

# HEART

## The Universal Spiritual Symbol

The name of the symbol is, "heart"

It is a line "drawing" of a heart with a cross in the middle of it.

Although there is a cross in this symbol and a cross is usually associated with Christianity "Heart" is not a Christian symbol. Heart is a universal symbol that is associated with all religious and spiritual systems that foster the qualities and states of being listed below.

This symbol will activate in you the qualities mentioned below. (You may add or take out any quality you want to on the list for your own personal attunement but you may not write them into the script and pass it on to others. If you feel strongly about adding a quality to the script you may write to me and I may then add it. Anything you add to your own personal attunement that is not in keeping with the basic overall intent of this attunement will not work.)

Health/wholeness

Forgiveness

Love

Devotion

Compassion

Being in the moment

Acceptance of what is/satisfaction

Non-judgmental

Transcendence of all attachments/freedom

Transcendence of emotional/mental issues and limits

Ego transcendence/selflessness

Happiness/Joy/bliss

Fluidity of sense of self and beliefs/ideas

Purity on all levels

Morality

Faith

Security/Strength

The proper understanding and use of power

Proper openness and closedness/ proper boundaries

Wisdom/Understanding/Knowing/Insight/Psychic

Peace of mind/contentment/serenity/tranquility/inner stillness

Ability to concentrate and meditate

Knowing/feeling that everything is for the highest good

Control of/ability to work with, body, mind, energy, matter, time and space

Able to heal self and others physically, mentally and emotionally

Manifesting/Miracles

Union with higher spiritual beings/higher aspects of Self, all that is

Enlightenment

The above listed qualities exist. They are as real as any object in the material world. They exist as energies that are as real, but as difficult to grasp, as a hand full of light or music. They exist as energies, thoughts, feeling and beliefs and are as real as a mothers love. Many religions personify them as gods and pray to these gods for their qualities to manifest in their lives. Mantras have been created to manifest these qualities. Rituals involving, dance, fasting, flowers, crystals, incense, fire and water have been performed to manifest these qualities. For millennia devotees have engaged in esoteric practices to manifest these qualities.

The symbol starts by enhancing these qualities as they are in you already. And the goes on to act as an antenna for all of these qualities/energies as they exist in the universe. It attracts any god, energy, shaktipat, shakti, energy system, the energy(s) of any religious/spiritual system, the energy of any ritual, symbol, flower, crystal/mineral, angel, master, mantra, sound, music, light, shape, color, the five elements, that is associated with the development of the above mentioned qualities. It brings them into all of your physical, mental, emotional, energetic and spiritual systems in ways that further your spiritual development as rapidly and safely as humanly and divinely as possible. It works on all levels, planes, dimensions and through time and space.

At the same time that it enhances and brings in the so called higher and spiritual qualities it also lessens the so called lower qualities such as,

Sickness

Anger, hate, rage, depression pessimism, need for revenge

Disillusionment, lack of faith and trust

Egoism, Selfishness, greed, lust, needs and wants,

Illusion, dwelling in the past or future

Rejection of the moment,

Being Judgmental, critical

Attachment, obsession and rigidity

Perversion, Immorality

Fear, frustration, restlessness, dissatisfaction

Weakness, co-dependence, Inappropriate boundaries, lack of self control

Fear of power, craving power, abuse of power, not understanding power

Ignorance, lack of insight, understanding, wisdom

Wandering mind, lack of concentration and meditation

Feeling separate

The symbol works under the oversight of your higher self. Your higher self and the symbol see to it that only those gods, energies, energy systems, the energy of any religious system, the energy of any ritual, flowers, crystals/minerals, angels, masters, mantras, sounds, music, lights, shapes, colors and elements that will be most helpful to you come through. Your higher self and the other beings that work through the symbol will see to it that balance is maintained and that your physical, mental, emotional and spiritual development happens in way that is good and safe. You will automatically get you exactly what you need. The symbol, your higher self and the other beings that work through the symbol will send you the qualities or lessen the qualities you need most each time you activate it. Because of the automatic customizing aspect of the symbol it may feel different at different times.

Regular use of this symbol will enhance your spiritual development and bring the qualities mentioned above into your life. Patience is the key. This is not a quick fix or some kind of instant path to enlightenment. You may not notice unbelievable change right away. Most of us not ready

for and could not safely handle any of the above mentioned qualities in their full expression. Some of us are not even ready for a little of them. What we are not ready for the symbol works at preparing us for.

With regular use of the symbol you will notice slow and steady change. Regular use of the symbol does not mean that your life will become perfect and that you will never feel bad or get upset again. As long as you are human you will have the full range of human feelings. This is good and as it should be. What will happen with regular use of the symbol is that your spiritual growth will accelerate in some very nice ways. You will come to know and feel true inner peace, love and contentment and the other qualities above even in the midst of so called "bad" times and upset.

Work with the symbol for several months before judging it. Patience is the key.

**Use**  
See the symbol entering your heart. You can also send it into the heart of others. As you do this you can say/chant its name a few (three is a good number) times. However it is not a mantra and there is no need to chant it for extended periods of time. You may also send it back in time to yourself or others. Its main function is for use on yourself and others but it can also be used for spaces such as a room or a house/building. When used for spaces it will not be as strong as when use on people. You may also the symbol accenting just one or to two or any number of the qualities listed that you desire. All you have to do is see the symbol enter your heart and say the quality(ies) you desire to have or to lessen. The named qualities will be highlighted as the energies of the attunements run on you. The usual running time of the attunement once activated is about twenty minutes.

#### The Attunement

This attunement works by reading the following section (the section starts with "God....and ends with....thank you".) with the intension of self attuning to the symbol. While reading this section or immediately after reading it see the symbol entering your heart. You may read through it without the intension of attuning first to make sure you really want to do it.

"God, higher self, and all beings that have my highest good in mind and heart and that work with attunements, energy work and spiritual development please activate and attune me to this Universal Spiritual Symbol, Heart.. Please see that this attunement is of the highest and purest quality and that it is as effective as humanly and divinely possible. Please send any angels, gods, masters, energies or beings needed to activate and maintain the workings of this symbol. Please have all spiritual and religious forces, energies, intelligences and beings including but not limited to, any god, energies, shaktipats, shaktis, energy systems, the energy of any religious/spiritual system, the energy of any ritual, symbol, flower, crystal/mineral, angel, master, mantra, sound, music, light, shape, color, the five elements that are associated with the development of the qualities in this attunement come through this symbol and into my body, mind, heart and all energy and spiritual systems to further my spiritual development as rapidly and safely as humanly and divinely as possible. May it work on all levels, planes, dimensions and through time and space.

May this symbol bring the following qualities into my life,

Health/wholeness

Forgiveness

Love

Devotion

Compassion  
Being in the moment  
Acceptance of what is/satisfaction  
Non-judgmental  
Transcendence of all attachments/freedom  
Transcendence of emotional/mental issues and limits  
Ego transcendence/selflessness  
Happiness/Joy/bliss  
Fluidity of sense of self and beliefs/ideas  
Purity on all levels  
Morality  
Faith  
Security/Strength  
The proper understanding and use of power  
Proper openness and closedness/ proper boundaries  
Wisdom/Understanding/Knowing/Insight/Psychic  
Peace of mind/contentment/serenity/tranquility/inner stillness  
Ability to concentrate and meditate  
Knowing/feeling that everything is for the highest good  
Control of/ability to work with, body, mind, energy, matter, time and space  
Able to heal self and others physically, mentally and emotionally  
Manifesting/Miracles  
Union with higher spiritual beings/higher aspects of Self, all that is  
Enlightenment

May it lessens the so called lower qualities such as,

Sickness  
Anger, hate, rage, depression pessimism, need for revenge  
Disillusionment, lack of faith and trust  
Egoism, Selfishness, greed, lust, needs and wants,  
Illusion, dwelling in the past or future  
Rejection of the moment,  
Being Judgmental, critical  
Attachment, obsession and rigidity  
Perversion, Immorality  
Fear, frustration, restlessness, dissatisfaction  
Weakness, co-dependence, Inappropriate boundaries, lack of self control  
Fear of power, craving power, abuse of power, not understanding power  
Ignorance, lack of insight, understanding, wisdom  
Wandering mind, lack of concentration and meditation  
Feeling separate

Please see to it that the symbol works as described in the script above. Please allow in only those beings, energies, thought and emotional forms that are of a very high, pure, effective and balanced nature. Please make sure that all beings, energies and thought and emotional forms of a lower nature that might cause any harm are kept out. Thank You."

The best way to pass this attunement on to other is by having the person read this script. However anyone who is attuned to it can pass it on to others by intention alone. All you have to do is intend to attune someone and "see" the symbol entering their heart. Passing the attunement by intension is equal in every way except for the information one gets from reading the script.

You may want to do this attunement several times a year to update it and re-empower it. You do not need to do this. One attunement is all you really need. But sometimes re-attuning can be powerful

Love and Light,  
Richard Eisenberg