



Ahara Reiki



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History of Ahara Reiki:

I received the first symbol and its name, AHARA, in November, 2003 but had no idea what it meant or why I was given it.

I asked around but no one had ever heard of it, so I let it go for the time being, although I occasionally thought of it and wondered what it was all about.

The second symbol, Isis, came during a meditation in mid 2004. This time as well as the symbol and the name, I also got the meaning of it

I still did nothing about it until the night of 7th August, 2005, when I received 2 more symbols and the details of what they were for and how I was to use them.

I was told to prepare this energy system of balancing and healing and pass it on to others, so here I am.

It is an Ancient Egyptian based energy particularly connected to Isis and Bast.

Their energy is very strong when using this energy and they tend to come to help.

It s a simple system, using only 4 symbols, and mostly done by intent.



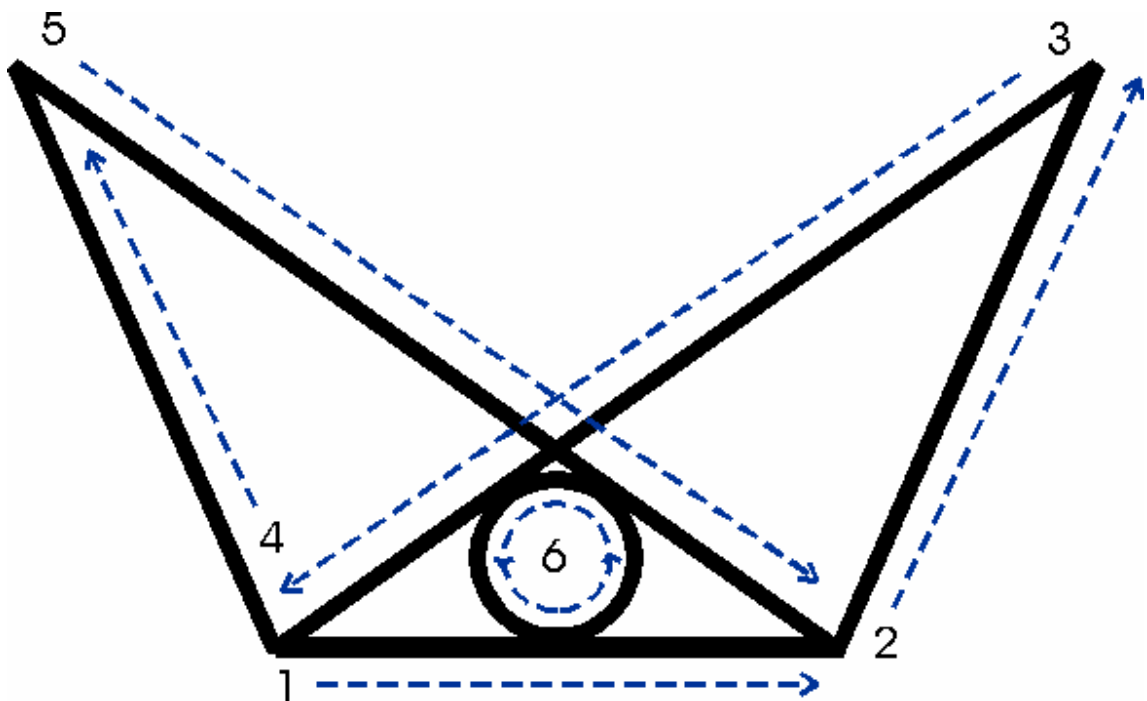
S y m b o l s

Ahara

Ahara is the Master symbol

It governs all the others, and can be used at any time if you are short of time and wish to do a quick healing or cleansing.

It magnifies the energy of all the others and acts as a booster.



How to draw:

Begin by making a horizontal line from left to right,(line one)

then up and out (line 2)

then back to left hand side of horizontal line(line 3)

Up and out (line 4)

Back to right hand side of original line(line 5)

Then draw a small circle in the triangle formed by the other lines (anti clockwise).



ISIS



This is the cleansing and energizing symbol.

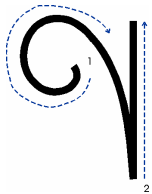
It can be drawn either way,

Drawn from bottom to top, it removes any negative energy and sends it out to source, where it is transmuted into light.

From top to bottom it draws in the universal energy and places it in the body of the recipient, where it distributes itself to where it is needed.

By using the symbol in that order, you cleanse the body of negativity and fill it with pure universal energy, creating balance.

Drawing

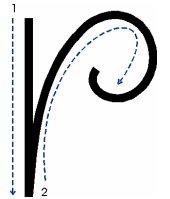


1. Getting rid of unwanted negative energies:

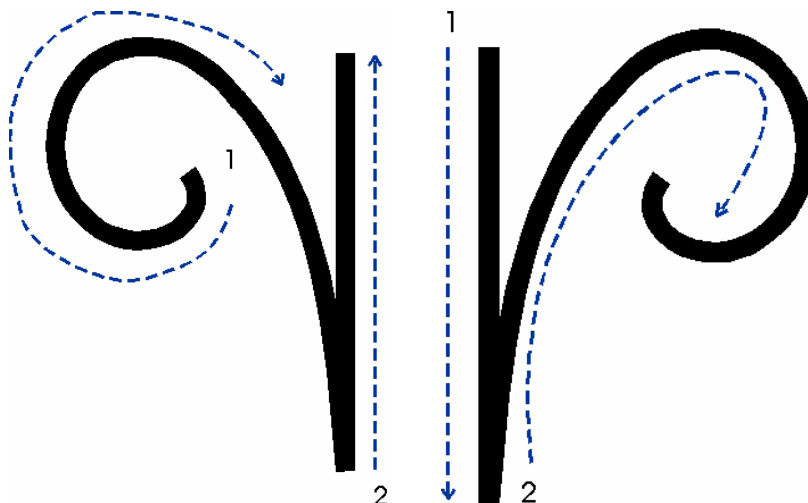
Draw symbol on left hand side of diagram, beginning at the left hand side and curving around and down, then straight up to end (follow arrows)

2. Bringing in positive universal energy:

Draw the right hand symbol, the reverse of the first one, starting with a straight line downward then curving up and out (Follow direction of arrows)



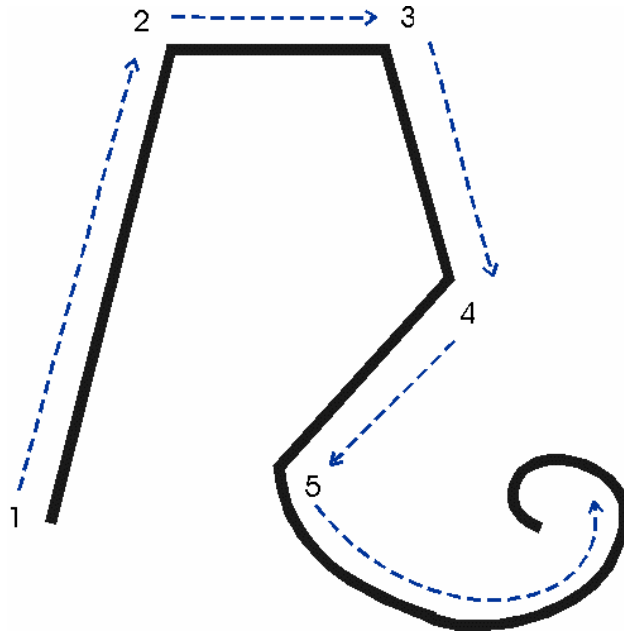
This can be used as a single half of the symbol or both together as a complete symbol



Always use the left hand side of the symbol first followed by the right hand side

AKRU

Akru is the healing symbol and is used in all forms of healing, whether hands on or distant.



Draw it either by visualization, intent or physically and see it going to the recipient and spreading throughout their body and going finally to where it is needed most.

Drawing

This is a continuous line drawn from left to right, following the direction of the arrows



TET

Tet is the symbol for the oneness of all things

It reminds us that we are all one with everything that is

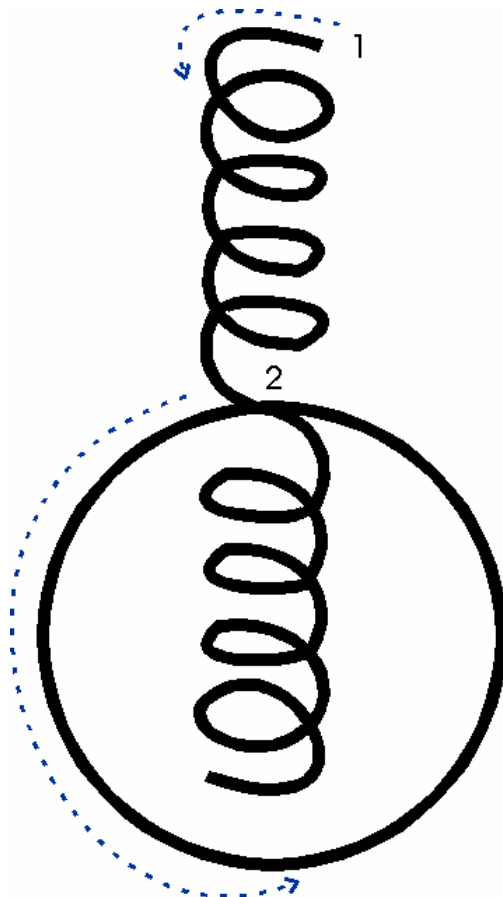
There is no separation.

This is represented by the circle

The spiral reminds us of the following

"As Above, so Below,
As Within, so Without"

This symbol can be used at any time, in healing, in cleansing etc.



Drawing

Begin at the top and make 4 anticlockwise rings, change direction and make 4 more clockwise rings.

Draw a circle beginning where the rings change direction, go anticlockwise and back to finish where you started.

Using the symbols

When working on someone else or yourself, you can use the symbols by visualization or intent or by actually drawing them on your hand and placing your hand on the recipient.

Prepare by asking for help from your guides etc, and from Isis and Bast. Then use the appropriate symbol to help you send healing or to balance and cleanse etc. Either hands on or distantly.

Attunement procedure

Hands on

When doing a hands on attunement, prepare the room, have soft music playing, light a candle or incense and lower the lights.

Call in your Guides, Great Spirit, Angels and Archangels, Gods and Goddesses, Animal Totems etc, that you relate to, ask especially for Isis and Bast, and ask them to help you to be a pure and clear channel to transmit the energy to the recipient.

Ask for gold and white light of protection and ask that the recipient use the energy for the best that's possible for the greater good of all.

Have the recipient sit or lie comfortably, removing any tight clothing and jewellery. Explain what you are about to do, have them place their hands in the Gassho position (Prayer position) and ask them to relax, close their eyes and let the energy flow of its own accord.

Say to yourself "It is my intention that the AHARA energy flow to

Draw the symbols, in the order of AHARA, ISIS, AKRU and TET, on the palm of your hand, hold your hands over their head then "see" the energy of the symbols transferring to the recipient and entering via the crown chakra and going to their aura.

Do them one at a time and spend a short while on each one, no need for a lengthy stay.

When you feel the energy stop flowing, say to yourself,

"It is my intention that receive this energy and it is done. So Be It"

Then thank all those that came to help, particularly Isis and Bast.

Tell the recipient it is all done and to open their eyes.
Ask how they feel

Give them a drink of water and ask for feedback.

Advise them to drink plenty of water and to ground themselves if they feel the need.

Remind them of the 21 day cleansing process and not to take any other attunements for 21 days to give the energy time to settle in.

Distant attunement

Prepare as for Hands On.

Call in your guides and helpers etc

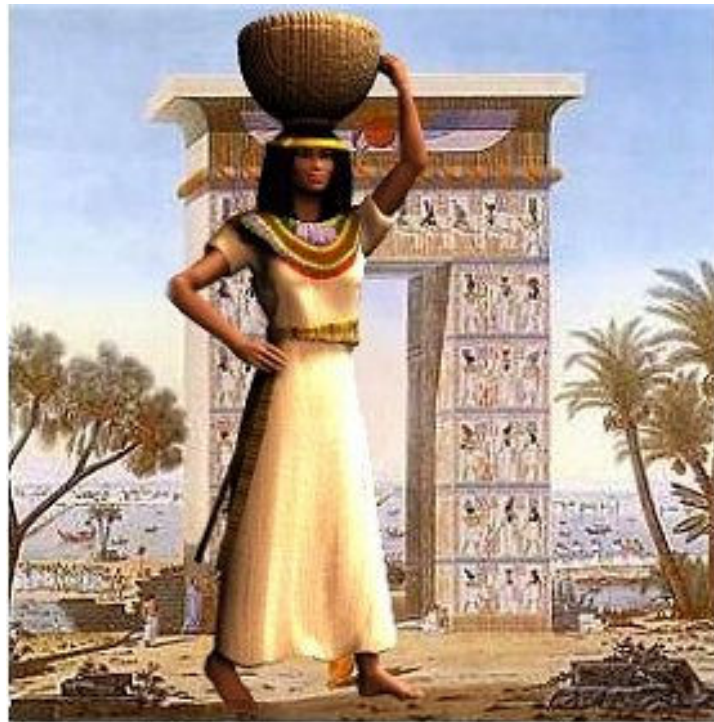
Ask for white and gold light protection for yourself and the recipient, and then proceed as before, "seeing" the recipient receive the energy etc.

You can use the Usui Distant symbol as well if you feel drawn to do so but it is not essential.

You can "draw" the symbols by visualization or intent instead of actually drawing them if you wish.

Don't forget to thank your helpers when you are done.

Contact the recipient for feedback and to see if there are any problems or questions.



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Enjoy – Namaste



Elizabeth Hibel
Founder

