

A User's Guide for the Symbala Water Imprints of Lahrinda Eileen

By Peggy Smith (© 2010)

What is in your Emergency Energy First Aid Kit?

Are you ready for the new challenges that feel like they are coming faster and faster? Most of us try to be prepared for the challenges of household and roadside emergencies. We usually have a First Aid Kit close at hand just in case we have accidents. Some of the things we can find in a thoughtfully assembled First Aid Kit are band aids, antibiotic ointment, ace bandages and so on.

Let's look at what could be in your Personal Energy Emergency Kit? I always travel with Rescue Remedy, lavender oil, eucalyptus oil and sometimes a favorite small crystal or gem stone. These are all items that many of us are familiar with. We understand that their supportive qualities are generated by their energetic resonance. Quantum physics has come of age in the new millennium. The idea that everything is energy is no longer something obscure.

The flower essences of Bach's research have given us a variety of remedies which carry restorative qualities. Aromatherapy is another example of how nature has gifted us with helpful essences: lavender relaxes, citrus invigorates and bergamot restores our inner strength. Those who work with gemstones and sound/music therapists also understand the healing energetic qualities generated by stones and sound frequencies.

I am very excited to introduce you to another powerful possibility to enhance your Emergency Energy First Aid Kit. For me, Lahrinda's collection of 24 Symbala Water Imprints is a 'must have' addition to anyone's energy survival tool box. Each set of 8 beautiful Symbala Water Imprints contains a diversified collection of dimensionally vibrant works of art. These unique designs have been printed on plastic paper so they

may be safely and easily used and reused on a daily basis, even getting them wet, without showing wear or tear.

Ideas and Possibilities for Using the Symbala Water Imprints

Considering the idea that ‘everything is energy’ opens us to a wonderful new perspective on how we can navigate through our daily lives. Lahrinda’s Symbala Water Imprints are the perfect example of how energy can be found in all aspects of life. Her dimensional creations combine the core elements of how we see our world. With the use of color, sacred geometry, rhythmic placement of form, line and light, these Symbalas represent power portals of focused energy in moving design.

It is not only the energy of these complex power generators that is available to us; it is also their practical application and adaptability. What I offer in the following examples are ideas on how anyone can become more attuned to the energy vortexes created by Symbalas. I will also be sharing some very practical ideas on how the vibrational qualities of Symbala energy can facilitate healthy changes in our everyday lives.

Many of us are familiar with various hands-on healing modalities that access the life force energy around us. Focusing this energy to rebalance the body is not a new idea. Using this same focus with the Symbala patterns creates another energetic pathway to harmonizing your health.

How It Works

I often suggest that my clients create a mantra or affirmation that will facilitate new programming or provide new insight for changing what is not working in their lives. This is usually done by meditation and journaling. Recently, I have suggested using Lahrinda’s Symbalas as a focal point for this process.

Begin by looking at the titles of each Symbala Water Imprint. Find what resonates with a desire you may have for personal transformation or any concept you wish to connect with at a deeper level. Place the selected Water Imprint card in front of you and spend some time gently focusing on it. Take a moment and create a question or simply make a desired intention as you connect to the energetic grid that is the universal network of all things.

The examples below represent various possibilities for using Symbala Energy. Please feel free to practice with these suggestions and use them as guidelines for your own process of self-discovery. Remember, each of us can create totally unique results in our energetic dialogues with the Symbalas.

Now you can be ready for Energy Emergencies with Symbala Water Imprints in your kit. Not only is energy everything, so is timing. This is a limited edition collection.

[Note: Based on my training and background, I am sharing a few interpretations of these Symbalas and how they relate to the Chakra System. For those of you who are familiar with this energy system, I will make reference to which cards support the specific Chakra centers. If you find that creating affirmations or intentions with these Symbalas is something that works for you, you can place them on the appropriate Energy Centers of the body as you meditate or focus on healing issues associated with the Chakra System. Remember these are merely thoughts from my perspective, so stay open to whatever feels right for you.]

Symbala Water Imprints: Set #1



Self-Empowerment

Insight:

There is a never-ending web of connection present in all things. I remember this and draw strength from it.

Affirmation:

In the ebb and flow of harmony and chaos I know I am always empowered by the source of all creation.

Practical Application:

Having a good support system is essential anytime we set a goal to improve our health. The **Self-Empowerment Symbala** can easily become an important part of that support. For example, if you are working on developing better eating habits, begin by doing the focus exercise outlined above. Create your affirmation and then put the Symbala exactly at eye level on the refrigerator door. Take it with you to the grocery store or even slip it inside your purse, if you are going out to eat. It can be the little encouragement you need to accomplish big changes.

Self-Empowerment resonates with the 3rd Chakra, the energy center where we carry the vibrational resonance of self-esteem and will power.



Bless this Living Water

Intention:

In all things that exist in the miracle of flow, I offer my blessings and gratitude to the life-giving essence of water. May only that which supports the highest and best be present in the waters of our planet.

Practical Application:

Carry this Symbala with you and place it under your drinking water throughout the day. (You can even tape it to your portable water bottle.) To bless and support the purification of any large body of water, begin by filling a container with the water and then place it on top of the **Bless this Living Water** Imprint. Offer your prayers and intentions to the water. Once you feel this process is complete, return the water from the container to its origins so that your blessing will be carried throughout the entire body of water. Several people doing this at the same time is a very powerful sacred ceremony.



Gratitude & Love & Gratitude

Affirmation:

A quiet force flows from my heart with the gentleness of an unfolding flower and I know I am Gratitude in Love's full power.

Practical Application:

There is a wonderful exercise that I offer my clients called, 'body talk.' The idea is to take a few breaths, get comfortable and begin focusing on the vital systems of the body. You may begin anywhere. Let's say you begin with the muscular/skeletal system. Give gratitude to that vital system for its strength and flexibility as it provides support throughout your life. Next you may choose to focus on a specific part of your body, like your hands. Maybe you have been gardening all day and they are a bit stiff and painful. To enhance this dialog hold the **Gratitude & Love** Imprint in your hands and give thanks for all that they allow you to do. Anytime a part of your body is stressed or in pain use the energetic vibration from the **Gratitude & Love** Water Imprint to help shift the discomfort.

***Gratitude & Love** resonates with the 4th Chakra, the Heart Center where we deal with relationships and the harmony they can generate.*



Inner Peace

Intention:

I am now grounded in the wisdom and power that is forged by the Heart Center of our Mother earth. In this knowing I find **Inner Peace** as I touch the Divine Radiance of Father Sky.

***Inner Peace** resonates with both the 1st and 7th Chakras. It creates a flow between the Divine Connection and Earth Connection which helps us stay grounded and present in our body.*



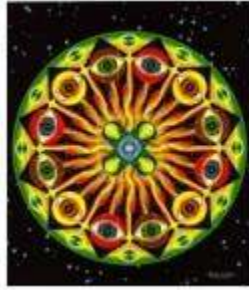
Youth & Vitality

Affirmation:

Youth & Vitality are ever-present; woven in dancing rhythms, pulsing in every cell of my being. Never-ending, always spinning, they fill my soul in waves of renewal.

Practical Application:

Try placing this Imprint by or on your mirror. When you look at yourself, look through the energetic eyes of **Youth & Vitality**. Better than vitamins and a face-lift!



Bright Eyes, Clear Vision

Insight:

There is so much for us to see in this age of instant communication and mass media. We must remember the difference between wisdom and knowledge. Wisdom is seeing the world through our hearts; knowledge is only what we think we see. I ask for Clear Vision in all things. With truth ever vibrant and light in my heart, I see with Bright Eyes.

Practical Application:

The **Bright Eyes, Clear Vision** Water Imprint is a perfect focal point for helping us give a little extra tender loving care to our eyes. Hold the card at arm's length and cover one eye. As you focus on the Symbala, move your eyes clockwise twice (with one eye covered) and then counter-clockwise twice. Switch eyes and repeat the exercise. Now place the card in front of you and take a deep breath. Cover both eyes with your hands and close your eyes for a few moments, resting them in darkness. Then as you take your hands away, slowly open your eyes and allow them to come into focus on the **Bright Eyes, Clear Vision** Imprint. These very basic exercises to relieve eye strain are enhanced by the healing vortex of the Symbala.

***Bright Eyes, Clear Vision** resonates with the 6th Chakra or Third Eye. This is the center of insight and wisdom.*



Heart Healthy

Affirmation:

In the deepest chambers of every heart a message of love resonates, never-ending, forever connecting. I am grateful for my Healthy Heart.

Practical Application:

This is an awesome tool for working with heart energy. It resonates in color and design to the loving kindness and compassion that we associate with our Heart Center. But beyond that, it is the perfect representation of what a completely healthy heart might look like if you could see its energy blueprint. If you are having any heart health issues, this can be a very powerful focal point for creative visualization. Take a moment to sense the balance and rhythm in this Symbala. Breathe slowly and gently and become aware of your own heartbeat. Now visualize the perfection that is the human heart as represented by this Symbala and connect with your own Heart Center. Feel the connection and allow healing visions of your heart to be accepted by your body.

Heart Healthy resonates with the 4th Chakra, the Heart Center.



Everflowing Abundance

Intention:

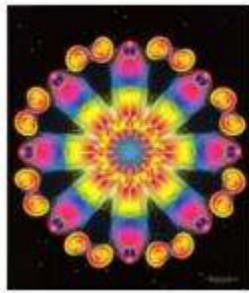
All that I need is present here and now. **Everflowing Abundance** is infinite. I accept that all things are possible in the universe. I believe in the power of co-creative manifesting.

Practical Application:

This is a very timely and useful energy portal. **Everflowing Abundance** is a state of mind. Instead of allowing the fear of lack to influence your life, connect with this Symbala, intending to bring its energetic field into your daily routine. Place it near the area you use to pay your bills. Write down your intentions for your financial goals and place this card on top of them with blessings and prayers for the highest and best. Put it in your purse or in your wallet. Create an affirmation of abundance that works for you and each time you see this Symbala that affirmation will be reinforced.

Everflowing Abundance resonates with the 1st Chakra. This is the energy center that supports our sense of belonging and survival.

Symbala Water Imprints: Set #2



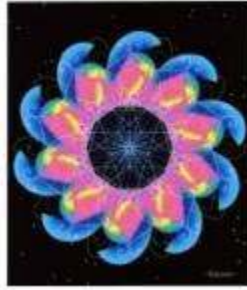
Balance & Integration

Insight:

All life vibrates in an energetic symphony of infinite possibilities. Everything is in constant movement and in that movement we eternally create and re-create our lives. Like all things in perpetual motion there must be a mechanism that maintains balance. The core of our ability to live in balance is achieved when all that we give and all that we receive is integrated with unconditional love. Without this, life loses its momentum and sense of peaceful flow.

Practical Application:

The **Balance & Integration** Imprint can become a vital tool in your desire to see life differently. Use it in meditation as you ask your higher self how you feel about a certain event or situation. Practice makes perfect. Let this Symbala be an energetic set of training wheels while you learn to ride a whole new wave of being.



Purify & Cleanse the Water

Intention:

As I place this water upon the Symbala, I ask that it be purified and cleansed through the elemental pulse of water's Universal blueprint of perfection.

Practical Application:

Each evening place a container of your daily drinking water on this Symbala and take a moment to ask for it to be purified and cleansed (per example given above). The human body is over 70% water. *Because of this, we spend our lifetime nurtured by it at a cellular level.* Make drinking water a daily sacred ceremony of purification.



Ecstatic Union

Affirmation:

At the center of the being that I AM, there is a spark of divine connection. The ecstatic bliss of this union is the seed of love in the heart of mankind.

Practical Application:

Our human reality is a pendulum of constantly moving experiences. One moment we can be at peace and in harmony with life and in the next moment we can be faced with unexpected crisis. It is not important what happens to us in life, but how we respond to it. When life seems chaotic, take a moment to focus on the **Ecstatic Union** Water Imprint. Take ten deep breaths and renew your connection to the perfection that is in all creation. Eckhart Tolle, in the Power of Now says, “It is only when we feel disconnected from the Divine that the madness begins.”

This Symbala resonates with the 4th Chakra, the Heart Center.



Harmony

Insight:

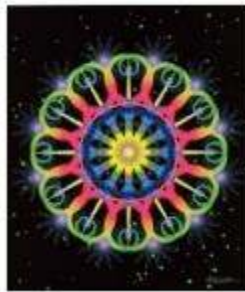
Life is a repeating pattern vibrating in rhythms we may not see. Light and dark, giving and receiving, creation and *dis-solution* are all locked in harmonious flow. In this harmonic perfection we can understand the truth in the statement, “As above; so below.” Seeking a harmonious flow is an attempt to bring heavenly ideals to our earthly plane. It is our instinct to return to the perfection of Source and, when we do not honor the natural flow of this quest, we create dis-harmony, dis-comfort, dis-connection and dis-ease in our bodies.

Practical Application:

Place this Water Imprint anywhere you are experiencing disharmony in the body. For example, if you are having a headache, place the card where the headache is most intense

and take a few gentle breaths. Breathe in relief and exhale the pain. Relaxed and rhythmic breathing is the most effective harmonizing exercise we can experience.

This Water Imprint can be used to bring balance and flow throughout the entire Chakra system. Place the card on the individual Chakras as you focus breathing at each center. This simple exercise will open, cleanse and balance the Chakras.



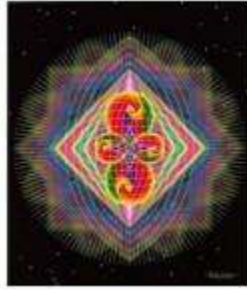
Laughter, Joy & Fun

Insight:

Speak to the center of your soul and bring forth the joy of your youth. Remember the fun and laughter of childhood playfulness and ignite the sparks of merriment as they reflect the brilliance of the stars.

Practical Application:

As I first looked at this wonderful Symbala, my heart smiled before my brain could make a thought. This delightful work of art vibrates with the essence of happiness. Carry it with you wherever you go. It can bring a breath of fresh air or a smile to your heart. This is important as we address the serious responsibilities of our daily lives.



Brain Bloom

Affirmation:

I am eternally grateful for the miracle that is the magnificence of human thought.

Practical Application:

We use our five senses to gather information from the world around us. This information is instantaneously analyzed by the brain. The beauty of this process goes beyond what we think, learn or logically discern. The brain is more than a command center of information. It is the source that networks and broadcasts our thoughts, giving us unique individual perspectives that blossom into pure creativity. Place this Water Imprint Card as a focal point at your desk or wherever you are working on a creative project. Use it as a source of renewal and regeneration for clarity of thought and inspiration.

This Imprint resonates with the 6th and 7th Chakras, the centers for insight and knowledge.



Structural Integrity

Intention:

The essential **Structural Integrity** that secures the form of our third dimensional reality, eternally renews all that is and all that will ever be.

Practical Application:

The resonance of the **Structural Integrity** Water Imprint can restore and stabilize the vibrational blueprint of all that is a part of our third dimensional reality. Visualize anything that is undergoing structural distress in your life. It can be physical, mental or spiritual. Focus on what is structurally compromised. See it in its perfect state as you place the card on it or focus on a perfect outcome to the experience. Say a relationship at your work place is in stress because communications between you is breaking down. Write an affirmation or prayer that asks for the relationship to be healed and communications repaired. Place the statement under the Water Imprint and ask for **Structural Integrity** to be restored in all aspects of the situation. [Lahrinda note: I placed this Imprint on my jaw when I was experiencing a throbbing toothache. In minutes it dissipated. I must admit to being amazed!]



Passionate Co-Creation

Insight:

Life does not happen to us. We exist in a triad of co-creation. All of the potential of creation is continually available at the Source. When our desires and intentions are put into action and released to universal possibilities we are engaged in the co-creation process. Passionate desires and intentions, supported by our actions, are processed through divine possibilities that manifest in the details of our reality. This is the triad of **Passionate Co-Creation**.

Practical Application:

As you consciously become familiar with the co-creative process you can use the **Passionate Co-Creation** Water Imprint to stay focused on your desired outcome. Manifestation is an energetic process that requires a healthy flow within our basic energy centers, the Chakras. The **Passionate Co-Creation** Water Imprint card can be used to clear, balance and activate the Chakras. Below is an outline of how the manifestation process works.

In order to co-create we begin with an idea or inspiration. This happens in the energy center of the 7th Chakra. We then activate the ideas as we communicate what we desire. This is done through the 5th Chakra; the center of creativity and communication. Once this is done we begin to take the appropriate steps to manifest our ideas into material reality. This third step in the co-creation process is supported by the 1st Chakra. Here is where all creativity must be grounded and stabilized in order to become reality.

Symbala Water Imprints: Set #3



Simplify & Focus

Insight:

How crazy can the world be? The answer is just one click away. All we have to do is turn on the TV or click on our computers. We can twitter, blog, Facebook and instantly connect to information around the globe. Information overload is the fastest growing malady of mankind. The antidote? **Simplify & Focus** to sort out what is really important for you.

Practical Application:

The **Simplify & Focus** Water Imprint Symbala is a stunning representation of the possibilities for finding peace in the center of chaos. The outer edge of this Symbala gives the sensation of ever-expanding awareness. In today's world of instant information, that expansion can be overwhelming. The dynamic balance in the energy of this work is achieved by the beautiful softness of color framed inside the stability of a delicately traced square. It draws you from chaos to stillness. Meditate and focus on this Water Imprint and allow your mind to move into the calm at the center of the storm. Ask your body, mind and spirit to remember this image and allow yourself to be present in calm and stillness throughout your day. Carry this card with you. At a glance, it can quickly help you practice peace of mind.



Honor the Water

Intention:

I **Honor the Water** before me. I am connected to the tides and currents of Earth's flowing waters. In this connection the cycles and flow of my being are in resonance and harmony with nature. I **Honor the Waters** within me.

Practical Application:

We have already discussed the idea that the human body is about 70% water. Now, consider how being around water affects you. Rivers, lakes, oceans and waterfalls can all make us aware of our feelings. Most of us have experienced a change in mood when we are in the presence of water's natural wonders. Focus on the **Honor the Water** Symbala and allow the movement and flow of its energy imprint to fill your being. Repeat the intention above. Feel your thoughts shift and relax into the flow.

*This Symbala resonates with the 2nd and 5th Chakras. The 2nd chakra is where we process our emotional experiences in life. The 5th Chakra is where we allow the expression of these emotions. In Chinese Medicine water is the element of emotion. When the 2nd and 5th Chakra centers are in balance, we can share our emotions in healthy ways. Use the **Honor the Water** Symbala when working with the clearing and balancing of the emotional elements of the Chakra system.*



Rainbow Connection

Affirmation:

I carry a rainbow wherever I go. I am always connected with its vibrance and flow.

Practical Application:

If there is anything on Earth that can instantly brighten our hearts, it is when we see a rainbow suddenly appear across the sky. The **Rainbow Connection** Water Symbala allows you to put a rainbow in your pocket and never let it go. Color is frequency and vibration and is an integral part of our reality. That's why we love rainbows. They are the frequency of life blessing us with endless beauty. Carry this Symbala with you and you will always feel a bit of the magic and the warmth of a golden treasure at rainbow's end.

*Each Chakra is associated with a color vibration: 1st red, 2nd orange, 3rd yellow, 4th green, 5th blue, 6th indigo and 7th violet. We are living rainbows. All Chakras can be energized by the **Rainbow Connection** Water Imprint Symbala. It is also a wonderful tool for cleansing and charging the Auric Field.*



Letting Go

Insight:

Most of us are beginning to see that life isn't easily defined as success or failure, bliss or suffering. Life is a fascinating dance on a high-wire between perceived polarities. The secret to life is how well we keep our balance in all things. **Letting Go** of things that throw us off-balance is an ongoing process.

Practical Application:

In a recent conversation with one of my clients I asked how things were going. Her reply, "Oh, my life is just in a holding pattern." I took this as an opportunity to offer the **Letting Go** Symbala as a tool for self-discovery.

Exercise:

Make a list of nine thoughts or beliefs that are holding you back in any area of your life; for example, self-doubt, worry, grief, fear of change, etc. Take a few moments to connect with the energy vortex of the **Letting Go** Water Imprint. The outstanding feature in the design is the placement of nine globes of light. Imagine that these represent hot air balloons waiting to carry your unhealthy thoughts into the universe, releasing them to Source to be transmuted into positive energy. Visualize placing anything that you are holding that no longer serves your highest and best into each balloon. Take a deep breath and exhale as you let go of each one.

This is a very effective process for self-discovery. It is also fun and can be repeated anytime you want to practice **Letting Go**. [Lahrinda note: I find this Imprint very

effective for releasing things held in the body. Holding and not releasing emotions may express as muscle tension, joint pain or stiffness and how about that constipation?]

Just a side note about the number 9, as it relates to numerology. Nine represents (1) tolerance, (2) generosity, (3) forgiveness, (4) passion, (5) creative energy, (6) success, (7) romance, (8) benevolence, and (9) a deep love of life. The energetic resonance of nine reflects Universal Love as present in all things. As you release negative thoughts in the exercise above, it might be interesting to allow the essences of '9' to replace what you have released.



Light My Fire

Insight:

At the center of all creation burns the eternal flame of human desire and creative passion. Fire transforms. When we understand the alchemy of that transformation we can ignite this power within us.

Practical Application:

We describe energetic, enthusiastic people as 'being fired up'. When we feel tired, sluggish and apathetic we say we are 'burned out'. These descriptions very accurately indicate the status of the fire element in the human energy system. Use the **Light My Fire** Water Imprint to revive your inner spark. The intense and vibrant frequencies that emanate from this moving design offer a wonderful tool for rejuvenation. Place a

container of drinking water on top of this card and allow it to absorb the vital energy pulsating from this Symbala. Create your own energy drink. Remember, taking a moment to focus on this Imprint can jumpstart your day.

This Symbala resonates with the 3rd Chakra, the center of will-power, self-esteem and the transformation of nutrients into fuel for our bodies.



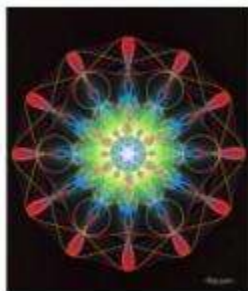
NOW

Affirmation:

In this time and place, the here and NOW of space, I am full of eternal grace. (If we spend too much time replaying the events of the past or considering how the future might turn out, we miss the moment in front of us.)

Practical Application:

This present moment is actually the only thing that is ‘real’. Thoughts about the past or the future are just that; thoughts. From a healthy perspective we can call on past experiences as a data bank of events that relate to what is happening now. We can also logically speculate about the future based on what has happened in the past. This is how we process information so we can make appropriate decisions and take the right actions. The problem is when we get obsessively stuck in the past or future. When this happens, we lose momentum. If this happens to you, use the **NOW** Symbala as a focal point and repeat the affirmation given above. Everything is **NOW**; everything else was then or hasn’t happened yet.



Celebrate Life

Intention:

As I ride the cosmic circle, I celebrate the turning of the Wheel of Life. Forever beginning, finally ending and beginning again, life gently flows from miracle to miracle.

Practical Application:

Some times it seems that logic rules our reality. We understand why it rains and how the tides know when to ebb and flow. The natural world has been diligently explored by science and great scholars for generations. We lose our innocent wonder of life's magic and miracles. Renew your child-like awe and become aware of life's miracles. There is a mystical force that moves in all things. **Celebrate Life** in fascination and joy. Allow your senses to move into the **Celebrate Life** Water Imprint. Ask to be given the secrets to happiness. See what happens. Be prepared to ride the glow.



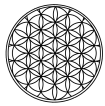
Living in Wisdom

Insight:

Living in Wisdom is living with an open mind, curious about the world around you.

Practical Application:

The sacred geometric symbol known as the Flower of Life radiates from the center of the **Living in Wisdom** Imprint.



This ancient symbol represents the unfolding of the universe as it moves outward from the void. Within its web are endless possibilities for creation. As you focus on the **Living in Wisdom** Imprint, let it become an inspiration for you to see life as a continuous process of imagination and endless opportunity. The power of our knowledge should never stop us from exploring and expanding our lives. The most important balance we can nurture in ourselves is the harmonious coupling of wisdom and knowledge. True wisdom shows us that all knowledge is open to questioning. In this realization we can navigate life's challenges with clarity and insight instead of fear and desperation. *"It is characteristic of wisdom not to do desperate things."* Henry David Thoreau

In Conclusion

Once you have connected to the unique energy in each of the Water Imprints you can keep your intentions and affirmations at your finger tips. Carry the Water Imprint Symbolas with you. At any given crossroad in your life you can simply choose the Water Imprint insight that suits the situation and use it as a tool to encourage personal clarity

and enhance your overall well-being. These durable and very versatile Symbala cards can become a pocket companion to support your inspiration for living in balance and harmony. Keep them handy at work, in your car or by your bedside. The energy they carry becomes your own. When you learn to open the channels of insight, powered by intention, you become a living conduit of Source energy.

More about Peggy Smith

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Peggy is also available for Personal Symbala dialoguing

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