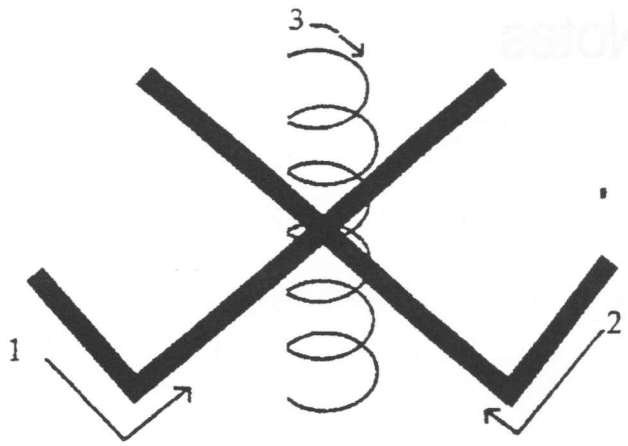


Rama

Rama is used for grounding. It is excellent to use at the end of a session.

HEALS LOWER CHAKRAS

The use of Rama opens and heals the lower chakras helping a person be more fully present, alert and focused. Often in healing work we encounter people who have a large portion of their energy outside their bodies. By using Rama on the client's feet, the feet chakras are opened and this will pull the person back into their body. This technique also pulls negative energy or blockages from anywhere in the persons energy system out the feet and can often release pain. It is great for grounding.



CLEARs THE MIND

If you or your client are feeling out of sorts, confused, dizzy, or feel your mind is congested, use Rama on yourself to clear your mind. One way is to imagine Rama on the soles of your feet. This will open the feet chakras, allowing soothing earth energy to flow into your system at the same time that all confusing energies that may have accumulated in your aura are channeled into the earth to be recycled. This is very refreshing and is great to use at the end of the work day or anytime you feel the need for a break!

CLEARs A ROOM OF NEGATIVE ENERGIES

You can prepare/clear your healing space or any other room by imagining Rama in the center of the room, the four corners of the ceiling and floor. This will ground the room and allow any negative energies that may have accumulated to flow away at the same time positive energies from above fill the room. Another way you can do this is to draw Rama in the center of the room visualizing it filling the whole room. As you do this, focus your intent on clearing the space of any less than light energies, and replacing them with the purest spiritual love. This is great to do at meetings or discussion groups where ideas are being exchanged as it brings clarity and decisiveness.

HARMONIZES UPPER CHAKRAS WITH LOWER CHAKRAS

As Rama clears the lower chakras, it allows the higher consciousness of the upper chakras to manifest in the physical world. Rama also helps us release fear of success and fear of failure. It empowers us to actualize our spiritual purpose here on Earth and to make use of Divine guidance in our everyday lives.

CREATES DETERMINATION AND COMPLETION

This characteristic of Rama is what helps us to move beyond simply feeling compassion for something or someone, to being able to take determined action on that compassion. Rama helps us take the first step toward our goal, and assists us in remaining focused throughout the entire process so we can complete the things we start. Yes!

MANIFESTS MATERIAL GOALS

The process of manifestation involves being able to connect with universal creative consciousness through our spiritual body, then understand it as thoughts in the mental body, become excited about it in our emotional bodies and take action on it with our physical bodies. Harmony between the upper and lower chakras is important if we are to have a meaningful effect on the world. Rama acts like a healing magnet, harmonizing the upper with the lower chakras and pulling the creativity of higher consciousness through our whole system so that we can manifest it in our physical world. Archangel Michael's presence and that of other enlightened beings can often be felt when utilizing Rama to manifest goals that will help others.

COMPLETING A SESSION

During a healing session, a person often leaves their body so that the guides can work more easily on the energy system to facilitate healing. Also, while out of the body, a person often receives new insights and guidance about their situation, but this does not always come into consciousness. Rama can be used at the end of a session to bring the client back into their body, grounding them to the earth and allowing any insights received to come into consciousness so they can take action on them.