

Heartfulness



Master Level Symbols

Love Inspiration

HEARTFULNESS
MASTER LEVEL SYMBOLS



Love Inspiration

Learn • Heal • Awaken

DEDICATED TO MAITRI GURU,
FOR THE INFINITE BENEFIT OF ALL.

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Prerequisites For This Ebook

Welcome!

Please ensure that before you begin this Master Level Symbols course you:

- 1) Are a Master of one healing system (i.e. have completed and become a 'Master' of Divine Light, Kundalini Reiki, Usui Reiki or Karuna Reiki).

OR

Have completed the first volume of an Ascension Pathway (i.e Pathway To Light, Volume 1 - The Golden Mile or The Unified Pathway To Light, Volume 1 - The Celestine Series).

- 2) Have allowed yourself a minimum of 21 days from the completion of:

- any Ascension Pathway attunement and/or
- any Love Inspiration ebook (eg. Divine Light, Kundalini Reiki, Usui Reiki etc)

(Note that here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.)

- 3) Have activated (unlocked) the Heartfulness Master Level Symbol energies and attunement 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 Heartfulness Master Level Symbols 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](#)

[Visit the Love Inspiration YouTube channel](#)

[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)

[Start on the Ascension Pathway alongside this ebook](#)

[Visit our Free Music & Relaxation webpage](#)

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HEARTFULNESS

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ACTIVATING (UNLOCKING) THE HEARTFULNESS ENERGIES:

Before opening up to these beautiful Master Level Symbol energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin!

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 attunement for Heartfulness. With the unique activation code 1134670 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 Master Level Symbol energies! May you enjoy these with much love & light and with an intention to benefit all beings.



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GET THE MOST CURRENT VERSION OF THE HEARTFULNESS EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your practices 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.

Welcome to
Heartfulness



Master Level
Symbols



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MASTER LEVEL SYMBOLS HEARTFULNESS

WELCOME TO YOUR HEARTFULNESS MASTER LEVEL SYMBOLS COURSE!

It is with our deepest love that we welcome you to this beautiful Master Level Symbols course!

Within this short ebook, we will be introducing you to a beautiful set of deeply loving & wisdom filled healing energies that were brought through to Love Inspiration during 2012 from 'Higher Consciousness'.

These beautiful Heartfulness healing energies are very expansive, deeply loving and wonderfully radiant to help us connect with a deeper sense of love, light and understanding in our life. We truly hope that you will enjoy working with these divine healing energies and that they help to bring more happiness, joy & radiance into your world!



HEARTFULNESS
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1. AN OUTLINE OF HEARTFULNESS:

Please find below an outline of Heartfulness. Although no instructions were received from the Guides as to a 'self healing practice' period after the attunement is completed, we highly recommend completing a self practice and so our recommendation is included in the summary table.



<h2 style="margin: 0;">Heartfulness</h2>		
Days	Information	Timeframe
1	Attunement	Approximately 15 minutes
2 - 8	Self Healing Practice	Use the Heartfulness symbol once or twice daily for a minimum of 7 days (See Section 4 - Point 1. Working With Heartfulness in Meditation)
9 - 15		Use the Heartfulness symbol daily for a minimum of 7 days (See Section 4 - Point 2. Working With Heartfulness in Healing)
Total Time for Heartfulness = 15 days		

HEARTFULNESS

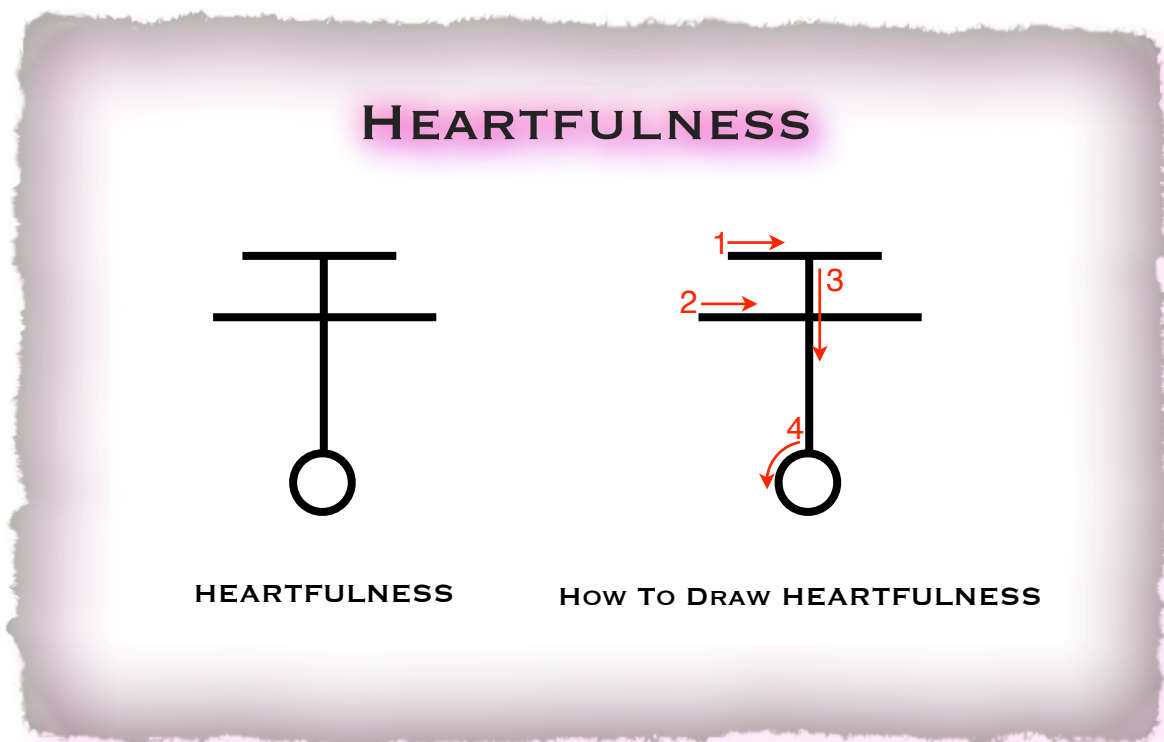
MASTER LEVEL SYMBOLS

2. INTRODUCING THE HEARTFULNESS MASTER SYMBOL:

The beautiful master healing symbol Heartfulness is perhaps best described as a radiant, shining & infinite source of love that has been brought through to this earth to help us all feel, or experience love at a deeper and more unconditional level.

By calling on these energies (through the Heartfulness symbol practices), we are allowing ourselves to open up to a new understanding of love & unity. May we all feel the immeasurable, infinite blessings of love, light & unity as we open up to these wonderfully shining energies and may all beings benefit from these new understandings!

The Heartfulness symbol is shown below:



As with all of Love Inspiration's healing systems, this heartfulness symbol course requires that you receive an energetic attunement so that you can then access these highly evolved energies. This is a most important part of this course and will help to ensure that you can access the full array of Heartfulness energies in your practices.

In the next section, you will find a detailed set of instructions about how to receive the Heartfulness attunement so that you can then start working with these energies in your own healing and/or meditation practices.

May you have a beautiful and blissful attunement and may you radiate these deeply loving energies outward for the benefit of all!



3. INSTRUCTIONS FOR RECEIVING THE HEARTFULNESS ATTUNEMENT:

To start with, please again ensure that you have satisfied the necessary prerequisites for this course. This will help to ensure that you will get the most out of these energies and that you can be energetically ready to receive these deeply purifying and cleansing frequencies.

NOTE: Before you receive your attunement, please ensure that you have activated (unlocked) the Heartfulness energies 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 you have activated your Heartfulness attunement and energies, specifically for you.

You are therefore then ready to continue your Heartfulness 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 Heartfulness energies for yourself, you may do this by following the instructions on Page III of this ebook.



Once you have activated (unlocked) the energies, you are now ready to receive your attunement by invoking or calling on these attuning energies. This can be done in your own time and space and is something that is normally very peaceful & relaxing.

And again, the attunement should be received *before* progressing to the healing practices as the attunement will help you to open up your consciousness to these Heartfulness energies so that you can then call on them whenever you wish to in your healing & meditation work. For more information about the attunement process, please refer to our [FAQ's page](#)).



And lastly, you will only need to receive this attunement once. After this, you will be able to call on this Master cleansing symbol anytime you wish to. Wonderful, now lets get started with the attunement!

Normally, we suggest reading through the below material first so that you have an understanding of the attunement process before actually starting. It is our experiences that this can help to bring more peace, open-ness and relaxation to the attunement process as you are more familiar with it.

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■ 1. Preparation:

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for around 15 minutes. You may wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience for your attunement.

■ 2. Setting Your Intention:

Once you are feeling comfortable, you are then ready to set your intention for receiving the Heartfulness attunement. To do this, place your hands together with fingertips touching in prayer position and say the following:



"With infinite love and light, I open up to receive the attunement for the Heartfulness Master Level Symbol in order to benefit of all beings. Thankyou, thankyou, thankyou."

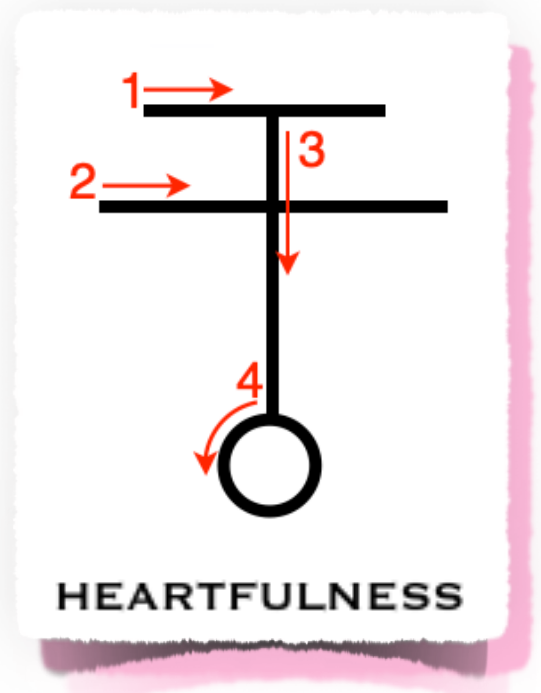
After you have set your intention, please feel free to move your hands from prayer position (if you wish) so that they are resting on your lap or in a way that is comfortable for you for the duration of the attunement.

■ 3. Connect with the symbol:

With our intention firmly set, we can now imagine, draw out or intend that the Heartfulness symbol is being placed into our heart chakra. As we do this, you may draw it out physically with your hand, mentally draw it in your mind or visualise the symbol above your heart chakra.

Whichever method you choose, it is important that you place, project or intend that the symbol is entering your heart chakra whilst you say the sacred name 'Heartfulness' a minimum of three times.

*** If you are unsure about how to work with symbols or you would like to quickly refresh your memory about how to work with symbols - we have included a basic guide to working with symbols in [Appendix 1](#) of this ebook.*



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■ 4. Receiving Your Attunement:

Now that the Heartfulness symbol has been placed into your Heart Chakra, you can now just sit or lie back and enjoy the peaceful and loving vibrations as you become attuned to the Heartfulness Master Symbol.



Typically, this will take around 5 minutes or so to receive so we suggest that you enjoy receiving these energies for around 10 minutes or so or until you feel the energies drop off.

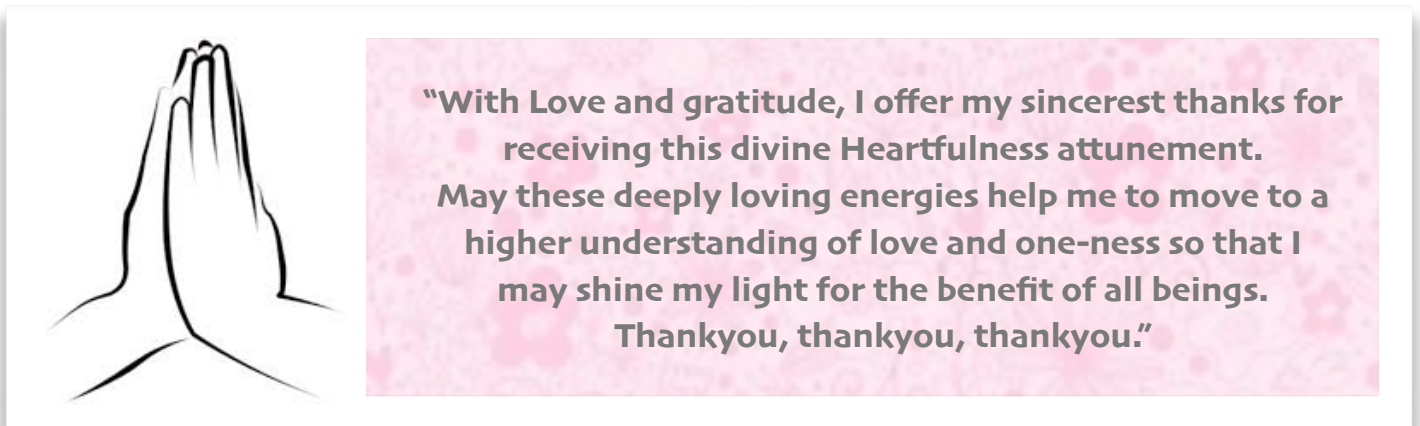
This additional 5 minutes will help you to assimilate these energies more effectively within your consciousness and will also allow you some time to just sit in this space of peace & relaxation for a more enjoyable attunement.

For those who wish to, you may also like to repeat your intention during your attunement or you may wish to say a series of affirmations during this 10 minutes. You may also like to continue visualising the symbol as the attunement takes place or you may just wish to sit quietly whilst you receive these attuning energies.

Everyone is always very different in their approach to receiving their attunement so please follow your own intuition and choose what feels right for you.

■ 5. Closing the attunement:

At the end of the attunement, you may finish by placing your hands back into prayer position to give thanks for receiving this Heartfulness Master Level attunement. Perhaps you wish to say something like:



Now your attunement is complete! You are ready to begin using the Heartfulness symbol in meditation and/ore healing. In the next section, we will now cover how you may wish to connect with these energies in your own healing & meditation practices.



4. INSTRUCTIONS FOR USING THE HEARTFULNESS SYMBOL:

As a master symbol, Heartfulness can be used in a number of different ways, both in healing work and in your own personal meditation. When called on, these energies will always *help to raise the love vibration and understanding of one-ness* within the recipient.

As we invoke these these energies, we are also opening ourselves up to receiving a wide range of love blessings from 'higher consciousness' and we are allowing our own energetic vibration to raise closer towards unconditional love & higher awareness.

There is no 'set' practice for the use of Heartfulness, therefore it is simply left open to your own intuition on how you wish to use the symbol either on yourself or others. As always trust your intuition and use Heartfulness in whatever way works best for you or the recipient.

Alternatively, you may wish to follow, or expand on, the two basic practices we have written below. These practices were not specifically brought through by the Heartfulness Guides, but rather are a few simple ways from Marty and Gerry to help get you started if you wish.



1. Working With Heartfulness in Meditation:

When using this symbol in meditation, it will help you to shine brightly & infinitely and especially so, when you set your intention to radiate these energies outward for the benefit of all beings.

As a suggested practice then for this Master Level Symbols course, please start by preparing yourself in whatever way you wish. Sitting or lying down, perhaps with some [Pranayama](#) or the energy based healing work as an introduction to your practice. Now place, project or intend that the Heartfulness symbol is floating down on you, through your Crown Chakra.



You may continue this visualisation for a few minutes as you open up and connect with these deeply loving energies. The symbol is floating down on you and entering your crown chakra. From here the energies continue flowing down as they slowly and gradually fill up and accumulate in your Heart Chakra.

After 5 minutes or so of this connecting & filling up your heart chakra with the energies of Heartfulness, you can now imagine that the Heartfulness symbol itself is resonating from the centre of your Heart Chakra.



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It's brilliance and radiance is starting to shine very naturally for the benefit of all and as you continue to allow this light to become brighter & more intense; as your connection to the Heartfulness energies continues to grow - your intentions can very naturally intensify towards altruism.

May all beings bathe in this beautiful love & light!
May all beings enjoy happiness, love & joy in their life!
May this light shine outwards for all - knowing that
I will also benefit from this widened intention!
May Heartfulness shine throughout the entire cosmos!



These kinds of intentions will help your practice to grow and expand very quickly with the help of the Heartfulness energies and will help you move more easily to cultivating a purely altruistic intention in your practice.

Self Healing Practice: In total, this basic meditative practice may take around 10 minutes or so to complete and **it is recommend that this basic practice be completed once or twice daily for a minimum of 7 days** to allow these new energies to be assimilated into your consciousness.

And from here, you may then expand on this basic practice how you feel guided to. For example, you may start to feel or 'sit' in this notion of one-ness i.e. the inter-connected nature of all things as you start to shine the Heartfulness symbol through our planet, through a range of different global situations / personal circumstances or even throughout our entire universe!

There are many ways that we can work with Heartfulness in our meditative practices so please feel free to shine the Heartfulness symbol wherever you feel necessary.

And as we shine more and more through meditation, for the benefit of all, we are of course also able to release many kinds of impurities & imperfections from within ourselves. And as we continue to connect with the divine blessings of Heartfulness, we can build on our energetic understanding of one-ness and the inter-connected nature of all things.

This is the combination of **altruism & one-ness**; the bringing together of compassion, love & wisdom so please do not under-estimate this beautiful yet simple idea of shining for all.

HEARTFULNESS MASTER LEVEL SYMBOLS



To help with learning more about the altruistic intention, we have put together some basic concepts in a quick you tube video which may be of some assistance should you wish to learn more about this area. We offer this to you with much love and light so [please feel free to watch and enjoy!](#)

However you choose to meditate, working with the energies of Heartfulness will help you to raise your love vibration and generate more feelings towards the idea of benefitting all beings. And it is here that you may also start to feel the power & benefits from cultivating these kinds of intentions through meditation.



2. Working With Heartfulness in Healing:

When invoking the Heartfulness symbol, the energies will always bring a wondrous array of love blessings as well as a deeper spiritual understanding into the recipient and as such, it can be used in our healing work in a number of different ways.

Intuitively, Heartfulness is a symbol that works very well in the heart chakra area and it will help to ignite the heart with many love blessings. Remember also that you can set different kinds of intentions when working with these kinds of symbols so please be creative when projecting or intending the Heartfulness symbol into the heart area of the recipient. For example:



“May this person shine infinite love for all beings”

“May this person receive an infinite amount of love blessings & gain immense spiritual wisdom so that they may benefit all”

“May this person be free from all of their healing issues, imperfections & impurities and radiate love for all”

In addition to using Heartfulness in the heart chakra, the energies will also be a very good addition to your healing toolkit in cases where you are working with very deep healing issues. For example, you may be working with other symbols to clear away or purify a particular area of the body. You give 10 minutes or so healing to this area and you feel that some of the darker energies have been removed from the body. In these cases, Heartfulness will be a good finale to your healing work as it will help to fill the space with lots of wonderful love blessings.

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As we remove darkness or impurity from within, it is always important to ask that this space be filled with love so that the recipient can walk forwards into the light more effectively and more easily. Heartfulness will help bring much love-light into the area you are treating and therefore will add to the effectiveness of your healing work.

Lastly, the Heartfulness symbol will also be able to be called on at the conclusion of a healing session in order to bring much love & divine blessings into the recipient's consciousness. As always, this symbol will respond to your intention so again please set your intention wisely to benefit all.

For example, rather than just saying *“May this person receive infinite love blessings”*, you may wish to say something like *“May this person receive infinite love blessings so that they may go on to help all beings in their life”*.

Please remember that altruistic thinking really does bring a significant expansion to any kind of energy work, whether these intentions be created in healing work for others or in personal meditation. For more understanding on cultivating altruism, feel free to check out our YouTube video [How To Cultivate Altruism](#). (Feel free to skip the introduction and go straight to the practices at around the 5 minute mark!)

Self Healing Practice: In addition to the previously mentioned 7 days of practice for Point 1 “Working With Heartfulness in Meditation”, **it is recommended to complete a further 7 days of practice using the techniques described here in Point 2 “Working With Heartfulness in Healing”**. There is no timeframe or set practice for this 7 day period, simply do what feels right for you from the techniques described and allow these new energies to be further assimilated into your consciousness.



5. FINAL COMMENTS:

We truly hope that you will enjoy working with this new master healing symbol. Like all of our practices, this can help you to add another valuable healing tool into your healing toolbox and we hope that you can help many beings reach more love & light in their life with these wonderfully inspiring and expansive healing energies.

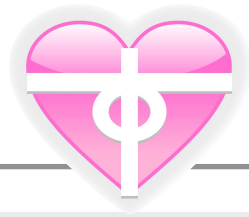
These energies are also complementary to any of our other [Master Level Symbols](#) and any of our free [Ascension Pathways](#) so please be sure to visit our website and receive more free attunements and teachings from us!

For now, we hope you enjoy these Heartfulness energies and may they help bring much love, light and understanding into this world!

With love and grace,

LOVE INSPIRATION





WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love from the Love Inspiration charity.

If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

- ♥ [MAKE A DONATION](#)
- ♥ [SHARE WITH OTHERS](#)
- ♥ [TRANSLATE FOR OTHERS](#)
- ♥ [WRITE A TESTIMONIAL](#)
- ♥ [HELP US IMPROVE](#)

Your benevolent help enables Love Inspiration to continue offering ebooks and courses freely for the infinite benefit of all.

Blessings & Thankyou,
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APPENDIX 1
WORKING WITH SYMBOLS
- A PRACTICAL START UP GUIDE



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APPENDIX ONE

WORKING WITH SYMBOLS - A PRACTICAL START UP GUIDE

AN INTRODUCTION TO WORKING WITH SYMBOLS:

Working with symbols in healing and meditation provides a wonderful array of divine healing opportunities as they give us access to a larger selection of healing frequencies. Symbols are also very easy to practice with and give us a much added flexibility to our meditation and healing work.

This quick start up guide will focus largely on the practical aspects of how you might go about working with symbols to start bringing in these love & light filled healing frequencies.

For those of you who have never heard of the idea of using 'symbols' before in meditation or healing, we would suggest to you to read our FAQ page on working with symbols. By understanding the theoretical aspects of working with symbols, we are better able to more deeply experience these energies in our meditation.

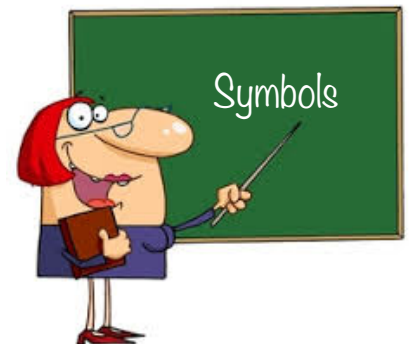
[Click here to visit our FAQ pages 'Using Symbols in Healing'](#)



HOW SYMBOLS ARE NORMALLY TAUGHT:

Normally, when someone is being introduced to symbols, they are shown how to draw the symbol, they learn the name of the symbol and they are taught the technique for using that symbol in meditation & healing.

If you are reading this manual, then you will have already been shown how to draw the symbol(s) and you will have been told it's/there sacred name(s). We now just need to learn about some of the techniques used to work with symbols in our meditation and healing so that we can start benefitting from these divinely healing energies.



A BASIC TECHNIQUE FOR WORKING WITH SYMBOLS IN MEDITATION:

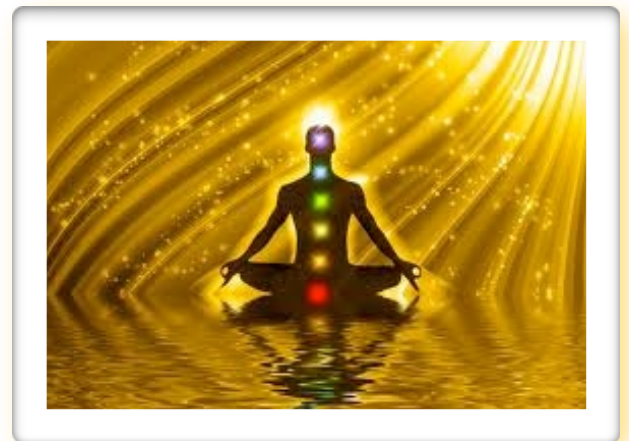
Symbols bring higher sources of vibration into our healing and meditation practices. They can be thought of as being like very good friends. When we treat them with respect & love and connect with them on a regular basis, then they will be very happy with us and in return they will bring much love & light into our life.

The energetic frequencies which are being accessed through symbols are often of significantly higher vibration than we ourselves are vibrating at. As we merge with the frequencies embedded within the symbols through the techniques which we will describe below, we are then able to move closer towards their vibration. As we do this, we heal ourselves of energetic impurities from within as we move to higher and higher frequencies of love & light.

So, how do we start working with symbols?

Typically, when we work with symbols, we normally draw the symbol out, either mentally or with our index / middle finger of our preferred hand, above the area we are working with. Once we have done this, we simply tap it in 3 times whilst saying the sacred name silently to ourselves (3 times).

So, for example if we are putting the symbol into our crown chakra, we will firstly start by drawing the symbol out around 15 - 30cm above the crown chakra (top of the head) and once drawn, we will quite literally 'tap' this into our energy field (3 times) whilst saying the name each time we tap it in.



**PLACING SYMBOLS INTO THE
CHAKRAS IN MEDITATION**

If you are a beginner, this method of physically drawing and tapping can be quite effective until you reach a point where you feel comfortable doing this process mentally i.e. through meditation. This is probably the most commonly taught method of working with symbols and is very simple and easy to get started with:

- 1. Draw out the symbol over chakra / area of body you are working with (physically or mentally).**
- 2. Tap the symbol into the chakra / area of body 3 times whilst saying the sacred name 3 times (physically or mentally).**

We can imagine the symbols melting into our energy in the same way butter would melt into toast. With time we can start to *feel* the symbol as it enters our energy and we can also start to feel its uniquely divine healing vibration.

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We should point out here that the tapping process does not need to be a physical tapping. This process works equally well (perhaps even more so) if we are able to intend or mentally tap these in as we progress in our practice. You will quickly feel what your preferences are as you start to work with symbols in a regular practice.

Please also be aware that your preferences may change as you progress forwards on this working with symbols journey. Perhaps you start with this physical tapping technique for a month or so and as you feel ready to, you move to a more meditative approach.

You might start with a very easy symbol meditation such as tapping in the symbol over and over again into your crown chakra whilst surrendering yourself to this divinely loving frequency. The more you open yourself to receiving, the more healing you will receive from the symbol. By working with the crown (or third eye) you are able to bring in the healing frequencies throughout the body. By working on these chakras, you are helping to work on your entire being.



AWAKENING OUR CHAKRAS WITH SYMBOLS

As you progress, you may wish to do this same tapping process for each of the chakras. You could 'tap' all the symbols into each of your chakras and then pause for a moment to feel the blissfulness and then continue to tap in symbols through your crown or third eye chakra. You might find that the process of putting the symbols into your other chakras first helps to lubricate or clear a channel so that you can be more effective.

As always, please listen to your own intuition and do what feels right for you, in your own time and as you feel ready. The key here is to be loving and patient with yourself as you start out with these practices. For those experienced in working with symbols, you will probably already know that there are many, many variations which stem from these basic 'tapping' techniques.

ADDITIONAL WAYS THAT WE CAN WORK WITH SYMBOLS IN MEDITATION:

Now that we are armed with a basic symbol technique, we can perhaps discuss some additional ways of working with these symbols in our healing and meditation. These additional techniques simply give us some variety with our practice and may help to invoke the energies in such a way that we feel more strongly.

We would always suggest that you work with techniques and practices that bring you higher and more blissful states of vibration. When we can feel these deep states of inner peace, stillness and love-filled energies in meditation, there is most certainly some very deep healing being done.

Ok so firstly, you can try experimenting with the 'tapping' aspects of the basic technique outlined above. Perhaps try tapping the symbols in 7 times or 11 times (instead of 3) as you wish. You may also wish to try tapping these symbols in many times over (more than 11) in order to create additional healing vibrations.



The number 3 is often held as sacred and it is thought to bring the abundance of these energies into physical manifestation. The number 7 is also a good number to work with and 11 is considered by many to be the golden number. You can choose to work with these numbers or any multiple thereof however equally so, this may be too much to focus on during the meditative practice in which case you may just wish to continually tap in the symbol as you feel appropriate.

As you progress also, the tapping process can almost become like you are visualising or intending for the symbol to enter you many times over without any need for a physical or mental 'tapping' process. For example, let's say that the symbol is to be placed into your third eye chakra. You would draw the symbol out, either mentally or physically and then simply imagine, visualise or intend that the symbol's vibration is continually flowing into your energy field.

As you do this, you may tap, tap & tap or imagine, visualise and intend until you can start to feel the vibrations really moving in through your third eye chakra and into your whole body. Over some minutes perhaps, you may feel the symbol's vibration as it flows through your entire energy field for the best possible healing result.

Equally, we could also imagine the symbol just above our third eye. Rather than drawing it out, we can simply visualise it there; perhaps it is made up of white light, shining beautifully, powerfully and very brightly. From here we can 'tap' this into our chakra or body part (as required).

Perhaps you just wish to receive the light directly from the symbol as it sits so iridescently above your third eye or crown chakra. The divine healing vibrations are entering your chakra and filling up your whole body.



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Another option could be to visualise or intend many little symbols entering the chakra / body part you are working with. You just need to open up and surrender to the healing power of the symbol to receive the magical vibrations of love and light.

In addition to this, another way to work with symbols in meditation is to simply imagine a very large symbol vibrating and shining from within us. The symbol in this case may be as large as say your whole body. Just keep your meditative concentration focused on the visual aspects of the symbol whilst continuously saying its sacred name.



As we do this, for say 5 minutes, the energetic vibrations may deepen and deepen for us. We can even add in here the wish that the symbol shines for all beings in the world, the universe or the cosmos as you wish to.

We can also combine some of these techniques together. For example, you may be working with your crown chakra or your third eye chakra and drawing and tapping many times over. After some time, say 3-5 minutes, you may find that you can now feel energies starting to fill your body at which point you may wish to now start working with a big symbol, intending that it shine for all.

Most commonly, it is the feelings of surrender, opening up, letting go, gratitude, love, compassion and the altruistic intention which will help you in any symbol based practices. Visualisation, meditative concentration and the strength or purity of your intention also helps to strengthen our practice.

Again, there are many different ways that we can work with symbols in healing and meditation and we hope that these words and techniques will inspire your own divinely guided practice for the benefit of all. This is all part of the fun - to create and grow in a way which brings your practice to life. This can often be a very empowering part of your practice.

Please note that the techniques described here are some of the more popular or widely taught techniques. There are also many others not mentioned, however with our own unique gifts we can each create our own unique techniques!

We share these with you with love and with the hope that you can use these techniques to bring yourself to higher and more harmonious states of being. We congratulate you on taking this most beautiful step into healing with symbols and we thank you for your continued service to the light.

With Love Inspired Blessings,

LOVE INSPIRATION



HEARTFULNESS
MASTER LEVEL SYMBOLS

FOR THE INFINITE BENEFIT OF ALL

May all find pure Love and be absolutely & infinitely happy and free from suffering.