



## Shamanic Reiki Master Teacher and Life Empowerment GOLDEN TRIAD PRACTICE

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### **APPLYING THE GOLDEN TRIAD:**

FORM, INTENT, SACREDNESS - INVOKES the MYSTERY

#### **FORM**

Get clear about the FORM – the mechanics or the actual physical steps of whatever you have chosen to do. For instance, know what materials or clothing or other items you need to have on hand, etc., and also everything that you will need to enact from start to completion.

#### **INTENT**

1) Thinking about what you desire to accomplish, ie: *why* you will enact the FORM (what you hope to achieve, what you invite). Think about it from all angles. Get clear about why you're doing this, until you can gel it into about two sentences, or mental images or pictures that feel just right.

2) Now, allow the thoughts or images about your INTENT to dissolve into pure energy in your mind space. You might imagine this as a misty energy, or a color, or you might just feel it. You may imagine your mental space as a chamber lined with crystal or glass or mirror – and see/feel/know that this energy of your INTENT is mirrored by and expanded within this mental chamber.

3) Next, let this energy of INTENT drop through the center of your head, through your throat, and into your heart. Then, note what this energy *feels* like in your heart. There should be no thought, just sensations and feelings in the heart area. If you do not feel them, imagine them, as if they fill your heart chamber, a crystalline

or mirror-lined space. Feel the heart-qualities of this space flooding into your INTENT, imbuing it with a strong and radiant force. It exudes from you.

4) Lastly, expand these feelings and qualities throughout your whole body (or firstly drop them into wherever you identify as your power center then expand throughout your body). Become one with your INTENT. Take your time until you feel there is nothing but this INTENT – embody it, BE your INTENT.

### SACREDNESS

Now that you are one with your INTENT, make it sacred – bring the spirit of it in!

Feel gratitude for the spirit all around you. Call in or *shapeshift* into your spirit guides, and move in ways that reflect sacredness – move with the spirit of it and let the spirit of it move you. Make offerings, chant, pray, or whatever moves you.

Be a conduit, alive and on the spot. Allow spirit to move you and regard everything as sacred.

### MYSTERY

Engage and witness the creative, fertile void – however that manifests or however you feel it, which may be extremely subtle and humble, or absolutely awe-inspiring. Respect the MYSTERY that interweaves all of Earthly reality, and which is you.