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Shi Zen

Level 1 Manual

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# Shi Zen

## Important Note:

**Being attuned to Shi Zen does not authorize or empower you to attune others to Shi Zen.**

## Introduction

Shi Zen is a system that uses the Universal life-force energy to channel the healing vibrations available in nature. It can be used together with Reiki to enhance Reiki treatments or as a healing system on its own.

If you like working with aromatherapy or crystals, you can bring through the vibrations of appropriate essential oils or crystals as part of a treatment. You can do the same with Bach Flower Remedies and other flower essences. If you like working with Native American Indian Medicine, you can bring through the healing vibrations of animals. Other elements of nature can also be applied in healing, for example, sunlight and moonlight.

You don't need any expertise in aromatherapy, crystal healing etc. to use Shi Zen. The system contains many predefined sets of healing vibrations to choose from, each designed for a specific healing purpose. You can also define your own vibration sets.

To enhance a Reiki treatment, Shi Zen is invoked at the beginning of the treatment, along with one or more individual vibrations or vibration sets. From there, the treatment is carried out in the same manner as you would normally give your Reiki treatment. Hand positions, symbols, absent healing techniques, etc. can all be used in the usual fashion. The additional healing vibrations will be automatically drawn through during the treatment, as needed for the receiver's Highest Good at the time.

When using Shi Zen on its own, the system brings through its own base energy. The Shi Zen base energy is similar to Reiki but denser, and is generally felt more physically in the body than Reiki. Pure Shi Zen treatments have a rich, "organic" feel, and bring the receiver into the physical body and the present moment.

## **The Development of Shi Zen**

Shi Zen was born in 1999 when, during meditation, Peter Chapman experienced a spontaneous initiation which empowered him with a form of healing energy similar to Reiki. When this energy was first channelled through the hands it went through three phases. On the first day it came through as intense “sun” energy. On the second day it came through as dense “earth” energy. On the third day it changed again, becoming balanced and feeling like a dense form of Reiki.

The system was initially named Taiyo Chikyu, meaning “Sun Earth” in Japanese. In 2000 it was renamed Shi Zen, a Japanese phrase meaning “nature” or “100% natural”. The change in name brought about a shift in vibration, making the energy more subtle. In 2005 the technique of channelling healing vibrations from nature was incorporated.

## **Vibration Sets**

Vibration sets are a key part of the Shi Zen system. A vibration set is a set of vibrations that work together towards a particular goal, for example, a selection of essential oil vibrations that work together to bring calmness to the receiver. A set is similar to a blend, as used in aromatherapy however when using a vibration set, only those vibrations in the set *that are needed* will be drawn through.

A set is created by specifying the vibrations that the set is to contain. Any healing vibration from nature can be included. The set is given a name, and is invoked by that name at the beginning of (or during) a treatment. Once a set has been invoked, the system enables vibrations from that set to be automatically drawn through during the treatment, as needed for the receiver's Highest Good at the time. Vibrations can come through individually or in combinations, depending on the needs of the receiver.

More than one set can be invoked at the same time, in which case the system will combine the sets. A set can contain different kinds of vibrations, for example, a set containing the vibrations of certain crystals and certain essential oils. A list of predefined vibration sets begins on page 11.

## **Defining Your Own Vibration Sets**

Complete the following steps to define your own vibration set:

1. Decide what the purpose of the set is to be in terms of healing, for example "to calm the body and mind".
2. Decide what vibrations the set is to contain. This will require some background knowledge. A set can contain the vibrations of essential oils, crystals, flower essences, animals and other vibrations from nature.
3. Decide on a name for the new set.
4. Write this definition down on paper, for example:  
Name: Calm  
Purpose: To calm the body and mind.  
Contains: Essential oils: German chamomile, Roman chamomile, geranium, cypress, lavender, marjoram, cardamon.

Once a set has been defined as above, it can be invoked by name at the beginning of a treatment.

## **Using Vibrations in Treatments**

When using vibrations from nature in treatments, it is important to allow the vibrations to be *drawn through as needed* during the treatment, rather than trying to force any particular vibration on the receiver. The system is designed such that vibrations and vibration sets can be invoked for a treatment in order to make them available for the receiver to draw through. It is the receiver, not the practitioner, who decides which and when vibrations will actually be applied. Not all the vibrations in a vibration set that has been invoked will necessarily come through during the treatment – the receiver will unconsciously select the ones that are needed for them at the time.

## **Experimenting with Vibrations**

Working on yourself, you can experiment with different vibrations to see what they feel like and what effects they may have. After invoking the Power Symbol, you can ask for particular vibrations to come through – either one at a time or in combinations.

For example:

“Can I please have the vibration of rose quartz.”

“Can I please now add in blue lace agate.”

“Can I please now take out blue lace agate and add in amethyst.”

“Can I now please change to hematite.”

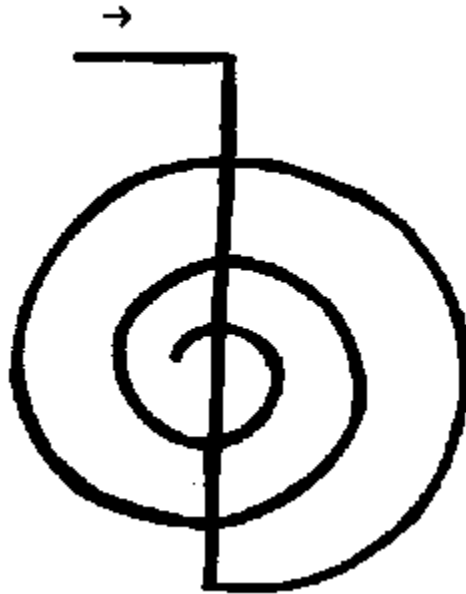
“Can I now please change to sunshine.”

Any conceivable vibrations from nature can be channelled and combined.

You can also do this without invoking the Power Symbol, in which case the energy will come through in a more gentle and subtle form.

The Shi Zen Power Symbol

**Cho Ku Rei**



Pronounced “Cho Koo Ray”.

Draw once, say name three times.

**Cho Ku Rei** is the only symbol used in Shi Zen Level 1. It is invoked over each area of the body to be worked on.

## **The Shi Zen Guides**

There are three Guides associated with Shi Zen – Quan Yin, Lao Tzu and Gaia. When using Shi Zen, you can invoke any or all of these Guides to assist in a treatment.

### **Quan Yin**

Quan Yin is an eastern goddess of mercy, compassion and healing. She is also an Ascended Master.

### **Lao Tzu**

Lao Tzu is an Ascended Master. He was an old Chinese sage, whose teachings became the foundation of Taoism. Lao Tzu helps to heal on the spiritual level by working to:

- Increase trust in divine order, divine wisdom, divine planning and divine purpose
- Develop the ability to move intuitively from within, in natural harmony with the divine flow of the Universe.

### **Gaia**

Gaia is the living, sentient consciousness and soul of the planet earth itself.



## Giving a Treatment using Reiki and Shi Zen

1. Call upon Reiki and the Reiki Guides.
2. Call upon Shi Zen.
3. Optionally call upon Quan Yin, Lao Tzu and Gaia.
4. Call upon the receiver's Higher Self.
5. Call upon your own Higher Self.
6. Call upon the vibrations you have chosen to use for the treatment. You can either choose one or more vibration sets, one or more individual vibrations, or a combination of both. Some examples of invoking vibrations for a treatment are:

“I call upon the vibration sets *Heart Healing* and *Joy*.”

“I call upon the vibrations of rose quartz and amethyst.”

“I call upon the vibration set *Calm*, plus the vibrations of rose quartz, blue lace agate, jasmine and moonlight.”

Ask those called upon to come through to heal the receiver for their Highest Good.

From there, carry out the treatment in the same manner as you would normally give your Reiki treatment. If the treatment is to be an absent healing, carry out the treatment as you would normally give your Reiki absent healing. The additional vibrations will be automatically drawn through as needed, and will combine with the Reiki energy as it is being channelled.

You may notice changes in the intensity and vibration of the energy coming through your hands at different points throughout the treatment, as different vibrations are drawn through.

Once the treatment is complete, give thanks to those you called upon to take part in the treatment, and ask them to be with the receiver to guide, support and assist them through their healing process.

## **Giving a Treatment using Pure Shi Zen**

Treatments can also be given using Shi Zen alone, without invoking Reiki. The Shi Zen base energy is similar to Reiki but denser, and is generally felt more physically in the body than Reiki. Pure Shi Zen treatments have a rich, "organic" feel. They are grounding, and bring the receiver into the physical body and the present moment.

1. Call upon Shi Zen.
2. Optionally call upon Quan Yin, Lao Tzu and Gaia.
3. Call upon the receiver's Higher Self.
4. Call upon your own Higher Self.
5. Call upon the vibrations you have chosen to use for the treatment (as described in step 6. above for giving a treatment using Reiki and Shi Zen).

Ask those called upon to come through to heal the receiver for their Highest Good.

Carry out the treatment, invoking the Power Symbol over the area you are about to work on each time you move to a new section of the body. You can either work through the standard Reiki hand positions or work intuitively on the areas you feel drawn to treat. The system will bring through the Shi Zen base energy. The additional vibrations will be automatically drawn through as needed, and will combine with the base energy as it is being channelled. You may notice changes in the intensity and vibration of the energy coming through at different points throughout the treatment, and you will probably find the energy feels stronger than when giving a Reiki treatment.

Once the treatment is complete, give thanks to those you called upon to take part in the treatment, and ask them to be with the receiver to guide, support and assist them through their healing process.

### **Giving an Absent Healing using Pure Shi Zen**

It is recommended that you do not send an absent healing directly to someone using pure Shi Zen unless the person has consciously given their permission to send them healing. (See also **The Cosmic Healing Bank.**)

An absent healing using pure Shi Zen is carried out by using Reiki to make the absent healing connection and Shi Zen to give the treatment, as follows:

1. Call upon Reiki and the Reiki Guides.
2. Call upon Shi Zen.
3. Optionally call upon Quan Yin, Lao Tzu and Gaia.
4. Call upon the receiver's Higher Self.
5. Call upon your own Higher Self.
6. Optionally call upon Archangel Michael (to give protection to the receiver).
7. Call upon the vibrations you have chosen to use for the treatment (as described in step 6. above for giving a treatment using Reiki and Shi Zen).
8. Ask those called upon to come through to heal the receiver for their Highest Good, using Reiki to make the absent healing connection and Shi Zen to give the treatment. Optionally ask Archangel Michael to give protection to the receiver during the treatment
9. Use your normal Reiki symbols and technique to make the absent healing connection with the receiver.
10. Carry out your treatment in the way you would normally give a Reiki absent healing, using the Shi Zen Power Symbol to invoke the energy. You can either work through the standard Reiki hand positions or intuitively work on the areas you feel drawn to treat.

Once the treatment is complete, give thanks to those you called upon to take part in the treatment, and ask them to be with the receiver to guide, support and assist them through their healing process.

### **Giving a Pure Shi Zen treatment without invoking any vibrations**

A Pure Shi Zen treatment can be given without invoking any vibrations. In this case, the system will use only the Shi Zen base energy, which is similar to Reiki but denser.

### **Using Shi Zen without invoking the Power Symbol**

Shi Zen can be used without invoking the Power Symbol, in which case the energy will come through in a more gentle and subtle form. You may feel it is more appropriate to use the energy this way in some situations.

## The Cosmic Healing Bank

The Cosmic Healing Bank is a place where treatments can be sent, to be received at a later time. The four main ways of using the Cosmic Healing Bank are as follows:

- To send a healing to someone for them to receive when they ask for it.
- To send a healing that is to be received at a certain time.
- To send a healing for the receiver's Higher Self to administer as needed.
- To give a hands on treatment from which the receiver will take as much as they need at the time, with the remainder being saved to be received later as needed.

To place a treatment (or partial treatment) in the Cosmic Healing Bank, specify before beginning the treatment that it is to be placed in the Cosmic Healing Bank for <receiver>, under <receiver>'s name, and the circumstances under which the receiver is to receive it. From there, carry out the treatment as normal.

For example, with absent healings, "I ask that this healing be placed in the Cosmic Healing Bank for David, under David's name, ..."

- "... for David to receive when he asks for it."
- "... for David to receive at 10pm on Wednesday 30/11/05."
- "... to be administered to David as needed, at the discretion of his Higher Self."

When sending an absent healing using Pure Shi Zen, the receiver may not need to receive all of the treatment at once. Therefore, if the treatment is to be received **when the receiver asks for it** or at a **specified time**, as in the first two examples above, it is recommended that you add the following instructions: Specify that the receiver is to only receive **as much as they need at that time**, with the remainder being kept in the Cosmic healing bank, to be administered as needed, at the discretion of the receiver's Higher Self.

For example, with hands on healings,

"I ask that David receive as much of this treatment now as he needs now, and that the remainder be placed in the Cosmic Healing Bank for David, under David's name, for him to receive later, as needed, at the discretion of his Higher Self."

The Cosmic Healing Bank can be used with other healing systems as well as Shi Zen, for example Reiki and Seichim.

If you want to send a treatment to someone who has not consciously given their permission to send them healing, you can send the treatment into the Cosmic Healing Bank, specifying it is to be administered as needed, at the discretion of the receiver's Higher Self. In this way, the Cosmic Healing Bank can be used as a safety mechanism to prevent someone receiving healing that they truly do not want.

## **Predefined Vibration Sets**

The following pages list the predefined vibration sets, including the vibrations of crystals, essential oils and flower essences. It is also possible to work with the vibrations of animals and elements of nature such as sunlight and moonlight.

### **Crystal and Essential Oil Sets**

#### ***Heart Healing***

##### **Use:**

Healing the heart chakra; emotional healing; issues relating to giving and receiving love; self love; self worth; to help heal a broken heart.

##### **Contains:**

Crystals: rose quartz, amethyst, citrine, kunzite, pink tourmaline, pink calcite, pink topaz, rhodonite, rhodochrosite, smithsonite, gem silica, azurite, malachite, green aventurine, green tourmaline, diopside

#### ***What Lies Beneath***

##### **Use:**

To help bring to the surface the psychic and emotional reasons behind a physical blockage or illness. To help bring subconscious thought patterns into the conscious mind. Be aware that using this set is likely to bring things up!

##### **Contains:**

Crystals: azurite, malachite, malachite-azurite, malachite-chrysocolla, moonstone

### ***Speak Your Truth***

#### Use:

To assist in verbal expression; to help express what you think and feel calmly, truthfully and peacefully; to assist in becoming able to say no.

#### Contains:

Crystals: gem silica, blue lace agate, larimar, turquoise

### ***Healing the Inner Child***

#### Use:

To help reconnect with the inner child and heal the inner child.

#### Contains:

Essential oils: lavender, rose, orange, tangerine, jasmine, ylang ylang, spruce, sandalwood, lemongrass, neroli

Also contains the set ***Heart Healing***

### ***Release and Forgive***

#### Use:

To help release negative memories and forgive.

#### Contains:

Essential oils: galbanum, sage, frankincense, sandalwood, lavender, melissa, angelica, helichrysum, rose, rosewood, geranium, lemon, palmarosa, ylang ylang, bergamot, Roman chamomile, jasmine

### ***De-traumatise***

#### Use:

To help heal past or present trauma.

#### Contains:

Crystals: hematite, moonstone, smithsonite

Essential oils: juniper, myrrh, blue tansy, orange, cedarwood, ylang ylang, white lotus, citrus hystrix, davana, geranium, spruce, helichrysum, rose, sandalwood, frankincense, lavender, valerian

Also contains the set ***Heart Healing***

### ***Pain Treatment***

#### Use:

To help relieve physical pain.

#### Contains:

Crystals: boji stone, sugilite, malachite

Essential oils: lavender, birch, wintergreen, helichrysum, clove, peppermint

### ***Arthritis Treatment***

#### Use:

To treat arthritis.

#### Contains:

Crystals: amethyst, chalcantite, chalcosiderite, copper, euclase, gold, laumontite, limb cast, malachite, melanite, smoky quartz, rhodonite, tantalite, black tourmaline

## ***Abundance***

### Use:

To help bring abundance.

### Contains:

Crystals: jade, cinnabar, abundance quartz

Essential oils: bergamot, galbanum, melissa, rose, jasmine, sandalwood, myrrh, cinnamon, frankincense, patchouli, orange, clove, ginger, spruce

## ***Confidence***

### Use:

To help bring courage, confidence and self-esteem.

### Contains:

Crystals: amazonite, aventurine, gold

Essential oils: spruce, rosewood, blue tansy, frankincense, lemon, mandarin, bergamot, ylang ylang, rose, geranium, palmarosa, Roman chamomile, jasmine, neroli, hyssop, lavender, orange, sandalwood, angelica, Spanish sage, Idaho balsam fir, myrrh, galbanum

## ***Uplift***

### Use:

To help uplift one's spirits.

### Contains:

Essential oils: bergamot, clary sage, patchouli, mandarin, neroli, orange, jasmine, rose, ylang ylang, frankincense



## ***Calm***

### Use:

To help calm the body and mind.

### Contains:

Essential oils: German chamomile, Roman chamomile, geranium, cypress, lavender, marjoram, cardamon

## ***Joy***

### Use:

To help bring joy.

### Contains:

Essential oils: lemon, orange, tangerine, mandarin, grapefruit, spearmint, bergamot, ylang ylang, rose, rosewood, geranium, palmarosa, Roman chamomile, jasmine

## ***Peace and Relaxation***

### Use:

To help bring peace and relaxation; to help bring peace and balance to mind and heart.

### Contains:

Crystals: gem silica, blue lace agate, larimar, blue tourmaline, turquoise, amethyst, rose quartz, lepidolite, smithsonite, moonstone

Essential oils: Roman camomile, lavender, tangerine, orange, ylang ylang, patchouli, blue tansy

### ***Balance and Harmonise***

#### Use:

To help balance and harmonise the energy system, the chakras and the emotions.

#### Contains:

Essential oils: melissa, myrrh, lavender, blue tansy, neroli, hyssop, spruce, lavender, frankincense, geranium, ylang ylang, orange, sandalwood, angelica, Spanish sage, rose, rosewood, palmarosa, bergamot, Roman chamomile, jasmine

### ***Crystal Rainbow***

#### Use:

To enhance your treatment with an automatically included crystal healing for the major chakras of the body. During the course of a standard treatment, as your hands work their way through the areas of the body related to each of the major chakras, the system will automatically bring through the healing vibration (from the Quartz family of crystals) that corresponds to each chakra.

#### Contains:

Crystals: smoky quartz, red jasper, carnelian, citrine, tiger's eye, green aventurine, rose quartz, blue lace agate, amethyst, clear quartz

### ***Strength and Protection***

#### Use:

To bring feelings of strength, protection and security; to help boost and strengthen the aura.

#### Contains:

Essential oils: fir, cedarwood, geranium, spruce, myrrh, ylang ylang, hyssop, bergamot, melissa, sandalwood, rose, rosewood

## ***Grounding***

### Use:

To help bring about stabilisation and grounding.

### Contains:

Crystals: red jasper, black tourmaline, smoky quartz, hematite

Essential oils: sage, sandalwood, juniper, angelica, ylang ylang, cedarwood, pine, spruce, fir

## **Flower Essence Sets**

The following Flower Essence sets are based on the work of Dr. Edward Bach, creator of The Bach Flower Remedies.

### ***For Emotional and Mental Balance***

#### **Use:**

For treating emotional and mental imbalance caused by traumatic and stressful situations.

#### **Contains:**

Flower essences: mimulus, aspen, red chestnut, sweet chestnut, hornbeam, agrimony, heather, impatiens, star of Bethlehem, cherry plum, rock rose, clematis

### ***For Fear***

#### **Use:**

For treating fear.

#### **Contains:**

Flower essences: clematis, mimulus, aspen, rock rose, agrimony, heather, cherry plum, chichory, olive

### ***For Grief***

#### **Use:**

For treating grief.

#### **Contains:**

Flower essences: star of Bethlehem

***For Despair***

Use:

For treating despair.

Contains:

Flower essences: gorse, rock rose, sweet chestnut, mustard, pine, star of Bethlehem

***For Depression***

Use:

For treating depression.

Contains:

Flower essences: gentian, mustard

***For Suicidal Tendencies***

Use:

For treating suicidal tendencies.

Contains:

Flower essences: agrimony, aspen, cherry plum, clematis, mimulus, rock rose

***For Shock***

Use:

For treating shock.

Contains:

Flower essences: star of Bethlehem

***For Nervous Breakdown***

Use:

For treating nervous breakdown.

Contains:

Flower essences: cherry plum, oak, scleranthus, vervain

***For Exhaustion***

Use:

For treating exhaustion.

Contains:

Flower essences: centuary, olive, hornbeam, vervain, wild rose, clematis

***For Indecisiveness***

Use:

For treating indecisiveness, uncertainty, being easily discouraged.

Contains:

Flower essences: cerato, scleranthus, gentian, gorse, hornbeam, wild oat

***For Over-Sensitivity***

Use:

For treating over-sensitivity to other people's ideas, seeking approval from others, wanting to please others, avoiding conflict.

Contains:

Flower essences: agrimony, centuary, walnut, holly

***For Confidence***

Use:

For treating lack of confidence.

Contains:

Flower essences: cerato, larch, scleranthus

***For Faith***

Use:

For treating lack of faith.

Contains:

Flower essences: gentian, gorse

***For Being Fully Present***

Use:

For treating not being fully present, not paying attention to life and its lessons, living in the past or future, being resigned to life.

Contains:

Flower essences: clematis, honeysuckle, wild rose, olive, white chestnut, mustard, chestnut bud



## **Additional Vibration Sets**

### ***The Magic Potion***

#### **Use:**

A general-purpose essential oil vibration set that you can use when you are not sure which vibrations or vibration sets to select.

#### **Contains:**

Over 70 different essential oils.

### ***The Crystal Elixir***

#### **Use:**

A general-purpose crystal vibration set that you can use when you are not sure which vibrations or vibration sets to select.

#### **Contains:**

Over 400 crystals and minerals.

### ***Sky Light***

#### **Use:**

For emotional healing. Can also be used whenever you intuitively feel it is appropriate.

#### **Contains:**

Sunlight, moonlight and starlight, rainbows, blue sky, sunrise, sunset

## **Contact Information**

For further information on Shi Zen, training and treatments, please contact:

**Peter Chapman**

**Email:        [peter@vibrational-alchemy.com](mailto:peter@vibrational-alchemy.com)**

**Web Site:    [www.vibrational-alchemy.com](http://www.vibrational-alchemy.com)**

Vibrational Alchemy - Melbourne, Australia