



Prema Dharmadhatu

DRAWING THE PREMA DHARMADHATU

This symbol allows the person who is drawing the symbol and the person who is receiving the symbol to experience the feeling of expanding love.

Prema Dharmadhatu can be drawn on anyone, by anyone. It is a gift to all involved. In exchange, the receiver is asked to draw the symbol on three other people within seven days.

There are two ways to draw this symbol.

The northern energy is an expansive energy that opens the crown chakra. The southern energy is a grounding energy that activates the medulla oblongata.

In determining which to draw, tune into the situation. If the receiver is more closed and internal, the northern approach is preferred. If the receiver is high energy or "flighty", the southern approach may be best. You cannot choose an incorrect method, as the way you draw the symbol will always be perfect.

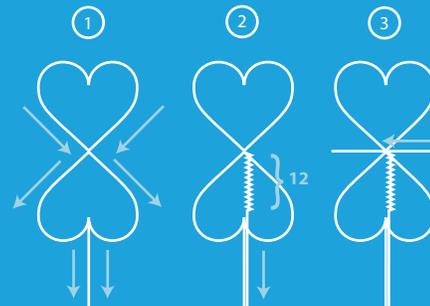
Please give a copy of this to whomever you draw the symbol with, so they can in turn draw it on others, thus allowing this gift to be spread across the Planet.

FOR BOTH NORTH AND SOUTH ENERGIES

Ask the receiver to stand with their back to you and close their eyes. Place your hands lightly on the shoulders of the recipient. Take a moment to clear your mind and thank your Higher Guidance for the gift you are about to receive. Then ask your Higher Guidance if it is okay to draw this symbol on the person. If you hear silence, it is fine to continue.

It is important that on step two, you draw exactly 12 zigzags. It is also important that the symbol is drawn in three movements.

DRAW PREMA DHARMADHATU WITH NORTHERN ENERGY



Step 1: Starting at the center point between the person's shoulder blades, using both your hands and all of your finger tips, begin to draw the upper heart from its dip. When you complete the upper heart, continue on in one uninterrupted movement, to draw the upside down heart. At the bottom of the second heart, draw a straight line down the person's spine and lock it in at the bottom of the spine, as if your fingers are the key in a lock.

Step 2: Starting at the intersection of the two hearts you just drew, draw 12 zigzags within the upside down heart, and then continue the movement with a straight line extending to the bottom of the person's spine.

Step 3: Starting at the intersection of the two hearts, draw a line from right to left. You have now drawn the Prema Dharmadhatu.

Step 4: Now, place your right hand over the heart chakra on the person's back (the intersection of the two hearts) and your left hand lightly on their left shoulder. Take a breath in through your crown chakra, and then blow the breath out and into the back of your hand. As you do so, say this mantra silently to yourself: "As above, so below". Repeat the process of blowing into the heart chakra and saying the mantra three times.

Step 5: When you feel the expansion of energy is complete, place both hands lightly on the recipients shoulders and breathe deeply. As you do this, express gratitude for the energy you are both feeling. Then slide both your hands down the recipient's arms to their elbows and gently disengage. You may find that the recipient may take a few moments before opening their eyes. Allow them whatever time they need.

DRAW PREMA DHARMADHATU WITH SOUTHERN ENERGY

Step 1: Starting at the center point between the person's shoulder blades, using both your hands and all of your finger tips, begin to draw the upper heart from its dip. When you complete the upper heart, continue on in one uninterrupted movement to draw a straight line down the person's spine - continue in one uninterrupted movement to step 2.

Step 2: Without lifting your hands off the body, come back up the spine and draw the upside down heart. When you reach the meeting point of the two hearts, continue in one uninterrupted movement to step 3.

Step 3: At the intersection of the two hearts you just drew, without lifting your hands off the body, draw 12 downward zigzags within the upside down heart, and then continue the movement with a straight line

extending to the bottom of the person's spine. At this point when you reach the bottom of the spine, turn your fingers outward in a locking motion. This "locks-in" the energy of the movement.

Step 4: Now return to the intersection of the two hearts and draw a line from right to left. You have now drawn the Prema Dharmadhatu symbol.

Now, place your right hand over the heart chakra on the person's back (the intersection of the two hearts) and your left hand lightly on their left shoulder. Take a breath in through your crown chakra, then blow the breath out and into the back of your hand. As you do so, say this mantra silently to yourself: "As above, so below". Repeat the process of blowing into the person's heart chakra and silently repeating the mantra three times.

When you feel the expansion of energy is complete, place both hands lightly on the recipients shoulders and breathe deeply. As you do this, express gratitude for the energy you are both feeling. Then slide both your hands down the recipient's arms to their elbows and gently disengage. You may find that the recipient may take a few moments before opening their eyes. Allow them whatever time they need.

