulated all of the Kundalini energies received thus far i.e. from Levels one through four.

A very simple technique was then shown which helps us to invoke all of the Kundalini healing energies into our meditation practice or healing session, thus allowing us to work with a more intensified and effective form of Kundalini healing.

Prior to working with the Kundalini Gold energies, please ensure that you have completed your 11 day prescribed resting / practice time for Kundalini Fire and as you feel ready, please go ahead and receive your attunement for Kundalini Gold by again following the attunement instructions in section 2.

Your Kundalini Gold attunement was activated for you at the time of unlocking the energies at the beginning of the ebook so all that is required here is to follow along with the instructions in the attunement section to receive your Kundalini Gold attunement with love & gratitude.

Once you have received this attunement for Kundalini Gold, you may read through the below practices and follow along as you feel guided to do so. It is with much love & light that we hope you enjoy these new meditation and healing practices and that they bring much love & light into your life!

* Kundalini Gold - Self Healing

Step 1 - Activating & Combining

After ensuring that you are comfortable and ready for your meditation / self-healing practice, the first step in the Kundalini Gold level is to activate and combine all of the Kundalini Reiki energies from Levels one through to four.

We do this by again working with Level 1 self-healing hand position i.e. with our palms facing each other with a slight space in between.

This time however, rather than imagining ourselves in the space between our palms, we imagine that there is a golden egg or a shining, golden sphere of energy sitting inside the space between our palms.

We can think that this golden egg is a representation of all of the Kundalini Reiki energies from Levels 1 through 4 and we just sit with this understanding and intention for a moment as we connect to these beautiful & consolidated Kundalini energies.



Step 2 - Receive Kundalini Gold healing

Once we have activated and combined the Kundalini frequencies through our intention and visualisation as outlined in step one, we are now ready to place our beautiful and divine golden egg (the suite of Kundalini Gold energies) into our Crown Chakra.

We can do this physically (if you wish to) by bringing our palms up to our Crown Chakra and physically placing this suite of energies into our crown. Alternatively, for a more meditative approach, you can simply intend or imagine that this is happening through your intention.

Either way, as the golden egg is being placed into, and received by, your Crown Chakra, you will be receiving the Kundalini Gold healing energies which are now absorbed in through our entire body over the next 5 - 7 minutes.

It is perhaps a good idea also, to ensure that you set your intention appropriately as you work with your golden egg in the understanding that our intention always sets the scene for any and all healing. For example, you may wish to ask that all necessary healing work be carried out for your own highest good and for the highest good of the collective consciousness.

These beautiful Kundalini Gold energies (the entire suite of Kundalini energies received thus far), will be divinely guided to where they are most needed for the next 5 - 7 minutes in line with your intention. Please relax and open up to these energies with lots of love & gratitude as they go about their important healing work.

As with the other healing levels, you may repeat this Kundalini Gold practice as many times as you feel necessary, noting that the Guides have prescribed a minimum practice be done daily for a period of 11 days to help bring about the appropriate healing before moving forwards into the next attunement.

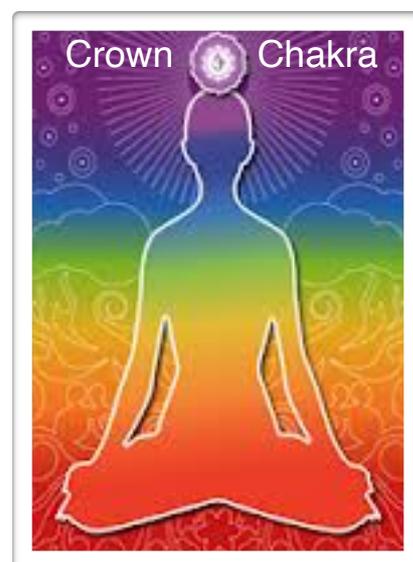
During these 11 days, you may also wish to explore new and exciting ways of working with these Kundalini Gold energies for yourself noting that it is always your intention that sets the scene for any healing work. Our imagination can be a powerful asset so we always encourage you to be creative with your practice and always do what you feel is best for you.

For example, for those of you who wish to create a more meditative version of these Kundalini Gold practices, you might wish to imagine that a golden egg is floating down on you from above, perhaps from a beautiful & divine 'sun' i.e. the source of all things.

You may imagine or intend that this golden sphere of light holds all of the Kundalini healing frequencies received thus far and as you do this, you can just open up to this and allow it to be received in through your crown and throughout your body.

You may set your intention here as you feel the love, light and healing of these beautiful healing energies and connect to a deep sense of peace and love. If you wish to, your intention may expand now to include all beings - may they also receive beautiful energies such as these!

This can be a beautiful and loving 10 minute practice that you can add to your regular practice should you wish to.



* Kundalini Gold - Healing Others

Distance Healing

Doing healing work by distance for Kundalini Gold is done in the same way as we have described for the self-healing practices. As always, it is best to state your intention prior to doing any type of distance healing work - i.e. this will be a Kundalini Gold distance healing session for (name) in (country) to help them with (.....).

Once you do this, you will then be ready to activate the Kundalini Gold energies noting that you do not need to work with any other energies prior to this.

We activate the Kundalini Gold energies by again imagining that a small golden egg or sphere of energy sits within the space between our palms, and then connect to the idea that this golden sphere of energy includes all of the Kundalini energies from Levels 1 through 4.



As you feel ready to, you can then imagine that this golden egg is now being placed into the Crown Chakra of the recipient and as you send these Kundalini Gold energies into the Crown Chakra of your recipient, you can state your intention to help this person with any type of problem or simply "for the benefit of their highest good and for the betterment of all beings".

Then we simply allow the entire suite of Kundalini energies to flow into their body for healing for around 5 - 7 minutes.

Alternatively, you may wish to bring the recipient 'into' the golden egg which

remains in your hands and send healing in this way. For some, this process will be easier and more familiar rather than placing the golden egg into their Crown Chakra.

Either way you choose to give distance healing, we suggest that you continue to send light and Kundalini healing for around 5 - 7 minutes through your hands to allow the Kundalini healing energies to flow through you and into the recipient.

As you will no doubt be aware, distance healing can be done in many different ways and it is important to remember that it is always your intention that sets the scene for the healing. We always suggest that you choose a method that you feel most comfortable with, noting that you may also wish to explore a range of different techniques as you progress in your practice.

Some, for example may feel more comfortable intending or visualising the golden egg being received directly in through the recipient's Crown Chakra. You may even feel comfortable to just allow the Kundalini energies to then flow through you without using your hands for this 5 - 7 minute timeframe.

For others, you may not feel comfortable to do this. You may feel a stronger connection by sending these Kundalini energies through your hands. Perhaps you imagine that you are sending the light to their Crown Chakra as if they were sitting down in front of you. This is also a very simple and easy distance healing technique that can be very effective.

The choice of how you do your healing will ultimately be a very personal one. We often suggest that whatever helps you to feel a stronger connection to the recipient and to the flow of sending healing energies is often the best option to choose.

As we explore new ways of healing, new techniques and new practices, we are able to learn and evolve in our healing work. Due to the divinely guided nature of all energy based healing systems, this is not something that you can ever get wrong!

By simply intending for the energies to flow into the recipient, so it will be.

Your intention is a truly magnificent and powerful thing so please know that whichever method or technique you adopt in your practice, it will work for you based on your intention. May you enjoy working with these energies in your healing practices for others and may they help you to bring about an amazing and beautiful transformation in others and yourself for your pathway forwards!

In Person Healing

Working with the Kundalini Gold energies in person is again something which is quite flexible. If you wish to, you may work with the techniques exactly as they are described in the above section i.e. first activate the Kundalini Gold energies in the palms of your hands and then place the golden egg and the Kundalini healing energies into the recipients Crown Chakra.

It will probably feel appropriate to leave your hands resting over the Crown Chakra as the Kundalini energies flow into the person you are treating. This is a very common and very widely practiced technique so one which we feel will be most popular and most natural for you here.

Another possibility for in person healing is that you visualise the Kundalini Golden egg floating down towards the recipients Crown Chakra. It is being activated and filled up with all the Kundalini Reiki energies as it flows downward and then flows into the recipient.



By using this last method, your hands will then be free to continue sending healing energies throughout this process which may be a more desirable option for you if you are also working with other forms of 'hands on healing' techniques. Again, please feel free to use whatever you feel intuitively guided to in your healing sessions for the best possible healing result of the individual. And use your intention wisely!

So for now, we hope you enjoy the next 11 days of practice and exploration with these consolidated and deeply healing energies. When you feel ready to, you are able to move forwards into the beautiful and expansive Kundalini Prism teachings where we introduce an additional 17 Kundalini healing frequencies into your healing and meditation practices!

ADVANCED KUNDALINI HEALING

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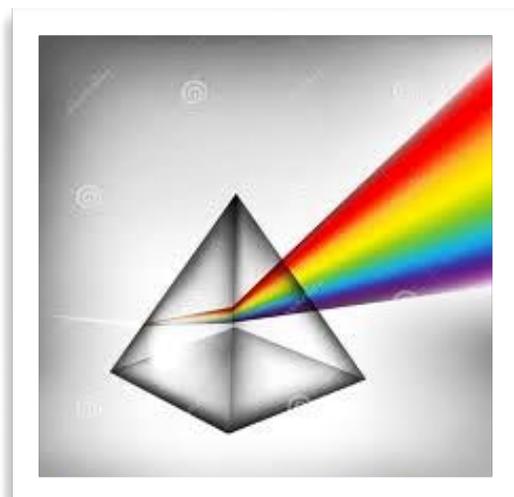


5. KUNDALINI PRISM - LEVEL 6:

In the previous level, we were introduced to Kundalini Gold; a very beautiful and simple practice which allows us to combine all of the different Kundalini frequencies thus far. And through these practices, this has helped us to intensify or more deeply work with these healing energies.

Now, in this Kundalini Prism level, we are being given the opportunity to expand our energy quite significantly as we open ourselves up to receiving a wider range of new and more harmonious Kundalini energies.

The Kundalini Prism level introduces a total of 17 new Kundalini frequencies which help us to widen and expand our divine healing channel. This then helps us to feel and connect more deeply with the very important "oneness frequency" in our healing & meditation work. As the Guides explain:



“The Kundalini Prism is not something you ‘have’ - it is a state of being. It is a frequency wide enough to allow for multiple expressions of light. It raises a person’s sense of oneness for it gives us the ability to connect to many frequencies.”

As in all previous levels, the Kundalini Prism energies can be used in a self-healing capacity as well as in healing work for others and it is very simple and easy to use. Love Inspiration is deeply grateful to the Guides for bringing through these energies and it is with much joy and happiness that we share these with you here.

As you may remember from the diagrammatic representation of this Kundalini system, this Kundalini Prism level almost looks like a satellite dish, resting on top of the foundational work of Levels one through five. And it is indeed a very significant level of energy to have reached. We wish to offer you our sincerest and deepest congratulations for this most important step forwards!

It is this satellite dish that will now help you to bring through these 17 new frequencies of Kundalini light into your being. So far, Levels 1 through 5 have helped to provide the foundations so that we can now get to this point; a point where we can now expand and open up to a new and very expansive set of divine healing frequencies for the benefit of all. As the Guides explain:

“The Kundalini Prism helps to unlock your potential to channel multiple frequencies.”
“This is the cradle of Kundalini Light.”

We sincerely hope that you enjoy these new frequencies and enjoy working with these in your daily practice. Prior to starting these practices, *please ensure that you have completed the 11 day Kundalini Gold practices before you receive your Kundalini Prism attunement.*

As with all of these attunements, your Kundalini Prism attunement has been activated when you unlocked the energies at the beginning of this ebook so you are ready to go! We hope that you enjoy your attunement and that you enjoy working with these truly expansive and deeply healing energies of the Kundalini Prism!

* Kundalini Prism - Self Healing

As the Kundalini Prism energies were being brought through, it was emphasised that the self-healing practice at this level was particularly important. It was recommended that the self-healing practices **be completed three times per day for a period of 14 days**. Each self-healing session will take around 5 minutes so this roughly equates to around 15 minutes of practice per day.

It was also passed on that this first two week period was important as it helps to 'charge' the Kundalini Prism with the new healing frequencies being introduced, almost as if it were a 'battery' of some sort.

Therefore, by connecting with these energies regularly and doing the self-healing practices within this first two weeks, you are allowing your Kundalini Prism to strengthen which will be important as you continue through the higher levels of energies.

During your attunement, the Kundalini Prism will be placed into your Third Eye Chakra and it will then be necessary to continue to charge this Kundalini Prism during the next 14 days to ensure that these energies are as strong as they can be for you moving forwards.

Once you have completed your attunement (refer section 2) you are then ready to begin the practices below.

Step 1 - Activating The Kundalini Prism

To activate our Kundalini Prism, we start each self-healing session by bringing together our fingers and thumb on our Third Eye Chakra (as shown in the picture). You may choose whether to do this physically or whether you just wish to visualise yourself doing this.

It was explained that this hand position is important to help bring *focus* to our third eye area and by following along with this technique, it is helping us to do this very simply. As our mind is focused on this area, we now say "Kundalini Prism" to activate the Kundalini Prism energies.



Step 2 - Setting Your Intention

As we say "Kundalini Prism" and activate these Kundalini Prism energies, these healing energies will now start to flow into our consciousness so it is very important here that we set our intention. In practical terms, we will state our intention immediately after saying "Kundalini Prism" so that the appropriate healing can take place. As the Guides explained:

“When you activate the Kundalini Prism, you become the holder of the ‘torch’ - you are therefore responsible for where you put that torch. You do this through your intention.”

There are many ways that we can set our intention, perhaps you wish to heal away issues of anger, worry, tension or perhaps you are hoping to heal away more physical issues in your body such as a sore back, an imbalance in your hip or perhaps another painful or blocked area of your body. Whatever the case may be for you, you may set your intention specifically to help with this issue.

Another way that we can set our intention is to simply open ourselves up to receiving whatever the energies feel are most important for our healing work at this time. In other words, we simply open up to receive whatever the divine deems best for our highest good. This can also be a wonderful way of setting the intention.

When the teachings came through, the Guides mentioned that these Kundalini Prism energies in particular would be received in direct proportion to the “width” of our intention - as they explained:

“The wider your intention is to benefit the collective consciousness, the more energy that will flow through these 17 channels [Kundalini Prism]”

This has been a very common teaching received throughout the Love Inspiration teachings and especially when the Guides speak of [The New Consciousness](#). We also discussed this idea of altruistic thinking briefly during the Level 3 Kundalini Reiki ebook.

For those of you who wish to know more about widening your intention towards a truly altruistic one, you may wish to view [Lesson 25 - How To Cultivate Altruism](#) on the Love Inspiration You-Tube channel, where we speak of altruistic thinking as part of our free online meditation course. You can also find more information about this most important concept in the [Philosophies](#) section of the Love Inspiration website.



Altruism: THE PRINCIPLE OR PRACTICE OF UNSELFISH CONCERN FOR, OR DEVOTION TO, THE WELFARE OF OTHERS

Generally speaking, as we start to introduce the concept of widening our intention, we wish to point out here that it is entirely ok for you to set your intention in a way that benefits both yourself AND others. Quite often, in Marty and Gerry’s own self-healing practices, they will state their intention in the following format:

“Divine energies, please help me with my energetic blockages, please help me to clear away all impurities from within me so that I may be a clearer and more open channel for the absolute and infinite benefit of all.”

You can see here that whilst they are asking to be free from all impurities for themselves, this is being linked with an overall intention to benefit all. By finishing the intention with “so i may better serve the collective consciousness” or “so i can better help others”, helps to widen the intention to a point where the energies will be received with more intensity for your own healing.

Also, as our understanding of oneness and interconnected-ness grows or evolves, we understand that by benefitting ourselves, we automatically benefit others so very naturally, when we ask for healing on ourselves, this is also helping the collective consciousness.

It is here that further reading and contemplating can also be beneficial about the idea of 'interconnected-ness' or oneness as we refer to it. As we deepen this understanding and as we can start to fathom the idea of an energetic interconnected-ness amongst us all, we are therefore better able to start cultivating wider and wider intentions that benefit all.

Love Inspiration has often been told by their Guides that this kind of personal growth work is also very important for the collective being as it helps us all to evolve closer towards the light. As the old saying goes:



**"If you want to change the world,
start by changing yourself"**

Step 3 - Receive The Healing Energies

Once we have activated the energies by saying "Kundalini Prism" and have now set our intention (as widely and altruistically as possible), we can just sit back and enjoy these energies as they go about their healing work for 5 minutes.

During this time, you may wish to just relax as these divine energies wash over you or perhaps you wish to say a series of affirmations as you receive the healing.

If you wish to, you may receive the Kundalini light in through your Third Eye Chakra and allow it to flow into your entire body for the benefit of all. Or alternatively, you may just feel that these energies are being received in through your body, for the benefit of all.

There is no right or wrong way to receive these energies except to say that we should always be open to receiving these energies with love & gratitude. As you feel the healing energies drop off slightly or after 5 minutes or so, you may wish to either repeat this cycle or finish your practice by giving thanks for all the energies that you have received from your practice.



* Kundalini Prism - Healing Others

The practices that we use to heal others in this 'Kundalini Prism' level is similar to the self-healing practices and as equally flexible as previous Kundalini levels. Whether we are working by distance or in person, it is important to work through the following steps:

Step 1 - Activating the Kundalini Prism

We can do this in the same way as outlined in the self-healing practices with the key points being that we focus our mind onto our Third Eye Chakra whilst saying "Kundalini Prism" to activate these energies.

We suggest that you use the technique outlined during the self-healing practices to start off with i.e. placing your fingers onto your Third Eye Chakra, but as you progress, you may wish to simply focus on your Third Eye Chakra whilst activating these energies.

As you activate these Kundalini Prism energies, it is very important to set your intention i.e. to benefit the recipient in line with their highest good. And then, you can just relax and become an open channel for these energies to flow through as we will now discuss.

Step 2 - Sending the healing energies

a) Working by distance

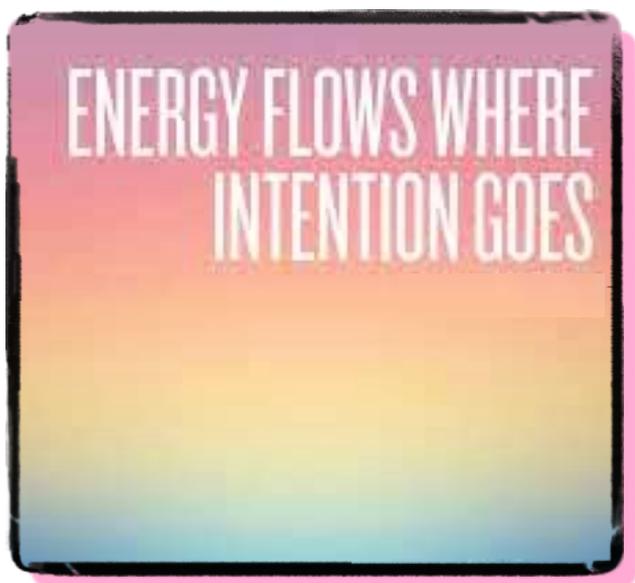
If you are working with these Kundalini Prism energies by distance, you can either send the Kundalini Prism energies to the person from your third eye, or if it is easier for you, you can send these energies using the level 1 self-healing technique (between the palms of your hands).

If you are sending these energies from your third eye, you may feel, intend or visualise that the Kundalini Prism energies or light is flowing from your third eye to their third eye or their whole body, whatever is easier for you to connect with. Either way, the energies will always respond to your intention and will flow to where they are most needed.

If you decide to use the Level 1 self-healing / distance healing technique, you would start by imagining that the recipient sits in the space between your palms and just take a few moments to connect with their energy.

Now you would activate the Kundalini Prism energies by saying "Kundalini Prism" and then intend that these energies flow into the recipient for their highest possible good and for the highest good of the collective being.

Like all energy based healing, the Kundalini Prism healing energies will respond to your intention so again please know that you can never get this wrong. The healing will take place exactly as it needs to for their highest good.



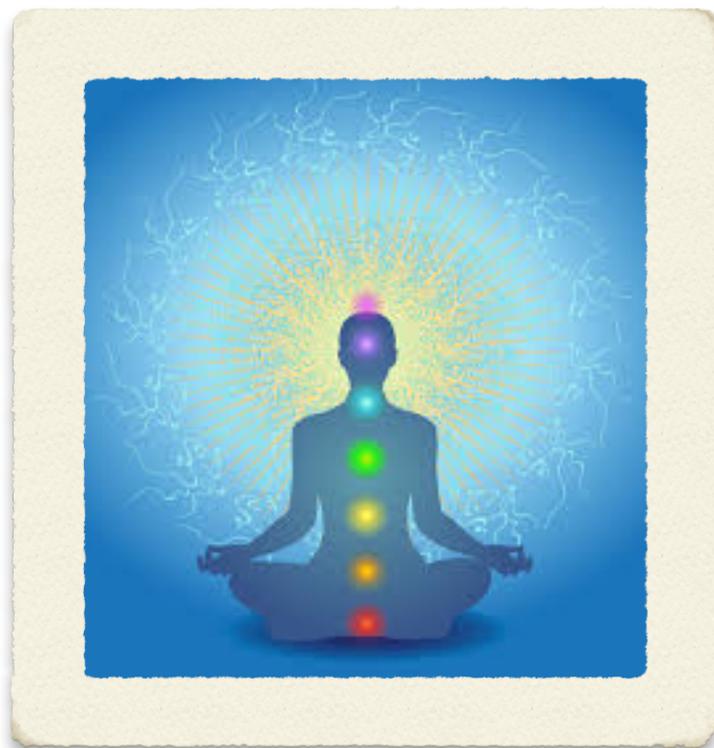
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b) Working in person

If you are working with these energies 'in person' you may wish to simply channel them into the recipient through the Level 1 hands-on healing technique. Most commonly, we work with hands-on healing when working 'in person' so this option may be a good one for hands-on healing sessions.

If you wish to, the Kundalini Prism energies can be sent directly into the Third Eye Chakra or into the Crown Chakra noting that these energies will always flow to where they are most needed.



In some instances, you may feel that your hands are being intuitively guided to be placed over another area of the body and this is ok also. Please always be open to divine guidance through your healing sessions as this will help the energies to flow to where they are most needed within the recipient.

Another option may be to combine some of the hands on / distance healing techniques so that you would beam down the energies from your third eye whilst also sending these energies through your hands on healing. You would always start by activating the Kundalini Prism energies and then just become an open channel for these energies to flow from your third eye area and also through your palms.

This is perhaps a more advanced technique though and we always encourage you to do what you feel is most comfortable for you and your own healing format. For those who are more developed in their healing practices, you may feel the energies being sent through every part of your body.

Whatever the case may be for you, may you enjoy working with these energies of love & light and may you be a very pure and loving healing channel for the benefit of all!



6. KUNDALINI EQUINOX - LEVEL 7:

During each level of the Kundalini journey so far, we have introduced you to new self-healing techniques that have been practiced over a number of days. However here in the Kundalini Equinox level, this format is changed slightly in that at this level of learning, **there are no healing or self-healing practices to be done.** All you need to do is to receive your Kundalini Equinox attunement and that is all.

The attunement and the entire purpose of this level is to *seal* all of the energies from Levels 1 through to 9 in preparation for Levels 8 & 9.

Your attunement for Kundalini Equinox can be received after a minimum of 21 days from your Kundalini Prism attunement. And please note that **your Kundalini Equinox attunement will only last for around 3 - 5 minutes.** (This is the only attunement that takes a shorter time; all other attunements for this Kundalini Healing system require a 25 minute attunement).

Once you have set your intention to receive the Kundalini Equinox attunement, please remember that you will not need to sit for the full 25 minutes, but rather we suggest that you just receive these energies until you feel like they have dropped off. If you are timing yourself, perhaps you wish to sit for around 10 minutes or so depending on how you feel to give yourself some extra time to absorb or enjoy these frequencies.

It was explained by the Guides that there are no new frequencies being introduced into your consciousness during this attunement and this is part of the reason why the attunement timeframe is shortened very significantly. This attunement simply seals all of the energies received thus far in preparation for moving forwards into the higher levels.

So if we refer back to the diagrammatic overview of this Kundalini healing system on page 3, you will see very clearly that Level 7 really encompasses or surrounds the other frequencies received to date. It is the necessary preparation for the continued expansion in this system as we can again move forwards into a much deeper level of expansion during Levels 8 & 9.

For those of you who wish to continue a daily practise at this level, you may of course still wish to practice with the Kundalini Gold energies (Levels 1 - 5) for 5 minutes and then call on the Kundalini Prism energies for 5 minutes.

Alternatively, you may just wish to call on the Kundalini Prism energies if that is what you are feeling intuitively guided to do. Either way, please know that there is no requirement to work with any of these energies during this 3 day resting period but this is an optional extra should you wish to continue doing your personal healing work.

As you feel ready to, after a minimum of 3 days from taking your Kundalini Equinox attunement, you will then be ready to make an offering as part of this journey as you move into the Kundalini Rheon energies.



7. THE ART OF OFFERING:

It has been suggested by the Guides that an offering be made before commencing Levels 8 and 9 of this Kundalini healing system. As was explained to us, this offering shows a sign of commitment to, and respect for, the teachings and energies that are being received.

As always, it is the intention behind an offering that is so important, rather than the actual amount being given. For example, even a small offering given with the deep intention to benefit all will help to bring about a wonderful inflow of energy for your healing pathway into these higher levels of consciousness.

In simple terms, each loving, kind or generous action we do allows us to clear away more of our karma 'debt' and therefore improve our own karmic circumstances. But this is not the entire reason for an offering of course - offerings are also a great way of showing our gratitude and allow us to feel the wonderful benefits of generosity.

And what a beautiful way to help ourselves lessen our karmic circumstances! As the Guides explain:



“This is as it is in the law of Karma; when one opens to giving, then one shall receive in direct line with what is intended and what is offered. The size of the offering is not as important as the intention behind it, however it should be noted that an offering is also a volume that is representative of what you are able to give.

Offering plays an important role in the retribution of karmic circumstances and it is these circumstances that encompass the volume of energies you are able to receive. We do not wish these words to sound threatening or to be misunderstood, however it is important to understand the karmic scale and the energies associated with it.

When we offer anything, be it love, wisdom, charity, physical items or service, we are making an offering as **purification** for our own karmic circumstances. This of course, is not the entire reason for an offering - and if you make it so then the karma is of course lessened, however it stands to reason that the more you put in, the more you get out - the more you offer, the more you receive.

It is indeed this simple. Karma does not take into account the tangled web of 'thinking' or intended actions of the ego, but rather the purity of the heart and the non-egoic, perhaps 'unintended' actions. It is out of the utmost respect for, and commitment to, the benefit of all that any offering will reach its highest love potential.

In short we simply wish to determine that there is a mainstreamed understanding of cause and effect - and that offerings are indeed a simple and love filled momentum to carry you forward to higher levels of vibration. It is your choice, as always, whether to make an offering however education in this area is indeed a fundamental part of one's growth and acclimatisation towards the new love consciousness.

Money is an egoic form of payment; love is and will become, the new means of exchange in the higher vibrations as you, and the world as you know it, reaches them. Making an offering comes from the heart.

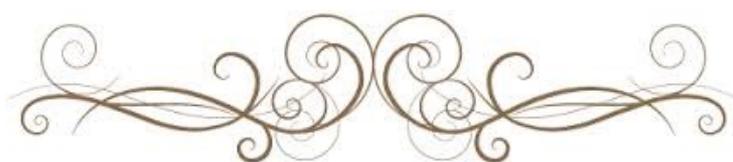
Remember this, as your ego will indeed 'kick in' and try to fight to continue it's control.

At the deepest form of healing is the relinquishment of the all-encompassing ego. This is a step-by-step process and is not something that simply happens 'over night', so please give yourself time and love as you make the transition further into the art of offering - for the benefit of all."

Overall, this is a teaching that can bring much joy, love and happiness into our life and something that the Guides have suggested we pass on here at this level. We hope that this helps to bring a more deepened understanding of the idea of Karma and of the idea that offerings can be a very simple and love filled way to bring momentum to your journey towards the light.

As always, it is your choice whether you wish to make an offering here as part of your onward Kundalini healing journey and we hope that should you choose to do so, any offering made is given from your heart and with love. Please be sure to set your intention to benefit all prior to making any offering.

What a wonderful place our world will be to live when we all learn the positive benefits that offering and love can bring into our life. May we all learn to relinquish our egoic tendencies as we embrace the art of offering with love, light and gratitude for the benefit of all.



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8. KUNDALINI RHEON - LEVEL 8:

Welcome to the new layer of Kundalini Rheon! It is with love that we warmly and humbly thank you for making an offering on behalf of these energies and teachings.

The Kundalini Rheon ([pronunciation here](#)) level is again very similar to the Kundalini Equinox level in that there are no healing practices to be completed for this level of learning. The attunement for this level helps to expand our energy whilst at the same time detoxifying and clearing away another layer of energetic debris from within us. This is a very necessary and important preparation for moving into the Master Level energies.

The key difference here between the Kundalini Rheon level and the previous level, Kundalini Equinox, is that the Kundalini Rheon attunement introduces a variety of new Kundalini healing energies into our consciousness. As we received these energies for Kundalini Rheon, the Guides also explained the following about the Kundalini Rheon attunement:

“This is the ignition key.”
“It detoxifies, clears and enlightens the pathway.”

This attunement requires that you sit for around 25 minutes to allow for the energetic changes to take place. When you receive this attunement, the Kundalini Rheon energies are received into your Soul Star Chakra; the chakra just above your Crown Chakra.

There are again no healing practices required during this level however please know that this Kundalini Rheon attunement will certainly help to bring about a significant wave of healing and purification from within.

In the days following this attunement, you may experience some healing issues being brought to the surface or perhaps some tired-ness or even exhaustion (depending on the depth of healing being undertaken). This is referred to as a [healing crisis](#). With energetic change and with more light, we are often given the opportunity to release and let go of old or stagnant energies from within.

May these attunements help you to release any old and unwanted energies from within and may you feel much peace and love from these new energies.

You will be able to receive your Master Level Kundalini Blue Diamond attunement after a minimum of 3 days from receiving the Kundalini Rheon attunement. Again, please feel free to do any personal healing practices during this 3 day period that you feel are right for you, however please note there is no requirement to do any formal healing or self-healing practices at this Kundalini Rheon layer.



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9. KUNDALINI BLUE DIAMOND - THE MASTER LEVEL:

It is with much love and excitement that we welcome you to this Master Level - Kundalini Blue Diamond, for it is through much healing work and energetic transformation that you have reached this most important pinnacle of your Kundalini healing journey!

The energies at this Master Level are deeply transformational and the healing & meditation techniques are now able to bring about a very significant and dramatic change in our overall energetic vibration. It is here that we are now able to connect to the entire suite of Kundalini energies in one simple 10 minute practice. Wonderful!

This is the level where everything is consolidated, where all practices and energies are brought into one very simple and easy practice as we again expand our healing channel quite significantly for the benefit of all. As the Guides explained:

“It is possible to do deep transformative healing at this level”

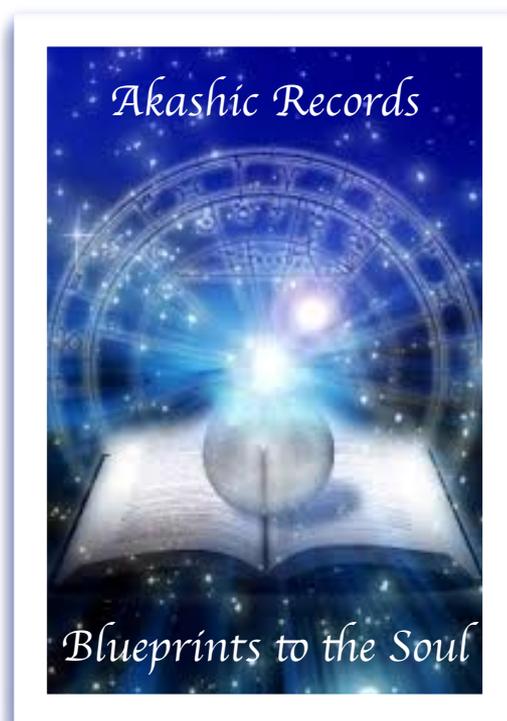
All of the learning and energetic transformation done so far in these previous eight levels has been to prepare us for this beautiful and love filled finale which is Kundalini Blue Diamond. Here, the energies work with the Akashic records to do some very deep and 'soul level' healing, both for ourselves and for others. For those who are unfamiliar with the idea of Akashic records, the Guides explained to us that the Akashic records are "The blueprints to the soul".

There is much information about the Akashic records available on the internet and we would encourage you here to explore this concept in more detail as you move into these Master Level energies. For now, let us just say that the healing opportunities being offered to us in this Master Level are very significant and will help us to heal and purify many deep issues from within.

Because of the idea that we are working at such a deep and 'soul level', the Guides have also told us that it is very important that we *always receive permission* prior to doing any healing work for others.

In most energy based healing practices, this is generally considered good practice but here, as we have gained the ability to influence 'the blueprints to the soul', it becomes very important now to gain permission before doing healing work with the Kundalini Blue Diamond energies. Another piece of advice from the Guides at this level of learning was:

“Use these energies with LOVE - Always!”



The attunement for Kundalini Blue Diamond can be taken after a minimum of 3 days from the Kundalini Rheon level. When you feel ready to receive the attunement, please ensure that you read through the below 'Additional Notes for the Attunement' section before following along with the normal attunement processes as you have done so far.

The attunement at this level is again 25 minutes and once you have received the Kundalini Blue Diamond attunement, you may then start working with the self-healing and healing others practices with love as described below.

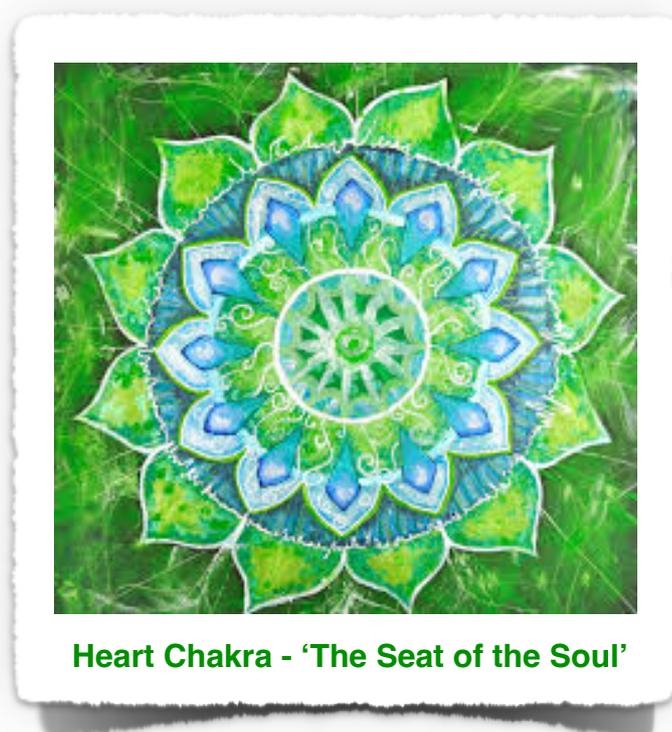
Additional Notes for the Kundalini Blue Diamond Attunement

As we have just mentioned, the Kundalini Blue Diamond attunement takes around 25 minutes to receive during which time, you will be receiving the Kundalini 'Blue Diamond'.

When you begin your attunement and set your intention, the Kundalini 'Blue Diamond' will be sitting a few metres above your head. As the attunement progresses, the Kundalini Blue Diamond will move down and become embedded into your Heart Chakra - "the seat of the soul" as the guides described it.

"The seat of the soul; the very best place for the blue diamond energies to be sent from."

Although the 'blue diamond' is being installed, the attunement process is the same as the other Kundalini attunements received so far, so there is no need to do anything different. We simply share this information with you so you can perhaps gain some added insight into the 'behind the scenes' processes that are occurring within this very special attunement. As always, please be sure to set your intention to receive these energies and then open up to receiving them with love & gratitude.



We hope that you enjoy your attunement and that it brings you much love & Kundalini light into your awareness. May you shine these truly powerful and loving Kundalini Blue Diamond energies for the benefit of us all!



Self-Healing Practices

As we mentioned in the introductory paragraphs, the Kundalini Blue Diamond energies bring together ALL of the Kundalini energies received so far and much, much more. By calling on the Blue Diamond energies, you are effectively invoking all of the Kundalini healing frequencies (Levels 1 - 8) PLUS a new suite of energies which make up the 'blue diamond'!

The Blue Diamond level therefore introduces us to yet another series of higher and more harmonious frequencies of light, healing and love and allows our energy to be expanded yet again. This then helps us to further deepen our understanding of oneness and the idea of a collective consciousness.

Another important part of these self-healing practices is the idea that the Blue Diamond energies work with your akashic records to bring about deep healing at a 'soul' 'blueprint' level. You may realise from your own experiences and understanding that this is truly an amazingly powerful healing gift to receive! And this very precious gift will now become very important for you in your own healing work and in the healing work you do with others, as you now have the ability to help others very significantly.

From our introductory section, you will remember that the Guides described the Akashic Records as being "the blueprints to the soul" so again, this gives us an indication about the true depth of healing being done at this level. We suggest that you choose your intentions wisely and for the benefit of all beings to allow for the most effective healing possible.

And as you continue to practice with these energies, you may feel that they help you to become stronger and more expansive as your intention widens and widens with practice. As always, we encourage you to be as expansive as you can be any type of meditation or healing work for the benefit of all.

So let us now cover how you may go about your self-healing practices, noting that from now on, these practices can / will form the basis for your entire Kundalini Reiki / Kundalini Healing practice. Please understand that all of the learning that has been done up until this point has been to prepare you for these energies!

All of the techniques and different practices so far have helped you to become a more effective healing channel and we truly hope that you will enjoy expanding into these beautiful Kundalini Blue Diamond energies for the benefit of all!



■ Step 1 - Activate the Energies

As in most of the previous levels, we activate the Kundalini Blue Diamond energies by silently saying to ourselves "Kundalini Blue Diamond". If you wish to, you can also say this out loud. Some of you may want to repeat this a few times over to give yourself some time to strengthen your connection to the Kundalini Blue Diamond but again, this is not strictly necessary.

As you say these words, the Kundalini Blue Diamond energies will be activated and you are now ready to set your intention for the healing session.

Please note that it is also quite ok to say your intention first and then activate the Kundalini energies if this feels better for you. (We have simply chosen to present the steps in accordance with how we received the information from our guides).



with some of your physical, emotional or life issues that are affecting you at the time. You may set your intention for the healing to help you gain more love & positive relationships in your life, or perhaps to release any impurities to do with any painful or hurting aspects of your being. Maybe you wish to use the Kundalini Blue Diamond energies to help you clear away any manifested obstacles from within your soul's blueprint which may have been carried over from past lives.

Or you may wish to release all impurities from your energy system so that you can become one with all things. Or perhaps, as you progress with these energies, you might wish to set a widened general intention that the Kundalini Blue Diamond energies shine through you, outwards for the benefit of all beings. May all beings become pure and happy through your practice!

There are many, many ways to set your intention so please be creative and please speak from your heart; what do you truly want to release? Who do you truly want to be? You have much healing power at this level so please use it wisely to benefit the whole collective consciousness! Additionally, we would like to reiterate our comments in the previous section about adding on "for the benefit of all" to ensure that the healing energies being received are strengthened.

For many of you, there will be lots of kinds of personal healing issues that you will no doubt be wishing to address - and this is very natural. Simply bring the "for the benefit of all" onto the end of any of your intentions to strengthen the healing energies.

■ Step 2 - Setting the Intention

The setting of our intention is very important for each and every self-healing session as it helps the energies to know where we would like healing to be done. We have explained throughout these Kundalini Healing levels about the different ways that you can set your intention and this learning will again be important to apply here.

Firstly, it is important to understand that you are now able to heal & purify things within you at a very deep level so your intentions are especially important now.

At the beginning of your practice, say for the first few months, you may wish to try and work

■ Step 3 - Receive the Healing

Once you have activated the energies and set your intention, you are now ready to open up and receive the energies for a period of 8 - 12 minutes, depending on the types of healing being done.

So far, you have learnt many techniques about how you can receive the energies and all of these techniques are equally applicable. You can work with any number of these in your Kundalini Blue Diamond practice.

For example, sometimes you may wish to just lie back and receive the energies into your body. Perhaps you wish to feel these energies as they are brought in through your Crown Chakra or your Third Eye Chakra or maybe you wish to stick with the level one self-healing techniques imagining yourself inside your cupped palms.

It is here that all of our learning is consolidated so that you can call on the Blue Diamond energies and receive them in any way that you feel is best for you at the time. This practice is meant to be simple, easy and deeply transformational so we hope you enjoy this flexibility and simplicity of the Kundalini Blue Diamond in your life!

For some of you, you may wish to work with these energies with the use of affirmations and visualisations. For example, you may continually repeat 'Kundalini Blue Diamond' and occasionally switch to your intention and/or affirmation for the healing i.e. 'may all beings benefit' or 'may I become one with all' etc.

You may also wish to visualise a very large translucent blue diamond as it expands from your body, shining brilliantly and expansively outwards for all whilst you receive the energies. This would be a wonderful & expansive practice and you could combine this with the affirmations mentioned above if you wish to.

These kinds of affirmation & visualisation techniques can help those of us with a busy mind and we again note here that your practice will be your best teacher! We hope you enjoy these truly individual and divinely guided teachings that come through your own practice and may they bring you much wisdom and light into your life!

As with all energy based healing, you will always receive more understanding, love & light with more practice and through invoking these energies on a regular basis. By calling on the Kundalini Blue Diamond and by sharing these energies with others, we make the wish for this world to start raising in energetic vibration closer to love, light & purity so that we may all live in harmony with one another.

As a final note, the Kundalini Blue Diamond energies can be called on and invoked at any time, as many times as you wish. The more regularly you work with these energies, the more healing and purification that will be done.

Please also be aware that the more healing work you do for others, the more purification you receive for yourself. The Kundalini Blue Diamond energies will always flow through you as the healing channel so please remember that there is a deeply inter-connected relationship between doing healing work for yourself and doing healing work for others.



Healing Others Practices

The techniques used at this level for 'healing others' are again very flexible and are in line with the practices mentioned in previous levels.

To start with, prior to doing the healing work, you may wish to discuss this with the person receiving the energies, perhaps asking whether there are any issues that they wish to heal or purify at this deep soul level. (Remembering that the Blue Diamond energies work with the person's Akashic Records to heal at this very deep level). If you had a magic wand, what would they wish to heal and manifest in their life?

We again reiterate here that it is important to always gain permission from the recipient before working with the Kundalini Blue Diamond energies.



Let us now discuss how to share these Kundalini Blue Diamond energies with others in a healing session. The three main steps are:

■ Step 1 - Activate the Energies

This is done in the same way as we have outlined in the self-healing practices by simply saying "Kundalini Blue Diamond" to invoke the energies. As we mentioned above, you may wish to precede this step by a personal preparation, perhaps setting your own intention / saying a prayer or inviting energy into the room.

Marty and Gerry themselves like to take a few moments prior to doing any kind of energy based healing session to tune in and to centre themselves prior to doing the healing work. They also take this time to invite in Guru's, Guides, Deities, Creator etc as part of the healing session.

Quite often, the type of preparation that is done will be a personal choice and one that will develop as you yourself start to do more and more healing sessions. Again, please draw on your healing experiences and the teachings throughout these Kundalini levels to help you with this.

■ Step 2 - Setting the Intention

Again, your intention can be set in the same way as we have outlined in the self-healing section. Please again set your intention for the highest possible interests of the recipient and if you wish to, you can always add on "for the benefit of all" or "so that the recipient can benefit all in the best possible way" at the end of each intention.

■ Step 3 - Sending the Energies

So far, we have learnt many ways and techniques to send these energies in a healing session environment, whether this be by distance or in person. Sending the energies of the Kundalini Blue Diamond will work with any or all of these techniques.

For example, when sending the Kundalini Blue Diamond energies by distance, you may choose to send them with the level one distance healing techniques. You may wish to simply lie back and imagine that the Kundalini Blue Diamond energies are flowing into the recipient who sits in the space between your cupped palms.

Alternatively, you may wish to imagine that the Kundalini Blue Diamond energies are flowing through you, more generally, as it flows into the recipients body. Your intention may be that these energies go to wherever they are most needed for the best possible healing result - and for the benefit of all.

Perhaps you wish to send the Kundalini Blue Diamond energies from your Heart Chakra to the recipient. You may visualise that the Kundalini Blue Diamond flows towards them and surrounds and encapsulates them in these divine healing energies, going to wherever they are needed.

Again, please always do what you feels right and most comfortable for you noting that the sending of energy is always done after activating the energies and setting your intention for the healing.

The energies will always flow to where they are needed in line with your intention so at this level, you are given the freedom and the flexibility to apply what you have learnt through the previous levels.

You may wish to again work with your visualisation skills and imagine that a beautiful Kundalini Blue Diamond is shining, radiating and expanding brilliantly and is encompassing the recipient. You may continue to work with this visualisation as you complete the healing.

Finally, let us reiterate that when you send these Kundalini Blue Diamond energies, you are indeed sending the Kundalini energies for Level 1, 2, 3, 4, 5, 6, 7, 8 & 9 all in one practice. ***You only need to send the Kundalini Blue Diamond energies and the person will receive all of the Kundalini healing energies.*** What a wonderful healing gift to receive and give for the benefit of all!



Final Notes For Kundalini Blue Diamond

The true beauty of this Master Level, Kundalini Blue Diamond, is that the entire Kundalini healing system is accessible all in one simple practice! The Guides that brought through the Advanced Kundalini Healing energies have explained that there is no need to call on any of the previous practices at this level; you just need to call on the Kundalini Blue Diamond and all of the other levels and healing energies come with this practice.

You can receive these energies in around 8 - 12 minutes making this a simple and truly transformational practice to be working with!

As we have said throughout these teachings, the Kundalini energies will always flow to where they are needed and with this, we wish to share a final piece of information from the Guides:

“Kundalini Blue Diamond calls all the energies in perfect relation to what needs healing at the time. There is a divine level of ‘intelligence’ not seen before [in previous levels] at this Master Level.”

So please know that whatever you or the recipient experience from your practice, you or they will always receive exactly what is needed at that particular time. This applies to any healing session you give to anyone or anything.

These Kundalini Blue Diamond energies can be shared with people, animals, nature, our earth or anything else that you wish to send these energies to. We truly hope that you enjoy working with these beautiful and deeply transformational energies and may they bring you much love, peace and happiness in your life.

Please be kind enough to share these energies with others and please always share the energies with much love and generosity. For those who are wishing to pass on these energies directly, the Guides and Love Inspiration are offering a Master Teacher Level as an extension to these teachings which we will discuss in the next section.



We are deeply grateful for the amazing healing work that you are doing and please know that your light is indeed very important to the collective consciousness. As we peel away more layers and more impurity, we move closer to our own truly divine self and it is with much love that we pray that all beings find their way home to purity, divinity and oneness.

10. INTRODUCING THE MASTER TEACHER LEVEL:

For some of you, reaching the Kundalini Blue Diamond Master Level of this healing system may be enough and you may not wish to continue through to the Master Teacher Level. For at this point, you have received a wide variety of healing energies and you are now able to connect with all of these in a simple and effective 10 minute practice. You can use these energies to do self-healing or healing others work and as such, you may now choose to simply take time to digest these energies and teachings.

You will likely find that with time and practice, these energies will provide you with some further insights into your own healing and meditation practice as you connect more deeply to your own 'inner world' and to your own mind / intentions.

Also, at this point, you are of course still a '*Kundalini Reiki* Master Teacher' which gives you the ability to give Kundalini Reiki attunements for Level 1, Level 2 and Level 3 as per the instructions in the first Kundalini Reiki ebook. Please note that if you are using our Kundalini Reiki Level 1- 3 ebook, you will just need to make it clear to each recipient that you need to give their attunements separately for each level.

We have also given you our blessings to use our Love Inspiration written materials to help you share these teachings with others so all you really need to focus on is giving the attunements. Again, for some of you, you may feel that this is enough for you right now.



For others however, you may wish to continue on to receive the Advanced Kundalini Healing Master Teacher Level training, where you will learn how to give multiple attunements at once for all levels.

And this is where this Advanced Master Teacher Level is just so wonderful - it will allow you to activate all attunements for all levels of Kundalini Reiki i.e. Level 1, Level 2 and Level 3 in one simple 10 minute practice.

And it is for this reason that we would normally suggest to people that they continue through to the Advanced Kundalini Healing Master Teacher Level (especially if you intend to teach) - to make things simpler, easier and more effective for you moving forward.

This is also a wonderful sign of the deeply divine healing work that you have done up until this point. For it is only through your own hard healing work and practice that your healing channel has been opened up and expanded to a point where you can now give the Kundalini Reiki attunements in 'one sitting'.

Lastly, we wish to add here that the Advanced Master Teacher Level will also give you the ability to teach the entire 10 level system of Kundalini Healing. Again, doing the attunements for these levels is equally simple and this is taught to you during the Master Teacher Level. And we again give you our Love Inspiration blessings to use our written materials for those who are teaching this system, so there will be very little work required at all when you are sharing these energies with others! We hope to make this system as simple as possible to encourage an infinite spreading of these energies!

Receiving the Advanced Master Teacher Level

The Advanced Master Teacher Level (Level 10) is received a little differently to previous levels, as there is no attunement to be taken, but instead a blessing is received after a person has completed a fulfilling level of practice at the Master Level.

The guides explained that the Advanced Kundalini Healing Master Teacher blessing would be received only after a person has "shown their dedication and commitment" to the Kundalini Blue Diamond practices.

They prescribed that those who wish to become a teacher work with the Kundalini Blue Diamond energies for around 3 months and use the energies in self-healing at least 100 times. In addition to this, they prescribed that the Kundalini Blue Diamond energies be called on at least 50 times or more (with permission) for healing others.

After this number of practices, the person shall be ready to receive the Advanced Master Teacher Energies.

So after you have completed the required practices i.e. 100 self-healing sessions and 50 healing sessions for others, and you have waited for a minimum of 3 months from your Blue Diamond attunement date, you are then ready to begin the Master Teacher Level.

Please note that for those wishing to become teachers of this system, it becomes extremely important to do the required practices and we ask that you please be honest with yourself when evaluating your practice according to these prescribed Advanced Master Teacher prerequisites.

At Love Inspiration, we rely solely on an honesty system and we most humbly thank you for helping us to maintain the integrity and the purity of this Kundalini Healing system.

For those of you who may struggle to reach 50 'healing others' sessions, please note that this includes sending the Kundalini Blue Diamond energies many times to one person. In addition to this, you may also wish to send the Kundalini Blue Diamond energies to our earth each day - this is also 'healing others'.

So again, we kindly and humbly ask that you please only begin your Master Teacher Level after you have completed at least 100 self-healing sessions, at least 50 healing sessions for others, and you have waited for a minimum of 3 months from your Kundalini Blue Diamond attunement date. This is very important.

As always, we will be delighted to share the Advanced Master Teacher techniques and practices with you and we will be very excited to have another wonderful Advanced Master Teacher in this world who can benefit others in such a deeply profound way!



11. THE NEXT STEPS FORWARD:

As we have previously mentioned, the Kundalini Blue Diamond energies will now be critical to you moving forwards as you complete the required amount of healing sessions necessary to receive the Master Teacher Level. For those who want to heal at a very deep layer, we suggest that you call on these energies as much as possible and really work with your intention to expand the energies towards more benevolent vibrations.



For those who wish to become a teacher, again these Blue Diamond energies will be crucial for you to show your dedication and commitment to these energies. Marty and Gerry themselves like to practice with these energies when waking up in the morning and before sleeping at night. They will often continuously repeat the Blue Diamond practices and will work with a range of intentions throughout these two main sessions.

They also found these Blue Diamond energies to be helpful for creating those expansive intentions to benefit all, perhaps to be used in conjunction with affirmations such as *'May all beings benefit'* and *'May the Kundalini Blue Diamond shine for us all'*. These kinds of affirmations can often help the energies to expand outwards through you for the benefit of all.

Like all practices, you will no doubt find your own niche and your own practice style. There are many kinds of 'minds' in this world and therefore we always encourage you to work with something that sings for you.

In addition to your Kundalini Blue Diamond practices, we also invite you to move forwards once more on your Ascension Pathway. Again, the Ascension Pathways are our most direct pathway towards Higher Consciousness and by continuing forwards into these energies, you will again be receiving more divine upgrades as well as a significant raising of your love vibration!

As you move into the higher levels of the Ascension Pathways, the pathways become steeper which means that the steps up in energetic vibration are also becoming larger and larger as you are guided into higher and higher feelings of love, light and Higher Consciousness.

For those who are wishing to become an [Advanced Kundalini Healing Master Teacher](#), it is also important to understand the Ascension Pathway prerequisites that are required for the Master Teacher course as shown below:

Master Teacher Level (Prerequisites)
The Unified Pathway To Light (Master Level), OR
Pathway To Light (Volume 4: Red-Fire Fox)

These prerequisites are again offering you the chance of another significant expansion and uplift in your overall energetic vibration and when combined with your expansive Kundalini Blue Diamond work, you will surely have an exciting and vibrationally uplifting few months ahead of you!

For those of you who wish to complete these practices separately, one at a time, this is totally fine. For those of you who wish to complete these practices in conjunction with one another, this is also fine. Please do what you feel is right for you as you move into these higher levels.

12. FINAL COMMENTS:

It is with much love and a deep respect to your loving and divine self that we again thank you for taking this Kundalini journey. This now concludes our teachings for the Advanced Kundalini Healing system and we sincerely hope that you have enjoyed these healing energies, teachings and healing practices.

Please remember that as a Kundalini Blue Diamond Master, we suggest that you continue to practice and share these healing energies as much as you can, for the infinite benefit of all. This is now a great time to raise awareness about these energies in the world as you start to offer a range of healing sessions to others with much love in your heart!

The healing energies can be sent and received in around 10 - 15 minutes and by doing so, you will also be clearing more room inside yourself for more love, light and healing. What a great opportunity to establish some rapport with forgotten people in your life - why not share some love and perhaps reconnect with old friends, acquaintances, clients etc. What a great way to bring more unity, love and togetherness into your life!

If you would like a certificate for completing the Kundalini Blue Diamond Master Level 9, please click on the link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

From here, we now lovingly suggest that you continue moving forwards on your chosen Ascension Pathway so that you can continue raising your energetic vibration and receiving these profoundly important ascension energies for the benefit of all. You are welcome to receive the Ascension Pathway energies at the same time as your completion of the Kundalini Blue Diamond practices so we invite you here to simply do as you feel guided to.

As a not for profit organisation which promotes healing & purification, it will always be our humble and loving advice that you continue onwards on your chosen Ascension Pathway and then receive other teachings, healing energies and other courses as you feel intuitively guided. We see the Ascension Pathways as the main highway to your ascension; the most direct route to a divinely perfect, more love filled and thoroughly amazing you!

We thank you for your continued service to the light and may the Kundalini Blue Diamond journey ahead shower you with bright and radiant light for the infinite and ultimate benefit of all beings!

With Love Inspired Blessings,

**LOVE INSPIRATION &
MAITRI FOUNDATION**





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ADVANCED KUNDALINI HEALING

LEVELS 4 - 9

MAY ALL BEINGS BE INFINITELY HAPPY
AND FREE FROM SUFFERING.