

LOVE INSPIRATION HANDBOOK



By Marty & Gerry Donnelly

**A Summary Of Insights To
Help You On Your Love
Inspiration Journey**

Love Inspiration & Maitri Foundation



Love Inspiration

Learn • Heal • Awaken

Shaigi Wayinkya! **(Greetings with Maitri loving kindness)**

We are delighted to share this Love Inspiration Handbook with much love in our hearts. Here, we wish to offer our insights & perspectives so that we can help you to deepen your connection with the Love Inspiration teachings, energies & healing practices. May all beings enjoy eternal love, peace & joy!

With love, Marty and Gerry



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Introduction & Welcome

The Love Inspiration Handbook is a humble offering to the Love Inspiration Community and has been created with the hope of helping people connect with the Love Inspiration healing systems, attunements & practices in the highest, purest and more effective way possible.

This small handbook will therefore be sharing many key insights that have been gained by Marty & Gerry as they have brought through and connected with these Love Inspiration teachings and by sharing these with you, we hope that they can help to deepen your inner experiences so that you can enjoy much love, light and peace.

We understand that Love Inspiration offers many different healing courses, ebooks & teachings and with much love, we hope that this handbook can help you to make sense of the bigger picture about how to connect with these energies and how to approach your healing & meditation practices.

The Love inspiration healing systems can also present a wide variety of deep challenges within (as the healing processes take place). With this in mind, we hope that these insights can help to bring you more clarity & understanding about the overall healing process so that you can enjoy a more enriching, smoother and more peaceful journey forwards into this beautiful new light.



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Insight #1 The Love Inspiration Teachings

Back in 2011, prior to Love Inspiration being created, Marty & Gerry received information from 'Higher Consciousness' that the world would soon be moving through a very significant shift in energetic vibration i.e. it would be moving from an 'old' consciousness (one which is centred around the 'I') into an entirely new 'unified' consciousness (one which brings an energetic awareness of unity & oneness). During this time, we were also told that the main purpose of Love Inspiration would be to help provide a bridge so that we could help people cross into this new 'unified' or love based vibration ([The New Consciousness](#)).

Since 2011, Love Inspiration has received a great many attunements, energies & channeled teachings from a wide range of Higher Consciousness Beings. And because there are so many teachings now available on the Love Inspiration website, we thought it might be helpful here (as a starting point) to share some information about the Love Inspiration teachings so that we can explain the overall purpose of these (so that you can get the most out of the teachings).

To start with then, the Love Inspiration [Ascension Pathway](#) has been specifically 'brought through' to help accelerate the transition into the new unified or love based consciousness. These energies provide a step by step pathway into the energetic vibration of The Grand New Maitri Consciousness and as you continue to progress, you will be divinely guided towards healing, purifying, expanding, growing and ascending in a very profound and significant way.

As part of this journey, you will be guided towards breaking down your egoic consciousness patterns, step by step, as you are guided into a deepened sense of love, light, purity, unity, truth, harmony & inner peace.

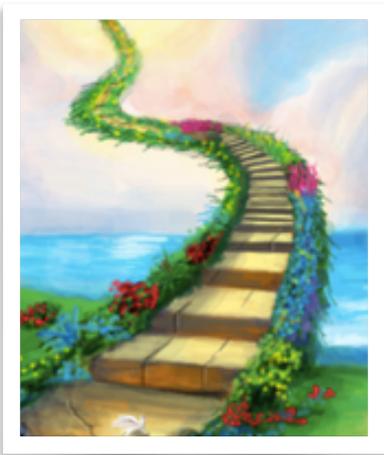


In addition to the Ascension Pathway, Love Inspiration also offers a variety of other Higher Consciousness based healing systems and most notably, a range of 'advanced levels' which can help to extend some of the more popular Higher Consciousness based healing systems (such as Usui Reiki & Kundalini Reiki).

It seems that these advanced levels have been brought through to Love Inspiration to help this world evolve into this new energetic vibration. May this world enjoy many advanced healing channels to help this shift in consciousness!

Of course, there are a great many benefits that come from working with these Higher Consciousness based healing systems and for those travelling on the Love Inspiration Ascension Pathway, these techniques & practices can also be a wonderful complement to your journey forwards.

With much love, we also wish to point out here that the advanced levels of both [Usui Reiki](#) & [Kundalini Reiki](#) really do take your healing to an entirely new & expanded level and it is for this reason that there are a number of important prerequisites required for these.



Having now brought through and received the Love Inspiration Ascension Pathway and these additional Higher Consciousness healing systems, Love Inspiration wishes to offer its unique perspective here, with much love. Most importantly, we wish to share here that the ascension based healing energies being presented through the Love Inspiration Ascension Pathways are of paramount importance to the Earth Realm.

With much love, humility and grace, we therefore wish to encourage those looking for deep healing, purification & ascension to start (or continue) moving through the Love Inspiration Ascension Pathway and to use this as your main highway into higher & higher states of consciousness.

Alternatively, we lovingly invite you to visit the Love Inspiration website and take some time to read & digest the Love Inspiration offerings; just allowing yourself some time to reflect on what suits you best for your journey forwards.

And finally, we wish to lovingly point out here that as you move forwards on this journey, there are a great many Higher Consciousness Beings watching over you, guiding you and supporting you for the highest possible good of all beings.

It is therefore with much love, light & humility that we invite you to move forwards on your Love Inspiration journey, in a way that feels right for you. And as always, please listen to your inner feelings and your divine intuition as you continue to progress into this beautiful new light.

We hope this brief overview of Love Inspiration can help you to understand a little more about the basics of the Love Inspiration teachings & healing systems and for more information about any of these, please just visit our website.

Insight #2 The Ascension Cycle

For those who are progressing on the Love Inspiration Ascension Pathway, you may have already noticed that a cycle starts to emerge. We refer to this cycle as The Ascension Cycle and with this insight, we just want to explain a little more how this process works.



The Ascension Cycle starts by you receiving new energies into your consciousness. For the Love Inspiration teachings, this is normally done through an attunement of some kind, for example Celestine Reiki level 1 attunement, Celestine Reiki level 2 attunement etc. By receiving each attunement, you are able to receive new Higher Consciousness based energies as you move closer towards love, light & purity in your life (noting that for the Ascension Pathway, these energies have been specifically designed by Higher Consciousness Beings to help you ascend into the new consciousness vibration, step by step).

After you receive an attunement, there is normally a period of 'rest & digest' i.e. in the days, weeks or months that follow. The amount of rest & digest time depends on the new energies being received and it can take a few days right up to many months. This rest & digest time is often a time of deep healing, purification, learning, growth and expansion and it is for this reason that we always recommend that people follow the prescribed timeframes as best they can, so that they can get the most out of the energies being received.

In simple terms, what is happening during these rest times is that the new Higher Consciousness energies (that have been introduced into your energy system via the attunement) are now stirring up old, stagnant or negative energies from within. This is the second step of The Ascension Cycle and can often be quite disruptive internally (which is why we can often feel tired, lethargic, out of balance or out of sorts during this time).

This is often felt differently by different people and will depend on the energies being received and the karmic circumstances of each individual. Some examples of these 'out of sorts' feelings can be tiredness, lethargy, temporary sickness, mental or emotional outbursts, strong or weird dreams, stomach upsets, headaches etc.

Normally, these kinds of symptoms are great signs that the new energies are being processed, digested and assimilated within your energy system and that you are moving through deep healing (this deep healing process is helping to clear away impurities so that you can ascend into more love & light).

Once the old, stagnant or darker energies have been stirred up (in the days or weeks following the attunement) ultimately, they must be released from your energy system. Normally, this is where you will briefly & temporarily re-experience these old energies i.e. as they are released. This is most commonly referred to as a [healing crisis](#) and describes the process of old layers of energy being safely released from your system.



Depending on the type of impurities being cleared from within (and this will depend upon your own karmic circumstances) you may feel physical ailments appearing (i.e. stomach issues, headaches, sickness, pain etc) or you may experience mental or emotional outbursts & imbalance (i.e. anger, sadness, frustration, grief, crying, rage etc.) or you may feel both!

If you do feel these kinds of healing crises happening, please see this as a great sign of your progress. This is also a measure of the purity of Higher Consciousness energies being received. In our experiences, we have also found that the depth and intensity of the healing crisis will often indicate the size & magnitude of your coming ascension so look out for this as you progress!

So far then, we have now covered the first three steps in The Ascension Cycle:

- Step 1.** Receive new energies / attunement
- Step 2.** Old energies being stirred and moved within ❄️
- Step 3.** Old energies now being cleared ❄️

❄️ *This means that you may experience a healing crisis or crises during these times and most notably, this deep healing / purification work is often happening during the rest & digest timeframes (which is why these are very important).*

Let us point out here also that steps 2 & 3 will often include learning, growth and energetic expansion. There are often times on the Love Inspiration Ascension Pathway where you will be divinely guided to learn, grow, heal & expand all at the same time (and again, this normally happens during the rest & digest timeframes following the receiving of new energies).

Above all, please know that your journey is always being divinely guided by a great many Higher Consciousness Beings and yes, everything is manifesting perfectly, uniquely and divinely, just for you!

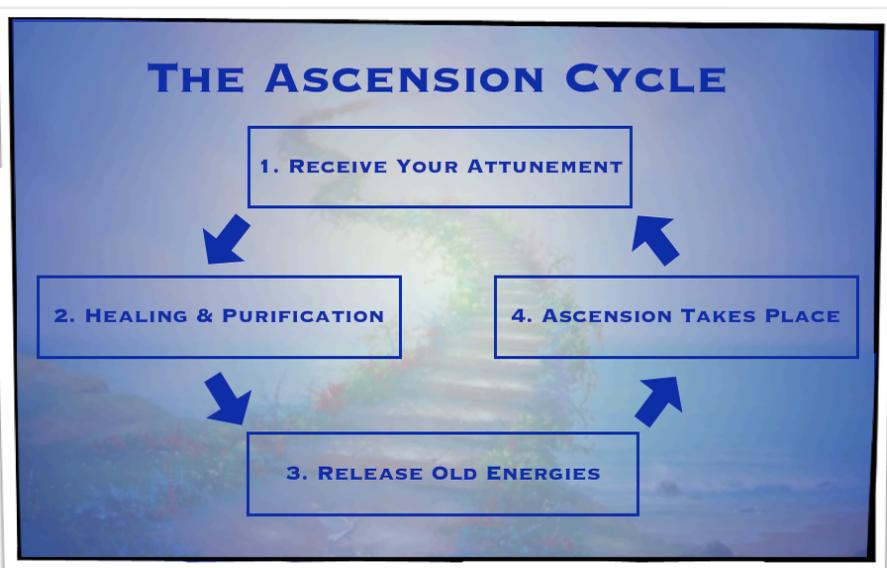


Finally, after doing all this deep healing work (and after any healing crises that may have occurred) this leads us to the final step - ascension! This is normally a beautiful time which uplifts your energetic vibration into the next level of the Ascension Pathway and this is often accompanied by new perspectives, clarity or insight for your continuing journey forwards.

This can also be a time where you can feel & connect with a deepened sense of love, light & peace within. Over time, we have learnt to treasure these moments because once you move into the next attunement, there is normally a new layer of impurity, imperfection or darkness that needs to shift, move and clear! Here, The Ascension Cycle starts again, but at a higher and more profound level.

In this way, The Ascension Cycle helps to spiral you upwards, continually, with each and every attunement. As you continue to progress, you may also start to see that your healing happens in layers so please don't be surprised if you are healing one particular issue on many different occasions (i.e. you are healing a deeper layer of this issue each time you ascend into a higher state of being).

We hope that this basic understanding of The Ascension Cycle helps you on your journey forwards and may this help to bring more clarity, peace and understanding into your journey. Also, we should point out here that this same cycle does also apply to other Love Inspiration attunements (and to other Higher Consciousness based healing systems in general) however the Ascension Pathway energies will normally be felt with more intensity, due to its divine purpose and its 'ascension based' intent.



Insight #3 Expanding Your Intention

For many people around the world, Love Inspiration offers the chance to connect with Higher Consciousness based healing systems so that you can be guided towards feeling more peace, love & happiness in your life. Wonderful!



When first starting on this energy based healing journey, you will normally learn how to do 'self healing' practices (meditation) & 'healing others' practices (healing sessions). At this early stage, the main focus is about helping to establish a warm and loving connection with 'Higher Consciousness' as you learn how to call on these peaceful, relaxing & deeply loving energies in a way that feels divinely appropriate for you.

This is a wonderful starting point for the world of energy based healing, as you are guided towards feeling and connecting with these beautiful healing energies and as you start to master the art of channelling Higher Consciousness based healing energies for the benefit of yourself & others.

From this basic foundation, as you continue to progress forwards on your energy based healing pathway, you will learn about the concept of 'distance healing' (the idea that you can send these Higher Consciousness healing energies across time and space). At this point, it is very common that your perspectives may be expanded somewhat as you begin to learn and understand that we are all inter-connected with one another.

From this deepened understanding, you will likely realise the importance of intention in your healing practices and at this point, you will most likely realise that you can send healing, love or light to anyone or anything you wish! And this is where we like to remind you that you are only ever limited by your own mind and your own imagination!

Ultimately, these new learnings can be a very empowering and uplifting part of the journey forwards and from this deepened perspective, you will often start to fine-tune your healing & meditation practices, as divinely guided.

Typically, as new understanding continues to evolve & deepen, you will start to more deeply connect with the concepts of interconnected-ness, unity and oneness in your practice. And with this deepened feeling of unity, you will often feel more peace, love & light in your practices.

So with all this in mind, we wish to share that the concepts of unity, interconnected-ness & oneness are very important for each of us to digest on this healing, meditation or spiritual pathway.

Within this one teaching, a recipient can receive a very precious opportunity for learning, growth and expansion as they start to embrace the idea that we are all interconnected with one another; unified by an invisible, incomprehensible and intelligent energy source which is often referred to as God, Source, Infinite Creator, Maitri and the like.

As we start to explore this concept more deeply, starting with a foundation of oneness, we can also start to embrace the idea that the 'I' is a truly limitless, infinite and ocean-like phenomena; one which encompasses all living beings, all time, all space, all realms, all spectrums & all dimensions.

Now, as these very deep understandings continue to blossom within, we can start to see ourselves more and more as the Infinite Creators we are and we can often feel a wonderful sense of empowerment, inner belief and unity. Of course, the important 'side effect' of this deepened understanding is that we will very naturally radiate and shine love, compassion and wisdom outwards through all of our various healing & meditation practices (as we will now explain).



For example, when we start to truly digest the concept of oneness, how can we not want others to be happy & free from all suffering? How can we not want every single living being to be filled with love & light when they are actually a part of us? How can we tolerate the suffering of others, without at least making the wish that they be free from that suffering? All of these questions come into a new perspective when we start seeing them through the lense of oneness.

And as we continue to cultivate these kinds of altruistic, benevolent, loving and compassionate intentions, there are a great many benefits that can be gained through our various healing & meditation practices also.

These benefits are normally gained through our expanded intentions and the deep feeling of love & compassion that arises within us during our practice. For when we set our intention to benefit all beings (and we truly mean it) we will receive a far greater intensity of light. This is perhaps one of the most important teachings for any meditator, healing practitioner or spiritual aspirant to receive, learn and assimilate within themselves.

This truly profound teaching stems from the principle that 'energy flows where intention goes'. This is a simple Qi Gong principle and if we take some time to reflect, contemplate and digest this principle, it really does make a lot of sense.

As one example of this, if we were to set our intention to heal ourselves only, the universe would respond by showering us in what we need to heal ourselves; perhaps a small column of light which can be used to heal the various impurities or negativities within us; whatever is needed for our own highest possible good.

Intention
is
everything

Now, if we compare this to a genuine and heart-felt intention to want all beings to be filled with light, may they all be free from suffering and may they all be infinitely happy, joyful & enlightened - this kind of intention, when felt from the heart, will most certainly call on a great many light energies and you will then receive a far stronger intensity of light (because of the width, purity, love, sincerity and altruistic nature of your intention).

This same principle is summarised very beautifully in a series of channeled teachings, known as The Law Of One, where it is explained that:

“A configuration of free will, one-pointed in service to others, has the potential for the alerting of a great mass of light strength.”

In the Tibetan Buddhism tradition, this important teaching is referred to as 'Bodhicitta' (*pronounced Bod - ee - chee - ta*) which can be roughly translated to mean 'The Enlightened Mind'. In this tradition, the Buddhist monks will spend many years trying to cultivate 'The Enlightened Mind' as they train themselves to stay in this altruistic and loving state continuously, as best they can.

The result of this continuous training is a significant improvement in their 'light strength' as they become able to shine love & light outwards for the benefit of all beings.



In the [Maitri Dharma](#), this important teaching is also very central in the practices. Here, Maitri Dharma practitioners will start their meditation practices with a feeling of reverence, faith, trust & devotion to Higher Consciousness and from here, they will then work with intentions that pray for the benefit and welfare of all beings. May all beings be free from suffering and may they be liberated from the cycle of rebirth & suffering. May they all attain freedom & liberation (Mukti & Moksha).

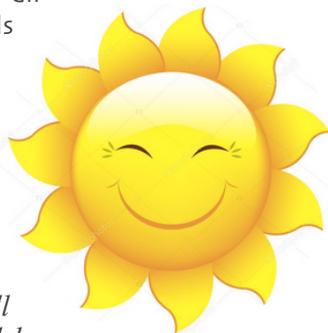
From these 'expanding your intention' type practices, we wish to point out here that there is a great deal of inner transformation, growth, healing & purification being done as we continuously expand our thinking to include 'all beings'.

Therefore, for those working with any kind of Higher Consciousness based healing, it is very important that you always try to cultivate intentions that are as loving, expansive and as altruistic as possible.

For example, at the start of your practice, you can intend, ask or pray that these healing energies help all beings to be free from suffering; may they all be liberated from the continuous cycle of rebirth and suffering. May all beings be happy and/or that all beings be free from suffering.

All of these types of intentions are truly wonderful ways to start any kind of healing or meditative practice. And of course, these types of intentions will most certainly help you to receive more love, light & energy and will also help you to accumulate many wonderful karmic merits for your journey forwards.

In other spiritual traditions, we have heard this teaching explained simply as 'radiating for all' or 'shining for all' and in simple terms, people are guided towards radiating love, light & healing outwards so that all beings may benefit; like a sun which radiates lovingly for all beings in creation.



When we are doing healing for ourselves, we can think *“May all of these healing energies help to heal all of my issues so that I can become a great channel of light for all beings to benefit from. May I radiate infinite love & light outwards so that all beings may be free from all suffering. May they all be liberated from the continuous cycle of rebirth & suffering.”*

Ever since the inception of Love Inspiration, one of the main focuses of these Higher Consciousness teachings has been to guide recipients towards deeper feelings of love, radiance & altruistic thinking in their various practices. This has been described & prescribed throughout the ebooks, courses & teachings and this idea has been reinforced over and over and over again to Marty & Gerry by Higher Consciousness through additional messages that have been received.

So here in this short booklet, we wanted to share this very important teaching with you as you continue to raise your energetic vibration (through the Love Inspiration attunements, the healing practices & by accumulating karmic merits in other ways). We also wish to encourage you to start incorporating these kinds of altruistic intentions into your practices, as best you can, so that you can feel the immense benefits that come from an expanded and loving intention.

As a simple summary then, we lovingly suggest that you always try to approach your meditation or healing practices with a deep feeling of love, compassion, wisdom (an understanding of oneness) & altruism (radiating for all). And if you can cultivate these feelings whilst connecting with Higher Consciousness with faith, trust, surrender & reverence - this is truly where the magic happens!

“With infinite love, may all beings attain freedom and may they be liberated from the cycle of rebirth and suffering.”

At this point, we would like to explain that the Love Inspiration teachings will very naturally and automatically help you to vibrationally move towards these types of altruistic mindsets as you gradually move towards a deepened sense of love, compassion, altruism and radiance from your practice.

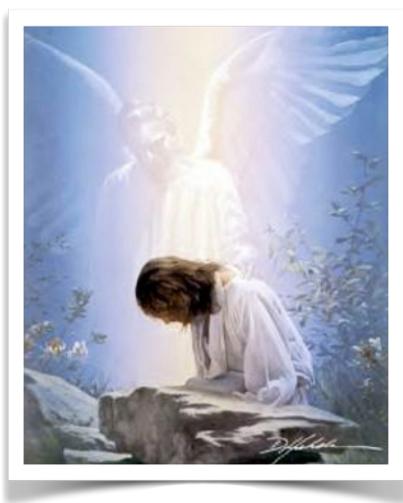
For example, as you continue to progress into the higher levels of the Ascension Pathway, you will be guided towards a very deep and profound feeling of love, compassion, wisdom, truth, altruism, benevolence, peace, faith & surrender that very naturally shines & radiates outwards for all beings to benefit from.

The Love Inspiration healing practices, teachings & ebooks will also be helping to guide you towards these kinds of intentions, throughout the written teachings and by sharing these additional teachings with you, we hope that we can help you to radiate lovingly, infinitely and benevolently for all beings to benefit from.

And finally, we wish to remind you here that the benefits of any healing, meditative or spiritual practice are experienced in an incremental, organic and step by step way.

The love Inspiration Ascension Pathway is most certainly a step by step pathway that will help to guide you into higher awareness and higher consciousness in a way that is both unique and in direct alignment with your own unique karmic circumstances, your intentions and your heart-felt desires.

Therefore, we lovingly ask here that you please do be patient, loving and gentle with yourself as you continue to blossom and please know that there are a great many Divine Beings watching over you, caring for you and guiding you forwards in each blessed moment.



Insight #4 The Benefits Of Karmic Accumulation

As you progress into higher & higher levels of light, it becomes noticeable that this ascension journey is linked with the concept of accumulating karmic merit. So with this insight, we wish to give you some basic understanding about this important concept in the early stages of your journey so that you are better equipped for a smoother and more enjoyable ascension process.

For those who may be just starting out in the world of energy based healing, let us share here once again that the focus at the early stage is very much centred around helping you to establish a warm and loving connection with Higher Consciousness, in a way that feels right for you.



At this stage of your journey, this is a great way for you to accumulate a wide array of wonderful karmic merit as you continue to do your self healing practices and as you connect with Higher Consciousness, with a variety of loving, positive and benevolent healing intentions.

So let us start by saying that yes, doing self healing work will indeed help you to accumulate karmic merit for your journey forwards (as you work inwardly to clear away your own impurities, obstacles and inner darkness).

Of course, when you are doing your self healing practices, if you can set your intentions expansively and benevolently, the accumulation of karmic merit becomes even more significant and it is for this reason that the Love Inspiration teachings will always try to encourage you to set your intentions more and more benevolently & expansively (so that you can accumulate more karmic merit for your journey forwards).

For example, if you want to do a self healing treatment as part of the Usui Reiki Level 1 training, might we suggest asking the Reiki energies to *“heal & purify all impurities within yourself so that you can become a clearer and widened healing channel ‘for the benefit of all beings’.*”

If you were doing healing work for someone else: *“May this healing work help to clear away all of this person’s impurities so that they can go on to ‘benefit all beings’ in a very profound and infinite way.”*

This is often a great first step in starting to include ‘all beings’ in your healing intentions and by doing so, this can also help you to enjoy the beautiful karmic merits that are often associated with these wonderfully expansive intentions.

And when we talk about 'self healing' in this context, this would include receiving attunements, receive healing, doing self healing and doing meditation. In addition to this, we can also add karmically enriching activities like giving healing sessions to others & introducing others to energy based healing practices (as well as other karmically enriching / charitable based projects).

All of these activities will help you to accumulate karmic merit and therefore, will help you to create better vibrational circumstances for your own healing, purification and ascension (and when we factor in the idea that we are all one, this obviously helps the collective consciousness also - as your vibration raises, so too does that of the collective).

In addition to these 'practice based' activities, an energy based healing practitioner can also look to their daily intentions, thoughts and actions for added benefit. For example, are your daily intentions and actions helping to bring more love & light into the world or is there still room for improvement?

For those who are receiving the Usui Reiki teachings, you may have noticed that there are five Reiki Principles being included as part of these teachings. These are shared during the Level 1 training and were included in the original teachings by Dr Mikao Usui as a way of helping people to live their life in a loving, positive & karmically beneficial way.

The 5 Reiki Principles

Just for today:

I will let go of anger

I will let go of worry

I will do my work honestly

I will count my many blessings

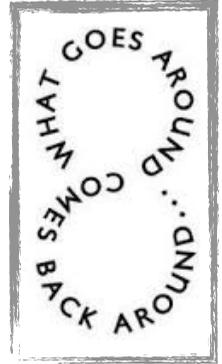
I will be kind to all living beings

Another example of this is seen in the Maitri Dharma, where it is suggested that a practitioner lives their life in alignment with [The 11 Maitri Precepts](#) (The 11 Principles of Loving Kindness). Here, the idea is that we are aligning our daily thoughts, intentions and actions with these loving principles so that we can continue ascending into light through our actions (rather than performing actions that lead us towards suffering, separation or impurity).

And of course, these teachings are based around The Law of Cause and Effect (or karma as it is more commonly known). And as we reflect on this, we can understand that whilst we may meditate very successfully for 2 hours a day, if we then go on to live out our daily life with a poor selection of intentions and actions, this can actually have a very powerful impact on our journey forwards.



Most importantly then, if we can acknowledge & recognise that our intentions and actions do have karmic consequences, we can then understand that we will need to face our karmic consequences (at some point). We share this information here with much love and invite you to take some time to reflect on your daily intentions, thoughts and actions, in a way that feels right for you.



As you continue to ascend vibrationally (i.e. through attunements & healing work) this will very naturally help you to evolve into higher and higher ways of thinking, intending, acting and behaving.

For example, as people progress on their Ascension Pathway, they often start to notice these changes naturally arising in their life as their vibration changes. This is often felt internally and then expressed externally through behavioural choices, dietary choices and the like. In other words, your outer world is showing you a reflection of your inner world.

For those wishing to uplift their daily actions, we humbly suggest that you simply follow your heart and listen to your inner feelings as you go about your daily life. You are always being divinely guided on this precious journey forwards so please do trust this and follow your own divine compass.

For example, as Marty & Gerry progressed on their Ascension Pathway, they were guided into a vegetarian and then vegan diet, over a period of years. First, they were guided to give up meat, then eggs, then dairy and then honey. So this is a good example of how things can naturally evolve, by receiving the energies of Love Inspiration & with the blessings of divine guidance.



Of course, we are all very different and as such, each of our individual journeys will be different. It is for this reason that we always suggest that you listen to your own heart and follow your inner feelings as you continue to progress forwards into more love.

For those wishing to accumulate karmic merit, one of the best ways to do this is to continue connecting with 'Higher Consciousness' with much love, compassion & faith whilst also cultivating a benevolent & altruistic mindset. And also, being mindful as you go about your day, ensuring you are performing actions that are based in loving kindness, compassion, unity & peace.

When thinking about how you should connect with Higher Consciousness, there are many ways to do this. For Marty and Gerry, the two best ways to connect with Higher Consciousness is through the [Love Inspiration Ascension Pathway](#) (as you move through attunements, upgrades and ascensions) and by practising the [Maitri Dharma](#) (which helps you to connect with immensely pure energies).

In addition to these options, you can also work with the other Love Inspiration healing systems and of course, pursue other vibrationally enriching activities & practices, in a way that makes your heart sing.

Outside of these meditation and healing based practices, we also suggest that you take some time to consider, reflect on and contemplate your thoughts, intentions and actions. This of course requires a little ongoing effort but as we've mentioned above, this will also evolve as you yourself evolve. For those who wish to explore this area a little more, here are some inner questions that you might like to ask regularly to help you on your journey forwards :

Does this action come from a place of loving kindness or is it being expressed from a place of impurity or ego?

Does this action help to promote a loving, positive or happy feeling for others or does it promote negative feelings, separation or hurt within others?

These are just two examples which may be of some help for those wishing to do this kind of internal analysis in order to ascertain whether your thoughts and actions are vibrationally uplifting, or whether they could instead be surrendered as you continue to journey forwards into new layers of love & light.

We hope that you will enjoy creating a wonderful array of karmic merits and may you continue to sow many beautiful seeds of loving kindness as you go about your daily life!



Insight #5 Attunements & Self Activation

If we look back through history, we can see that Reiki was rediscovered in Japan through the important work of Dr Mikao Usui (in the late 19th century). After Dr Mikao Usui passed, the Usui Reiki lineage continued to be developed and most commonly, Reiki became a system of hands on healing that called on *'spiritually guided, universal life force energy'* to bring about deep inner healing.

Reiki was taught over three main levels and an interested person would need to learn some theoretical information and would also be required to receive an attunement in person. This attunement would be passed on to the recipient by a qualified Reiki Master and it was also taught that an energy exchange was necessary (i.e. there should be some form of payment in exchange for teaching Reiki, whether this be money, time or another form of energy exchange).



In the modern world, this main style of teaching is still the most widely accepted way to teach Usui Reiki. Reiki teachings are almost exclusively given in person and many Reiki Masters will advise against receiving the Usui Reiki attunements by distance.

For Marty & Gerry, their Usui Reiki journey started in 2009. They learnt the entire Usui Reiki healing system through this same 'in person' teaching style and they were both very grateful to their Reiki Masters for sharing these teachings.

Over the next few years, Marty went on to teach Reiki to others in the same way (although not charging a payment). For each level of learning, Marty would give a Reiki attunement in person and this would be accompanied by a brief in person teaching about how to practice Reiki and about some of the other important theoretical foundations of Reiki.

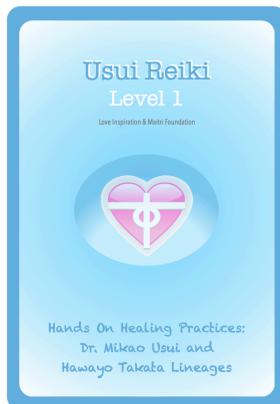
Now, let's fast-forward to the year 2015 when Love Inspiration started to receive the Advanced Usui Reiki levels (Levels 4 - 9).

As Love Inspiration received the Advanced Usui Reiki Master Teacher Level (Level 9) we received an entirely new format for offering the Usui Reiki teachings and attunements. We were asked by Higher Consciousness to start offering the Usui Reiki teachings and the Advanced Usui Reiki teachings 'by distance' ([read the channeled message here](#)) and we were also asked to offer all of the Usui Reiki & Advanced Usui Reiki teachings 'freely and with love' ([read the channeled message here](#)).

In line with these divine instructions, Love Inspiration started to offer the Usui Reiki & Advanced Usui Reiki teachings through a new 'by distance' attunement format and we did this from 2015 - 2016 (with the blessings & endorsement of Higher Consciousness).

After this, during the early months of 2017, Love Inspiration received another very precious gift from Higher Consciousness - the self activation codes. At this stage of our journey, we were told by Higher Consciousness that all of the Love Inspiration ebooks could now be activated *by the recipient*. The recipient would just need to follow a very simple process which called on a unique self activation code to 'activate' their attunements.

These activation codes were channeled directly through to Love Inspiration from Higher Consciousness (for each & every ebook that Love inspiration offered) and this then allowed each recipient to self-activate an ebook, prior to commencing. (Activating an ebook meant that all of the attunements being presented in that ebook would be activated and ready to receive).



Once a person had activated an ebook, they would then need to receive the attunements presented in that ebook by following along with the simple instructions. And of course, these instructions were outlining the 'by distance' attunement technique that had just been brought through to us a few years earlier.

So for Marty & Gerry, these self activation codes are a very precious gift from Higher Consciousness and something that highlights the wonderful evolution that is happening here on Earth. This now means that there is no need for a qualified Reiki Master to actually pass on the Reiki attunements but rather, any interested person can use the self-activation codes to 'activate' all of their attunements and then follow a simple set of instructions to receive their attunement 'by distance'.

Marty and Gerry see this new teaching style as a very profound step forwards for the world of energy based healing as the earth has now been gifted with an entirely new way of learning, receiving and attuning all levels of Usui Reiki (and a great many other divine healing frequencies). This new style also allows anyone & everyone to learn Reiki and connect with a wide array of Higher Consciousness based healing energies regardless of financial circumstances, geographical location or other personal circumstances. In other words, it has freed up all constraints so that anyone & everyone can have access to these energies, through the internet collective consciousness.

Having now explained the evolution in the Usui Reiki attunements, let us now look at the Kundalini Reiki healing system to see how these attunements have evolved over time.

Firstly, the [Kundalini Reiki](#) healing system (Levels 1 - 3) is quite new and it was brought through to this world by Mr Ole Gabrielson. The Kundalini Reiki healing system is traditionally taught over three main levels and these are available by distance. (The original Kundalini Reiki healing system teachings & attunements are normally offered through a 'by distance' format).

For those wishing to learn this traditional Kundalini Reiki healing system, they would need to find a qualified Kundalini Reiki Master Teacher and show their interest to learn. For each level of learning, they would receive a practitioner manual, which explained the basic healing practices and how to receive the Kundalini Reiki attunement. At each level of learning, the qualified Kundalini Reiki Master would then activate the attunement and after this had been activated, the recipient would then receive their attunement.



Marty & Gerry originally learnt Kundalini Reiki via this same teaching format. They received all three levels of attunements and these were activated by a qualified Kundalini Reiki teacher. For each level of learning, after the attunement was activated, they received their attunements by distance and learnt the practices by reading through a basic practitioner manual.

After becoming Kundalini Reiki Master Teachers, Love Inspiration started to offer Kundalini Reiki teachings using this same teaching style for a few years. After this however, Love Inspiration started to receive an *extension* to the Kundalini Reiki healing system - Advanced Kundalini Healing (Levels 4 - 10).

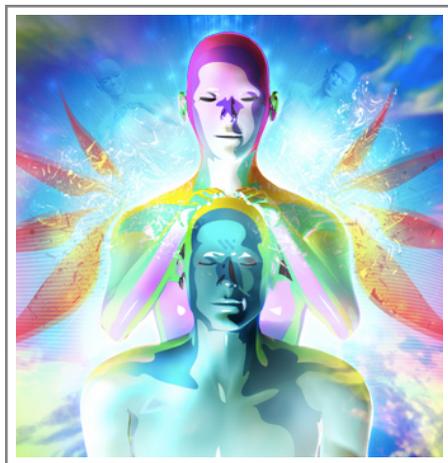
As we understand it, the Advanced Kundalini Healing energies help to extend and expand on the Kundalini Reiki energies and can help each recipient to connect with a higher vibration of Kundalini Reiki & Kundalini Healing.

As an Advanced Kundalini Healing Master (Level 9), there was also a new attunement format being introduced by Higher Consciousness which allows an Advanced Kundalini Healing Master to activate all of the Kundalini Reiki attunements (Levels 1 - 3) and all of the Advanced Kundalini Healing (Levels 4 - 9) attunements in one simple sitting.

During the Advanced Kundalini Master level, it was explained to Love Inspiration that the evolution in attunements was being made available because of the progress being made here on Earth and due to the energetic expansion that had taken place during the Ascension Pathway energies & through the Advanced Kundalini Healing levels.

With these beautiful new teachings being received, Love Inspiration started to offer the Kundalini Reiki energies in one ebook (containing the attunements & teachings for Levels 1 - 3) and the Advanced Kundalini Healing energies in another ebook (containing the attunements & teachings for Levels 4 - 9).

After offering these new teachings for some time, Love Inspiration received the very precious gift of self activation. From this point forwards, all recipients could then self-activate the attunements being presented in each ebook and could then receive these by following the instructions provided. A wonderful blessing!



Through this insight then, we wanted to take a few moments here to explain some of the important background about how the attunement processes have happened, for both Usui Reiki and Kundalini Reiki. Most importantly, we wish to point out here that all of this evolution has been done in alignment & in conjunction with Higher Consciousness and with their divine blessings, love, and energetic endorsement.

The attunements for the Love Inspiration Ascension Pathway have also evolved very significantly over time (as we have progressed into higher & higher levels and into new layers of The New Consciousness). We won't go into too much detail here except to say that we are truly delighted that we are now able to offer multiple attunements (sometimes over 30 attunements in one ebook) in a way that can be self-activated for everyone to enjoy, as they wish.

We are truly delighted that all of the Love Inspiration courses, energies & attunements are able to be received by anyone & everyone, regardless of any limiting personal circumstances. We have been told by Higher Consciousness that this is a very necessary and important step forwards for the Earth and we truly hope that these unrestricted energies will continue to bring much love, light & happiness to the world and for all beings.

Insight #6 The Role Of Divine Guidance

Throughout the Love Inspiration ebooks, teachings and healing courses, you will learn that the Higher Consciousness healing energies are always being 'divinely guided'. In simple terms, this means that when you call on these Higher Consciousness healing energies, they will always flow to where they are most needed for your highest possible good (and for the highest good of all beings).



This is a very simple & elegant teaching but it is also a very profound one and it is with much love that we now wish to expand on this concept a little more so that we can share some of our insights & perspectives.

Before we start, let us point out that each Love Inspiration ebook will provide you with a lot of detail about divine guidance and how this works for that particular healing system that you are learning. So here, in this short insight, we wish to focus on the more general aspects of divine guidance and how this can play an important role in the overall ascension process.

More specifically, we want to talk a little more about how divine guidance helps to create the right 'external circumstances' in your life so that you can be guided towards healing, purifying, learning, growing and ascending.

To start with then, let us say simply and lovingly that you are always being divinely guided towards more love, light, learning, growth, purity and spiritual uplift. In each and every moment, there are a great many Higher Consciousness Beings watching over you, loving you and caring for you as you continue to walk forwards on your journey.

This in itself is a very comforting thought and we can reassure you that in our experience, this is a very real & genuine concept. There are indeed a great many Higher Consciousness Beings who are watching over you, guiding you and loving you, in every single precious, blessed and loving moment.

For those who may be new to the Love inspiration teachings, we wish to share here that the main focus of the Love Inspiration Ascension Pathways, healing systems and practices are based around healing, learning, growing, expanding, ascending & purifying. As you continue to walk forwards, these teachings can help to guide you into deepened inner feelings of love, compassion, peace, surrender, truth, forgiveness, gratitude, joy, faith, devotion, surrender & reverence in your life.

Of course, this healing pathway can also bring about an immense amount of healing & purification and this is especially true during this transitional time here on Earth. We remember hearing one healing channel who described this transitional time as *“clearing away many lifetimes of karma in just a few short years”* and for Marty & Gerry, this has certainly been something that has resonated.

On the Love Inspiration Ascension Pathway, each recipient will be divinely guided to release many layers of old, stagnant, impure and negative energies from within as they are guided through a profound ascension process.

This is happening in a step by step way and it is for this reason that we wanted to include some information about The Ascension Cycle (in the early stages of this book) so that you could have some basic understanding about this process as you are starting out on your journey.

When we are moving through very deep healing issues, it is often helpful if we can understand, recognise or acknowledge that 'external circumstances' are indeed being presented to us through 'divine guidance'. These situations & circumstances are here to help us clear our impurities and to create the vibrational circumstances for the next ascension upwards into light.

So yes, external circumstances & external situations that are manifesting around you are always being divinely orchestrated for you (and any other related parties). These are here to help you heal, purify, learn, grow or expand into a new layer of light. As you heal, purify and release each layer of healing (with the help of these circumstances) this helps you to release these impurities & inner darkneses from your energy system and with this, you will then be ready to ascend into a higher energetic vibration of love & light. Wonderful!



For Marty & Gerry, this deepened understanding of divine guidance has been accumulated through years of deep healing crises, challenges, inner difficulties, sickness, pain & suffering (as well as a wide range of emotional outbursts along the way). At each step of the way, Marty & Gerry felt that the universe was 'pushing their buttons' through the wide variety of situations that were manifesting. These would then trigger exactly what was needed for them to clear away a deeper layer of impurity; an unpleasant but necessary set of experiences!

In most cases, Marty and Gerry would then look back in the ebook on what the Higher Consciousness Beings had said about the new energies being received for that particular level of learning and they would see that the external circumstances were an exact match to what Higher Consciousness had said in their previous message. Amazing!

Therefore, for those who are walking on this energy based healing pathway (and especially those who are walking on the Love Inspiration Ascension Pathway), we wanted to share this important insight so that you can see that yes, those weird and crazy situations that seem to be manifesting are all being divinely tailored so that you can learn, grow, heal, purify & ascend.



We also want to point out that healing will always happen in layers. Therefore, there can be times where you are seeing the same sorts of external circumstances manifesting in front of you and this is normally because you are being guided towards healing deeper & deeper layers of that particular healing issue.

For example, there have been many times where Marty & Gerry have been guided into deep states of emotional turmoil & imbalance (feeling anger, sadness, grief, frustration, wanting to give up etc). These feelings were normally brought about by some kind of 'external situation' that seemed to 'push their buttons' so they could release this deeper layer of healing. As they progressed on their journey, they started to see a pattern in their emotions and they started to see & identify that each healing issue seemed to have many layers to it.

So with this insight, we hope that we can help you to see and understand that the external circumstances that you are finding yourself in are all being divinely orchestrated so that you can heal, purify, grow, expand or learn for your highest possible good. And of course, all of these situations and circumstances are being gifted to you in line with your karmic circumstances. It is an unfortunate truth that we all need to heal our impurities before we can ascend into the light. And equally so, we must always repay our karmic debts in order to purify ourselves so that we can move into Higher Consciousness.

As part of the Love Inspiration ascension process, it has become clear that this is a process of breaking down the 'ego' consciousness (so that we can move into new layers of the 'unified' consciousness).

When the ego is being broken down (i.e. with each attunement that you receive), this process will be happening incrementally, in a step by step way. Some of the side effects ([Healing Crises](#)) of this ascension based healing work can include deep challenges, difficulties, hardships, emotional outbursts, depression, anxiety, strange dreams and feeling like you want to give up.

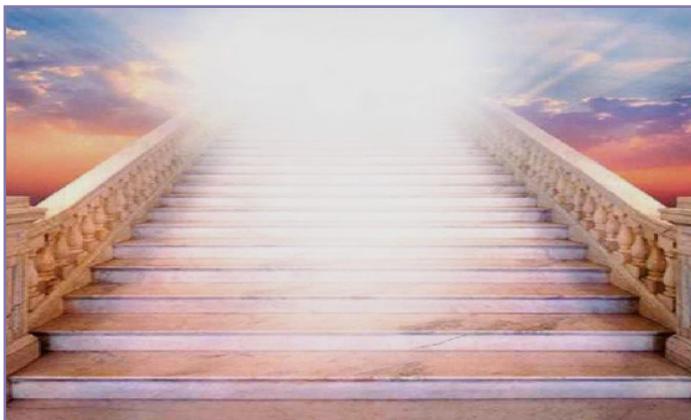
Unfortunately, these are all normal feelings which are experienced on the Love Inspiration Ascension Pathway as you break down your egoic tendencies and as you start to move into new layers of [The New Consciousness](#). When you start to experience these kinds of inner feelings & imbalances, this is truly a wonderful sign that you are ascending into higher and higher states of being!

With much love in our hearts, we therefore invite you to continue moving forwards on your journey with a sense of joyous perseverance and with a deepened understanding of divine guidance. And as you continue to progress,

Perhaps you can see how things are unfolding to help you release the next layer of healing & purification within?

Above all, please know that there are always a great many Higher Consciousness Beings watching over you, supporting you, loving you and congratulating you on each & every step you take into the light.

We hope that you will continue to enjoy your journey forwards into this beautiful New Consciousness vibration and may all beings benefit from your profound transition into this beautiful new light.



Insight #7 The Grand New Maitri Consciousness

For those who are walking on the Love Inspiration Ascension Pathway, you may already know that there are many energies, attunements & ebooks being made available to you here through this one 'system'.

In essence, the Love Inspiration Ascension Pathway divinely guides you into a series of new consciousness layers, over a period of many years. You will be guided into an entirely new energetic vibration, one which is based in love, peace & unity and one which can help you to feel more love, peace, compassion, unity, truth & wisdom in your life.

For Marty & Gerry, as they completed Step 7 of the Ascension Pathway (The Grand Ascension Pathway), they were welcomed into the energies of The Grand New Maitri Consciousness. These new Maitri energies encompass the feelings of unity, love, altruism, wisdom, truth, surrender, faith, devotion, happiness, forgiveness, respect, non-discrimination, equanimity, positivity, friendship, joy & peace, all rolled into one.



At this new level of 'Maitri' consciousness, a person is able to radiate lovingly for all beings in the hope that they all attain freedom (from all suffering) and liberation (from the continuous cycle of rebirth & suffering). May all beings enjoy eternal peace, happiness & love!

There is (of course) still more learning, healing & purifying to be done at this level with many deep healing issues still to be faced. However once you step into The Grand New Maitri Consciousness, there is a beautiful inner feeling of peace, love, joy & unity that naturally resides & radiates from you.

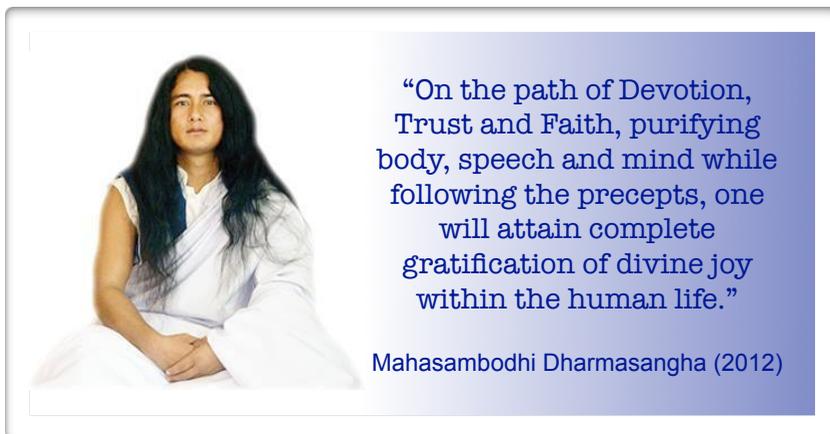
As Marty & Gerry reached the early stages of The Grand New Maitri Consciousness, they understood that the Love Inspiration Ascension Pathway had been brought through to the world to help people heal, purify and expand into this beautiful new Maitri vibration. In this way, the Love Inspiration Ascension Pathway provides a step by step journey which helps people transition from their old egoic based patterns into a more unified or love based based consciousness, one which we now understand to be Maitri.

As Marty & Gerry were being welcomed into this new Maitri vibration, during the early stages of 2018, they were also divinely asked to set up a new charitable vehicle in New Zealand - Maitri Foundation.

Whilst in the early planning stages of setting up the Maitri Foundation charity, Marty & Gerry were told that this would be helping to bring a significant expansion into the Love Inspiration Ascension Pathway. They were also told that the newly established Maitri Foundation would become the vehicle from which the [Maitri Dharma](#) could be offered in New Zealand.

Therefore, having now set up the Maitri Foundation charity, this is now the main vehicle which shares the Love Inspiration teachings & Ascension Pathways (which helps to guide people into the vibration of The Grand New Maitri Consciousness) and for sharing the Maitri Dharma throughout New Zealand (which helps to connect people with the Maitri Dharma practices).

On the Love Inspiration website, you will see that we have included some basic information about [Mahasambodhi Dharmasangha Guru](#), [Maitri Dharma](#), [Maitri Precepts](#) and the [Maitri Dharma Practices](#). We wish to point out that all of these practices are entirely complementary to the Love Inspiration Ascension Pathway and to any other Higher Consciousness healing systems or meditation techniques that you may be working with.



By sharing the Maitri Dharma practices on the Love Inspiration website, we wish to offer all of these beautiful energies, practices and teachings for the benefit of all beings. May they help to bring a loving connection to the infinite light of Maitri and may all beings be guided to freedom and liberation!

At some point in the future, the Maitri Foundation hopes to establish a Maitri Centre in New Zealand so that we can welcome the Love Inspiration Community (for those who are receiving the Love Inspiration teachings) and the Maitri Community (for those who are working with the Maitri Dharma Practices). May an infinite array of love & light shine from this beautiful Maitri Centre for all living beings in creation!

We feel that this is a truly wonderful time to be here on Earth. The Maitri Foundation is deeply humbled to share these beautiful ascension opportunities with much love and we invite you to start opening up to these teachings, practices and techniques in a way that feels right for you. For those who are interested to learn more about these divine offerings, here are the three main Maitri Foundation websites:



Visit Website

This is the official website of Maitri Foundation and provides an overview of the purpose and divine offerings of the Maitri Foundation charity.



Love Inspiration

Learn • Heal • Awaken

Visit Website

The Love Inspiration website offers all of the Love Inspiration ebooks, healing courses and Ascension Pathways. On this website, you can also find some basic information about the Maitri Dharma & Mahasambodhi Dharmasangha Guru, for those who may be interested to start working with these practices.



BSDS NZ

Bodhi Shrawan Dharma Sangha

Visit Website

The New Zealand Chapter of Bodhi Shrawan Dharma Sangha (BSDS NZ) website aims to share important information, announcements & news developments about all things Maitri Dharma with the New Zealand Maitri Community. This website has been created as part of the official bsds.org website with the blessings of Mahasambodhi Dharmasangha Guru.

Additional Information Resources

For those who would like further information for their Love Inspiration journey, there are a few information resources that we would like to bring to your attention. We hope these can help bring more clarity and understanding about the Love Inspiration teachings and may they help you to find more love, light & happiness in your life.

1) Healing FAQ's

As a not for profit organisation, Love Inspiration is dedicated to helping you learn, heal, grow, expand & ascend in the simplest, easiest and most effective way. To help with this, we have put together some [Frequently Asked Questions](#) which answer many commonly asked questions under the following categories:

- ★ Ascension Healing
- ★ Choosing The Right Healing System
- ★ The Love Inspiration Ascension Pathway
- ★ Energy Based Healing & Meditation
- ★ Introducing Reiki
- ★ The Attunement Process
- ★ The Self Activation Process
- ★ The Chakra System
- ★ Learning 'By Distance'
- ★ Using 'Symbols' In Healing
- ★ The Healing Crisis
- ★ Pure Nourishment
- ★ Am I Making Progress?
- ★ The New Consciousness
- ★ Becoming A Teacher
- ★ Maitri Foundation



2) The Love Inspiration Community

For those who wish to connect with like minded people, we invite you to join [The Love Inspiration Community Facebook Group](#). This is a place where we can all connect with one another, share with one another and learn from one another and of course, this platform also helps you to connect on a more personal level with Marty & Gerry, who share insights and feedback from time to time.

We hope that this Facebook group can become the home of the Love Inspiration Community so that we can all share our healing experiences, realisations, ideas and stories with one another on our collective journey forwards into the light.

3) About Our Philosophies

[Our Philosophies webpage](#) can help you to access some additional information which will be expanding on some of the things that we have spoken about in this short booklet. This includes concepts like:

- [We Are All One](#) - Find more information about the concept of oneness & unity as we introduce some scientific data & spiritual explanations which can help you to better understand this concept from a logical & spiritual perspective.
- [Love & Compassion](#) - Gain a deeper understanding about these two important terms as we explore why they are so important for your healing pathway and for your life's journey forwards.
- [Helping Others](#) - Get a more comprehensive perspective on how to start cultivating an altruistic & benevolent mindset in your practices and gain access to a video teaching about some of the basic techniques you can apply to your practices.
- [Virtuous Actions](#) - Learn more about the fascinating relationship between our thoughts and the reality we create for ourselves. We will then correlate this with a famous quantum physics experiment so that you can understand the importance of performing vibrationally uplifting actions in your life.
- [Understanding Suffering](#) - This page has been created for those who may be going through suffering and who wish to understand the deeper meanings behind this suffering. We hope that this information can help you during difficult or challenging times.
- [Pure Nourishment](#) - For those who are realising the importance of diet choices, either from a health perspective or a spiritual perspective, this page introduces you to the concept of pure nourishment; a way of eating & living which is based on loving kindness, compassion & higher awareness.

4) The Love Inspiration YouTube Channel

Love Inspiration is dedicated to helping others progress on their journey and as part of this, we have put together a series of videos & playlists on YouTube that can help you with your journey forwards.

- ▶ [Ascension Pathway](#) - The Ascension Pathway videos were designed to help you connect with the early energies on the Love Inspiration Ascension Pathway. The videos guide you through the first eight levels of the Ascension Pathway journey in a way that is simple & easy to learn. This is like an express version which may be very helpful for those who are time poor but who wish to feel and experience the Love Inspiration Ascension Pathway energies.
- ▶ [Usui Reiki](#) - The Usui Reiki videos were created so we could offer a variety of video tutorials and in person teachings for various aspects of the Usui Reiki training. These videos offer additional guidance about how to do the important self healing practices for each of the levels and will also help to guide you through the healing session format (during the Level 1 training).
- ▶ [Beginners Meditation Course](#) - This Meditation Course was created in the hope of sharing some basic meditation techniques that can be used to bring more love, light & peace into your life. This course is offered over three sections (basic meditations, energy based meditations & expanding your practice) and helps to provide an understanding that there are many types of meditation practices that can be connected with on your journey forwards.
- ▶ [Channeled Meditations](#) - This beautiful series of meditations were channeled through to Love Inspiration and can help to bring about deep inner healing, release & purification. These meditations can be listened to regularly, as you feel guided to, and can help to clear away many impurities each time you listen.
- ▶ [Additional Healing Assistance](#) - In addition to the above video tutorials, Love Inspiration is also delighted to offer a series of healing accompaniment videos and included in this category are the following YouTube playlists:

- [Healing & Meditation Music \(with Binaural Beats\)](#)
- [Healing & Meditation Music \(with Binaural Beats & Subliminals\)](#)
- [Ambient Nature Sounds \(with Subliminal Affirmations\)](#)
- [Solfeggio Pure Tones / Solfeggio Healing / Pure Binaural Beats](#)



5) How To Help Section

For those who would like to help out in some way, we thank you deeply from our hearts. Helping is a great way to accumulate karmic merit for your journey forwards and we lovingly thank you in advance for any service.

We have created a [How To Help](#) section in the hope that it can provide you with some ideas about how you can help, including:

- * [Sponsor an Ebook](#)
- * [Help Us Fundraise](#)
- * [Donate A Healing Session](#)
- * [Donate A Reiki Event](#)
- * [Sharing With Others,](#)
- * [Translate For Others](#)
- * [Become A Teacher](#)
- * [Write A Testimonial](#)
- * [Help Us Improve](#)
- * [Make A Donation](#)

Thank you, Thank you, Thank you!

With all of our love, we thank you warmly, humbly and sincerely for taking the time to read this handbook. We hope that you have received some benefit out of these insights and may they help you to progress on your journey forwards into this beautiful new & unified consciousness vibration.

We thank you for your devotion & dedication to your healing journey and may it soon bring you many rewards, delights and treasures. We dedicate this ebook to the Love Inspiration Community in the hope that it can help to bring infinite love, light & happiness to the collective consciousness. We wish you well for your journey forwards and may you and all beings attain freedom and liberation (Mukti and Moksha).



**MAY ALL BEINGS BE HAPPY
AND INFINITELY FREE FROM SUFFERING.**

**MAY ALL BEINGS ATTAIN MUKTI & MOKSHA
(FREEDOM & LIBERATION).**