

Spirit Steed Reiki Empowerment



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Spirit Steed Reiki Empowerment

The Spirit Steed Reiki Empowerment connects you to your personal Spirit Steed to carry you and guide you on astral and spirit journeys. This opens your third eye and psychic centers, and helps to enhance your abilities.

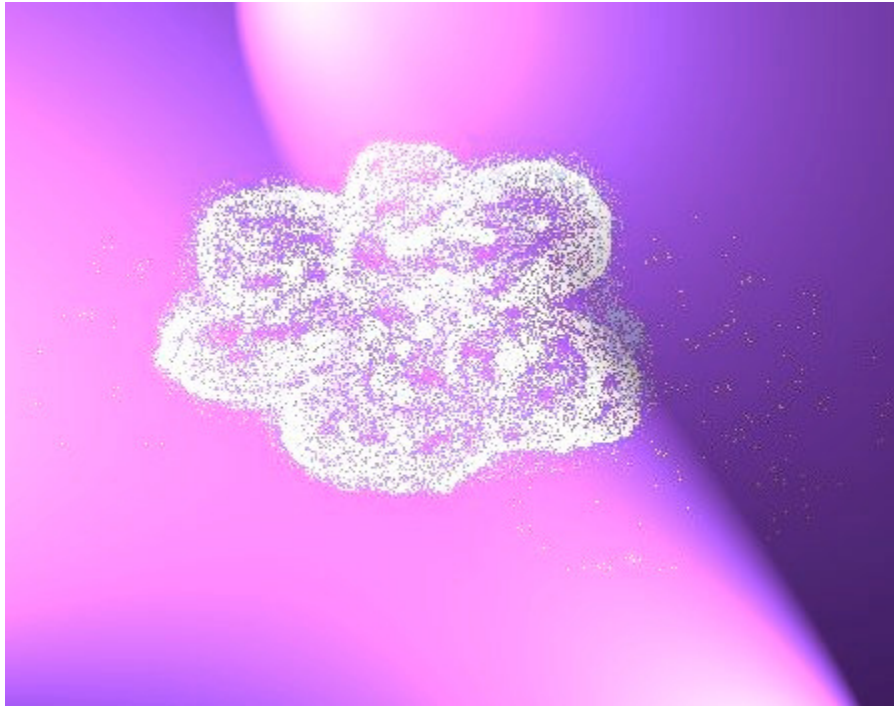
You will be guided through an astral meditation that knows no limits of time or distance, and also a spirit journey of discovery. You will be given information on how to use the energies to increase your psychic awareness, how to get guidance to help you with improving your life, and how to meet with (or connect with), those who have crossed over. Your Spirit Steed will carry you safely to the past, future, and other realms for guidance and wisdom to help you improve your life and heal yourself and issues that must be dealt with.

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The Spirit Steed generally appears as a white horse, but may be any color, even blue, purple, or green. Sometimes these noble horses reveal their wings, other times they do not. Their appearance may be somewhat ghostly at times. They do exist in the ethers, after all. They may talk to you, or simply communicate telepathically. They may not say anything at all. But the Spirit Steed will always keep you safe on any astral or spirit journey, and return you safely to the mundane world in which we live.

The Spirit Steed transports you to otherworlds, and other times when you are on an astral or spirit journey. You will ride the Spirit Steed to visit any place or time, you wish to travel. There is no need to worry about getting lost, for the Spirit Steed knows the way there and back.

To connect to your Spirit Steed for astral travel you can use the symbol shown below:



Spirit Steed symbol 1

This symbol is a simple cloud. The cloud represents the rising in spirit, and the lightness as the weight of the world is left behind. You can draw this symbol in the palms of your hands with your finger and then place your palms together to run the energies.

This is a very good symbol to use not only for basic astral travel, but also to connect with and pay a short visit with those who may have crossed over.

Meditation for astral travel to other realms:

Run the energies as mentioned above by drawing the symbol of a cloud in your palms and then placing your palms together. Take 3 deep breaths and exhale slowly to release stress. And then see yourself riding the Spirit Steed. See the clouds, as you rise above them and travel beyond. Feel the energies of the Earth fall away and the lightness of peace and love wrap around you.

For Visiting Those Who Have Crossed Over:

Speak the name of the person you want to visit who has crossed over and visualize this person with love and light. Open your heart and allow this person's message to come through to you. Do not worry about contacting

someone else or the wrong person, because the Spirit Steed will take you to connect with the one you seek to visit. Feel the love and light. If you have a message for this person, say it with your heart and they will hear you. Do not stay too long. Those who have crossed over, do have to move on and do other things, so do not try to hold them there with you or keep them with you. Simply allow their words or message to come through to you, and speak your message to them briefly. Then let them go about their business.

If you try to hold them too long or try to cling to them, the Spirit Steed will bring you back to reality and ground you quickly. The Spirit Steed is here to help you and your loved ones find peace, love, and closure, and to give a chance to you both to exchange love and light for encouragement and enlightenment. The Spirit Steed will never allow you to be locked into clinging or holding yourself or the other person down.

You may feel a bit lightheaded after this journey to the otherside. Eat something or place your hands flat on the earth, or work with the grounding energies of hematite or other grounding stones to help you come back to Earth.

To Visit The Hall of Records (Akashic Records):

Use the cloud symbol as described, and then visualize yourself riding the Spirit Steed to the Higher realms of learning. See the Hall of Records as you arrive and slide off of the Spirit Steed (the Spirit Steed will wait for you at the steps until you come out). Walk up the steps and see the guardians of knowledge open the doors for you. Walk inside the Hall of Records.

Inside you will see a table and a comfortable chair just for you. Sit in the chair and place your hands on the table palms down. Ask a question about yourself or your life's path. Relax, close your eyes. When you open them a golden book is on the table before you. Open it. Inside you will find the answers you seek.

You may only read your own records. They may pertain to your life's path, life's lessons, life's work, or your own personal quest for enlightenment.

You may receive information about your past lives if they pertain to something you need to work on in this life or something you need to release. You may receive answers to help guide you into your future and keep you on track.

When you are ready to leave and come back, close the book, stand up, and walk back outside. There you will see the Spirit Steed waiting for you to bring you back to Earth and help you ground. The Spirit Steed will kneel for you to get on, and will bring you back safely.

Information you need to help you in this life that may deal with past lives, can be accessed in the Hall of Records.

Below is the symbol for traveling through time and space to the past of this life, or to the future.



Spirit Steed Symbol 2

This Spirit Steed Symbol 2 is drawn or visualized as a horseshoe with wings, and the three rays of past, present, future at the top. The light of spirit is represented in the center.

To use this symbol draw in a very simple way in the palms of your hands with your finger, or visualize it in the palms of your hands. Place your palms together and take 3 deep breaths to release tension or stress. Now choose which path –past, present, or future—you wish to learn about. See yourself riding the Spirit Steed, as you travel, and ask whatever question or questions you may have about your life (if you are traveling the path of past—ask only about things of the past you wish to understand or know more clearly, if it is about the present, then keep your questions in the present situation, of it is the path of future for insight as to avoid problems or what you need to do to achieve a specific goal, keep your questions focused on the future and the results you want to achieve, or on focused on the future and what if I do this or that –in order to see or get insight into the possible results.)

Astral Travel to Discover Secrets or Get Information – this information can only be used for positive reasons. You will not be allowed to spy on someone just for the pleasure of spying—it must be to gather information that will help you make right choices and know what is the best course of action to take. If you try to use this visualization meditation for a negative reason or purpose, you simply will not see anything. Also if it is information you do not need or if the information might cause you problems in some way, you may not see anything. You may see

information that helps you to release the past issues that are holding you back. You may see information that helps you to make right choices in the present, and you may see information that will help you to avoid negative issues or problems in the future.

All of these astral and spirit journeys will help you in all areas of your life.

They will help you to heal, to make right decisions and choices, and to achieve your goals. They will steer you clear of problems that could arise if you do something a certain way or make decisions about what actions to take concerning any area of your life. You may also take an Astral or Spirit Journey on your personal Spirit Steed just for fun and to experience joy.

Whenever you are on an Astral or Spirit Journey and are ready to come back, all you need to do is think of coming back and your Spirit Steed will bring you back. If you try to stay too long, and not come back because you are having so much fun, your Spirit Steed will bring you back when it is time for you to return.

When you are ready, you may even be able to ride the Spirit Steed to other planets, stars, etc. to gain insight and bits of information for the highest good of you and others. You may learn to ride your Spirit Steed to a place that is special to you or even created just for you, to gain inspiration and creative insight. The more you work with the energies and the more you ride the Spirit Steed, the better and more powerful messages and astral and spirit travels may be for you.

Remember that in reality, there is no such thing as limitations or time and space. Enjoy your journeys!

To Receive this Attunement:

To receive your attunement to the Spirit Steed Reiki Empowerment, you will need about 20 to 30 minutes of quiet time to receive the energies of the attunement. You may receive the attunement distantly, as chi ball, or in person.

When you are ready for your attunement, get comfortable, relax, and take three deep breaths, exhaling slowly to relieve any stress of the day. Then when you are ready, say, "I accept this attunement for (name of attunement, and level if appropriate) from (name of teacher) now." Then just relax and allow the energies to flow in to you, and enjoy it. You will receive the attunement in the same way, no matter how it is sent to you. The difference in the methods of sending attunements varies, but the actual receiving of any attunement is always the same.

To Send this Attunement:

The attunement to Spirit Steed Reiki Empowerment can be passed in person, distantly, or as chi ball method. The attunement is passed with intention in the manner that works best for you. Each person is a bit different in how they like to pass attunements—some use crystals, some use meditation, or soft music, chanting, or many other personal ways to increase power and ease of sending or passing attunements. It is my belief that each teacher knows what is the most comfortable, enjoyable, and powerful way that works best for them to pass on attunements, and whenever passing attunements you should always follow your guidance.

Here is the basic method:

Get comfortable and relax. Take three deep breaths and exhale slowly to release any stress or tensions of the day. When you are ready, say, “I ask that (name of person being attuned) be attuned to (name of attunement, and level if appropriate) on (date and time).

If the attunement is sent as chi ball, you must create the energy sphere by creating energy between the palms of your hands, (move them closer together and out again—back and forth with your palms facing each other to build the energy), and use visualization to see the sphere or chi ball. Then place the attunement energies inside the chi ball or energy sphere with visualization as you say, “I ask that (name of person being attuned) be attuned to (name of attunement and level if appropriate). I ask that the energies of this attunement be placed within this chi ball and that the energies be kept pure until (name of person being attuned) accepts this attunement. I ask that this (name of attunement) chi ball go now to (name of person being attuned) and continue to float around (him or her) until he or she calls it in and accepts this attunement. I thank you. And so it is.”

Again, I stress this is a basic way to send this attunement as chi ball and you as teacher should always pass attunements in the way that is best for you with pure intention. You may want to seal the chi ball sphere with angelic protection to keep the energies within the sphere pure until the student calls in the attunement. You can do this by simply asking the Angels, or specific Angel like Archangel Michael to seal the energies with angelic light to protect them and keep them pure until they are received by the student. But again, you should do this in your own way. Always use the method and means of protection that work best for you.

Reiki is a form of energy healing that always helps and never harms. If you are ill, please see your physician. Reiki works hand in hand with the medical profession.

Spirit Steed Reiki Empowerment, including the manual and artwork, was channeled and copyrighted by Linda Colibert Jan. 2009.

Do not change any part, or alter in any way, or leave out any part of this manual. If you want to translate it into another language, please get permission of the founder (Linda Colibert) before you translate it.

Spirit Steed is not affiliated with any other reiki or empowerment system or manuals out there that may or may not already exist. It is not to be confused in any way with any other reiki or energy system.

The suggested price for Spirit Steed is \$19.95.

Please respect the energies, and work that went into this system and always get a fair energy exchange. Do not give Spirit Steed Reiki Empowerment away freely on any website or yahoo group. It is not to be posted freely on any of these types of free exchange groups.

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