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Shi Zen

Level 2 Manual

The Shi Zen Level 2 Symbol



Iava

Pronounced "Ee-ah-var". (Note that Iava begins with an I, not an L.)

This symbol was channelled by Catherine Mills Bellamont, in Ireland. The first line inscribes the Cosmic Wave. The four loops at the end of the second line represent the four elements of Earth, Water, Air and Fire.

When drawing the second line, say “Earth” as you go around the first loop, “Water” as you go around the second loop, “Air” as you go around the third loop and “Fire” as you go around the fourth loop.

Iava connects us with Mother Earth. It connects us more deeply with elements of Nature, for example, with plants, crystals, animals, sunshine, moonlight, etc. It also connects us with beings from the Elemental Kingdom, such as Faeries and Nature Spirits. These beings work with Nature and they can channel their healing energies through Shi Zen to assist in treatments.

Iava balances and harmonises within us the four elements of Earth, Water, Air and Fire. It can be used for healing the Earth as well as plants, animals and humans.

Iava is the Shi Zen Level 2 symbol and should be used together with Cho Ku Rei when invoking the energy, as explained below.

Giving Treatments with Shi Zen Level 2

You can use Shi Zen Level 2 to give a treatment in exactly the same way as you would use Shi Zen Level 1, the only difference being that you can now use the **Iava** symbol together with the **Cho Ku Rei** symbol during the treatment, as well as just **Cho Ku Rei** on its own. Vibrations and vibration sets can be used with Level 2 in the same way they are used with Level 1.

When invoking **Iava**, it should always be preceded by a **Cho Ku Rei** and followed by a **Cho Ku Rei**. This is the same as the way you would use Sei He Ki preceded by a Cho Ku Rei and followed by a Cho Ku Rei in Usui Reiki.

For example, if you wanted to use **Iava** on the receiver's stomach, do as follows:

1. Place one hand down on the receiver's stomach.
2. Then with the other hand, draw the **Cho Ku Rei** symbol over the stomach area once and say its name 3 times.
3. Draw the **Iava** symbol over the stomach area once and say its name 3 times.
4. Draw the **Cho Ku Rei** symbol over the stomach area again once and say its name 3 times.
5. Place your second hand down on the stomach next to your first hand and let the energy flow for as long as you feel is necessary.

Using the **Iava** symbol will deepen the connection with Nature and with elements of nature such as crystals and essential oils, when their vibrations are being channelled. It will also raise the vibration of the energy coming through.

I suggest using **Cho Ku Rei** on its own, on all areas of the body that you want to work on, and additionally using **Iava** together with **Cho Ku Rei**, as explained above, on some areas when you intuitively feel it is needed. You will probably find that most areas of the body will want a dose of **Cho Ku Rei** on its own, followed by a dose of **Iava** together with **Cho Ku Rei**.

Just to make this clear, here's an example. To give a dose of **Cho Ku Rei** on its own, followed by a dose of **Iava** together with **Cho Ku Rei**, when working on the receiver's stomach area, you would do as follows:

1. Place one hand down on the receiver's stomach.
2. Then with your second hand, draw the **Cho Ku Rei** symbol over the stomach area once and say its name 3 times.
3. Place your second hand down on the stomach next to your first hand and let the energy flow for as long as you feel is necessary.
4. Then with again with your second hand, draw the **Cho Ku Rei** symbol over the stomach area once and say its name 3 times.
5. Draw the **Iava** symbol over the stomach area once and say its name 3 times.
6. Draw the **Cho Ku Rei** symbol over the stomach area again once and say its name 3 times.
7. Place your second hand down on the stomach next to your first hand and again let the energy flow for as long as you feel is necessary.

Alternatively, you can just always use **Iava** together with **Cho Ku Rei**, as explained above, on all areas of the body, and not bother with using **Cho Ku Rei** on its own. This can be a more powerful way to work with Shi Zen Level 2 and may feel more appropriate once you have been using the system for a while and had time to properly integrate the Level 2 energy and the **Iava** symbol.

Iava can also be used at the end of a treatment, over the receiver's stomach, for general balancing of the elements of Earth, Water, Air and Fire within the person. When doing this, ask that the energy automatically go wherever it is needed within the receiver for this step of the treatment and then let the energy flow for as long as you feel is necessary.

Using the Shi Zen Level 1 Energy

You will still be able to channel the original Shi Zen Level 1 energy any time you want to, just by asking specifically for the Level 1 energy to come through. The Level 1 energy is denser than the Level 2 energy and it is usually felt more physically in the body. You may find there are times when it feels more appropriate to use the original Shi Zen Level 1 energy.

Working with the Faeries

The Faeries are powerful healers and are closely linked to Nature.

The Shi Zen Level 2 energy and the **Iava** symbol will assist you in connecting with the Faeries (and other Elementals from the Faery Realm) and enable you to channel their healing energies as part of a treatment.

Faeries have a child-like energy about them and they are very playful. They also have a wonderful sense of humour. For this reason, they are great for helping people to reconnect with their inner-child and to "lighten up" and take a more playful approach to life.

The Faeries' primary role on Earth is taking care of plants, animals and the environment. Unlike Angels, Faeries have egos and they exercise their free will to choose which humans they want to assist and engage with. If a person does not respect plants, animals and the environment, it is unlikely that the Faeries will want to have anything to do with them.

Therefore, if you would like the Faeries to work with you and assist in your Shi Zen treatments, it is important that you do your best to take care of plants, animals and the environment. It is also important that you invite their help with love, respect and gratitude. If you are giving a healing to someone who does not respect plants, animals and the environment, the Faeries may choose not to participate.

Having the Faeries assist in Shi Zen treatments will add a new dimension to your healings and make them more powerful. All you have to do is call upon “The Faeries” at the beginning of the treatment (at the time you are calling on other Guides and healing vibrations), and request them to bring their healing energies through as part of the treatment, to heal the receiver for their Highest Good.

From there, you just carry out the treatment as normal (using **Cho Ku Rei** on its own and also using **Iava** together with **Cho Ku Rei** when you intuitively feel it is needed, as explained above). The Faeries will mix their healing energies in with the other energies coming through, whenever and wherever they are needed. You may be able to notice a difference in the energy during a healing when you have asked the Faeries to assist. Don't forget to thank the Faeries for their help at the end of the treatment.

If you want to, you can use **Iava** at the beginning of a treatment over the receiver's stomach, to assist in connecting with the Faeries. When doing this, ask that the energy connect yourself and the receiver with the Faeries and then let the energy flow for as long as you feel is necessary.

You can try giving a Shi Zen treatment, working with just the Faeries' healing energies alone. This can be helpful if you would like to see what the Faeries' healing energies feel like on their own, or if you want to practice tuning-in to the Faeries and developing your connection with them. You can do this as follows:

Call upon Shi Zen and the Faeries. (You can also call upon Archangel Michael for protection, plus your own Higher Self and the Higher Self of the receiver.) Ask the Faeries to bring through their healing energies to heal the receiver for their Highest Good. Ask for the Shi Zen energy to manifest purely the healing energies being channelled by the Faeries and nothing else. Then give your treatment as normal. You may find that a “Faeries Alone” Shi Zen treatment is fun for young children.

To meet the Faeries and find out more about them, please visit:

<http://www.vibrational-alchemy.com/faeries/intro.htm>

I recommend a wonderful book about the Faeries (including information about connecting with the Faeries) called **Fairies 101** by Doreen Virtue, published by Hay House, Inc. You may be able to get **Fairies 101** from www.Amazon.com

I hope you will enjoy Shi Zen Level 2.

Peter Chapman,
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Please note that attunement to Shi Zen does not authorize or empower you to attune others to Shi Zen.

Contact Information

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