

GUIDE TO

Shefa Healing

Ancient wisdom, modern inspiration

Theolyn Cortens

Shefa Healing

SACRAMENTAL LANGUAGE OF LIGHT

ABOUT SHEFA HEALING

Healing, blessings, abundance, joy and delight will fill the empty spaces in our lives.

Thus spoke Rabbi Joseph Gikitalla, in his treatise, *The Gates of Light*, written in the 13th century. What a beautiful promise! How can we access this golden opportunity?

Shefa Healing is a powerful, fast, gentle, high-vibration spiritual technology, which uses ancient sacred symbols – or ‘characters’ – to promote harmony and balance in the four bodies: spiritual, mental, emotional and physical.

WHAT SHEFA MEANS

‘Shefa’ is a Hebrew word that can be translated in many ways: ‘everflow’, ‘abundance’, ‘plenty’, ‘Divine Blessings’, ‘Divine Sustenance’, ‘Divine Influence’, ‘Divine Emanation’ – it is the energy of Creation that flows through all universes and all creatures, great and small, including all plants, animals, birds, insects, crystals, minerals, metals, rocks and, of course, human beings. Shefa is the universal energy described as *ki* or *chi* in oriental systems, such as Reiki. Shefa is interchangeable with another Hebrew word, *ohr*, meaning ‘Light’.

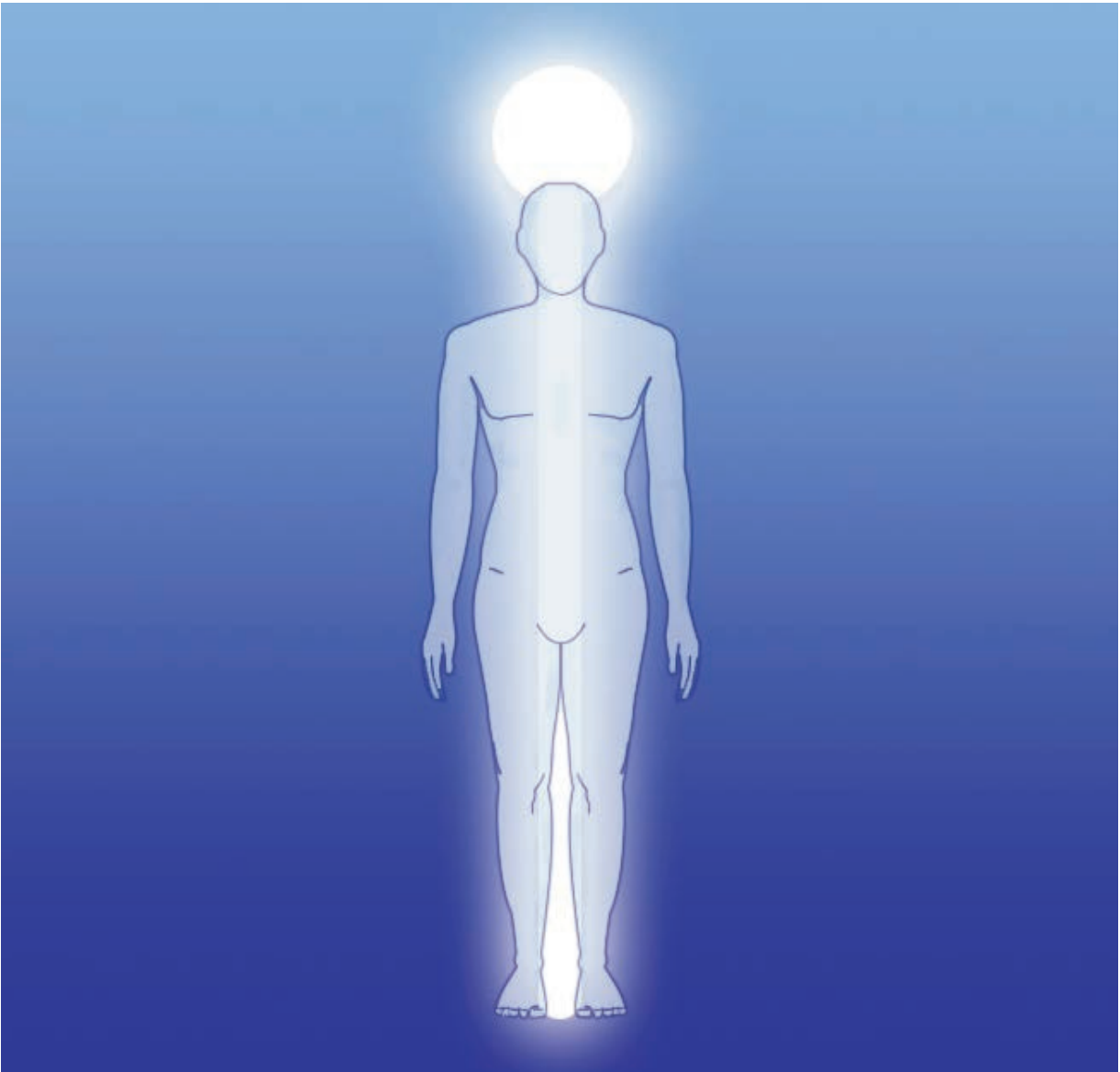
We can say shefa is the ‘Living Light’ that gives life. This life force has also been called ‘the fountain of living waters’ (Jeremiah 2:13). In Arabic, the very similar word, *shifa*, means ‘healing’ or ‘cure’. The light of shefa radiates in all living beings, even in apparently inert or solid matter, such as rocks and mountains. The poet William Wordsworth describes it as ‘bright radiance’, or ‘the splendour in the grass’. Our personal Radiant Being is a unique template for shefa to flow in the world.

HOW SHEFA HEALING WORKS

Shefa Healing is a spiritual ‘technology’ that uses ancient sacred symbols, characters from a sacred alphabet, to encourage the easy, graceful flow of shefa. The characters

can be introduced into our energy field by using a series of particular protocols. They can be used for animals and all environments – in your house, garden and wider landscape. They can also be used for distance healing, past life and ancestral reconciliation, as well as for our future wellbeing, including the lives of our descendants.

The *Shefa Healing Protocols* training includes a particular set of characters that are given to you for an initiation process during a face-to-face workshop. They are confidential and are not published or broadcast across the internet. However, before attending *Shefa Healing Protocols*, you can start using some of the Shefa Healing characters in your daily life. The last section of this Guide introduces one of the sacred characters. If you join my *Radiance Programme*, you will experience and learn how to use the complete set of characters.



THEORY

THE HISTORY OF SHEFA HEALING

Although the characters used in Shefa Healing are very ancient, the healing technology was only developed in the 21st century. After many years of meditating and channeling, I was inspired to experiment with the Shefa Healing characters when I discovered an alphabet called ‘The Celestial Writing’, twenty-two characters named after the letters of the Hebrew alphabet. I discovered the power of these characters in 2002 and started sharing them in 2006.

ANCIENT ALPHABETS

Every alphabet created by humankind is an attempt to find shapes that represent sounds. You could say that each letter is a frozen sound, a vibration held in a shape that can be recognised and repeated. When we write things down, we are trying to capture ideas that might originally have been spoken aloud, or were just a thought in our mind.

Human languages originated as we developed our need to communicate. We began to make sounds that came naturally to us, which are also natural in Creation. These sounds are called ‘primordial’ because they are basic, fundamental, and universally heard and recognised. For example ‘ssshh’ is a sound we hear all around us in the natural world and, as ‘white noise’, is recognised by astrophysicists as the sound left over from the Big Bang. Huge telescopes are constantly receiving this sound, even though we cannot hear it with our ears alone. In Hebrew, all the letters of the alphabet are called *evenim* – meaning ‘building blocks’ (of Creation) – and the letter *Schin*, which represents the sound ‘ssshh’, is one of the three ‘mother letters’ of Creation.

Sacred languages, such as Sanskrit and Hebrew, are based on primordial sounds. The letters of the Hebrew alphabet are regarded as the writing of God, and parchments of sacred texts, such as the Torah, are protected and treasured, stored in the holy ‘Ark’. If a parchment is so old it is beyond repair, it is solemnly buried with great reverence, as if it were a human corpse.

A LANGUAGE OF LIGHT

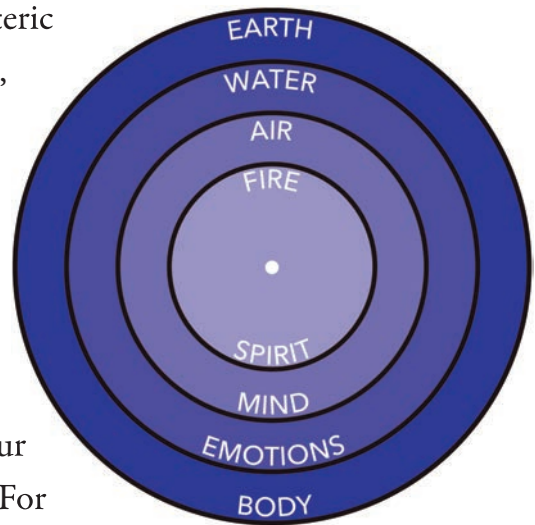
The sacred characters used in Shefa Healing are simple shapes created from small orbs, connected by one or more fine lines that are sometimes straight, sometimes curved.

Some characters use as many as four orbs, some only one. Each of the twenty-two characters carries a particular energetic pattern, and we can see the orbs as tiny containers of light and the lines as lively activities, leaping from one orb to another. The sacred characters represent concepts that are encapsulated in two words and each one becomes a mini-formula that can be chosen to suit immediate or long-term needs.

FOUR LEVELS OF BEING

Human beings are many-layered creatures. In esoteric language we have four 'bodies' – spiritual, mental, emotional and physical. These bodies have been created, and unified into our 'self', in service of our Soul – the Divine spark in each of us that wants to express our intense desire to create joy and beauty.

Shefa Healing encourages the positive possibilities that will naturally unfold when all four levels, or bodies, are in harmony with each other. For example, if our emotions are in a state of anxiety and turmoil, even if we can develop a calm mental attitude, we may not be able to re-establish our sense of equilibrium. All healers are seeking to encourage a balance between these four levels. Shefa Healers have a systematic approach to identifying where the core difficulty lies and use carefully designed protocols to address imbalances.



HOW SACRED CHARACTERS FUNCTION

When we introduce Shefa Healing characters into our energetic field, the vibration of the character becomes like a subtle whisper that can be heard by deeper levels of our consciousness. The shape does the work for us – we don't need to make a sound. This new vibration coaxes us towards subtle change in our system. Our goal is to plant the character like a seed in the deeper reaches of our mindscape, then the changes can begin to emerge, like a small seedling starting to grow towards the light. The characters work at a subtle level, rather like homoeopathic remedies. As with homoeopathy, an invisible energetic idea is introduced into the system, which then has a ripple effect and steers the client towards balance.

PRACTICE

A SHEFA HEALING SESSION

A Shefa Healing session takes an hour or more, and follows a particular pattern. Before any appointment, a Shefa Healer will clear the space energetically and then perform her personal healing protocols. When the client arrives, the Healer will encourage them to talk about present issues and will help the client identify what concerns may be manifesting as discomfort, whether this is spiritual, mental, emotional or physical. When the client has arrived, the session follows this order:

- ☀ The Healer talks to her client. If this is the first visit this conversation will probably take around thirty minutes, less for follow up sessions.
- ☀ The Healer and client spend ten minutes meditating together. This is like preparing a garden before sowing seeds. The client's consciousness is much more open to receiving the characters.
- ☀ The Healer stands behind the client's chair and performs her own clearing process, then creates a sacred space in which the healing takes place.
- ☀ The Healer introduces a series of character 'seeds' into the client's energy field. She will walk from the back of the chair to the front and then, when the characters have been delivered, will return to the back, completing an anti-clockwise circuit.
- ☀ After indicating that the circuit is complete by placing her hands back on the client's shoulders, the Healer will sit quietly in a chair slightly in front of the client. From this vantage point, the Healer can watch and stay alert to the way the energy changes are processing.
- ☀ The client opens their eyes when they feel ready. The Healer provides a glass of water and asks for a report.

Music is *never* used during the healing session, and both client and Healer are asked to remove significant metal items, such as watches, rings, necklaces, unless there is good reason otherwise. No matter how beautiful, all these can introduce unintended vibrations into our energy fields.

The quality of this healing process is soft and gentle, and the Healer moves gracefully around the client in a quiet dance, much as one might experience in Tai Chi. Even though the delivery of the seed characters is fast and the atmosphere is very gentle, this can be an extremely powerful and transformative process.

MEDITATION

The value of a regular meditation practice for both practitioners and clients cannot be exaggerated. A healing session always includes a ten-minute meditation before the healing characters are delivered. The profound state of stillness and peace that can be achieved during even a short meditation will allow the characters to settle into the invisible realms of our consciousness, where they can begin to grow like seeds planted in a freshly raked garden.

I teach a form of meditation called Zera Meditation. All Shefa Healers have learned Zera Meditation and encourage their clients to learn as well.

To find out more about this simple yet powerful technique and how you can learn it, [click here](#).

DELIVERING THE CHARACTERS

During a healing session, a qualified Shefa Healer will deliver a series of specific characters that have been chosen to rebalance the four levels. These characters are strategically placed into the client's energy field. Sometimes one or two additional characters are introduced, over and above the basic set. The characters can be drawn in the air, on the hand, or other parts of the body, or mentally transmitted. **Please note:** this is *not* a 'hands-on-healing' system; clients are normally fully clothed (unless they are in bed due to illness) and they are usually seated on a straight-backed chair with no arms.

Attention

After delivering the characters, the Healer sits with the client in silence, watching with great attention, observing signs that indicate how the energy is settling and allowing the client plenty of time to process changes promoted by the characters. Signs may not be dramatic and instant miracles rarely occur. As with all healing systems, patience and persistence over time bring benefits, especially when the client commits to a meditation programme and makes use of suggested characters in between sessions with the Healer.

When the client seems ready to come back to the everyday world, the Healer offers a glass of water. In their own good time the client can describe any experiences that seem significant. Bright lights and visions are not measures of potential changes, and usually changes will be subtle and become noticeable during the days following.

Transformation will become apparent over a few weeks of regular sessions, combined with regular meditation.

The Healer takes more notes, asking the client for any comments they may wish to include. The client is offered one or two characters to use, and encouraged to keep up their meditation practice, during the time before the next session.

AFTER THE SESSION

The Healer may wish to make some more notes, for their own benefit. Then they will give thanks and perform their own healing protocols and clearing process.

BENEFITS

WHAT PEOPLE SAY

Clients

At a recent free talk I was giving, I met an Indian yoga teacher who was a very experienced healer himself, but had volunteered to be a case study. I had been describing the characters as *bijas*, a Sanskrit term for the seed ideas introduced in deep meditation. The yoga teacher told me he had been meditating for over twenty-five years and described his experience when receiving Shefa Healing as ‘quite remarkable’, saying he found the characters bring great clarity and powerful creative impulses.

Students

When students commit to following through with the Shefa Healing system – including the regular meditation practice, the development exercises and the guided journeys – they always report a growing sense of inner calm and confidence. One comment that is often heard is, “I felt like I was coming home.”

Practitioners

Shefa Healing practitioners will often report that every healing session they give has a powerful, transformative effect for them too. They enjoy the simplicity of delivery – giving healing on an upright chair means no couch is required and this means healing can take place easily, even if limited space is available.

Practitioners say the spiritual path that Shefa Healing offers is so inviting and they feel at once excited by the new horizons ahead, but also safe in the knowledge that the practices they have been given will keep them well grounded.

CASE STUDY

This case was reported by a qualified Shefa Practitioner, living in Wales:

Lydia is a 60-year old woman, she is married with one child now living away from home. When Lydia started receiving Shefa Healing, she had not enjoyed good health since the birth of her child nearly thirty years ago, and had struggled to keep her career as a music teacher going. In 2007, Lydia had been diagnosed with chronic fatigue syndrome and consequently retired early from her profession. She was unable to keep up with social engagements.

Lydia's symptoms were exhaustion; an inability to sustain energy levels when they did improve; intense fear; intense feelings of cold in specific areas of her body; intolerance to bright light; mood swings predominated by feelings of depression; and lack of confidence, to the extent that she had stopped playing her musical instruments or participating in any form of musical performance.

The first indication of change in Lydia's wellbeing was that she became more aware of historical and familial relationships that had been difficult for her as a child – the healing sessions were bringing these to the surface for examination and reflection. As this pattern established itself it was soon followed by a second change: the sense of intense fear and cold began to decline. She no longer needed to go to bed with a hot water bottle for example, or wake up in the night with the conviction that something terrible was about to happen. Lydia described the surprise and joy she felt that, when she decided to go along to an unexpected orchestral rehearsal, she only afterwards realised that she had not experienced any fear. Social interactions became much easier and her tolerance to frustration improved.

Lydia kept a detailed journal of her week and we would go through this together at the beginning of each session. She worked proactively with the characters that

had been used in the sessions, letting them find their own expression in her inner being, and she allowed herself to learn from the insights she gained.

Friends began to notice the change in Lydia and this was commented upon. Her GP asked what had brought about the change and the GP has referred people to me as a consequence.

About nine months later, Lydia appears to many of her contacts to have transformed. She performs regularly in the orchestra of which she is a member, plays duets with a friend before many of the reading group meetings, has reclaimed much of her energy and is not demoralised if there are times when she needs to take things a little easier. Lydia is currently considering options for vocational development and says that, for the first time she can remember, she is experiencing a sense of joy at being alive.

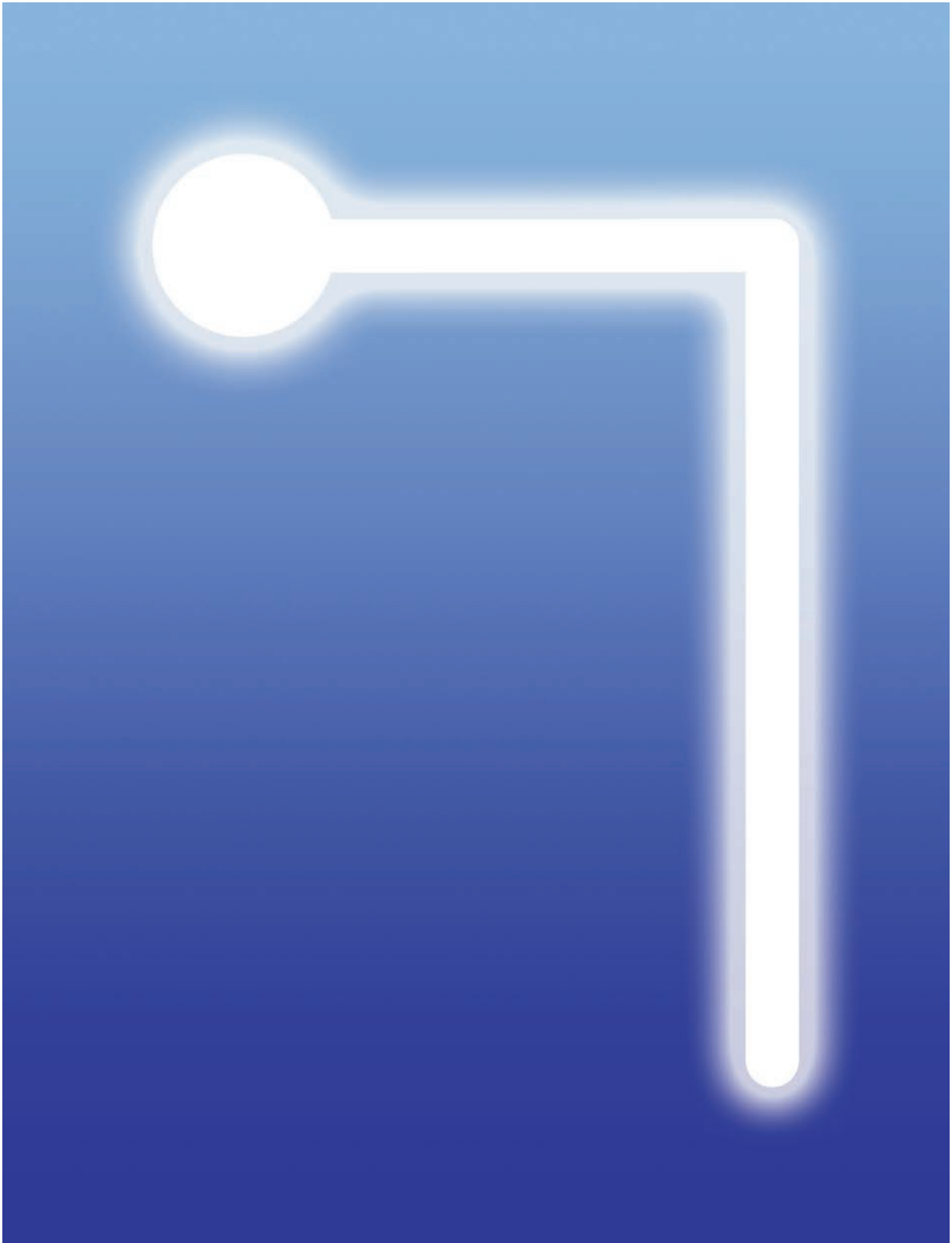
Something for you to try

The Shefa Healing characters are powerful seeds you can plant in your spiritual garden. On the next page you will see an enlarged version of *Daleth – Guiding Light*.

This exercise may take around ten minutes or so, but can take longer if your unique consciousness makes use of the opportunity to reveal something new for you. If you keep a Journal, I suggest you have it by your side before beginning.

- ☀ Sit quietly with the enlarged image of the character, gazing at it for a few moments while you allow your mind to engage with the intensity of the light as it shines brightly against the dark blue background.
- ☀ Now close your eyes and visualise the character in the centre of your forehead where the third eye is situated. Stay with your eyes closed for a few moments, allowing the character to hover there, but not being worried if the character starts to move around, get larger or smaller, or maybe disappearing altogether. Just as when we use a mantra we allow the inner sound to come and go, without anxiety, so we allow the image of the character to take on its own life and easily drop into our consciousness, without forcing the image.
- ☀ When you feel ready, open your eyes again and write down anything that you would like to record for future reference.
- ☀ Now ground yourself by stretching like a cat, tapping your limbs and taking a drink of water.

Daleth – Guiding Light

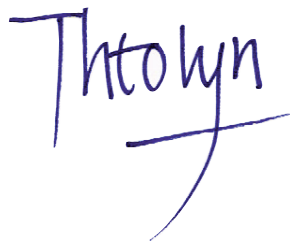


How you can learn Shefa Healing

Shefa Healing can only be taught face-to-face and, in order to ensure it is properly delivered, I only teach it to students who are properly prepared. For this reason, the Shefa Healing Protocols are the final component of my ten-month *Radiance Programme*, which completes with a three-day Radiance Retreat here in Britain. For a full prospectus [click here](#) or visit my website:

theolyn.com

Keep shining!

A handwritten signature in blue ink that reads "Theolyn". The letters are connected and fluid, with a long, sweeping underline that extends to the right.