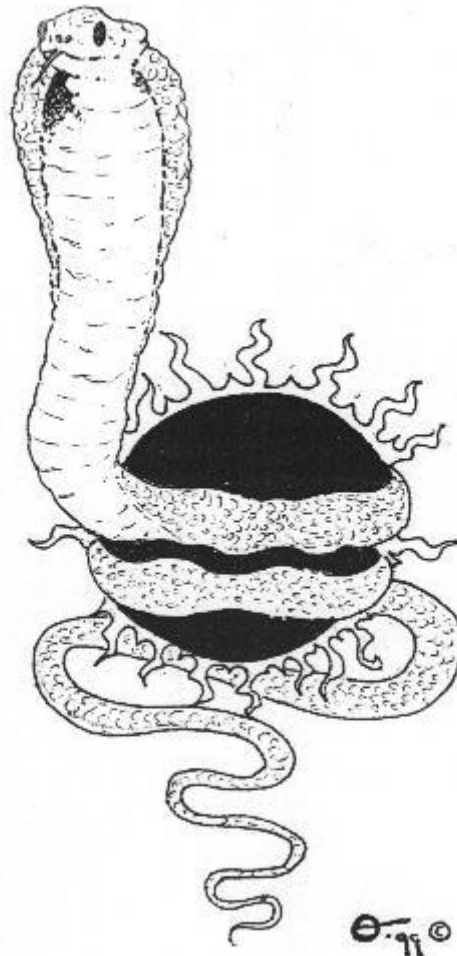


# RA-SHEEBA

## WORKBOOK



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# INTRODUCTION

## THE HISTORY OF RA~SHEEBA

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In the beginning an amazing set of circumstances set the stage for the "RA~SHEEBA" to be birthed.

It all began when one of the "main players," Michael, had a vision of a "Centre" at the foot of the Barrier Ranges via Broken Hill in 1982. His spiritual path began with learning the discipline of following intuition, inspired from the teachings of The Findhorn Foundation – Peter and Eileen Caddy.

In 1991 Michael and his family came to live in a Homestead at the very place that was shown in the vision.

In March 1998, I met a couple from England when in Adelaide. They had been told by Spirit to do a Ceremony in Glastonbury England to anchor the Goddess Energy, which they did.

They were then told to go to "Alice Springs" in Australia to do the same ceremony on 25 September 1998. They went to Adelaide first and had planned to go to Alice Springs but they were not able to get to Alice Springs on that date. They were told by Spirit not to worry – someone would invite them to their place and they had to go.

I invited them to our place at the foot of the Barrier Ranges and the place is called "The Springs".

They accepted and asked if they could conduct a ceremony to anchor the Goddess Energy. A 12ft Star of David was made from quartz crystal and the ceremony took place. The energy was spectacular.

The Goddess Energy began to work with the people residing at "The Springs" beginning to "remember" their part to play.

Peter Johanson began channelling symbols and wording. I began to get an Attunement process and the format of RA~SHEEBA. Michael kept everyone grounded.

It is interesting to "remember" the past lives that we had, and the parts that we played back in Egypt when the RA~SHEEBA was first brought through to the Pharaoh and his wife.

We were told by Spirit to call it "RA~SHEEBA" (spelt Sheeba). The couple from England, Alan and Shirley, were also getting an energy work through, (without the symbols and format) and they also were told to call it "RA~SHEEBA".

Allan, Shirley and Tina came over from England once again and we had the very first workshop of RA~SHEEBA and 8 "main players" were attuned and became RA~SHEEBA Masters.

At this present time RA~SHEEBA has Masters in Australia, Alaska, Canada, Egypt, England, Equador, Finland, France, Germany, Greece, Holland, India, Indonesia, Israel, Japan, Lebanon, Mexico, Philippines, Spain, Switzerland, Turkey, and USA.

Peter and I brought it down to Victoria, Australia, and it is now on the Internet and about to cover the world just as Spirit wants.

### **WHAT IS "RA~SHEEBA"?**

People want to know what "RA~SHEEBA" Energy is, where does it come from, and what does it do. I will attempt to answer these questions with the knowledge of what we know at this early stage.

RA~SHEEBA is a very powerful section of the available Universal Healing Energy.

As a collective vibration of humans, we have reached the required level of vibration, and the vortex of information and energy has begun to filter through. The last time that this level was accessed was in Egypt when "The Watchers" vibration finally reached this level. The main players were ready and the one who had the power to pass this on to the people was the Pharaoh. After the Pharaoh died all was lost.

Now these main players are back on the "game board", ready to hold this energy once again. This time it will be held by the many and will be valuable in assisting in the ascension status. This time it is not to be abused! It cannot, because there is not one person or group responsible in holding it. When the many hold it and are able to show integrity, then the greater flow of energy will begin as never before. This is the first time that the "RA" energy has combined with the "SHEEBA" energy.

The "SHEEBA" - Sexual, creative, joyful, expression of LOVE, the feminine "part" of this column of Universal Healing Energy which leads straight to the Source.

The "RA" - The Source, from the centre of the Great Central Sun.

The "Sheeba" shows the way to "Ra". Only through Sheeba can we access "Ra" and find our true path Home.

The RA~SHEEBA healing works directly on the Chakras. Changing our DNA and electro-magnetics. In doing so it teaches us and connects us to LOVE. Love being the thing that helps us progress on all levels.

We need to hold the Energy and allow the vibration to change us. Hold the Light. Show our Light to all and see who recognises the Light.

What does the Attunement do?

- It changes your vibration, changes your soul colours and opens the way for love to flow within your being.

How do we know when we are ready to have a RA~SHEEBA Attunement?

- You will resonate with the vibration. At the moment it is those who "contracted" to be once again "The Watchers" and holders of the Ra energy.

## **CLEAR and PREPARE the room (see document for this procedure)**

The client should be comfortably lying on a suitable padded table with their eyes closed.

Move to the HEAD of the client

Advise the client that the RA~SHEEBA is about to begin

### **STARTING RA~SHEEBA SESSION**

Draw "Ka Toth" over the Crown Chakra (this is used in EVERY Ra~Sheeba to OPEN the energy for the client)

Move to the side of the client

Draw "The Connection Path" over the body starting at the feet and ending at the feet

Draw "Sé Peth" over the body starting at the Third Eye. Then over ALL Chakras, down to the area 2 feet below the feet. Then back up over the Crown Chakra. Then over the entire body finishing by encircling the ENTIRE body to seal in the energy

Draw "The Path of Healing" over the centre of the body STARTING at the BASE, circling at the Hips, Liver/Spleen, Throat/Thymus/Lungs and then the Third Eye/Crown

Draw the "Well Spring" over the Thymus

Draw "The Tone" and "The Core" (these are BOTH done on EVERYBODY. The only EXCEPTION is CHILDREN. Until children reach puberty, DO NOT use these symbols)

Draw "DENE" over the Heart Chakra

Draw "P.O.F.C.S. - THE PROTECTION" over the Whole Body

Draw "MALA" over the Heart and Throat Chakras

Draw the "LOVE OF TRUTH" over the Thymus

Draw the "BALANCE" over the whole body

**CLOSING THE SESSION**  
**(this is done for EVERY Ra~Sheeba session)**

Draw "The Door"

Draw "The Seal of ISIS" to end the Healing session

Advise the client that the session has finished and they may open their eyes in their own time.

NB: If you notice a client isn't 'coming back', ground them by gently rubbing their feet. DO NOT bring them back suddenly

## KA TOTH - (THE KEY)

**This Symbol must be used at the BEGINNING of EVERY RA~SHEEBA Session.**

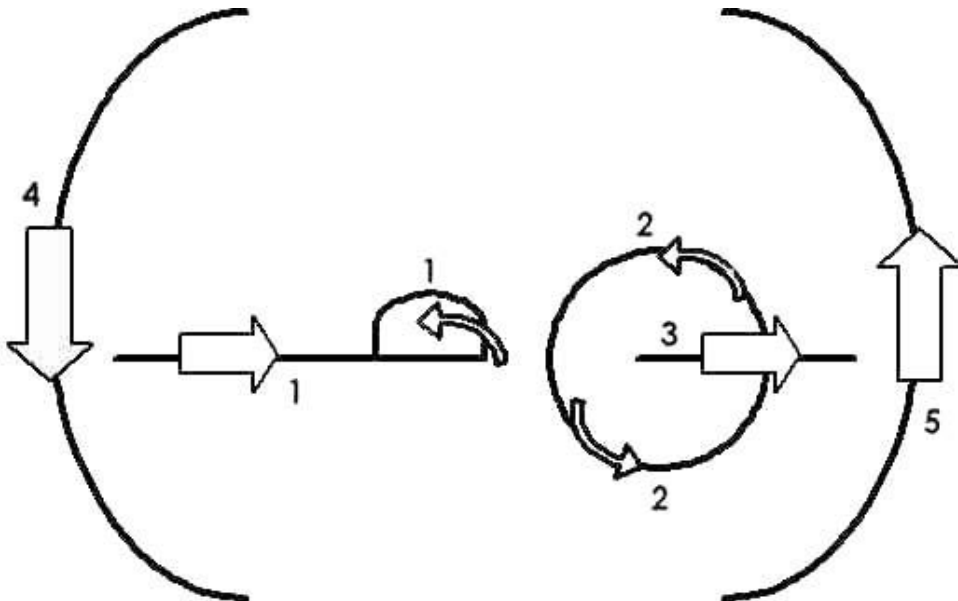
**Standing at the head of the person, draw over the Crown Chakra and stretching your arm forward, bring it into the body.**

The 'Key' is used in opening pathways, energies and the use of "The Connection Path". It is the "Key" or "Breath of Life" – the "Key" directing all other Symbols.

As with all things there must be a beginning. The "Key" awakens and aligns the correct lines used for healing, travelling and contacting others, be they Spirit or Human. Without this symbol, the Power of the next will be non-existent.

Through "Ka-Toth", life is breathed into the all. This Symbol itself represents the beginning of life itself.

- The Male Seed
- The Female Egg
- The Division of Life at it's start





## THE CONNECTION PATH

Drawn over the **WHOLE BODY**

The Connection Path Symbol is for Empowerment. The way into Body and Soul.

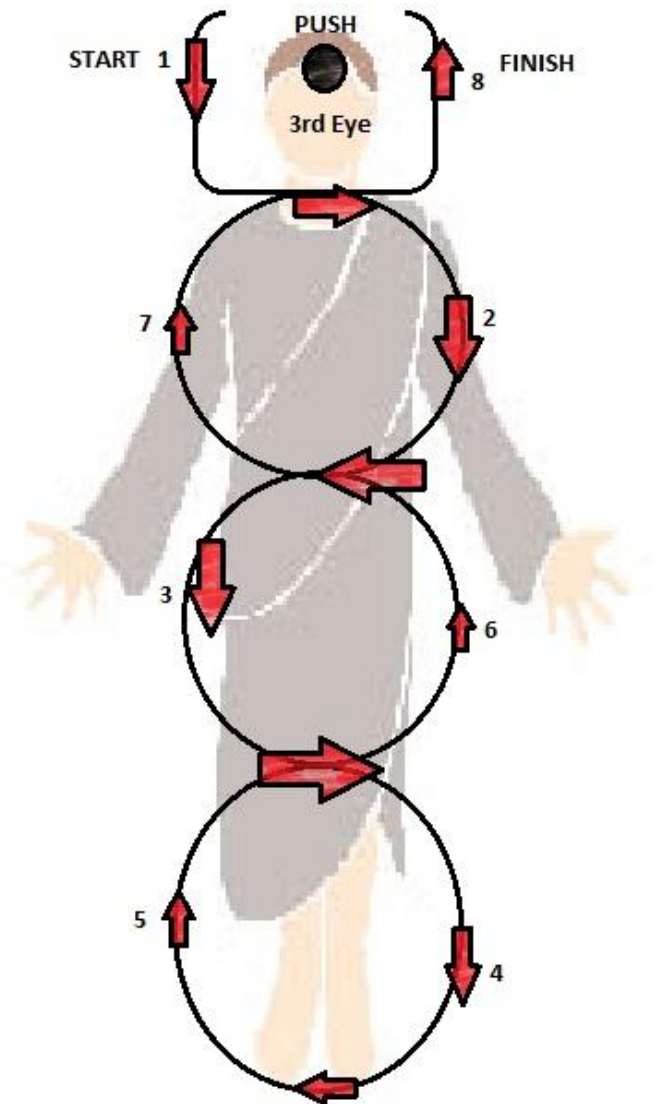
Be sure in yourself that you are able to hold this energy.

Through this, the veil will aide in the understanding of self and what we are feeling, receiving and experiencing in the time to come.

For others, the strength and energy will be beyond measure.

The Symbol itself represents the Chi-Path, and its end goal is rooted in spiritual one-ness. It is bringing us one step closer to the required balance of Body and Spirit.

The Connection Path can also be helpful to empower self when in times of distress – be it mental or physical.



## SÉ-PETH – (The GREAT ALIGNER)

### OVER EVERY CHAKRA

This Symbol will bring together all of the Chakras, then Seal and Bind these power points deep within us and also Mother Earth.

With the new energy of RA~SHEEBA, this GREAT ALIGNER should be used to help aid in the retaining of the new energies now being directed to earth.

Of greatest import is the centring of the Crown Chakra, then the grounding of this to Mother Earth.

This symbol is drawn over ALL of the Chakras.

Start with the Third Eye, Throat, Heart, Power, Sexual and then the Base Chakra.

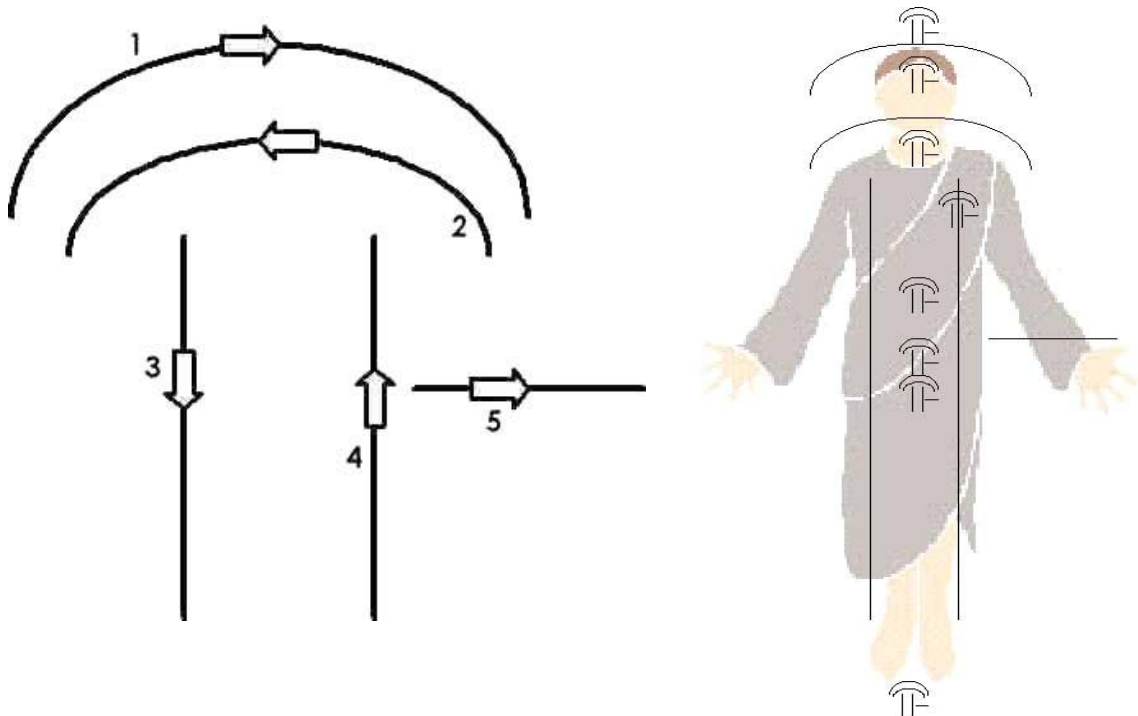
Next move down to the FEET - "As Below" (2 feet below the feet).

Then move up to the Crown Chakra – "As Above".

NOW ... seal in all sides by drawing Sé-Peth over the WHOLE body and seal in the energy by encircling the entire body.

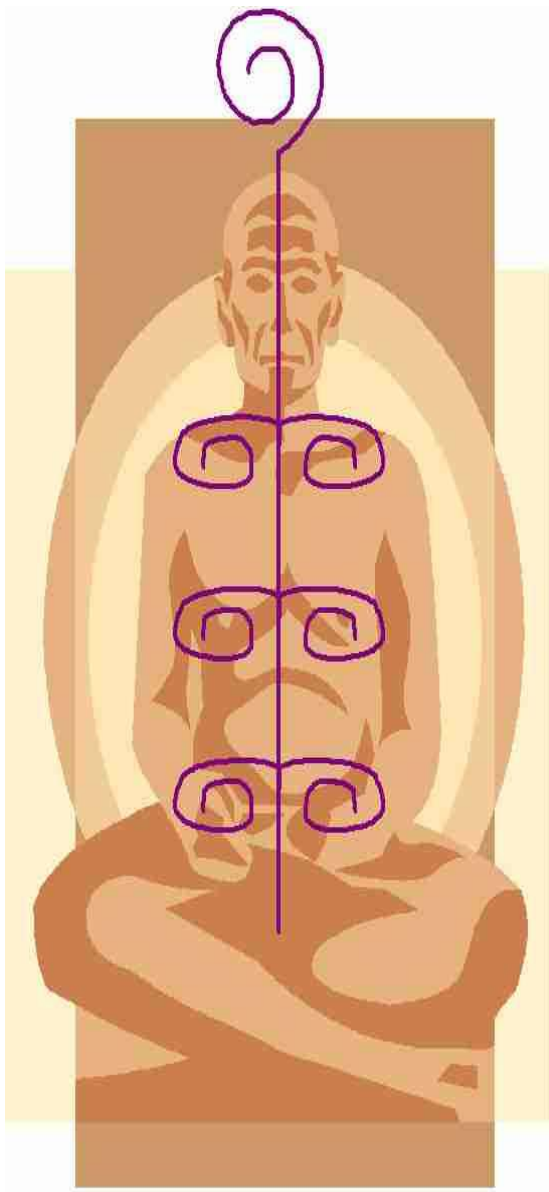
NB:

This will be seen as a light golden shield around the body.



## THE PATH OF HEALING

**Start at the BASE, move to the HIPS, LIVER/SPLEEN/  
LUNGS/THYMUS/THROAT, THIRD EYE/CROWN**



This is the path that the energy will follow.

You may find that the energy will stay longer in one area than others. This is happening because there is a need for more healing in that area. The "Hot Spots" may indicate problem areas, and it is appropriate to linger a while longer in these areas.

Allow this energy to stay before moving on.

- Start at the Base.
- Move to the Hips.
- Move over the Liver and then Spleen.
- Move to the top of the Lungs and Throat and Thymus.
- Then over the Third Eye to the Crown.

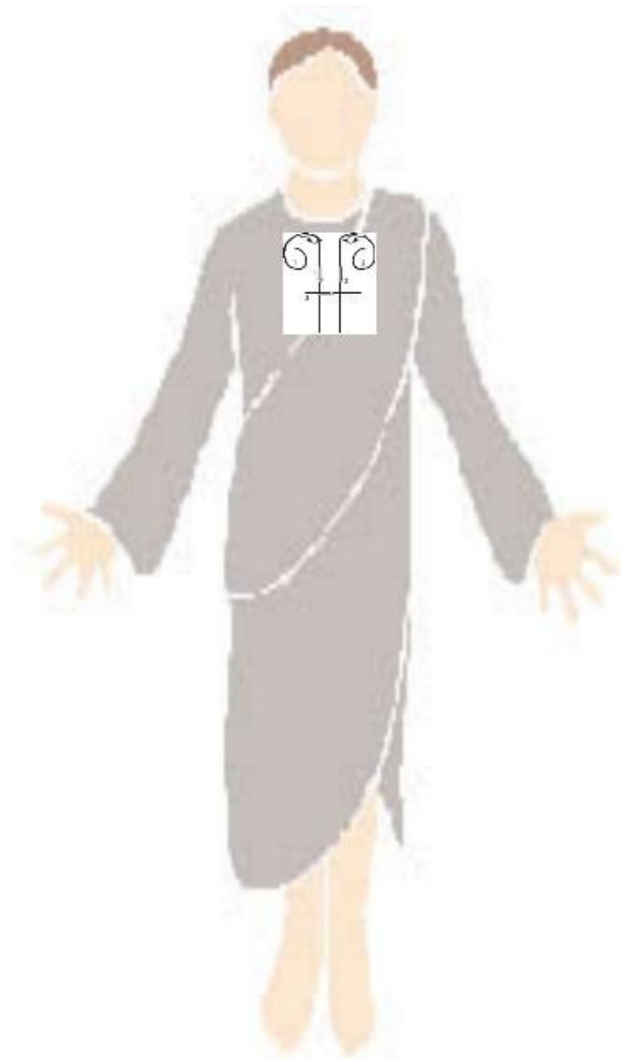
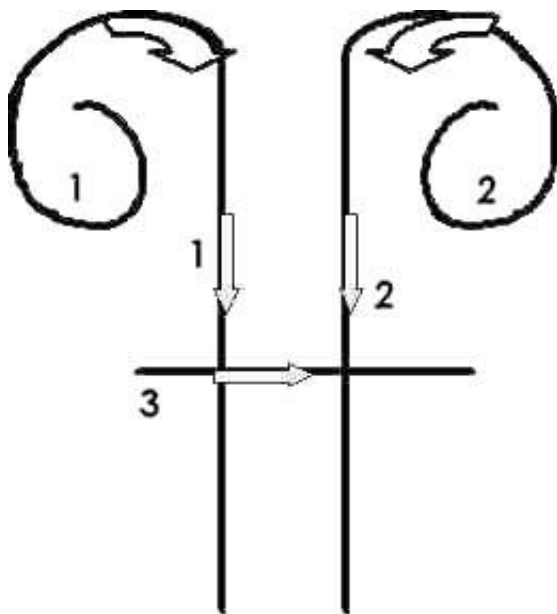
## THE WELL SPRING

### Over the THYMUS

The Well Spring is representative of a great geyser of water rushing forth from the calm of Mother Earth.

The “Well Spring” is used in calming, relaxing and the resetting or balancing of emotional systems within the body and that of others.

The “Well Spring” is of great help to centre the self before and after energy work.



## THE TONE (The Female) and THE CORE (The Male)

### Over the SEXUAL CHAKRA

Ra~Sheeba energy is the merging of the Male and Female .. the coming of oneness with all of us. It is appropriate to do both symbols on everyone.

### EXCEPT CHILDREN – DO NOT DO THE TONE OR CORE OVER CHILDREN

#### THE TONE (The Female)

The Tone will cause the sensual or sexual side of the RA~SHEEBA energy to be boosted threefold

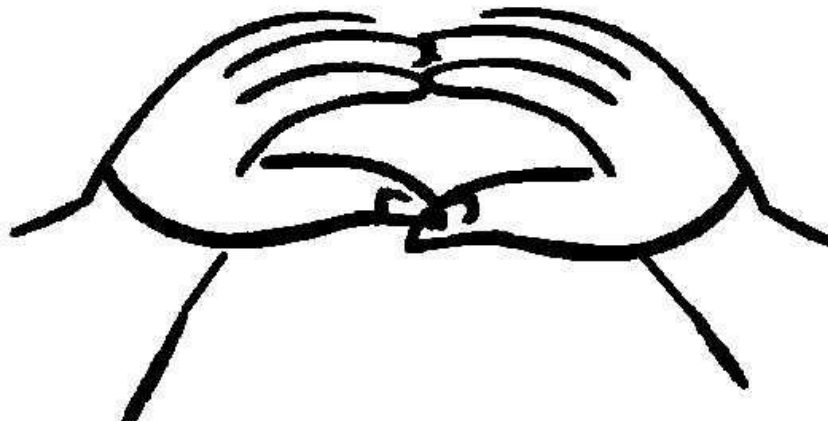
The feelings will be strong for most and intense for those of a higher vibration level. With these waves of pleasure come great shifts. In and upon many levels, there will be a feeling for the recipient of not being quite on this plane of existence.

Coming from the shifts will be a taste of many things; Enlightenment, Other Dimensions and of course Pure Freedom.

The Love and Pleasure wash that will be received is on par with nothing felt before.

**USE THIS WELL AND WISELY!**

**The hands are to be held as illustrated near the Sexual Chakra point then moved in a horizontal figure '8' pattern.**



## THE CORE - (The Male)

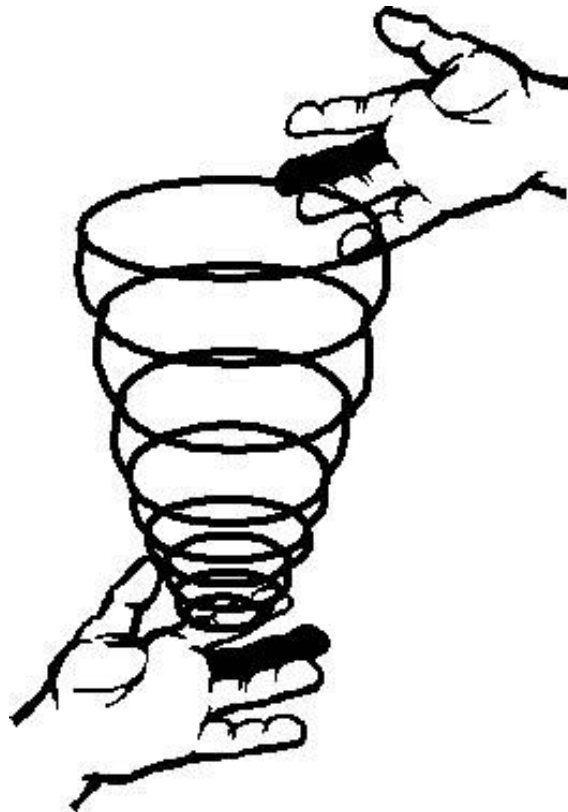
The Left Hand is to be placed above the Sexual Chakra – palm up. The Right Hand is placed palm down at your head level.

With the Right Hand, draw a slow vortex pattern in a clockwise direction. At the tail end of the vortex, push down and hold the core.

This will bring strong and intense feelings. This will also bring about the changes spoken of in “The Tone”.

Also with this Symbol comes responsibility

**USE THIS WELL AND WISELY!**



**“The Tone” and “The Core” are not to be abused.**

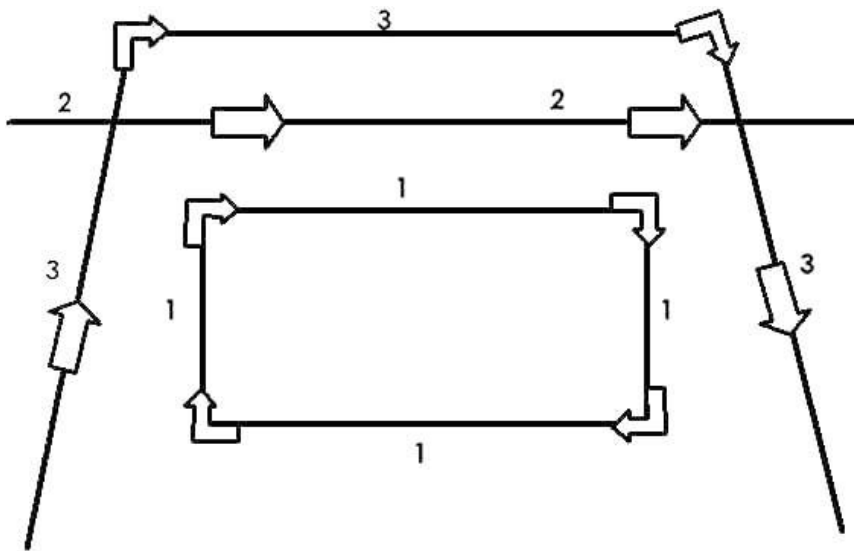
## The DOOR and THE SEAL of ISIS

These two Symbols are used to FINISH ALL RA~SHEEBA sessions.

### THE DOOR

#### Over the THYMUS

This Symbol represents the Great Door/Seal of the Pharaoh's tomb. At the bottom is the Soul or "Ka". Then Mother Earth. Finally the body to house it all.



## THE SEAL OF ISIS

### Over the **WHOLE BODY**

It should be used at the end of sessions and Attunement to help bind the Energy to the recipient.

