

Ama Deus Shamanic Healing

Distance Course Notes

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Lesson 1 - Introduction to Ama Deus Shamanic Healing

First of all, I'd like to wish you a very warm welcome to the Ama Deus Shamanic Healing distance course. I hope you will really enjoy all the lessons and attunements, and gain much benefit from your studies. If you have any questions concerning the course, or perhaps ideas for improvement, feel free to contact me via email, and I will reply as quickly as possible.

In this lesson we will discover what Ama Deus Shamanic Healing is, how it works and typical situations in which it can be used to heal both yourself and others. The history of this powerful healing technique will also be considered in depth.

What is Ama Deus?

Ama Deus is a powerful, energy-based shamanic healing system that uses God's love and a series of ancient symbols (without names or colors), as vehicles for the energy transmission. The symbols are multidimensional, and therefore both specific in their application as well as wide-ranging in their scope. Although the system is similar in some ways to Reiki as it seeks to balance the energy centers within the body, the Ama Deus symbols are designed for more specialized actions than those used in Reiki.

Most of the techniques are visualized with the Third Eye, but the work can also be done using a hands-on approach. The system is based on the passage of energy through an effective channel created between man and Divinity, in other words an 'opened gate' for the Divine love, which works in us through the Heart chakra. This channel is activated by repeating a specific mantra three times, and is sustained by a breathing technique combined with a powerful visualization. The basic technique is extremely simple to learn.

As with Reiki and other energy healing modalities, Ama Deus can be sent over long distances, and it can also be used in conjunction with other methods of healing. The practitioner is simply a channel for God's love, which is why Ama Deus is known as a heart-based energy system. The healing energy is projected through intent and attunement with the energies of God and the symbols.

Ama Deus can be employed in a multitude of situations, including the following:

- Healing for oneself and others
- Distance healing
- Healing for emergency situations
- Healing for animals, birds and plants
- Helping those near death or dying to choose whether to live any longer or not - from a spiritual perspective, any ending is really a new beginning
- Helping departed souls in their transition to the spirit world
- Purification of food, water, medicines etc.
- Physical and emotional healing of the heart
- Helping babies make a smooth transition into the world and ground into their physical body
- Receiving a spiritual gift on your birthday
- Receiving spiritual information during your dreams
- Recollection of past lives/journeying in the Akashic Records
- Supporting world leaders in making decisions that could affect the entire Earth
- Healing the Earth
- Exorcism

Each of the above uses (along with many others) will be discussed in greater detail throughout Lessons 3 - 5.

History of the Ama Deus Shamanic Healing System

"Life is in the Love and the Healing. Everything else is just waiting."

Alberto Aguas

Ama Deus is an energy healing technique that has been used for the past 6000 years by the Guarani (pronounced *Gau ra nee*) Indians who live deep in the Amazon jungle of central Brazil. They are the Indians featured in the movie 'The Mission', and are one of the oldest cultures still in existence in the world today.

As the Guarani have always lived very close to nature, it's easy to understand how their environment has influenced their spiritual methodology, resulting in a simple but extremely effective shamanic language.

According to their belief system there is no such thing as 'illness'. In their view everything is Spirit, and it is outside forces which cause imbalance to occur. When the outside force (such as an unwanted spirit or energy) is removed, then the effect upon the physical body will be released and balance will be restored once more. The Guarani shamans apply their knowledge of working with energy when carrying out healing, knowing that the power is coming from a single greater Force. Their words for God and Love are interchangeable, and they believe that it is the 'love' which is the healing power, and they are simply the 'channelers' or transmitters of this healing energy.

By our Western standards, the lifestyle of the Guarani Indians in the Brazilian rainforest is rather primitive, yet their healing practices (although simplistic) are comprehensive and expansive in their applications. Irapuru, the sacred bird of the Amazon jungle, is the Guarani tribe's animal ally and spiritual guide, and is still called on for assistance when using this form of healing. Simplicity is undoubtedly the key to the Ama Deus system, which has proven its effectiveness over the thousands of years that it has been in use.

The healing system was first brought to the West by Alberto Aguas, a third-generation Brazilian healer. Both his mother and grandfather were doctors who also worked with energy healing, and for much of his life Alberto witnessed many healings and many different methods of delivering these healings. His family lived among the Guarani people for generations, providing them with medical care when needed, and as a result of their efforts to help the Indians, a mutual respect developed between the tribal shamans and the doctors. Eventually the shamans began to share their methods of healing and it was through this trusting relationship that the method has been passed along.

However, it is likely that only a small part of their teachings are to be found in this system, as the Guarani shamans would be trained for many years in this healing art. Even when Alberto lived with them, all the children were still being taught to perform psychic surgery by the age of 6, although only those who felt a strong calling for a career in healing would continue to practice it in later years. According to Alberto, he was only once asked and guided to perform this sacred technique for a friend. Afterwards, he was amazed that the operation had gone so smoothly, as he had not used psychic surgery since his childhood many years before.

In later life, Alberto had access to the Guarani Indians for eight years and studied their ways of healing extensively throughout that period. The Indians recognized him as a man of love and integrity, and a great channeler of energy. He was also well-educated and spoke seven languages, and it was with the tribe's approval that Alberto began teaching their way of using energy in a classroom setting for the last ten years of his life. Traveling around the world, he became well known for his lectures, healing services and workshops, and it was his mission to bring to the world this loving, healing technique of the Guarani Indians.

Since the Indians have no 'written' language and as Portuguese is the main language spoken in Brazil, Alberto decided to name their system of healing 'Ama Deus', meaning 'I love God' in Portuguese. (The expression 'Ama Deus' actually originates from Latin, meaning 'Love God').

Alberto Aguas continued to practice and live by this trusted and sacred healing method until his passing in 1992. His purpose in life was reflected by his statement, "In everything I do, I try to bring healing to it."

For additional information on the Guarani Indians, please read the following articles:

<http://www.survival-international.org/tc%20guarani.htm> - general information on the Guarani Indians and their cultural beliefs.

<http://www.yerbamate.co.uk/pages/page07.htm> - a Guarani Indian legend.

The Ama Deus Energy

"To believe in what you can see and touch is no belief at all; but to believe in the unseen is a triumph and a blessing."

Abraham Lincoln

When using Ama Deus, we tap into an energy flow that is connected to a particular thought - Love. This healing energy given by the Universe can be used to enhance and to expand the human experience in the physical reality. As souls, we are energy in a physical dimension and consequently the matter that we are comprised of and that we live in can be affected by energy. Since the beginning of time, mankind has been given tools to help alleviate suffering. One of these tools is pure energy for healing purposes, and the indigenous peoples of the world have been the keepers of this ancient knowledge for thousands of years.

Throughout history there are references to many cultures working with the 'Light of the Universe' or the 'Love of the Universe'. In recent times there has been a renewed interest and re-introduction of these energy-based healing techniques, as the practices and ancient knowledge of many of our indigenous peoples have become known to the rest of the world.

A reverence for life is the common denominator amongst indigenous people, and it is the interconnectedness of all life. Love is the common thread that weaves through all healing modalities, and without it there cannot be true healing.

As we utilize the Ama Deus energy, we are opened to the opportunity for new experiences, new perspectives, expansion, and enhancement. When we are properly connected to healing energy, we are able to flow with the Light and Love of the Creator in order to renew, restore and give love.

The following message was shared by one of my teachers in this wonderful system:

I had the pleasure of meeting Albert Aguas, a handsome Brazilian shaman with the gift of healing. I saw Alberto lay hands on several patients, to the accompaniment of classical music. I felt honored to watch this dedicated healer move intuitively, his hands and entire body guided by some unseen yet obvious force.

During class, Alberto told us, "I performed two of my most powerful healings on patients who passed on not long afterward."

"How can that be?" a student asked.

"The purpose of healing is not necessarily to bring about a certain physical condition," Alberto explained. "Sometimes its purpose is to bring a soul to peace. The patients I have just described had, on a deeper level, chosen to leave this world. In the process they needed to find resolution and freedom within themselves. I can tell when a patient receives healing; I experience a kind of psychic 'clicking' during which tumblers fall into place. I felt that sense of deep resolution with these patients; the fact that they passed on is secondary to the fact that they found inner peace."

The clicking of psychic tumblers I am not sure of, but the inner peace I have seen.

Quiz

1. (Fill in the Blank: 1 point) The Ama Deus symbols are described as being ancient and
2. (Fill in the Blank: 1 point) What is used to visualize most of the Ama Deus techniques?
3. (Multiple Choice: 1 point) How many times should the mantra be repeated in order to activate the channel?
A: 2
B: 3
C: 4
D: 5
E: 6
4. (True/False: 1 point) Ama Deus is not suitable for use with other methods of healing.
5. (Fill in the Blank: 1 point) Ama Deus is known as a based energy system.
6. (Multiple Choice: 1 point) Ama Deus has been in use for how many years?
A: 6
B: 60
C: 600
D: 6000
E: 60000
7. (Fill in the Blank: 1 point) What is the name of the sacred bird of the Amazon jungle?
8. (Fill in the Blank: 1 point) Who was responsible for bringing Ama Deus to the West?
9. (Fill in the Blank: 1 point) What does 'Ama Deus' mean in Portuguese?
10. (Fill in the Blank: 1 point) is required for true healing to occur.
11. (Multiple Choice: 1 point) Which of the following countries does not have any Guarani tribes?
A: Brazil
B: Argentina
C: Uruguay
D: Paraguay
E: Bolivia
12. (Multiple Choice: 1 point) Approximately how many Guarani live in Brazil?
A: 10000
B: 20000
C: 30000
D: 40000
E: 50000

13. (Fill in the Blank: 1 point) The Guarani believe that is the origin of all life.
14. (Fill in the Blank: 1 point) A Guarani religious leader is known as the
15. (Fill in the Blank: 1 point) According to Guarani beliefs, the is the resting place of the soul after death.

Assignment

1. Please list 10 situations where it would be appropriate to use Ama Deus Shamanic Healing. (10 points)
2. In your own words, explain your understanding of the Guarani Indian's belief system in relation to illness. (5 points)

Lesson 2 - Introduction to the Ama Deus Symbols

In this lesson we will be meeting the Ama Deus symbols for the first time and learning how to perform a simple breathing technique known as the 'Breath of God'. The lesson includes additional tips on using Ama Deus healing and provides detailed instructions for receiving the attunements.

Symbols and the Importance of Ego

You are about to embark on a sacred course of study, which should not be taken lightly. Traditionally, shamanism uses visualization, meditations, imagination and will, to travel through various layers of reality and other worlds. However, Ama Deus differs from such traditional shamanic methods as it uses symbols, which are actually images or imprints, to connect with the healing energy and these are transported via the Love of God.

The Ama Deus symbols are not for decoration. When the shaman visualizes them in his mind's eye, they are not necessarily colored. If colors are required, the spirits and spirit helpers working with the shaman will bring them in.

Your part in the healing process is to act as a channel for God's love. There should be no ego intervention on your part. Once the healing is finished you should never ask for feedback regarding the session, as this indicates that you are interfering with the energy and are not detached from the process. If you think it is necessary to ask what's going on during the healing, then you should do so at the time. It is essential that whenever a healing takes place, it must be done without ego on the part of the healer.

The applications of each symbol will be learnt with continued use, since their application is infinite. Practising these symbols will expand your intuition as you gather new meanings and applications for each one.

Additional Advice from Alberto Aguas

1. Music, crystals, totems or herbs can all be used during an Ama Deus healing session.
2. The shamanic breathing technique known as the Breath of God, can be used by the shaman throughout the healing, and also by the healee who is receiving the Ama Deus healing.
3. You should have a holy attitude when healing.
4. Healing work should be done before eating, not afterwards.
5. You should be clear about the purpose and release the outcome to God.
6. Remember that your role is to be a 'vehicle' for the energy transmission.
7. The healee can also do the spiritual routine before receiving the symbols.
8. It is considered impure to alter the symbols or use them with other symbols. This effectively alters their vibration, and it is thought that the spirit guides and souls of the Guarani shamans will 'back off' as well.
9. You can tone the name of the sacred bird of the Amazonian jungles, Irapuru, 5 times in order to raise the energy vibration and to connect with the ancient shamanic spirits and spirit helpers.

An Introduction to Shamanic Breathing

Our breath is the link between the physical body and soul. The shamanic breathing technique involves taking deep breaths by inhaling through the nostrils, expanding the diaphragm and stomach, and holding; and then exhaling via the mouth. The whole purpose of using this technique before practising Ama Deus, is in order to become the 'Breath of God'.

Remember that the sacredness of this system is of great importance. Although the system itself is simple, the sequence (which is guided by the Breath of God) is the key to its effectiveness.


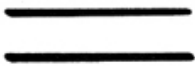






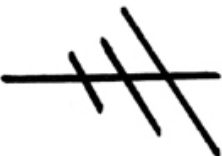





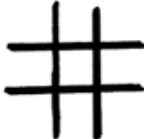











Visualize yourself taking in and becoming filled with the Light of God. Imagine that you are a never-ending channel of love and that you are exhaling Love on every out-breath. This emotional feeling of love increases within as the symbols are visualized and held. At the point when the shaman releases the symbols to do their work (on an out-breath), he is All Love and is in the moment.

In Ama Deus healing, when the symbol is activated by visualization, the emotional feeling of the Love of God primes the healing energy, and the Breath of God transports the energy. Rather than trying to achieve this mentally, allow your mind to merge with the Divine through conscious intent. By gathering the pure Light of God and feeling the Love of God, the energy is transported to its destination via the Breath of God. The Ama Deus practitioner merely serves as a transportation vessel.

The Ama Deus Shamanic Healing Symbols

Please take your time with this section of the lesson, as it is important to memorize as many of the following symbols as possible at this stage before receiving the attunements. Don't be put off by the sheer number of symbols - although there are 26 in total, you will only ever be using about 4 or 5 at any one time. They are surprisingly simple to learn and I would recommend that you spend some time over the next couple of days drawing them on sheets of paper. With a little practice, they will soon sink in to your memory.

As we've already discussed, these ancient symbols do not have names or colors assigned to them, but they are however multidimensional. Although the symbols have no official names as such, I've listed the purpose of each one beside it, simply as an aid to learning them.

1. Claiming 	2. Giving 	3. Distance Healing 	4. Lock In 
5. Purification 	6. Rescue the Dying 	7. Help Deceased 	8. Earthbound Spirits 
9. Spiritual Guide 	10. Healing Yourself 	11. Emergency 	12. Group of Healers 
13. Animals 	14. Earth 	15. Birthday 	16. Dreams 
17. Mastermind 	18. World Leaders 	19. Unknown 	20. Others' Hearts 
21. Full Moon 	22. Exorcism 	23. Exorcism 	24. Visit a Friend 
25. Eyes 	26. Babies 	Ama Deus Shamanic Healing Symbols	

Once you feel confident that you've learnt the symbols, please contact me to arrange convenient times for your attunements on consecutive days.

Preparation Guidelines for Receiving the Attunements

The Ama Deus healing system must be activated via an attunement process before it can be used. You may also wish to take the following vow:

"I vow to be a part of the sacred traditions and lineage of the Guarani shamanic healing practice, which I will always carry out in a sacred and honorable way."

The following meditation should be practised during each initiation by the student (and also by the Master before giving each attunement). Once again, I would like to stress the importance of memorizing as many of the symbols and their purposes as possible before receiving your attunements.

For the purposes of this course you will receive the Ama Deus attunements over two consecutive days. On the first day you will only be attuned to four of the symbols: 1, 2, 3 and 17 respectively. The following day you will be attuned to *all* the symbols (this includes re-attunement to the first four).

Prior to each attunement it is advisable to take the phone off the hook and find somewhere quiet where you can sit undisturbed for about 30 minutes. Turn off the lights or pull the curtains (allowing just a very weak light inside the room), and if you wish, light a few candles or incense and play some relaxing meditation-style music in the background. Sit down in a comfortable chair with your feet touching the floor and your hands resting on your legs with the palms facing upwards. Then close your eyes and breathe deeply and slowly several times - just relax and try not to think about anything other than the attunement process if you can help it. The most important thing is to be comfortable and enjoy your attunement.

Try to keep your heart and mind as open as possible, so you can perceive the changes around you and within yourself. You may feel energy moving around you or see colors, which are difficult to describe in words. Keeping your eyes closed, visualize with your Third Eye all the Ama Deus symbols you are being attuned to (for that particular attunement) and state their purpose aloud in your mind three times. Then repeat for several minutes the secret name of God, 'Ama Deus'. (If you have difficulty remembering some of the symbols, it would be a good idea to have them drawn on a piece of paper which you can then refer to if necessary).

Next, imagine that a column of white light is entering your Crown chakra and moving downwards to your Heart chakra. On the breath in say aloud 'Light', and on the breath out say aloud 'Love'. As the energy enters your Crown chakra, it pours down from your head and neck to the Heart chakra, and from there is passed out to the Universe. You should stay in this meditation for as long as you feel comfortable.

Once you have been attuned to all the Ama Deus symbols you should continue to use this sacred meditation of the Guarani Indians on a daily basis. It is very powerful as it combines the influences of other meditation practices along with the healing power of God's energy. Frequent use of this meditation will bring physical relaxation, mental clarity, improved ability to visualize, clairvoyance, enhanced healing skills and the expansion of consciousness.

Attunements can be experienced in many different ways, but most of the time they are felt as subtle sensations of energy. Sensations of heat or shivering, seeing colors, feeling a certain chakra, and experiencing deep inner peace and relaxation are all possibilities, as is experiencing nothing at all. Everyone's attunement will be different, but nonetheless perfect for that person. Remember that you are safe and protected during the entire process and that the Ama Deus healing energies you receive are a lifetime gift from the Divine/God/Spirit (or whatever term you feel most comfortable with).

As with all attunements, you may have a short period of cleansing reactions, (which is often the case with the start of any natural healing method). This can include flu-like symptoms, sweating, increased urination, loose stools, vivid dreams, or indeed, no symptoms at all. It is best to drink plenty of water, eat healthily, give daily treatments to your own self and perhaps take some more rest than normal, in order to assist your cleansing and detoxification process.

Very rarely someone may feel a bit spacey after an Ama Deus attunement, or find the stronger energy overwhelming. If this happens you should lay your hands on your own body or someone else's, and allow the energy to flow through you as this will balance the energy.

You will no doubt have noticed that the words 'Third Eye' and 'chakra' have been popping-up throughout this lesson. The Third Eye is situated at the brow and is also referred to in this course as the 'mind's eye'. Visualization is an important part of using Ama Deus, and we will be coming back to this in more detail in Lessons 3 - 5. In the meantime, please visit the following web page for more information: http://healing.about.com/library/uc_chakras_0106.htm . The Third Eye, Crown and Heart chakras are the key ones used in the Ama Deus system. Even if you are already familiar with the chakra system, please take a look anyway, as this is an excellent article.

Quiz

1. (Fill in the Blank: 1 point) Ama Deus from traditional shamanic methods as it uses symbols.
2. (True/False: 1 point) The Breath of God should only be used by the shaman at the start of healing.
3. (Multiple Choice: 1 point) How many times can the name 'Irapuru' be toned to raise the energy vibration?
A: 3
B: 5
C: 6
D: 9
E: 10
4. (Fill in the Blank: 1 point) Our breath is the link between the physical body and
5. (Fill in the Blank: 1 point) What should the shaman exhale on every out-breath?
6. (Fill in the Blank: 1 point) The Ama Deus practitioner serves as a vessel.
7. (Fill in the Blank: 1 point) Symbol 2 is known as the symbol.
8. (Fill in the Blank: 1 point) Symbol is comprised of two circles.
9. (True/False: 1 point) Symbol 4 is known as the Mastermind symbol.
10. (Multiple Choice: 1 point) Which symbol would you use specifically for Distance Healing?
A: 3
B: 10
C: 14
D: 20
E: 22
11. (Fill in the Blank: 1 point) Symbol is in the shape of a 'T'.
12. (Fill in the Blank: 1 point) State the purpose (in 1 word only) of Symbol 11.
13. (True/False: 1 point) Symbol 16 can be used to invite dreams.
14. (Fill in the Blank: 1 point) Symbol is used for babies.
15. (Multiple Choice: 1 point) Which symbol is 'heart-like' in shape?
A: 4
B: 6

C: 12
D: 19
E: 24

Assignment

1. In your own words, explain why it is so important to keep your ego detached from the healing process. (5 points)
2. With regard to the symbols and the meditation technique, describe what you should do while receiving the attunement. (5 points)
3. List 5 benefits of using the sacred meditation of the Guarani Indians on a regular basis. (5 points)

Lesson 3 - Using the Ama Deus Symbols (Part 1)

In this lesson we will learn a simple 'spiritual routine' which is used every time when practising Ama Deus, plus how to use each of the first seven symbols.

The Spiritual Routine

1. Say Ama Deus 3 times - this calls the energy in the name of God.
2. Do the Breath of God 3 times - this is a priming of pure light (the light of God).
3. Place both hands over your Heart chakra. Feel your heart opening and feel the Love of God - this is the emotional feeling by which the symbol is sent. Sense that you are deeply in love with God (the Divine, the Universe or whatever name you prefer) and all creatures.
4. Leave your right hand resting on your Heart chakra and place your left hand on your Third Eye (brow chakra). Send the love to your Third Eye. You can repeat the words Ama Deus several times and should remain in this position for 1-2 minutes until the energy feels uniform in both hands. When the love from your heart is imprinted on the Third Eye, this activates the part of our Third Eye, which is used for healing.
5. Imprint the symbols one at a time on your palms using the Third Eye. The process is known as imprinting since you will feel your Palm chakra and hands expanding, and the energy of the symbol will feel like tiny pulses of electricity in your palm. Visualize the symbols one at a time starting with the Claiming energy symbol, focusing attention on your left hand. When you feel the energy in your left hand, start visualizing the Giving energy symbol and focusing attention on your right hand. The other symbols will come in on the vibration of the symbol in your left hand and are grounded by the symbol in your right hand. (If you experience any difficulty with visualization, stare at the symbol and then close your eyes and try to visualize how it looks. This should be repeated until the image is clearly fixed in your mind's eye).
6. Send the imprint to the person by imprinting each symbol on the other person's energy via your Third Eye.

The above routine should be used every single time you perform Ama Deus Shamanic Healing, with the exception of occasions when Symbol 5 is employed (on its own) and Symbol 11 is used to treat someone in-person.

Symbols 1 - 7 and their Uses

Please bear in mind that all the Ama Deus symbols possess depth, memory and dimensionality, and that they come from God.

Symbols 1 - 7 are depicted below, with full descriptions for each one given beneath the diagram:

Symbol 1

Imprint the **Claiming** symbol on your left palm to draw in the energy of God. This symbol basically serves as an energy wave on which the other symbols can ride in. Try to hold the symbol in your Third Eye for one minute. Initially you may find it difficult to visualize for this long, so if the symbol alters shape, try to bring the image back gently. The role of the left hand is to bring in the symbols and healing energy.

Symbol 2

Imprint the **Giving** symbol on your right palm, in order to anchor and contain the energy for the symbols, which are to be used in healing. The right hand is responsible for sending healing from the heart, which is filled with love, on the out-breath. As before, this symbol should be visualized in the Third Eye for one minute.

The Claiming and Giving symbols are always used together, and never individually. They can be utilized for healing oneself and others by placing your hands as guided by your intuition. In situations where you have no particular sense of guidance, you can place one hand on the heart and the other on the solar plexus. When you have finished, disconnect the energy connection by following the instructions given below under Symbol 4. Then break state, by moving your body and thinking of something else.

As the palms of the hands are such an important aspect of the Ama Deus Healing System, some people have reported seeing Guarani shaman (who are in spirit) actually coming to assist them during the healing and have described their hands as being huge and filled with energy and light.

Symbol 3

For **Distance Healing** do the spiritual routine first, imprinting the Claiming and Giving symbols in your left and right palms respectively. Then form a circle around your mouth and nose with your hands, and say the name of the person or visualize their face. (Distance healing can also be used for animals, plants, objects etc).

Visualize a golden flame of light going from you to that person as you exhale the Breath of God. This funnel of gold flickering light is sent to the person's heart center or wherever you are directed by your intuition. You can also visualize other symbols inside the circle, if it seems appropriate to send them.

Once your visualization is complete, disconnect the energy connection by releasing the picture and the circles formed by your hands and follow the instructions given under Symbol 4. Then break the healing state by moving your body and thinking of something else.

Symbol 4

This symbol is used to **Lock In the Healing, send the symbols back to God and to close the Ama Deus healing**. It should always be used at the end of every session or if you wish to carry on with another form of healing.

First of all, you should visualize the wave-like Claiming symbol looping up, followed by the Giving symbol within the wave. Next, close the wave by visualizing a single horizontal line sitting just above the top of the loop. You can then visualize the symbols that have been utilized during the session within the two lines (as illustrated in the diagram above).

In order to fully complete the closure, you should send the symbols back to the Divine/God on an out-breath of air. Finally, it is important to give thanks and show your appreciation to your guides and spirit helpers, the symbols, and the Divine/God.

Symbol 5

The symbol for **Purification** should never be used in conjunction with any of the other symbols, and also does not require the use of the spiritual routine. It can be used over food, water, drinks, medicines etc - basically anything you are about to ingest, and is suitable as well for anything you put in or on the body such as implants, transplants, needles etc.

The purification symbol is very useful if you are dining in a restaurant, for instance, as you can use it to purify or remove negative emotions, which the food may have absorbed from the cook during the preparation process. You can simply visualize the symbol over whatever needs to be cleared, and you can also place your fingertips together to form a 'V'-shape with the hands and then move the hands down and through whatever is being cleared.

Symbol 6

The symbol to **Rescue a Dying Person** can be used to help a person choose whether to live or die. For this procedure you should always light a candle or visualize one in your mind before beginning the healing.

First of all, do the spiritual routine and imprint the Claiming and Giving symbols on your palms. Then take your place at the feet of the individual and very lightly hold onto the second toes of the dying person (i.e. the toe beside the big toe). Place your middle finger on the top of the toe at its base and your thumb touching the underside of the toe, again at the base.

Send the symbol on the breath, up through the meridians to the person's heart. It is a picture with no words and is *not* a 'heart' - you are simply projecting energy. The symbol can be sent as many times in a row as you feel necessary.

This whole process should be carried out for 3 consecutive days, and then stopped for another 3 consecutive days. It is very important that the shaman is committed and faithful to the 6-day sequence. This can be repeated as often as required until the individual makes a decision.

At the end of each session you should release the person to God and then use Symbol 4 to lock in the healing. If you are using the Distance Healing method then you can send the funnel of golden light to the person's heart chakra visualizing this symbol contained within the circle. As before, lock in the healing with Symbol 4.

Symbol 7

The symbol to **Help the Deceased Make the Transition to the Spirit World** can be used to assist individuals who have been dead for less than 21 days. It is used in the same way as Symbol 6, and as

before, it is important that you light a candle or visualize one burning.

First of all, do the spiritual routine and imprint the Claiming and Giving symbols on your palms. Then if the body is still actually present, touch the toes in exactly the manner described above and blow this symbol up through the deceased's feet, visualizing it flowing into all of their subtle bodies. (Please respect the local and customary burial practices).

If the body is not present, then you can use the Distance Healing method as described above, exhaling the golden circle/funnel containing Symbol 7. This should be visualized going into the soles of the feet, through a tunnel and out into the subtle bodies. The symbol must be sent to the whole being, and not just a specific part of the individual.

Lock in the healing as before with Symbol 4 at the end of each session. This symbol (7) is particularly helpful for suicides and individuals with no beliefs or 'evil' beliefs, but it is suitable for use with anyone. It must not be used any longer than 21 days following the death of the person.

Ama Deus is particularly useful for those who are dying or who have recently crossed over, as it helps the person leaving the physical realm to make a smooth transition to the other side.

Exercises

The spiritual routine lies at the heart of the Ama Deus Shamanic Healing System, so it is vital to practice it often and get the hang of using it right from the outset.

Please familiarize yourself with each of the symbols and practice using them in conjunction with the spiritual routine. Try sending someone you know a Distance Healing, remembering of course to ask them for their permission beforehand. Afterwards, be sure to ask them what it felt like.

Symbol 5 is an easy one to practice, so please use it regularly at meal times, for instance, to see if you notice any changes/improvements in the flavor of your food and beverages etc.

If you are in a position where you are able to use either Symbol 6 or 7, then you may do so provided you feel confident enough that you have mastered the spiritual routine and shamanic breathing technique.

As with most things, practice makes perfect. When you've practised as many of these techniques as possible several times over, I would love to hear how you're doing.

Assignment

1. In your own words, describe in detail how you would do the spiritual routine. (15 points)
2. Describe in your own words what you would use Symbol 6 for, and how you would go about doing this. (10 points)

Lesson 4 - Using the Ama Deus Symbols (Part 2)

In this lesson we'll be discovering methods for using the next set of Ama Deus symbols. Although we are covering ten symbols in one sitting, which probably sounds like a lot of hard work, they are all straightforward to use and very enjoyable to work with.

Symbols 8 - 17 and their Uses

Symbols 8 - 17 are depicted below, with full instructions for using each one given beneath the diagram:

Symbol 8

This symbol can be used for those individuals who have been dead for longer than 21 days and are considered **Earthbound Spirits**. Light a white candle (to symbolize purification) or envisage one in your mind's eye. As before, do the spiritual routine and imprint the Claiming and Giving symbols on your palms.

Provided that the earthbound soul cannot be seen, you should imprint the Distance Healing symbol and Symbol 8 on your third eye. Then visualize Symbol 8 encircled by golden light and imagine that you are blowing it to the person in a flash of golden light. On the extremely rare occasions that the earthbound spirit materializes and can be seen, you do not need to use the Distance Healing symbol. Finish each session by locking in the healing with Symbol 4.

Symbol 9

This symbol is used to bring in a **Spiritual Guide/Teacher/Master for Oneself**. Light a candle (of any color) and begin with the spiritual routine and imprint the Claiming and Giving symbols on the palms as usual.

Then if you wish, you can use Symbol 9 together with the Distance Healing symbol (or Symbol 9 on its own), and imprint the image in your inner eye. This symbol is only suitable for your *own* personal use and you need to be in a meditative state in order to bring in the spiritual guide, master or power animal.

Hold the image throughout in your mind's eye and at the end of your meditation or journey, employ Symbol 4 on an out-breath, and send the symbols and energy back to the Universe/God. You should always set your intention before commencing this procedure.

Symbol 10

The symbol for **Healing Yourself** can be used to work with your own heart, and to mend it if it's broken. You should sit or lie down somewhere quiet, where you won't be disturbed. Begin as usual with the spiritual routine and imprint the Claiming and Giving symbols on your palms.

Then visualize Symbol 10 in front of you, scoop it up with your hands and bring it towards your heart. With your hands held in your aura over the heart (not actually touching the heart), visualize the heart moving into your hands, which are still holding the symbol. Send love to your heart, clear, cleanse and heal it. Caress it for a while before putting it back in your body with the symbol remaining in place. In this case, Symbol 10 is the seal (and not Symbol 4).

Another method is to complete the spiritual routine and imprinting, followed by visualizing Symbol 10 for 20 minutes or so to see if anything transpires. It has been reported that on occasion the shaman can actually see themselves, and the symbol becomes a physical object which is used by the spirit helpers

to heal the shaman.

This symbol provides an excellent method for treating emotional problems. Only on very rare occasions can it be used for someone else, and only then if you are extremely close to the person. Under such circumstances, you must always use the Distance Healing symbol even when the person is in the same room as you.

Symbol 11

The **Emergency** symbol is very powerful and can be used on both yourself and others. It can be utilized without the spiritual routine. The spiral should be drawn quickly from the centre outwards using both hands and drawing in clockwise and counter-clockwise directions. For an emergency situation, you should begin drawing very fast spirals above the head (front and back, if possible) and then concentrate on the injured area using the same movements.

If you wish to send emergency healing to someone who is not present, you should use the spiritual routine, imprint the Claiming and Giving symbols, think of the person and imprint the Distance Healing symbol. Then you can work with the Emergency symbol as before, drawing the spirals while visualizing the person. You can also mentally send the symbol without the need for using your arms.

Although it requires great concentration to work with this symbol, it can be very effective and is ideal for treating injuries and pain.

Symbol 12

This symbol can be used by a **Group of Healers in an Emergency** (provided that everyone knows how to use the Ama Deus symbols involved). The group should sit in a circle, do the spiritual routine and imprint the symbols on the palms of their hands.

Symbol 12 is passed around the circle by each person passing it on their breath to the person sitting to the right of them. The symbol is passed around the circle, faster and faster each time, until the circle eventually becomes the symbol. Afterwards, lock in with Symbol 4.

This routine can be used for political leaders and difficult political situations, and is also very beneficial for those who are ill and depressed. Positive intention is clearly important here because of the group involvement.

Please note that you should never participate in this method if you suffer from heart problems.

Symbol 13

The symbol for **Healing Animals and Birds** can be used for emotional and physical issues, and with individual animals or entire species. It has been used with great success on young puppies and kittens to help them make a smooth transition into the world and ground into their physical body.

The spiritual routine and imprinting on the palms should be done first before sending this symbol. If the animal or bird is not present, you should incorporate the Distance Healing symbol as well, and try to picture the creature when sending the energy. In both cases, the healing should be sealed with Symbol 4.

Symbol 14

This symbol is used to **Heal the Earth**. Follow the spiritual routine as normal and imprint the Claiming

and Giving symbols in your palms. Then imprint Symbol 14 in your third eye and send it to the Earth on an out-breath.

There is no need to use the Distance Healing symbol as you are already in contact with the Earth. Finally, lock in the process with Symbol 4.

Symbol 15

The **Birthday** symbol can be used to send a blessing to either yourself or someone else on their birthday. As before, use the spiritual routine and imprint the symbols in your palms.

This symbol can be used for perception, clarity, balance and courage. When finished, it should be sealed with Symbol 4 and the two horizontal lines of Symbol 15 should be visualized as overlaying those of Symbol 4.

Symbol 16

This symbol, which **Invites Dreams for Decision-making**, is used in conjunction with the spiritual routine and imprinting the Claiming and Giving symbols on the palms.

It should be visualized in your third eye, held for a moment and then sent to a crystal on the out-breath. Place the crystal near your bed and have some paper close at hand for when you wake up so that you can record the details of your dreams immediately.

This sequence should only be used for your own self as a means of making choices or determining answers to something, as dreams will be brought forward for breakthroughs. Symbol 16 should not be used on a nightly basis - its purpose lies in bringing about a turning point. There is no need to seal this symbol with Symbol 4.

Symbol 17

To use the symbol for **Recollection of Past Lives** you should lie down in a quiet place, where you will not be disturbed. Use the spiritual routine first and imprint the Claiming and Giving symbols in your palms.

Hold the image of Symbol 17 in your mind and release it on an out-breath to the ether or Akashic Records. As this will bring recollections and visions of past lives, you should ask to receive what is useful at this time or what you need to know.

You must only use this symbol on yourself, and when you've finished seal the process with Symbol 4. Symbol 17 is also known as the 'Mastermind' symbol, since it connects to the super-conscious.

The Akashic Records are a storehouse for all the information regarding every single individual that has ever lived upon the earth. They contain details of every single word, deed, feeling, thought and intent that has ever occurred. By tapping into your own records (past lives, present experiences and your unfolding future), it is thought to be possible to shape your own destiny and create the life you desire. This is a fascinating subject, and would need an entire course devoted to it, in order to do it proper justice. If you would like to know more, the following web pages provide useful background information:

<http://paganwiccan.about.com/library/weekly/aa120302akashic.htm>

http://www.edgarcayce.org/about_ec/cayce_on/akashic/

Exercises

As before, please familiarize yourself with each of the symbols and practice using them in conjunction with the spiritual routine. The more thoroughly you practice the easier it will become, and your healing abilities using Ama Deus will increase in their effectiveness.

Try to use as many of the above symbols and techniques as appropriate and make a note of your experiences with each one. With some of them you may find that it takes several attempts before you perceive any changes or results.

These energies can sometimes be quite subtle, so with that in mind it is important to keep an eye out for 'subtle' sensations of energy, thoughts or colors popping into your head, and so on.

Once again, please let me know how you're getting along with using these symbols.

Quiz

1. (Fill in the Blank: 1 point) Symbol is usually used for locking in the healing.
2. (True/False: 1 point) Symbol 7 is used for individuals who have been dead for longer than 21 days.
3. (True/False: 1 point) Symbol 11 cannot be used without the spiritual routine.
4. (Fill in the Blank: 1 point) When using Symbol 9 you should be in a state.
5. (Fill in the Blank: 1 point) Symbol helps young animals make a smooth transition into the world.
6. (Multiple Choice: 1 point) Which symbol can help with treating emotional problems?
A: 6
B: 9
C: 10
D: 15
E: 17
7. (Multiple Choice: 1 point) Which symbol should not be used by someone suffering from heart problems?
A: 5
B: 10
C: 11
D: 12
E: 16
8. (True/False: 1 point) If an earthbound spirit materializes, you do not need to use Symbol 3.
9. (True/False: 1 point) The Distance Healing symbol must always be used with Symbol 14.
10. (Multiple Choice: 1 point) Which symbol connects to the super-conscious?
A: 4
B: 7
C: 9
D: 16
E: 17
11. (Fill in the Blank: 1 point) A crystal is required when working with Symbol
12. (Fill in the Blank: 1 point) Symbol is used for courage and balance.
13. (True/False: 1 point) Symbol 16 can be used to bring recollections and visions of past lives.

14. (Fill in the Blank: 1 point) The Akashic Records exist in the realm.

15. (Fill in the Blank: 1 point) Akasha means 'primary substance' or '.....'.

Assignment

1. Explain in detail 2 possible methods by which you could use Symbol 10 to heal yourself. (10 points)

2. Describe in your own words how you would use the Ama Deus Shamanic Healing System to 'invite dreams'. (5 points)

Lesson 5 - Using the Ama Deus Symbols (Part 3)

In this lesson we will be studying methods for using the final set of Ama Deus symbols. As with the previous lesson, it probably seems initially on glancing down the page that there is an awful lot to learn. However, please don't be put off by the number of symbols, as they are all easy to get the hang of using and are fascinating to work with.

Symbols 18 - 26 and their Uses

Symbols 18 - 26 are depicted below, with full instructions for using each one given beneath the diagram:

Symbol 18

This symbol can be used on **World Leaders, World Situations and Other Important Causes**, and is clearly very relevant for use in our current times. Interestingly, this symbol would have been sent to the chiefs of neighboring tribes in the past.

There is no need to use the Distance Healing symbol. Simply follow the spiritual routine, but do not request a specific outcome. Just allow the energy to work by itself. Symbol 18 can also be used successfully in conjunction with Symbol 14. The energy can be sealed in afterwards with Symbol 4.

Symbol 19

If you have an **Unknown Situation** where none of the other symbols are really appropriate then you can employ Symbol 19. It can be used on yourself or someone else (either hands-on or remotely).

Begin with the spiritual routine and imprint symbols on your palms. If you wish, you can call Alberto Aguas for assistance three times in the name of God. (You can also complete any other healing technique and then visualize this symbol floating all over the body). Once you're finished, seal with Symbol 4.

Symbol 20

This symbol is suitable for use on **Other People's Hearts** on physical or emotional levels. Start with the spiritual routine and imprint the symbols on your palms as usual.

Then visualize the symbol in your third eye and send it to the person's heart on an out-breath. Symbol 20 can be used either in person or distantly, and should be sealed with Symbol 4 when finished. This is a much better option than using Symbol 10 to work on someone else's heart.

Symbol 21

The **Full Moon** symbol can be used to ask for a particular thing or to receive an answer to a specific question around the time of the full moon. It should not be used for trivial matters, nor should it be employed to satisfy material needs/wants. It is important to keep your ego out of the process.

Once you are absolutely clear about your question or request, begin the spiritual routine and imprint the symbols on your palms. Then visualize and hold both the Mastermind symbol (Symbol 17) and Symbol 21 in your third eye. Release the symbols (on an out-breath) back to Source and leave the outcome up to God. You should not use the Distance Healing symbol.

It is advisable to carry out this procedure on the evening of the full moon, but for those times when the full moon is early in the morning, you can use the evening before (or after). Energy is known to build up before an astrological event such as this, and is more powerful shortly before or during the full moon than just after.

Symbols 22 and 23

These two symbols are used in an **Exorcism**: Symbol 22 helps facilitate it, while Symbol 23 protects the shaman and everyone present. It is essential that the person on whom the exorcism will be performed has given their permission and is willing for the exorcism to take place. A white candle must be lit, and it is advisable to ask for the angels of protection and love to stand on either side of everybody present in the room.

Begin the spiritual routine and imprint the symbols on your palms as usual. Then visualize Symbol 23 and energize it with your third eye. It should be visually placed over yourself and anyone else (people and animals) who are in the room/house, except for the person being healed. You can either see the symbol over the head or encompassing the whole body.

Then very lightly hold onto the person's second toes (i.e. the toe beside the big toe). Place your middle finger on the top of the toe at its base and your thumb touching the underside of the toe, again at the base. Visualize Symbol 22 in your third eye, energizing it with heart/love energy. Send the symbol on your breath, up through the meridian lines (or through the central energy channel) to their heart.

Make sure that when breathing-in you focus on the crown chakra, and do not breathe in any negative energy from the person through your mouth. Symbol 22 can be sent several times as you hold on to the individual's toes. It's a good idea to ask them what they're experiencing, as sometimes there will be an uncomfortable sensation in the abdomen.

Most entities are located in our will centers, which can be found behind the solar plexus and third eye, so you must also blow Symbol 22 into these areas. Having breathed the symbols out of your mouth, you should lift your head, focusing and breathing-in through your crown in order to avoid breathing-in the person's negativity. At this stage, you can also use any other appropriate Ama Deus symbols such as Symbols 19 and 20.

You can now send the entity to the Light by using Symbol 8 (for earthbound spirits). Inform them they are loved, blessed, healed and forgiven (or words to that effect) and ask them to take the hand of one of the angels present so they may be safely guided to the Light. The individual receiving the exorcism should now state the following three times: **"From the God of my being to the God of the Universe, I forgive myself, I love myself unconditionally and I am the only authority in my life. So be it and so it is."**

Most often the 'entity' is a past life, and by using Symbol 8 that part of the soul can be helped to reach a state of forgiveness and move on. Then ask the individual to visualize a pink light (representing compassion) and exhale it to the entity.

Once again, visualize Symbol 23 on yourself and everyone else in the room (except the healee). Then seal the process with Symbol 4 and place all the symbols in it apart from Symbol 23. This should always be the last symbol you see before opening your eyes, and you can now visualize Symbol 23 over the individual to complete the procedure.

Symbol 24

This symbol can be used in order to **Visit a Friend**, and can be very rewarding. Please try wherever possible, to ask for your friend's permission before attempting this. The Distance Healing symbol is not

necessary; simply follow the spiritual routine and imprint the symbols on your palms.

Envisage Symbol 24 in your mind's eye and release it to your friend. This should only be used to visit a person for friendship and out of love, and for those who are physically present on earth. It can be used to find a missing friend or another person's loved-one. The outcome must always be released to God. When finished, seal with Symbol 4.

Symbol 25

This symbol which represents the **Eyes**, can be used to assist people with their physical, mental and metaphysical vision. As before, use the spiritual routine and imprint the symbols on the palms.

Then visualize this symbol and send it to the individual's eyes or to yourself. Once completed, you should visualize Symbol 25 as a seal on the eyes (instead of sealing with Symbol 4).

Symbol 26

Symbol 26 is specifically for use with **Babies**, as some of the other Ama Deus symbols would be too powerful for an infant. This gentle symbol can be used on babies up to three months old in order to send Light and help the infant to make a smooth and grounded transition into their physical body.

As usual, do the spiritual routine and imprint the symbols on your palms. Then visualize Symbol 26 and send it on an out-breath to the baby (this can be done remotely or with the baby present). Once you've finished, Symbol 4 is used to seal the process.

The purpose of the lines at the top of Symbol 26 is to act as a safety valve and release excess energy when the baby has received its fill. With other forms of hands-on healing such as Reiki, the energy will stop when the baby has had sufficient healing, but with Ama Deus the shaman also focuses their attention, and consequently without this release mechanism the energy would sometimes become too strong.

Exercises

Once again, please familiarize yourself with each of these symbols and practice using them in conjunction with the spiritual routine. Try to use as many of the above symbols and techniques as appropriate and make a note of your experiences with each one.

For the purposes of this course you will not be asked to perform an exorcism on anyone, but you are expected to learn and fully understand the technique should you ever wish to employ it. As before, please let me know how you're getting along with using these symbols.

Quiz

1. (Fill in the Blank: 1 point) Symbol 18 can be used successfully in conjunction with Symbol
2. (Fill in the Blank: 1 point) Symbol is used during an exorcism to send an entity to the Light.
3. (True/False: 1 point) Symbol 19 is only suitable for personal use.

4. (True/False: 1 point) When using Symbol 24, you should always use Symbol 3.
5. (Fill in the Blank: 1 point) Symbol has the ability to release excess energy.
6. (Fill in the Blank: 1 point) Symbol can be used around the time of the full moon.
7. (Multiple Choice: 1 point) Which symbol was sent to the chiefs of neighboring tribes in the past?
A: 18
B: 20
C: 21
D: 25
E: 26
8. (Multiple Choice: 1 point) Which symbol is better than Symbol 10 for working on someone else's heart?
A: 18
B: 19
C: 20
D: 21
E: 22
9. (Fill in the Blank: 1 point) Symbol assists people with their physical, mental and metaphysical vision.
10. (Fill in the Blank: 1 point) Symbol 26 can be used on babies up to the age of months old.
11. (Multiple Choice: 1 point) Which symbol can be used to find a missing person?
A: 20
B: 21
C: 24
D: 25
E: 26
12. (Multiple Choice: 1 point) Which symbol is used for protection during an exorcism?
A: 20
B: 21
C: 22
D: 23
E: 24
13. (True/False: 1 point) When using Symbol 18, you should always request a specific outcome.
14. (True/False: 1 point) Symbol 4 is not required to close down Symbol 25.
15. (True/False: 1 point) Symbol 21 should be used in conjunction with Symbol 17.

Assignment

1. Describe in your own words and as much detail as possible, how you would carry out an exorcism. (20 points)

Lesson 6 - How to Teach and Attune Others to Ama Deus

As this is the final lesson of the Ama Deus Shamanic Healing course, we will start with some additional advice from Alberto Aguas. For those of you who may be interested in teaching the Ama Deus system to others, we will look at several attunement methods (both in person and over long distances), as well as discussing possible teaching methods and preparation.

Additional Information

If you are attuned to other types of healing energy then these will work in conjunction with the Ama Deus symbols. Ama Deus can be used before or after other healing modalities, and if you feel it is appropriate to use additional symbols in this way, you must always close the Ama Deus system first with Symbol 4. Ama Deus will become noticeably stronger the more it is used.

The person receiving the healing can be encouraged to take an active role in the proceedings by visualizing themselves in their mind's eye, observing the healing process. They can also center themselves in their heart chakra, or follow the Breath of God routine to help initiate healing.

When doing a self-healing the person may visualize the symbol or their self, or both the symbol and their self in their third eye. In addition, when the individual receiving healing is present or it is being sent distantly, the shaman may also see themselves working with spirit helpers along with the symbol in their mind's eye. It is important not to try to control the symbol or anything else, which appears in your third eye, as this could affect the outcome.

Before practising any of the techniques on another person, it is recommended that you work on yourself first with Symbols 10, 19, 25, 9 and 17.

Alberto taught a useful technique for increasing immunity by stimulating your thymus (a gland which plays an important role in the body's immune system). You simply tap your breastbone/sternum with your three middle fingers to stimulate a rush of energy. Then you should sit down for 1 or 2 minutes to allow it to balance you.

He also taught a method for mentally releasing pain and longing. You simply make a list of the items to be released, picture one item at a time in your mind and then press on your sternum very hard to release the repressed pain for each one.

How to Give Ama Deus Attunements

The Ama Deus attunements can be given in one, two or even three steps. How you do this is very much up to you, as there are no specific written rules.

Normally, for the first attunement I place the Claiming energy symbol, the Giving symbol, the Distance Healing symbol and the Mastermind symbol (Symbol 17) in the student's crown, third eye, heart and palms of their hands. (Other teachers may choose to only give two symbols at the first level). Then, for the second attunement (usually on the following day), I put these four symbols along with the rest of the symbols in the same places as above.

It is best to listen to and be guided by your own intuition, as each student is different. In most cases, a singular attunement will be too much for a student, and on occasion you will feel that the student requires a third attunement to be able to absorb all the symbols.

There is no wrong or right way to draw the symbols - just do whatever comes naturally. With some of them it is quite obvious where the best place to start is, and with the others it really doesn't matter which part you draw first.

Prior to commencing the sacred ceremony of initiation into the Ama Deus healing system, both you and your student/s should participate in the meditation described earlier under the section in Lesson Two entitled 'Preparation Guidelines for Receiving the Attunements'.

The attunement procedure is as follows:

1. Ask God for his assistance in making this a perfect initiation for the student, and to help you be a perfect and clear channel for His Love. Then ask the founder of this system, Alberto Aguas, and the sacred bird of Amazonians, Irapuru, to assist you in the healing and attunement process.
2. Draw all the Ama Deus healing symbols on your palms, crown and heart chakras, repeating Ama Deus aloud several times.
3. Stand behind the student and place both hands on top of their head to create an energetic rapport with them. Draw the appropriate Ama Deus healing symbols above their head, while repeating Ama Deus several times.
4. Then move in front of them and place their hands together in a prayer-like position in front of their heart.
5. Remain in front of the student and draw the same symbols as before in the air in front of their third eye chakra and imagine that the symbols are moving into this chakra.
6. Then repeat drawing these symbols in the air in front of the heart chakra, again imagining them moving into the chakra.
7. Next open the student's hands as you would a book, so that they are touching each other with the palms facing up towards the ceiling. Place your left hand under their hands and with your right hand draw all the appropriate Ama Deus healing symbols on their palms. Lightly slap the hands while mentally repeating Ama Deus several times.
8. Bring the student's hands together again in prayer position, and move them back in front of the student's heart while saying several times Ama Deus.
9. Move behind the student again, and place your hands on their shoulders briefly, sharing this sacred moment with them. Repeat Ama Deus several times aloud and feel the Love of God between you, your student and the whole Universe.

If the student is not physically present for the attunement, you can send it over long distances by using a

representation for the student such as a teddy bear. It's most practical to have this sitting on a chair, so you can easily move around and follow the instructions laid out above.

Before you start, you must clearly state your intention to attune this person by means of your representation. You must tell the Universe the name and address/location of the person this attunement is meant for, as well as the time (and time zone) that it should arrive at. Then you can follow the attunement procedure exactly as outlined above for a physically present person.

Or, if your visualization skills are very good, instead of using a representation, you can imagine the person sitting on a chair while you walk around placing the symbols in their chakras.

Lineage

For your Ama Deus Shamanic Healing lineage, simply add your name to the end of the following list:

Dr. Alberto Aguas

Victor Glanckopf

Michael Arvey

Dr. Aurelian Curin

Pamela Jordan

Teaching Ama Deus Shamanic Healing

Being an Ama Deus Shamanic Healing Master is about much more than just receiving the attunements. It means that the various techniques of sending the energy, the symbols and the attunement process are well known and practised by you. Thorough practice (on a daily basis if possible) will increase your confidence in the Ama Deus healing system and in yourself as a competent channel.

I would strongly recommend waiting for a couple of months before teaching others, purely for the reasons outlined above. If, after that time, you decide to give courses then ideally you should start with individuals or small groups. When teaching physically present students it is better to keep group-size down to a maximum of six people, so as to ensure that everyone is given full attention. You should allow plenty of time for answering questions and for students to practice the techniques on themselves and each other where appropriate. As there are two attunements, you may wish to send the first one distantly on the day before your workshop and the second one could then be done 'live' on the actual day.

Assignment

1. In your own words, please give a detailed description of how you would go about attuning someone in person to Ama Deus. This should include details of which symbols are given in each attunement. (20 points)

Conclusion

I hope you've thoroughly enjoyed this course and would appreciate any feedback (good or bad!), as this will enable me to improve it for future students. Even though you've finished, please stay in touch and let me know how you are getting on with using Ama Deus, as I would love to hear about your healing

successes. Also, you are welcome to email me at any time in the future with energy healing-related queries and I will do my best to help.

In Love & Light,

Pam.

Disclaimer

Please be aware that the information given in this Ama Deus Shamanic Healing course is for educational purposes only.

Ama Deus Shamanic Healing will work in conjunction with any and all other healthcare practices you may be using. However, it is not meant as a substitute for proper medical diagnosis and treatment provided by licensed healthcare professionals.

Ama Deus Shamanic Healing practitioners do not diagnose conditions, nor do they perform medical treatments, prescribe substances, or interfere with the treatment of a licensed medical professional.

It is strongly recommended that you contact your physician or healthcare specialist if you have any concerns about your health.

Copies of the 'Ama Deus Shamanic Healing Distance Course Notes'

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