



QUANTA
Reiki

QUANTA Reiki

Universe Healing
Spiritual Coaching

Level 2

100h Online Teacher Training
with Lola Lhamo

PART 4. QUANTA Reiki L2

Distant Healing
Trauma Healing
Past and Future Healing

QUANTA Reiki Foundation
iGENOME Coaching

LolaLhamo@gmail.com or +44 7757093532

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



1. Hon Sha Ze Sho Nen . Distance Healing



Hon Sha Ze Sho Nen is a high vibrational Reiki symbol that is believed to transcend time and space.

Its Kanji can be translated as...

Correct Thought (/Correct Mindfulness) is the essence of being

This symbol helps you send energy over a distance.

It should be used in “sandwich”:

- The Power Symbol (Cho Ku Rei) to activate.
- The Mental-Emotional Healing Symbol (Sei He Ki).
- Followed by HSZSN
- The Power Symbol (Cho Ku Rei) to seal

Together they form a sequence that facilitates the opening of a gateway, portal to the Universal Source of Life Force Energy.

Hon Sha Ze Sho Nen can be also used as part of a distance healing treatment for a patient that may feel uncomfortable receiving hands-on Reiki treatment, and in situations where healer's presence is impossible or not recommended (contagious disease).

In other Japanese styles - Hekikuu Reiki for example - HSZSN is taught neither as a 'distant' symbol, nor as a symbol of 'oneness' but rather as one pertaining to mindfulness and the mental faculties in general.

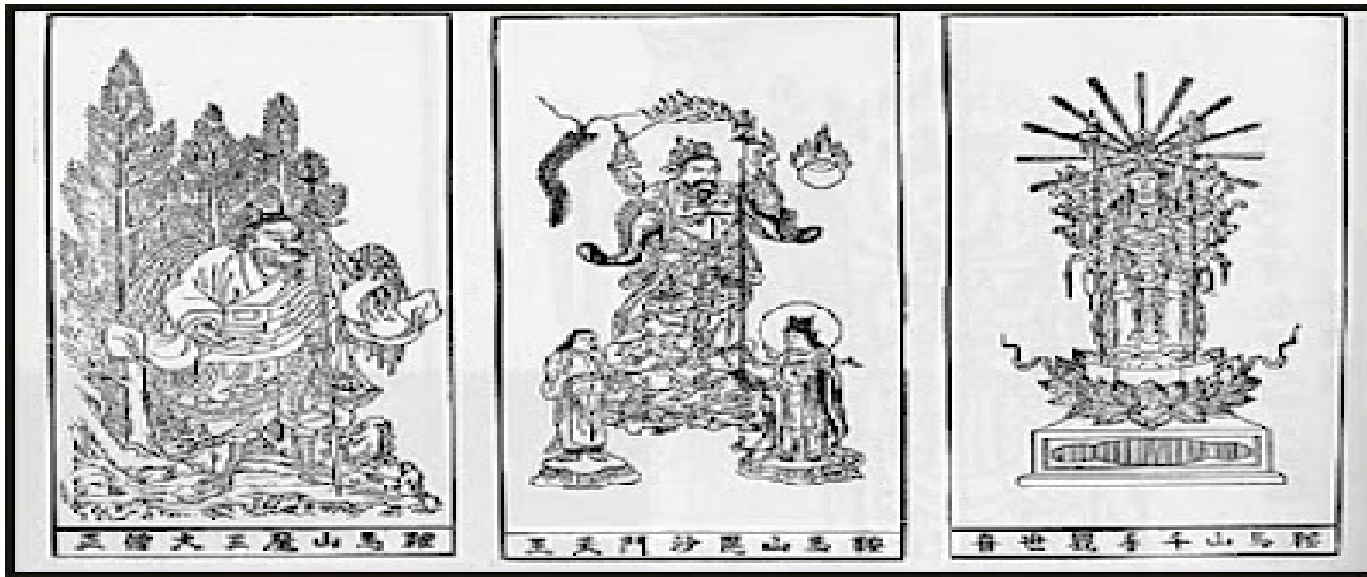
If practised long enough, this brings a new level of awareness and consciousness.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



1. Hon Sha Ze Sho Nen . Origins



Kurama Temple 鞍馬寺
(from 770AD).

There are 3 deities
venerated at the
temple, forming a
Trinity Sonten,
“Supreme Soul of the
Universe, Living Soul,
Glorious Light,
Activity of the Soul”

Gohoo Mao Son

Came from Venus 6mn y.a
Earth
Conqueror of evil,
Spiritual Guide of mankind
Power

Bishamonten

(Kubera,
Vaisravana)
Sun
Light Warrior
Light

Senju Kannon

(Avalokiteshvara,
Kwan Yin)
Moon
Compassion
Love



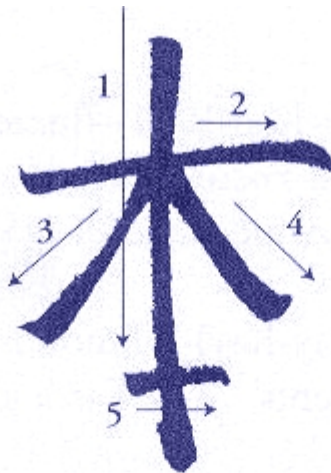
QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



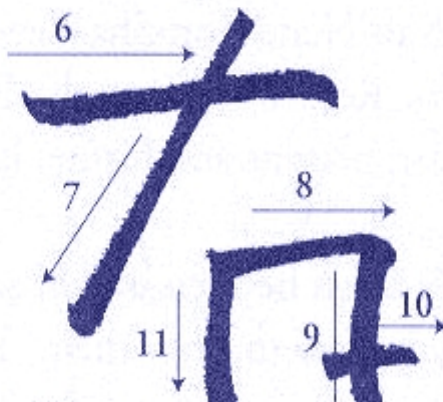
1. Hon Sha Ze Sho Nen . Step by Step. Kanji by Kanji

Hon



- The first vertical strike means 1 – the Beginning.
- The second horizontal strike which crosses over the 1st one, means number 10. The end. Completion.
- Strikes 1+2+3+4 together symbolize a Tree in Japanese Esoterically it means the Tree of Life, the Tree of death and transformation, of knowledge
- Strike 5 means the root – the root of the Tree. The cause, the essence, the origin.

Sha



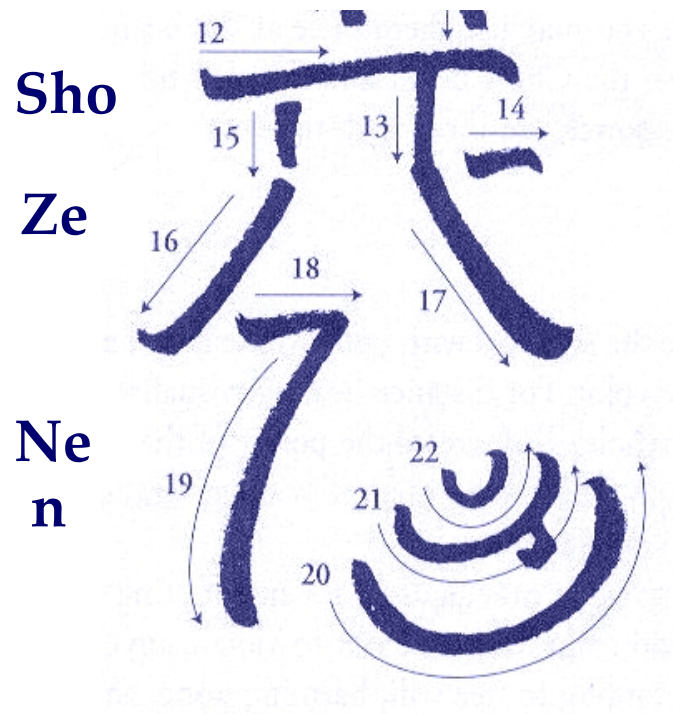
- Horizontal strike 6 symbolizes the land – the Earth
 - Strike 7, downward curving means Becomes, Existence
 - Strikes 8, 9, 10, 11 together form Kanji meaning the Sun
 - Together it means what was hidden is brought into the light of the Sun, the being. Bringing Light onto the Earth.
 - Same as Reiki – sharing healing with others, you are revealing step by step what is already there
- Some schools also translate this Kanji as Person, Human.. Coming to Earth with Light within under the light of the Sun

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



1. Hon Sha Ze Sho Nen . Step by Step. Kanji by Kanji



- Strike 12 is horizontal line, sealing SHA Kanji.
- Strikes 13, 14, 15, 16 together mean correct, right, real
- Strike 16 and 17 together combine into Ze Kanji, meaning Harmony, acting in correct manner, appropriately.
- Strikes 18-22 together mean the Heart, thought, also Now – in the present moment of time, Mindfulness

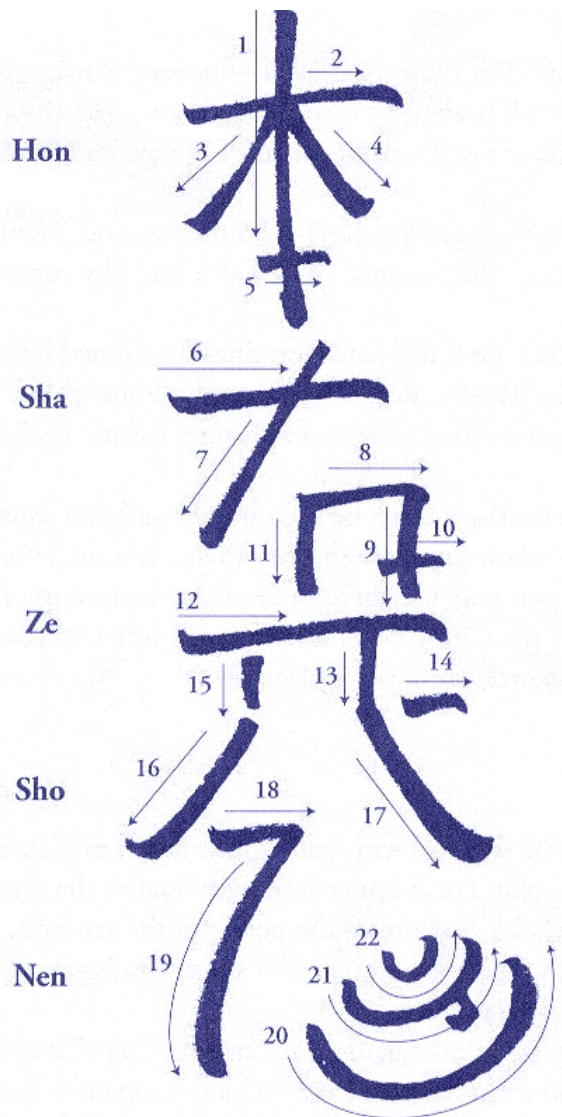
Note: Kanji are of Chinese origin, each character has two forms of pronunciation or 'reading': the on yomi or Chinese derived reading, and the kun yomi or native Japanese reading. Reiki symbol standard pronunciation are of of on yomi.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



1. Hon Sha Ze Sho Nen . The Poem



Correct Thought (/Correct Mindfulness) is the essence of being

There where Beginning and the End exist at the same time
(and Time is transcended if desired)

There the Tree of Life grows, taking its roots in the Source,
There on Earth it comes to existence and being.

Under the Sun Light...

There where the Human comes into being on the Tree of
Life, carrying the Light within, and warmed by the same
Light shared by the Sun.

There where life is in Harmony
If lived in correct manner with Heart
In beauty of mindfulness residing in Now

~Lola Lhamo

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



2. Hon Sha Ze Sho Nen . Healing the Past

Send Light to your past, it brought you where you are now

You can share HSZSN healing for yourself also in the past – healing traumatic experience in this life in the past, in past lives or just an unpleasant situation during the day.

Healing the Past

We all had traumatic experiences, and we tend to put them aside and avoid thinking about them. We believe if we “keep them under the carpet”, they will not affect us in the present nor future. However some of them have left deep emotional and mental scars and if we don't want to consciously complete the healing, our subconscious will create situations for us to bring to the surface what we tried to hide.

I personally have had very traumatic experience in my past life and in this life when doing Past Life Regression Therapy, it came out like real metal shield on the left side of my chest, which I created mentally to avoid going into LIVING IT FULLY TO RELEASE emotional blockage it created. During my current life I continuously had unbearable pain in this part of the body during deep emotional experiences, it's like life always reminded me where to look at to find the keys to release.

When soul comes to Earth, sometimes they choose such traumatic experiences, to understand consciousness from different sides and perspectives, as all of us come here to learn and transcend and help others as healers, however we sometimes underestimate the emotional impact on ourselves, and the physical pain it brings to us, which may cause complete collapse of all high values and living next lives in anger or ignorance or searching revenge for painful experiences.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



2. Hon Sha Ze Sho Nen . QUANTA Healing the Past or Future



QUANTA Past Healing (short healing practice)

1. Raise your frequency with QUANTA Meditation
2. Bring yourself into the situation you would like to resolve.
3. Call for Guides and Spiritual Masters or for your Higher Self.
4. Project "Healing Sandwich" Cho Ku Rei, Sei Hei Ki, Hon Sha Ze Sho Nen, Cho Ku Rei
5. Project Golden Light onto situation
6. See the situation being resolved the best way possible
7. Feel Gratitude and Peace
8. Bath in Golden Light until you feel bliss
9. Express Gratitude to your Guides, Spiritual Masters and your Higher Self
10. Close with "Let it be so" or "And so it is"

The same healing can be used also for the Future events, imagining them being resolved the best possible way :) this way we program Future to be of High Frequency field

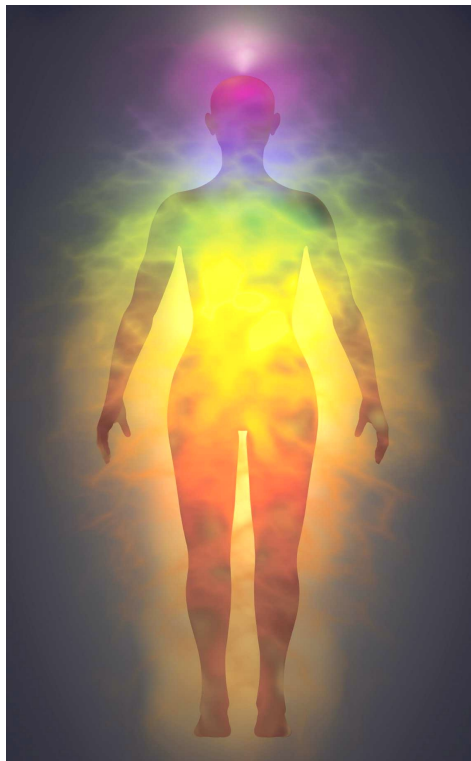
QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



3. Hon Sha Ze Sho Nen . QUANTA Healing Trauma

QUANTA Healing Trauma, for releasing traumatic events, and reprogramming the cells informational blueprint (IB)



1. QUANTA Meditation to raise the frequency.
Call for Masters, Guides and Higher Self. Ask for permission to access.
2. Project Reiki sandwich Cho Ku Rei + Sei Hei Ki + HSZHN
3. **Finding Trauma in the Body.** Think about the Trauma. Feel where trauma is sitting in the body, which comes as a contraction usually.
4. **Experiencing Trauma as a movie.** Go into this contraction and look at situation where Traumatic experience occurred as you are watching the movie. Watch every details. Often subconscious will try to skip most traumatic events.. Use the remote control and really go into details. You need to see these details to unpack the subconscious programme. Remember – you are watching the movie.
5. **Allowing Emotions to unfold (unpacking data file).** Allow yourself to experience those emotions, while watching the movie. Don't avoid feeling - really feel deeply, however stay in a position of observant, as a person who watches the movie. Very often the tears come or you want to breath deeply or shout – please, do.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



3. Hon Sha Ze Sho Nen . QUANTA Healing Trauma

QUANTA Healing Trauma, for releasing traumatic events, and reprogramming the cells informational blueprint (IB)



6. Transform Trauma into elements and their colours. Think which colour and form this Trauma has. Often it comes as dark or grey cloud or smoke. Allow time for this process to occur – transmutation of block into primary elements.

7. Remove it from the Body. Now take it out of the body to look at it. Very often real physical sensations of energy leaving the body occur. Allow time for it. You can also use your hands to take it out of the body.

Look at it from all sides, turn it around with the power of your mind, no need to touch. What is it made of? Just observe the energetic structure of it, dissolving into molecules and atoms or light clouds in the sky.



8. Project White Light to purify. Dissolve it into White Light. Imagine Sun Light is dissolving it into White Light, making more transparent.

If you feel resistance, you can say “come back to the source of all energy – become One with the Universe , your source”. See it dissolving into White Light.

Often vision of it being sucked by the light from the skies comes.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



3. Hon Sha Ze Sho Nen . QUANTA Healing Trauma

QUANTA Healing Trauma, for releasing traumatic events, and reprogramming the cells informational blueprint (IB)



9. **Project White Light Inside** into the place where “trauma energy” has been before, dissolve any residue with purifying White Light. Look inside that place, check, if any residue is still there – remove it outside with the power of your intention, or helping with hands, and project the White Light again until fully dissolved and you feel purity.

10. **Project Golden Light** into this place to charge with new energy, continue until you feel a state of complete bliss or energetic orgasm (important to reprogram old program with golden highly charged energy).



11. **Project Violet Light** into this place to charge with high frequency cosmic energy. Surrender and receive Universal Love. This is the time to make any affirmations and formulate the dreams. Very often here you may see Higher Purpose for this teaching of the Soul, as Traumas are often chosen by the Soul before manifesting to experience one aspect of consciousness.

12. Express Gratitude to Masters, Guides and Higher Self. Seal with Cho Ku Rei and saying “Let it be so” or “So it is”

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



3. Hon Sha Ze Sho Nen . QUANTA Healing Trauma

QUANTA Healing Trauma, for releasing traumatic events, and reprogramming the cells informational blueprint (IB)

Creating Protective QUANTA Field

It's recommended to complete the healing with Protective QUANTA Field:

1. QUANTA Meditation Planet Healing:
inner smile, light activation and expansion, embracing the planet with Light,
sending the Light to people who need it, bringing back the Light into the heart.
2. Abundance field: read mantra Big Universe, Small Universe, Become One in my soul or your
mantra, feel the field of Abundance around and within.
Say affirmations: I live in abundance
3. Protection field: feel the field of Protection around and within
Say affirmation: I am protected
4. Joy field: feel the field of Joy around and within.
Say affirmation: I live joyful life, my life is full of joy every moment.

Let it be so. And So it is.

QUANTA Reiki. Universe Healing. Spiritual Coaching

Part 4. QUANTA REIKI L2



4. QUANTA Distant Healing for others



1. QUANTA Meditation
2. Ask Universal Energy to come through you for healing, call for Masters, Guides or your Higher Self.
3. This is the healing for.... say the Name of person being healed, look at their photo if there is one, visualize the location on planet, if available.
4. Call for Masters, Guides and Higher Self of person you are healing
5. Feel Gratitude, Become One with Universal Energy and Light
6. Surrender and Let it Flow
7. You can either visualize the person in front of you (the same way you heal in person) or use a Teddy Bear for healing.

QUANTA Reiki. Universe Healing. Spiritual Coaching

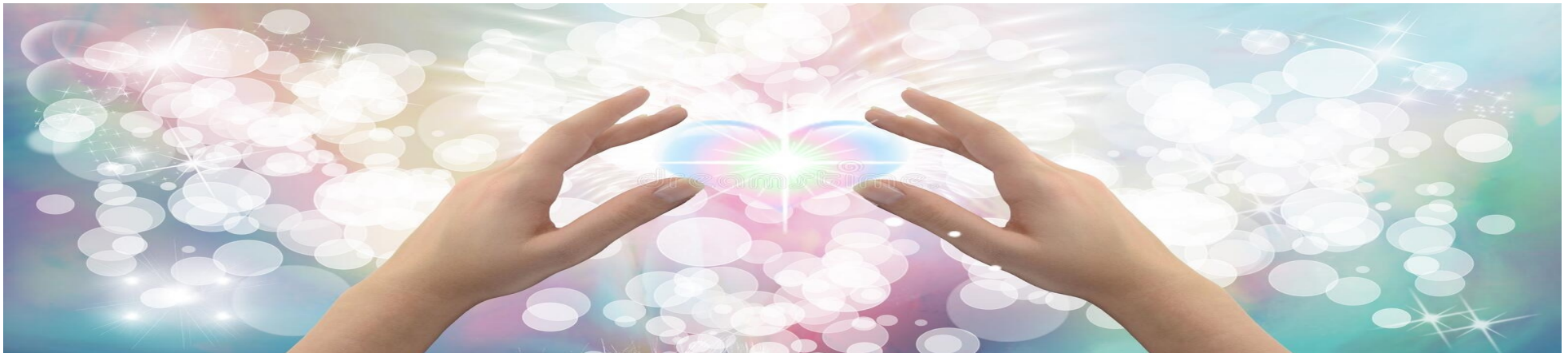
Part 4. QUANTA REIKI L2



4. QUANTA Distant Healing for others

QUANTA Reiki Intuitive Flow

8. Project Reiki sandwich Cho Ku Rei + Sei Hei Ki + HSZHN on a field around the body of the person
9. Ask Universal Energy (the Universe, the Guides) to show you places on the body that have “weak energy”, for healing. Observe as they guide you
10. Scan Chakras
11. **Purification:** receive White Light and allow yourself to be the “bridge”, surrendering to the flow of Universal Energy, healing each place that has “weak energy” where you are being guided
12. **Charging with new energy:** receive Golden Light and charge places on the body that need healing
13. **Enhance with cosmic high frequency energy:** receive Violet Light and share it in places where you are guided.
14. Express Gratitude to all forces involved into healing
15. Seal with Cho Ku Rei





QUANTA
Reiki

QUANTA Reiki
Universe Healing
Spiritual Coaching

Thank You

QUANTA Reiki Foundation
LolaLhamo@gmail.com or +44 7757093532