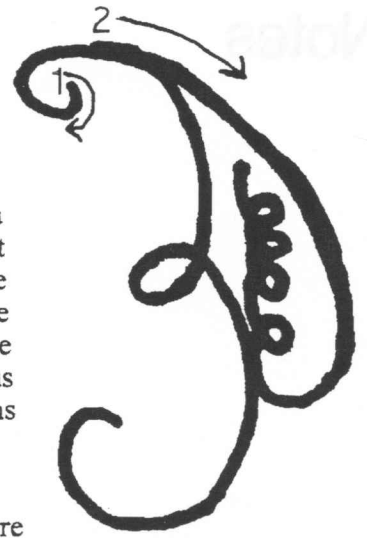


# Iava (ee-ah-vah)

Draw the "3" first, then the swirl on it's back.



## CLAIM YOUR POWER

Sometimes there are others in our lives that try to control how we live. If we have a goal or a way of being that we want to create for ourselves, but there are those who don't want us to, it can make our achievements more difficult. Our plans and goals can become clouded by the negative intensions of others. This could be happening now or there could be a residue of controlling thoughts and feelings in the subconscious mind left over from the past. This often happens because we have given up some of our power to those around us because of guilt and fear. Iava helps you break free from others expectations and projections and take back your power so you can create your life the way you want it to be.

## HEALS CO-DEPENDENCE

Sometimes people make unconscious agreements with those they are close to that are not healthy and actually encourage each other to remain unhealed. These unconscious agreements prevent those involved from improving themselves. Iava helps you heal co-dependence allowing you to break free from an unhealthy sense of responsibility you may have with those you are close to.

## HEALS REALITY AWARENESS

Iava helps us and those around us respect one another's independent realities. It helps us learn and understand what our reality should truly be based on who we really are inside rather than the expectations of others.

## EMPOWERS YOUR GOALS

Iava helps us act on our plans even if others are not happy with our decisions. It helps us connect with the joyous outcome of our goals which empowers us to achieve them.

## HEALS THE EARTH

Iava is truly an Earth healing energy, and can help us connect with the consciousness of trees, flowers, crystals, clouds etc. Try Iava on your house plants.

Iava works well with Harth to heal addictions.

# Shanti

Draw the angle first, then the curved lines.

## SHANTI BRINGS PEACE AND CREATES TRUST IN LIFE

Shanti can work with our connection to the flow of life allowing us to heal the past, create harmony in the present and release the future. This process of letting go creates an effortlessness to our living process allowing us to enjoy life more deeply. People who have a tendency to worry because things seem to have gone wrong in the past often grow to expect things to go wrong in the future. Since Shanti helps heal the past, it brings peace into the now and helps free us from worry about the future.

## HEALS INSOMNIA

Shanti releases fear and creates a gentle peaceful feeling. Because of this, it can help heal insomnia and help you get a good nights sleep. It is also good for healing nightmares.

## HEALS FEAR AND PANIC

Shanti is also very helpful in treating panic attacks, or chronic fatigue. This is because it helps calm fears and bring peace. Many people with these disorders worry about the future, they think about all the things that could go wrong, rather than focusing on their goals. This is very draining, and they become weak and very tired. Shanti creates such a soothing state of being they are able to focus more on the now, and do so in a peaceful way.

## MANIFESTS THE BEST RESULTS

When combined with Rama or Kriya, Shanti can bring harmony to the realization of ones goals making them seem effortless to achieve.

## INCREASES CLAIRVOYANCE

Meditate with the point of Shanti going into the third eye. Maintain this single pointed focus and it will clear the brow chakra enhancing clairvoyance.

