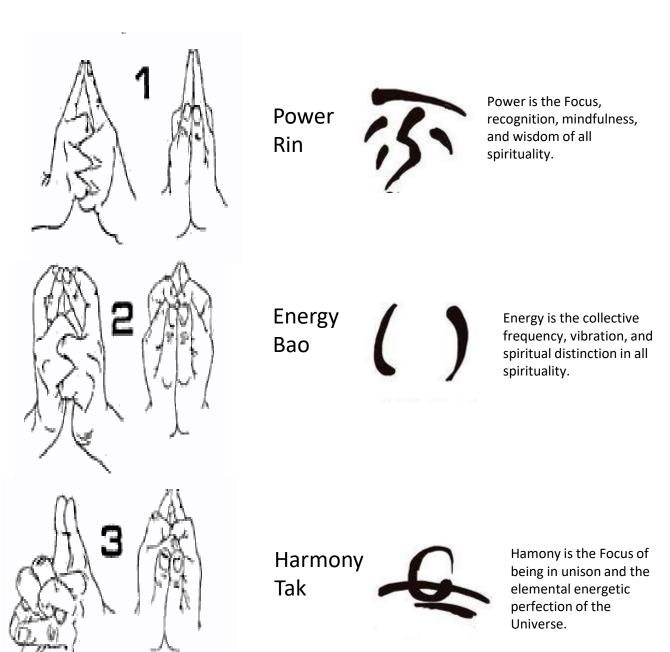
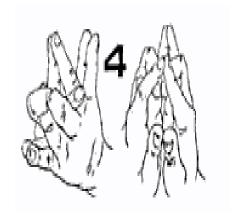
## The Nine Spiritual Seals of Power

These are the Nine Spiritual Seals of Power in the ancient Tiro Zao. This is the spiritual development process of body, mind, and spirit. It involves the combination of many tools to focus all of the practitioner's attention using hand gestures, spoken words, mental visualization, contemplation, and focal chakra points. It enhances the nervous system, endocrine system, energy channels of the body, mental abilities, comprehension, focus of body and mind unity, and works to achieve great spiritual depth. They are designed to aid the practitioner in properly summoning and molding energies necessary to perform a technique. There are different sequences of hand seals for every technique, requiring memorization. You will use these for Kensharim.

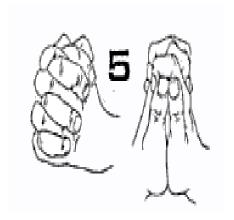




## Knowing Shao



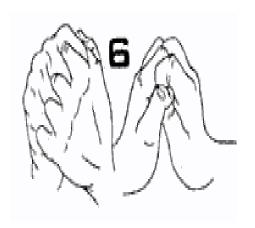
Knowing is the revelation of all truths and absolute certainty of all spirituality.



Intuition Kaizu



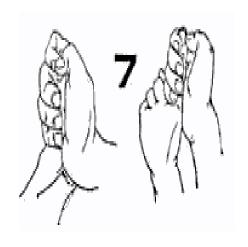
Intuition is the perception and centeredness (balance) of all spirituality.



Dimension Raizu



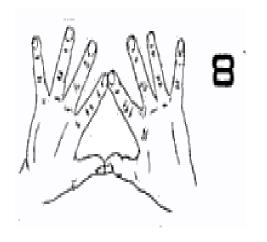
Dimension is the destiny, Light, and completeness of all spirituality.



Awareness Jinao



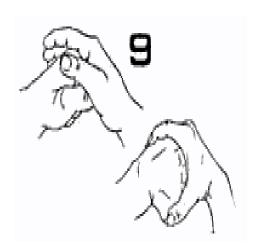
Awareness is the wholesome reunification of the Divine Plan of all spirituality.



Creation Zait



Creation is the truths, foundation, and Divine creativity of all spirituality.

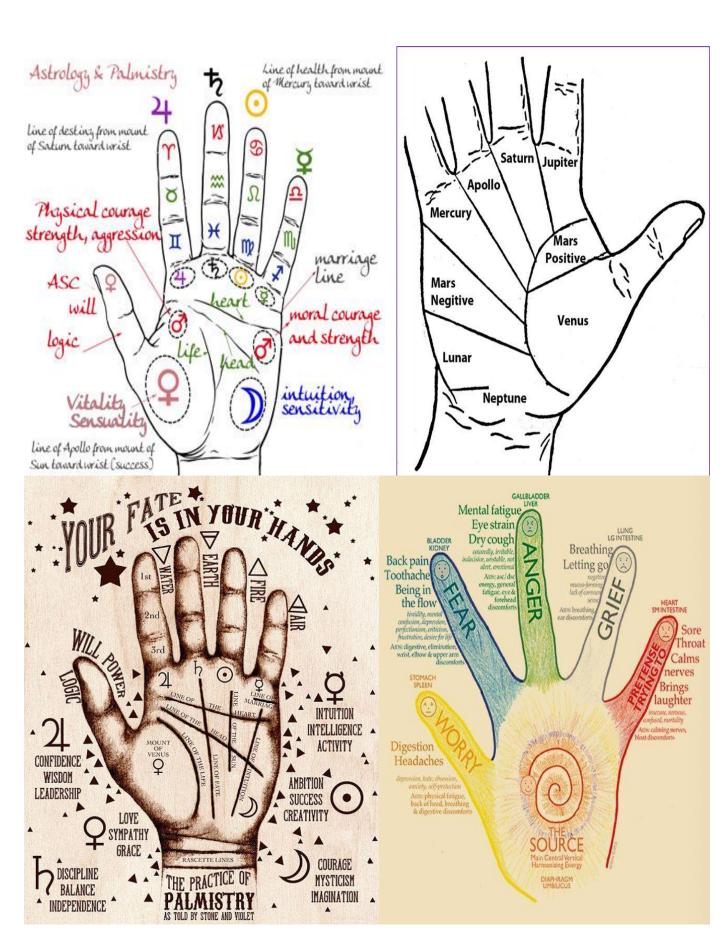


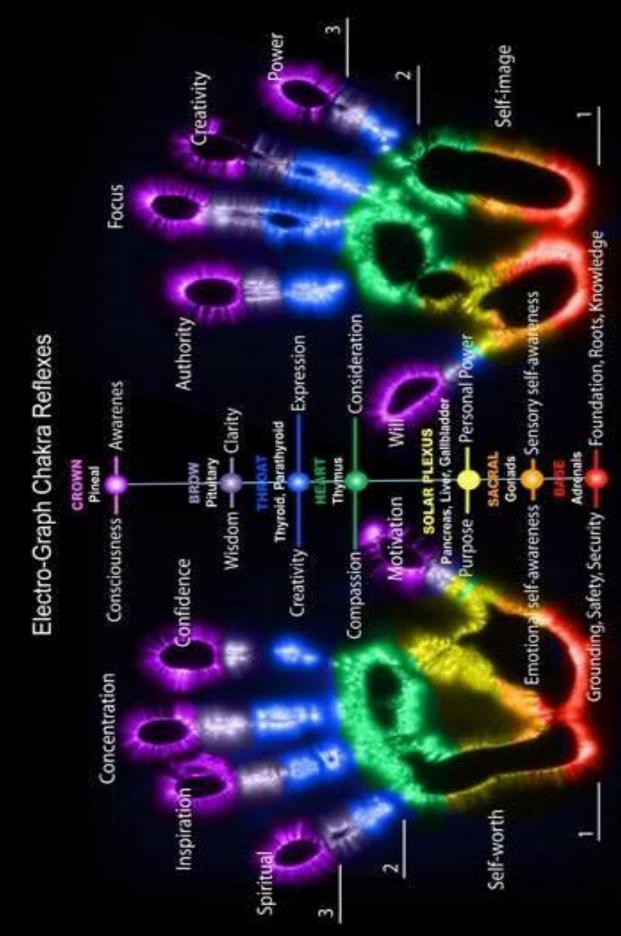
Absolute Zentai



Absolute is the realization, presence, and power of all spirituality.

CHAKRA NAMES, PURPOSE & LOCATION	<u>MUDRA</u>	PROCEDURE	MANTRA & CHAKRA COLOUR	CHAKRA SYMBOL
1. ROOT CHAKRA MULADHARA (SURVIVAL) Base of Spine, on Perineum.	A SH	Thumb & Index fingers touch. Arms Straight, hands on knees. Chakra Sound Long L-A-A-A-M.	LAM	<b>®</b>
2. SACRAL CHAKRA SWADHISTHANA (CREATIVITY) Hips		Place Hands in your lap with your palms facing upwards, right palm resting on top of left. Chakra Sound Long V-A-A-A-M.	VAM	<b>(3)</b>
3. SOLAR PLEXUS CHAKRA MANIPURA (WILL POWER) Two-Inches Below Naval		Place Hands between your heart and your stomach. Chakra Sound Long R-A-A-A-M.	RAM	(T)
4.  HEART CHAKRA  ANAHATA  (LOVE)  Heart		Right Hand: Index finger and thumb touching at Heart Centre. Left Hand in same Mudra resting on the Knee. Chakra Sound Long Y-A-A-A-M.	YAM	
5. THROAT CHAKRA VISHUDDA (EXPRESSION) Throat		Hands by Stomach, fingers interlaced and thumb tips touching. Focus on Throat Chakra. Chakra Sound Long H-A-A-A-M.	HAM	(E)
6. THIRD EYE CHAKRA AJNA (INTUITION, WISDOM) Third Eye		Hands in front of the lower part of your breast, Middle fingers stand up tips touching, other fingers bent at first joint as shown. Chakra Sound Long A-A-U-U-M.	AUM	<b>(3)</b>
7. CROWN CHAKRA SAHASRARA (SPIRITUAL CONNECTION) Crown		Hands in front of your stomach, fingers interlaced, Little fingers pointing upwards. Chakra Sound Long A-A-A-N-G.	ANG	(3-)





is & Strategies 3- Liberation, Expression, Actions experience SECTIONS: 1- knowledge &

Crown:

Metabolism, DNA/RNA Central Nervous System, Head, Cerebral Cortex, Upper Spine, Hair

ortex, Upper Spine, H Pineal Gland

3rd eye:

Endocrine, Nervous system, Awareness, Autonomic Nervous System Hypothalamus, Eyes Pituitary

Throat:

Communication, Expression, Parathyroid, Throat & Neck, Lars, Sinus, Respiratory system Thyroid

Heart:

Lungs, Lymph and immune system, Allergy, Blood pressure, Circulation Thymus

Solar Plexus:

Energy, Metabolism, Digestive system, Stomach, Liver, Gall Bladder Small Intestine Pancreas

Sacral:

Abdomen, Spleen, Urinary Tract, Kidneys, Overies, Uterus, Blood Sugar Gonads

Root:

Reproductive System, Testes, Vagina, Pelvis, Legs, Feet, Tailbone Adrenals Chakras

Spiritual Connection Love and compassion, Peace, thoughtful Harmony, Focused

Intuition, Service, Imagination, Focuses on the good, Understanding

> Feelings and openness, Creativity, Communication

Balance, Love, Connection, Compassion, Hope, Forgiveness

Self Control, Purpose, Strive for perfection, Desire, Vitality, Will power, Gut Instinct, Low Intuition Details, Mental, Anger

Relationships & Emotions Sexuality and Intimacy, Letting go, Warmth Desire

Grounding, Security, Survival, Basic needs of safety, Behaviors Sexuality, Fear