



In This Issue

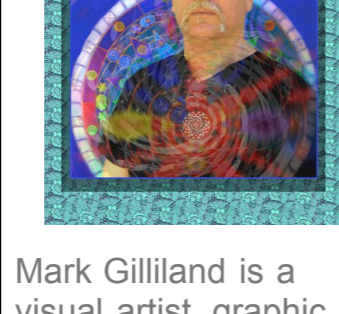
[About This Issue](#)
[The Flow of CHI](#)

[Clearing the Light Body](#)
[Remote Light Body Clearing](#)
[Links of Interest](#)

Quick Links

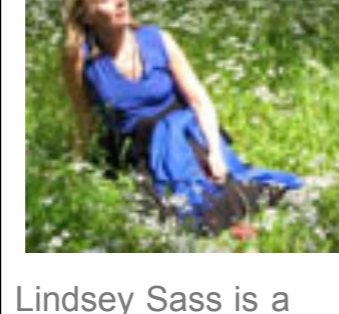
Related web sites:
[ShamanDreaming.org](#)
[Image.Maya.org](#)
[Image-Maya.org](#)
[markg.org](#)
[Hearts of Light](#)

About the Author



Mark Gilliland is a visual artist, graphic designer, landscape designer, shamanic practitioner, plant lover and healer. To contact him directly, email mg@markg.org

About Our Sponsor



Lindsey Sass is a clairvoyant healer, spiritual teacher, Nationally Certified Hypnotist and a Licensed Massage Therapist with a Bachelors degree in Social Services and Psychology.

Visit her [website](#) for more information.

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The Shaman's Dream Newsletter April 2009 - vol #4

An offering of thoughts, meditations, visualizations and other musings.

Greetings!

You are receiving this newsletter as a service of Hearts of Light Institute and The Healing Center. You are currently a subscriber to my email list. If you no longer wish to receive mailings from me, including this Shaman's Dream newsletter, please unsubscribe below (at bottom of newsletter).

Blessings and Best Regards,
Lindsey Sass-Aurand

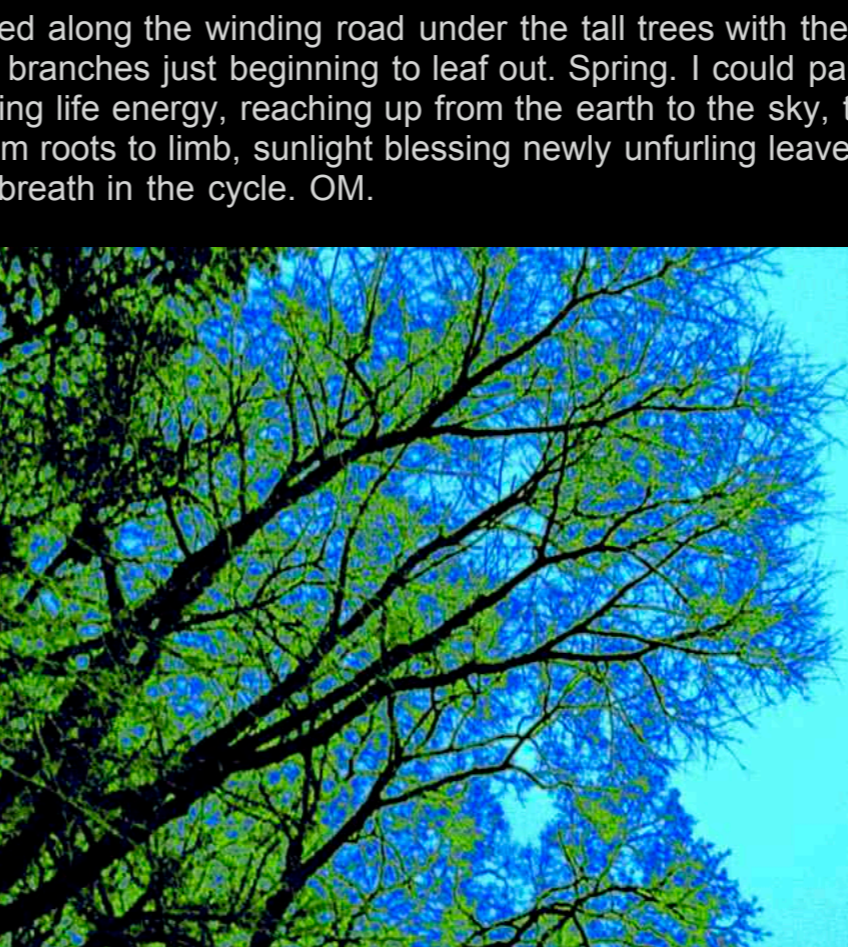
About this Issue

HEALING THE LIGHT BODY

Last month's newsletter introduced the topic of the Light Body and basic chakra balancing meditations along with a technique for distance healing. This month's newsletter will continue this discussion into the realm of the Inka Light Body healing.

EARTH ENERGY / LIFE ENERGY

This morning as I was driving past the local reservoir, I could see the almost mirror-still water through the pine trees. Breaking the calm with just a hint of a breeze, I saw a pattern of interfering ripples creating a soft of expanding checker board effect across the surface. Immediately my inner eye filled with Shi Yantra – the visualization of the sound of creation, the sound of universal breathing in and out: A-U-M (OM).



I continued along the winding road under the tall trees with their reaching branches just beginning to leaf out. Spring. I could palpably feel surging life energy, reaching up from the earth to the sky, tree sap rising from roots to limbs, sunlight blessing newly unfurling leaves. Another breath in the cycle. OM.

Today is the Taurus new moon. In two weeks will be the full Buddha Moon of the Wesak festival (in the U.S. held at Mt. Shasta, the sacred heart of the western world; in Tibet held in the Wesak Valley at the foot of Mt. Kailash, the sacred heart of the eastern world.) Wesak is the time of gathering for masters and initiates, teachers and students, a time for celebration and for sharing of creative, compassionate energy. It is said that the Buddha appears to all, dispensing energetic blessings of renewal and well-being. To honor this lunar cycle, I created a piece entitled "Healing Emanation" which can be seen above in the masthead of this newsletter or [here](#), enlarged.)

With the flow of energy from Pachamama (Mother Earth) resurging and the heat of the sun warming air, blood and body, there is a need within each of us to clear away the darkness & dampness of winter, to begin to expand once again for a new year of growth and possibility. The techniques of Clearing the Light Body can be of great benefit.

QUICK LINKS

A quick rundown on what you will find at the various sites listed under Quick Links (above, left column):

Shaman Dreaming.org - My newest site is a collection of shamanic related art, meditations, visualizations, links and reading materials.

Image-Maya.org - My original online sacred & visionary art portfolio.

Image-Maya.org - My art blog, which gets updated more frequently than the other sites. Has the latest samples of art work, musings about the sky signs, about specific journeys and visualizations, and a special section on Ecstatic Body Postures. RSS feed enabled.

markg.org - my online portal with resumes, and links to my business sites (landscape design and graphic/web design).

Hearts of Light Institute.com - Lindsey's web site.

CONTACT ME

Thank-you for spending your time with me. I trust you will find this newsletter useful and inspiring! Please feel free to share this with your friends. Sign up to receive this monthly, at the time of the New Moon.

There is so much more to the current topic than can be covered in a short newsletter. Please feel free to email me directly with questions or for further discussion, sharing and study at mg@markg.org. I look forward to hearing from you.

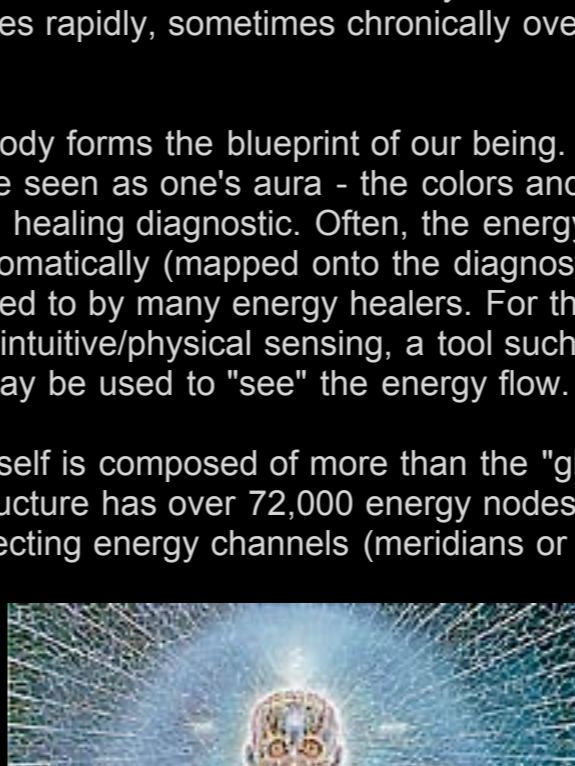
Namaste
- Mark Gilliland

The Flow of CHI

Illness, whether physical or mental, is seen to be a symptom of and a result of damage or imbalance to one's energy body (Light Body). When the underlying energetic framework of the body is disrupted, the flow of CHI (life force) is blocked and/or distorted. Physical or mental effects emerge, sometimes rapidly, sometimes chronically over a longer period of time.

Thus, the Light Body forms the blueprint of our being. Sometimes the Light Body can be seen as one's aura - the colors and patterns of flow can be used as a healing diagnosis. Often, the energy field can be felt in the hands or somatically (mapped onto the diagnostician's own body sense) - as testified to by many energy healers. For those less confident in their intuitive/physical sensing, a tool such as a pendulum or dowsing rod may be used to "see" the energy flow.

The Light Body itself is composed of more than the "glow" of the aura. The energetic structure has over 72,000 energy nodes (acupuncture points) and connecting energy channels (meridians or nadis).



Thanks to Alex Grey for this image

The major nodes are the 7 chakras, to which the Inkaas, Huichols, and other Native Americans add an eighth - the Wirocooca - situated about 12" above the head, visualized as a bright golden white. This Solar Chakra is each person's connection to the higher realm of the Spirit, source of all creation. The major channels are the Pinga, Ida and Sushumna (the central "energy spine" and the two channels on either side of it.) Together, the chakras (major and minor) and the nadis regulate the flow of universal life force through the body, connecting each person into a web of energy circulating from heaven to earth and back again.

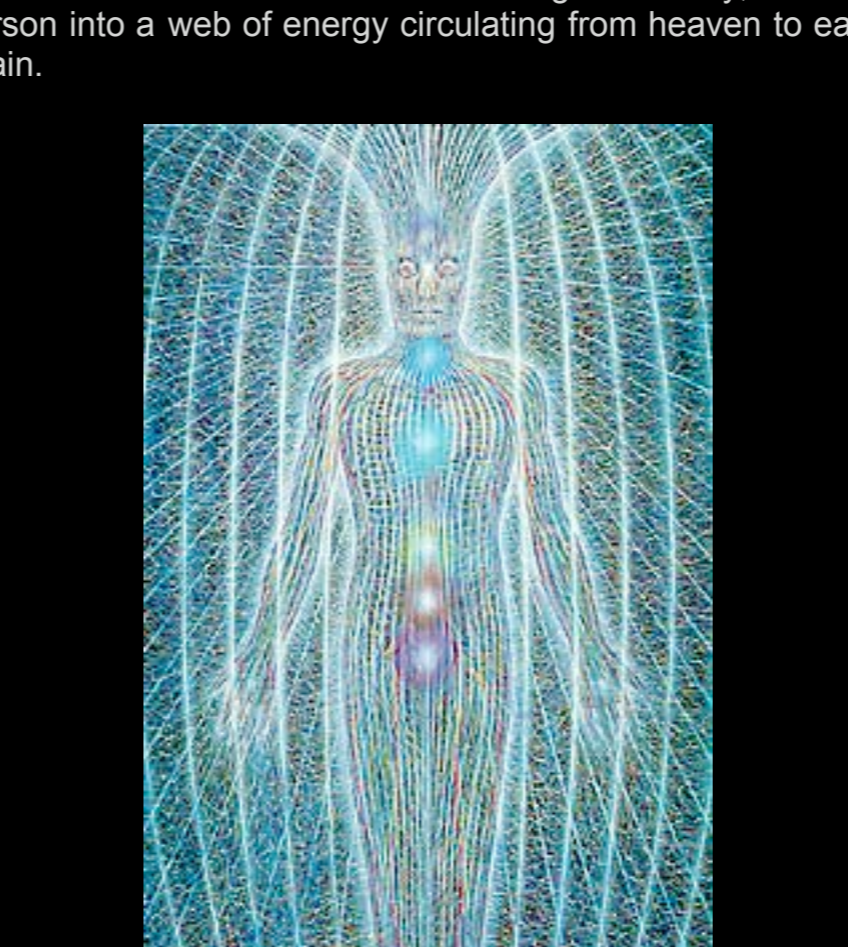


Thanks to Alex Grey for this image

In addition to the Light Body being seen as a river of life energy with possible ripples, eddies, rapids or other turbulence and blockage needing to be "balanced" or cleared, the Light Body is also seen to be an energetic recording and storage medium. The energy field acts as a holographic memory for life experiences, emotions, judgments and so forth. Such Imprints are believed to come not just from this lifetime, but often from previous lifetimes or even from the accumulated karma or one's ancestral bloodline!

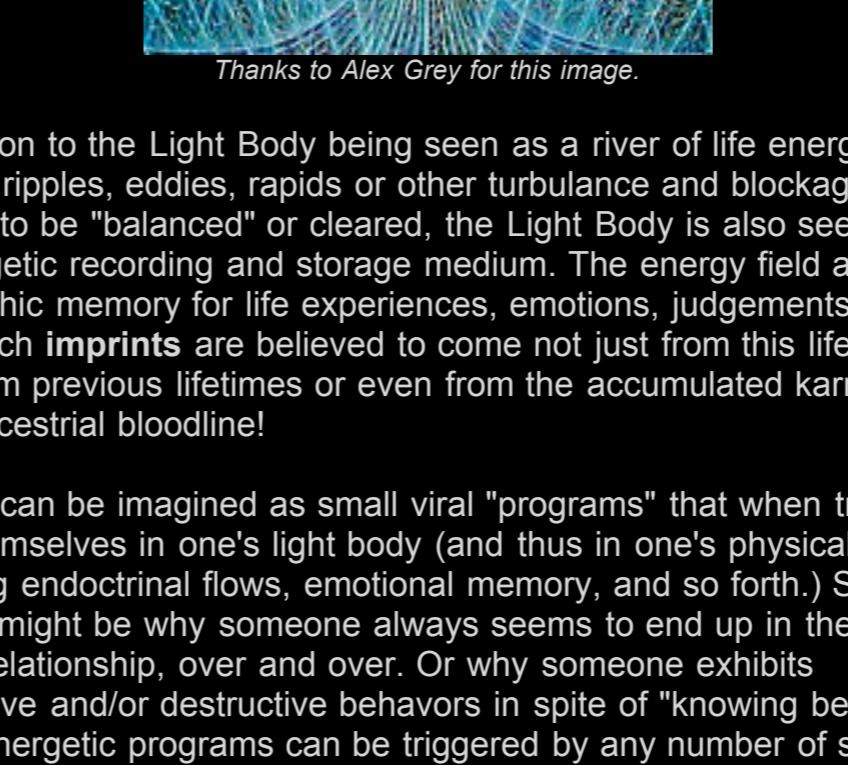
Imprints can be imagined as small viral "programs" that when triggered, "run" themselves in one's light body (and thus in one's physical body by triggering endocrinological, emotional memory, and so forth.) Such imprints might be why someone always seems to end up in the same kind of relationship, over and over. Or why someone exhibits compulsive and/or destructive behaviors in spite of "knowing better". These energetic programs can be triggered by any number of stimuli, internal and external.

For those with diagnostic sight, the imprints often appear a dark splotches or vortexes in the aura, or even as "virtual" objects such as knives, spears, darts or whatnot. Shamanic journey work and bodywork is typically required to isolate, de-energize and extract energetic imprints. (More on this in a future newsletter.)



Thanks to Alex Grey for this image

As described above, test each chakra's energy flow. The energy may be seen/felt as "normal" (rotating clockwise) or as "abnormal" (weak, cloudy/dirty, blocked/stagnant, or even rotating counter-clockwise.)



Thanks to Alex Grey for this image

One method to sense (feel) the chakras is to place a hand (or hands) palm down the meridian and up and down through the various chakra locations. Some folks sense a change in heat, a tingling or a freeze-like sensation. Practicing this will result in greater sensitivity.

A simple technique for those who are unable to see or sense the chakras is to use a pendulum (preferably a quartz crystal pendulum). Hold the pendulum over the chakra being scanned, and steady the chain to still the motion of the crystal. The crystal will naturally start to move once again, picking up an observable movement which follows the flow of the chakra: clockwise (ok), counter-clockwise (needs clearing). The strength of the chakra flow will typically be noticed, as well, by the speed of the pendulum's movement. Of course, no movement would indicate a total blockage.

CLEARING A CHAKRA

Ensure that the patient is breathing fully and deeply. Try to sync your breathing together - even asking them to follow you, deep, slow breaths.

Reach over the chakra you are working on and position your hand paddle-like (fingers and thumb together in a line) right over the chakra. With a counter-clockwise spinning motion, move your hand/arm straight outwards (from finger tips almost touching the body) to 18" or so above the body. Your hand/arm will be tracing a spiral motion in the air. With a counter-clockwise motion, this is called BACKFLUSHING.

Many practitioners will shake the negative energy stream from their hands into a bowl of water or salt water (sitting to the side of the patient). Other disposals might be to shake the energy into a burning flame (candle or fireplace) or incense burner.

Repeat the backflushing several times slowly. Then, move your hands to a position under the skull to the occipital ridge and find the acupressure points at the depressions on either side of the neck bone. The patient's skull should be resting in your hands, your forefingers applying gentle pressure to the deepening points.

Continue breathing slowly, deeply, rhythmically. Envision the dark energy and blockages of the chakra being "flushed" out. Watch to see effects from your client's body such as twitching, a rapid change in breathing, tears or similar signs of energy release.

After about five minutes, repeat the backflushing of the chakra, then return to the acupressure points under the skull. Repeat this entire process at least 3 times (15 minutes).

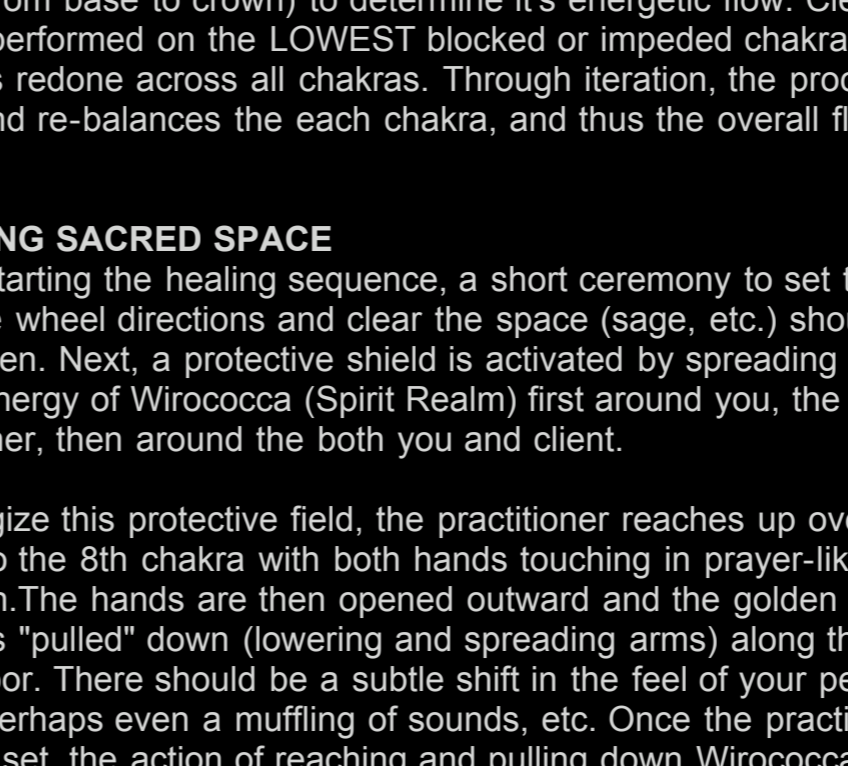
Now it is time to RESTART the chakra. Move to a position over the chakra with your hand, fingers held in a paddle formation. Starting from about 18" above the chakra, spin your arm/hand clockwise, moving inward to and inch or less just above the body. (Once again, your hand/arm will be tracing a spiral motion in the air.)

Repeat the restarting motion several times slowly. Now, reach up into your Wirocooca and pull down wave of golden white energy and push it into the center of chakra's spinning vortex. Do this ENLIGHTENING several times, envisioning the divine energy of perfect balance and health being shared with and implanted within your client.

Allow the client to rest quietly for a while before beginning once again with chakra re-testing (starting with the lowest chakra and moving upward.) The chakra which was just cleaned and "enlightened" should now be spinning properly. (If not, the cleaning sequence on that chakra must be repeated.) When the patient's chakras all test positive, true and strong, the re-balancing session is done.

CLOSING THE SESSION

Once the chakra clearing has been completed, allow the patient to rest quietly for awhile (15 minutes). Then remove the protective shield (first from around both your arms and yourself, then a second time from around yourself. Bend down and lift the bottom edges of the energy shield upwards, raising your arms up over your head with your palms facing upward (holding the energy shield). Once over your head, bring your hands together to pull the energy back into your 8th chakra. End with a prayer and release the directional medicine circle.



Thanks to Alex Grey for this image

Some practitioners will include use of a healing stone, APU lineage stone or crystal on the chakra that is being cleared. The stone or crystal is placed upon the chakra before backflushing to help ground and absorb the negative energy that will be released. The stone is removed after the chakra is restarted and re-illumination process complete. The stone can be reused on another chakra, but after the entire clearing/re-balancing session is over, the stone or crystal should be cleaned itself, according to your own practices.

Practitioners may prefer to use a healing stone for the "flushing" phase and a select crystal tuned to the specific chakra color for the restart/illumination phase.

Other practitioners may wish to include sand diagrams or flowers/yanttras placed into the chakra during the restart and illumination cycles.

Finally, depending upon your practice, your patient may wish to talk about their experiences and releases during the re-balancing. Be sure to include time for this!

REMOTE LIGHT BODY CLEARING

Like most energy work, Light Body Clearing and re-balancing can be performed remotely. Of course, approval of the remote target (client) is needed ahead of time!

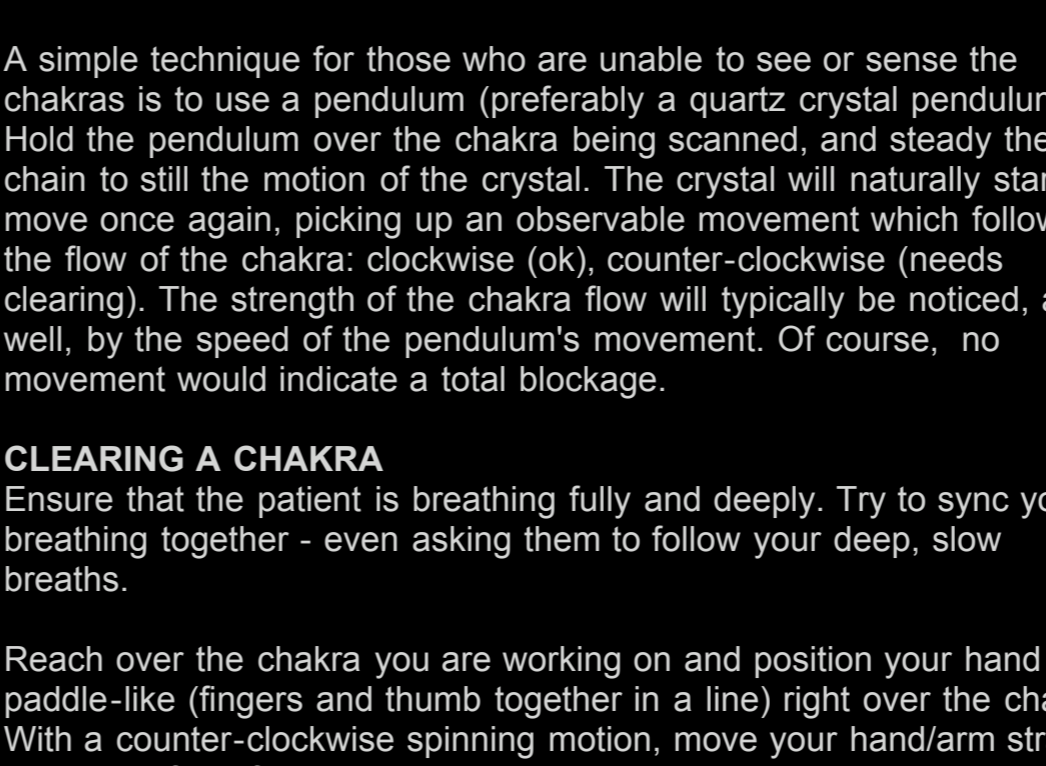
Begin your process by the visualization of the client lying on their back before you - using your own methods to "tune in" and co-locate hyper-dimensionally. Remember that there is no time or space for inter-dimensional energy work. So your energetic visualization should be able to "reach" any destination (on Earth or in the heavens) with ease.

Follow the steps outlined (above) for a healing session, including the establishment of a safe, sacred space. You may wish to scan the body remotely to determine which chakra (or chakras) need clearing. Otherwise, begin with chakra #1 and do a clearing for each chakra in sequence. During the process, there is no need to rescan the chakras to determine effectiveness, simply go thru the remote clearing sequence once (for all chakras, as needed).

When performing the backflushing phase remotely, the deepening acupressure points do not have to be activated, nor do you need to allocate the extended length of time for physiological processing. Rather, simply move through each step, each phase in sequence, with focused intention.

Use your intentions to determine if addition of backflushing (or enlightening) is required before moving on to the next chakra. Depending upon your practice, during the enlightening phase, you may wish to recite a mantra or a prayer, or draw a reiki healing symbol over the chakra.

Contact your (remote) client later to let them know that you performed the Light Body Clearing. Tell them anything you might have noticed or been told (if a guide was with you.) Be sure to elicit a response from the client as to their experiences during the time of the healing and for a few days afterward.



Thanks to Alex Grey for this image

Four Winds Society - Alberto Viloldo's Healing Light Body School
<http://www.thefourwinds.com/>

Alex Grey - visionary artist - view the Sacred Mirrors paintings, esp. the images on Psychic Energy system & Spiritual Energy system.
<http://www.alexgrey.com/>

Shaman Dreaming - my own website with Chakra images and a section on Meditations & Visualizations.
<http://www.shamandreaming.org/>

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Light Body / Chakra - Links of Interest

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