

*MU*dra KAMA

Ancient LEMURIAN Codes for Soul Alchemy



*A Magical
Path To
Spiritual
Liberation*

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MUDRA KAMA: ANCIENT LEMURIAN CODES FOR SOUL ALCHEMY

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There was a time when the Ancient Ones freely walked this world, and they walk with us still within another dimensional realm, with the ability to traverse back and forth, transmogrify, and communicate telepathically amongst themselves – and with those who are attuned. These Ancient Ones, the Lemurians, followed great tradition, scientific inquiry, spiritual hubris, with an understanding of our true nature of being, the laws of the Universe, and the ways and means of self-spiritual attainment.

The highest levels of spiritual attainment were reached through sacred practices taken to the heart and mind of each individual. There are teachers and masters who share the path within Lemurian society, and to humanity through various means. However, they share their knowledge from the understanding that the TRUE teacher resides within us all, as do the same magical capabilities with proper nurturing and understanding. The external teachings open the door, but you are responsible for walking through of your own accord.

There is nothing you don't already know that you cannot access from within. And when you begin to do your spiritual work with a disciplined nature, remembrances will come forward and truths will become apparent, as the process of spiritual **en(IN)lightenment** unfolds.

We must take the provided knowledge and follow the prescribed practices until our own personal path is illuminated. Then we must follow our true path leaving everything we have learned and think we know behind, as we move forward with new purpose, excitement, curiosity and determination. And most of all...trust.

MUdra Kama is a Quantum Technology Method for physical and spiritual alchemy, which requires a transmission of the three Celestial Light Frequencies of MU. Each frequency governs a HUB of three Chakras:

- #1) 3rd Eye / Crown / Star
- #2) Heart / High Heart Thymus / Throat
- #3) Root / Navel / Solar Plexus

Use of this technology transforms ones' inner landscape on a cellular level, reactivates dormant DNA, clears and balances the energy system (Chakras), and regenerates points of connection with external grid points and the framework of Light that connects ALL things. Each Mudra as well, has an individual and specific quantum level capacity.

With disciplined practice of MUdra Kama, the HALO (Higher Aureole Light Orifice) will become fully ignited, forming the crown of light around the head that marks our divinity, as we experience life from within a sacred temple of flesh we call - Body.

No matter where you are starting from on this path, MUdra Kama works with you on an appropriate energetic and alchemical level as you evolve and move forward. As with anything else you may choose to investigate and use within this lifetime and the next, the level of return received through this ancient Lemurian practice, is based upon the amount of effort you choose to put into the process.



THE LEMURIANS SPEAK

These are two messages received in conversation with the Lemurians after being transported out of body and downloaded over a period of four hours with the information, transmissions, and teachings associated with the Celestial Light Frequencies of MU and the subsequent alchemical technology, Mudra Kama: Ancient Lemurian Codes for Soul Consciousness. I was asked to share these messages in the manual.

"What we are wanting you to do is to teach the art of healing.

There are many techniques and modalities available that are teaching the specific requirements as prescribed by that specific modality or technique, stating that it must be done in a specific way or with precision and no deviation from the technique that you are being taught.

That is not the true aspect of healing. When you look at Jesus the Christ whom healed many people through the hand of God, there was no mention of Reiki or any other name other than healing by the placement of hands upon another. There were no specific techniques other than placing his hands and thoughts in love. In its simplest form, we can say as we have many times, God works as and through you. Everything is interconnected and transformation works based upon resonance, intent, attraction, repulsion and entrainment. In order to heal or transform anything or anyone, you only need intend to do so with no anticipation of the outcome. And trust that all will be taken care of for the highest benefit of all. You are missing nothing.

The first Mudra presented is in reality, quite powerful in its simplicity and clarity. The bird of Paradise Mudra is much like a laser beam, and with focused attention, it serves as exactly that. There are many techniques for using the mudra that we will teach you.

And yes, it is a quantum reality. From the beginning, we have always taught you that the most important task was attaining direct communication with Source. No one in-between and no accoutrements. And always with a broad spectrum of acknowledgement that everything is interconnected and limitations do not exist unless you create them for yourself, or allow another to create them for you.

Rest and dream."

SEHERIAL (Lemurian Male)

"The first thing that you have to do is remember. The key is to anchor to the memory and knowledge that you hold within. The power that is found within you is found everywhere. You must tap into the Stream and stay rooted within the system - the higher alchemical construct that exists around you and within.

The mirror upon which you gaze reflects what you have been led to believe you must see, but the mirror can never tell the truth until you are empty and clear, and are no longer able to distort the vibrations. Let it all drop away and release all attachments. That is when this gateway will open and you can walk the earth as you were meant to. With no reflection that holds meaning. Ineffable and finite – undefinable.

Undefinable means there is no longer a conscious effort to hold onto or maintain boundaries of any sort. There is no longer any attachment. You are what you are. You do what you do with intent in the moment to be of service to self, others, and the infinite creative consciousness – Source."

THE LEMURIAN MUDRAS 1 – 7:





THE BIRD OF PARADISE MUDRA– Male / 1

A) Bird of Paradise – The Bird:

The first European to file a report in regards to the Bird of Paradise, stated that, “It was like a meteor whose body, cutting through the air, leaves a long trail of light.”

To some its appearance is a symbol of elaborate thoughts, a healthy disregard for worldly concerns, and even suggests a special closeness to God, or at the very least, the favor of God. Above all, the Bird of Paradise symbolizes “paradise” and the miracle of life on earth.

B) Bird of Paradise – The Flower:

It is a storyteller, symbolic of rare beauties, giving flight to dreams, exotic and captivating in its nature, encouraging one to explore the uncharted territories to find the personal paradise that awaits us all. It is aligned to the sacral chakra.

It is the key alchemical symbol of MUdra Kama.

HEALING & CLEARING PASSAGE:

This passage uses the Bird of Paradise Mudra to project a laser-like beam of the clear light of Infinite Source for healing, clearing and balancing.

Using the Bird of Paradise Mudra, there is a progressive passage of projecting the frequencies through the body and energetic layers for healing and transformation on any level – physical, emotional, mental, and spiritual.

- 1) Stand to the right side of the body facing head.
- 2) Place left hand at left temple, and right hand at right temple. Beam frequencies through the body, visualizing and feeling the ray of energy connecting as a steady stream. Beginning at the top of the head and ending at the feet, move hands in a counterclockwise motion, spiraling down the body towards the feet as you walk backwards.
- 3) Hold the feet maintaining the Bird of Paradise Mudra – left middle finger in the Nadis of the left foot, and the palm of the right hand over the Nadis of the right foot. Visualize the stream of energy running up the left meridian line, around top of head, and down the right meridian line to the palm of the right hand.
- 4) Step to left side of body at the feet, facing the head. Beam frequencies through the body moving in counterclockwise motion, spiraling up the body toward the head as you walk forwards.
- 5) Gently place the left middle finger on left temple, and palm of right hand on right temple, beam frequencies through the head visualizing and feeling the ray of energy connecting as a steady stream.
- 6) Open hands and place left hand on crown and right hand on the heart. Hold for a few minutes, then release. The Healing & Clearing Passage is now complete.



ELEMENTAL MUDRA / 2

For attainment of the Earth's construct of the balance between Earth, Air, Fire, and Water.





THE TRANSIT MUDRA / 3

The spiral pulls us and carry's our consciousness upwards, as it grounds one energies within the hidden chamber of the heart space that is our access space within both the known and unknown with the opening of our Access Point within the helix of the heart.



WALKING MUDRA / 4

Travel outside all time, space,
and dimension.





PIETRA MUDRA / 5

The Stone.

Formed at Solar Plexus Chakra and moved downward to Sacral Chakra. The Pietra Mudra is the 'anchor point', and is grounding.

It is the **Home Beacon** that serves to keep you anchored to your physical vehicle as you travel outside of your body.



HEAVENLY JUNCTURE MUDRA / 6

The Space Between Two Worlds

Formed at Solar Plexus Chakra and moved downward to Sacral Chakra.

- 1) Connect the juncture of the web of each hand between forefinger and middle finger. Rotate wrists downward.
- 2) Drop hands downward as you rotate thumbs inward to lock into place.



POLARITY MUDRA / 7

Creates an enormous pull or magnetism North and South.

- 1) Form the Polarity Mudra at chest level and place back of palms on knees or thighs in meditative position. **Hold for 3 – 7 cycles of breath.**
- 2) Hold the Polarity Mudra in front of you with the palms facing away. In this position, you can effectively direct energy and connect any two points together by an energetic standpoint, drawing energy away and drawing energy towards. Move hands up and down, then side to side.
- 3) Turn the palms toward you and move them around, with both hands moving in the same direction. You will find that wherever your hands move, your body will be inclined to follow the magnetic pull.



PART TWO: HALO POSITION & ACTIVATION

- 1) Connect the right and left mudras and place over your 3rd Eye. You will feel it open wide, which may be accompanied by rapid eye movement and streaming visions. Hold.
- 2) Glide each hand **drawing line** from 3rd Eye to slightly in front of temple area. Press tip of middle and index finger above the right and left Amygdala. Hold.
- 3) Glide tips of forefingers over top of ear to occiput and bring them together, as you place the thumb triads on the “Mouth of God” or Zeal Point Chakra at base of skull. Press thumbs gently into soft tissue indentation. Hold.
- 4) Lift up over crown of head drawing line from occiput to the 3rd Eye, returning to Halo Activation Position. Hold.
- 5) Draw hands downward to heart. Releasing mudra into prayer hands. Hold for as long as you wish.



LIFE BLOOD MUDRA – The Divine Compass / 8

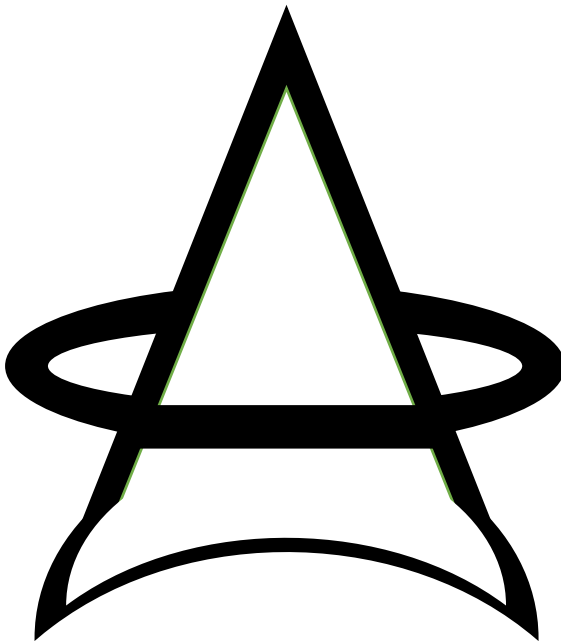
This symbol can be utilized directly after Mudra #7, or after HALO Position & Activation.

- A) Left hand is palm down with fingers together for RECALIBRATION OF ONES' TRUE NORTH - the guiding directive force that aligns you with your true path and purpose.
- B) Left hand is palm up for RECALIBRATION OF ONES' CENTER OF GRAVITY - the alignment of the central channel between 'Heaven and Earth' like the Tree of Life. When you are properly aligned within the channel of divine flow, there is an anchoring downward through the Earth, and a gentle pull from above creating a positive and negative polarity. You may experience a physical unwinding, emotional release, or healing process take place as you recalibrate.

Place left hand with palm up or down. Tap the 1st three fingers of the right hand if you are **Male**, or the 1st two fingers of the right hand if you are **Female**, to the top of left wrist at the medial (inner) wrist bone, directly above the pulse point. Hold.

Project inwardly or state out loud: "LIFE BLOOD TO LIFE BLOOD."

COORESPONDING SYMBOL for Life Blood Meditation:



Visualize this symbol when you place the fingers and state, "LIFE BLOOD TO LIFE BLOOD."

It relays your pain and suffering to Source to be circumvented and or transformed. Allow the light of Source to descend down and through, and to illuminate and transform the challenges that you are experiencing in the highest and most beneficial way possible.

MOVEMENT EXERCISES

THE STAFF OF LIFE:

Calling in the Sun - The Element of Fire

We refer to HUBS.

Each of the Hubs are representative of the Holy Trinity - The Infinite (God) / Holy Guardian Angel / You.

- 1) Hold Bird of Paradise Mudra at HUB1 (3rd Eye) - Right hand spirals clockwise upward 3 times to cup the Sun. When you feel engagement, draw the energy back down in a counterclockwise spiral 3 times, placing right hand back in Bird of Paradise Mudra.
- 2) Lower hands maintaining Bird of Paradise Mudra to HUB2 (Heart). Repeat sequence.
- 3) Lower hands maintaining Bird of Paradise Mudra to HUB3 (Sacral). Repeat sequence.
- 4) Maintaining the left hand of Bird of Paradise Mudra at the Sacral Chakra, glide right hand upwards placing outer edge of thumb to 3rd Eye and hold as long as you wish.

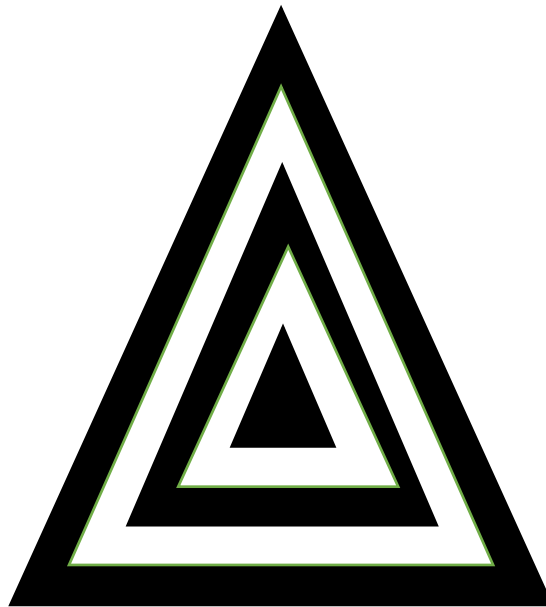
THE ARK OF THE COVENANT:

- 1) Hold Bird of Paradise Mudra at HUB2 (Heart).
- 2) Circle arms upward and around towards center, drawing Infinite Source energy down through crown portal, until they cross at Heart with right arm on top, palms facing upwards.
- 3) Bring hands into Bird of Paradise Mudra at HUB2 (Heart).
- 4) Circle arms downward and around towards center, drawing stabilizing Earth energy up through Root Chakra, until they cross over with left arm on top, palms facing upwards. This deeply empowers your connection to the Infinite Source.
- 5) Bring hands towards body into Bird of Paradise Mudra at HUB2 (Heart).

MEDITATION TOOLS & SYMBOLS:

Here are several meditation tools and symbols that you may find helpful as you progress along your path.

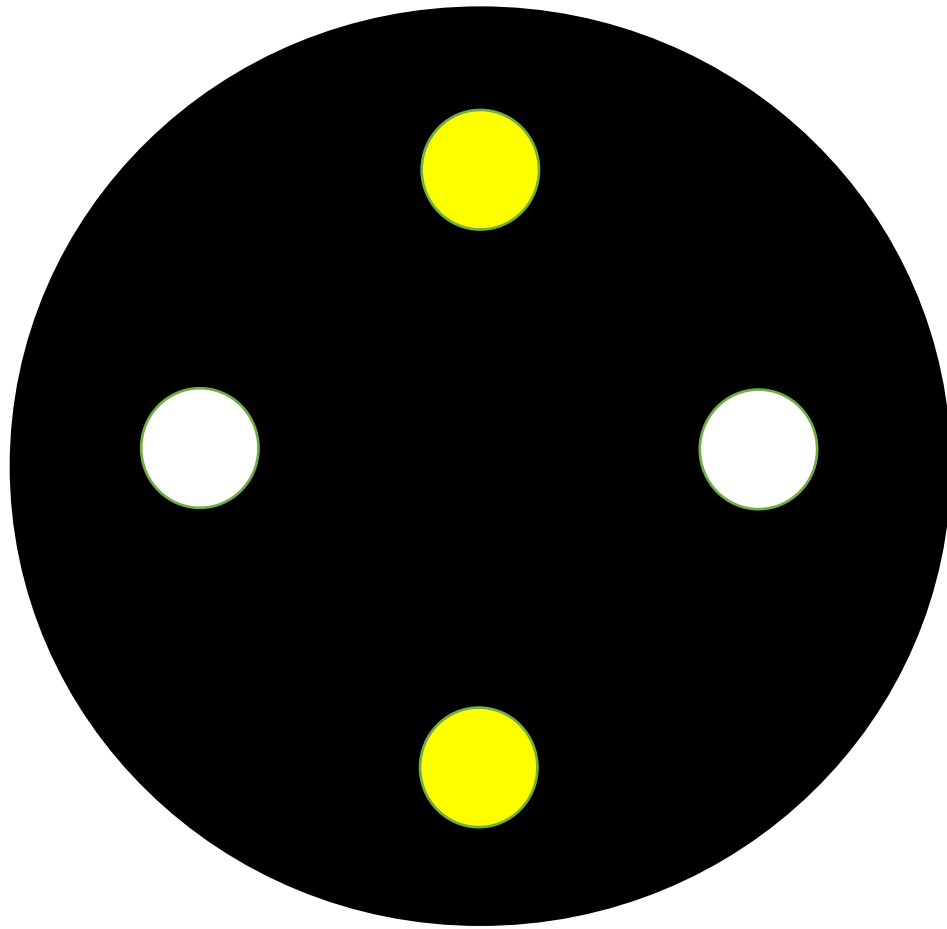
THE INFINITE MIRROR OF CONSCIOUSNESS



The “Infinite Mirror of Consciousness” is where we can work to attain the ability to see no reflection internally or externally. It just IS. You just ARE. There is nothing else.

Look at the black triangle in the center and attempt to see, feel, hear, taste nothing. Empty your mind and body of all sensation without trying to understand what that means. You will become aware only of the sensation of the life force energy residing within and without.

SPHERES OF POSSIBILITY



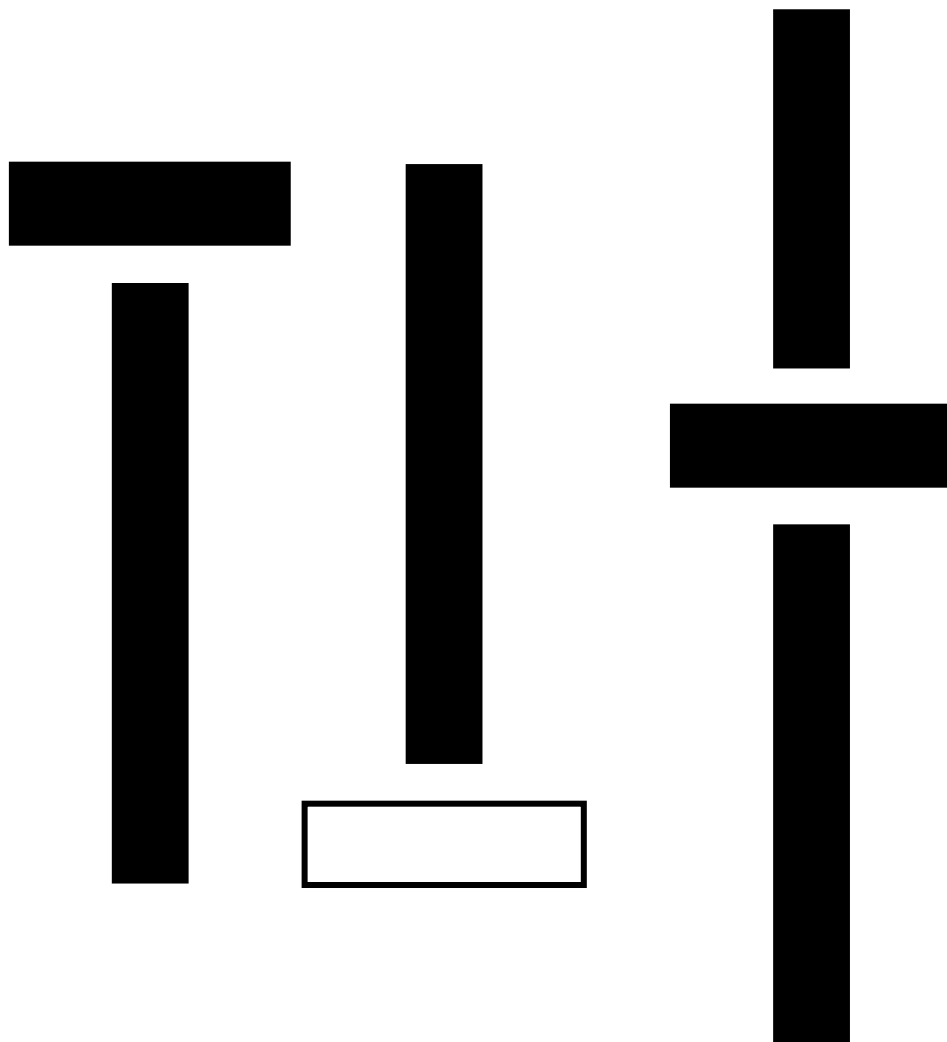
Align your “Spheres of Possibility” with no thought, allowing yourself to see all four spheres at the same time. Connect the spheres at the center point using mindful imagination, creating an intersecting cross of light.

Hold the image as you inwardly state and feel your intent, then unleash in whatever mode of expression comes forth – breath, sound, action. Nothing is wrong or incorrect. Follow your intuition and any impulses you receive. Manifestation flows upon your release with no attachment to the outcome.

EIN E NCHING

The “Ein E Nching” is a meditation tool to draw ones’ attention to the Higher Mind, entering the gateway to higher consciousness through the central chamber of the heart, setting aside mind and body.

Stare at the White rectangle and expand your sight to include the entire image. Hold the image until you begin to see what appears as a bright light surrounding each of the forms. Then close your eyes and sit within the created space. Witness what takes place.



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