

**The Little
Book of
Light Codes**

The Little Book of Light Codes

—*Healing Symbols of Light*—

by
Laara

LIGHT CODES BY
LAARA

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ISBN PB 978-1-7770943-0-0

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This book is dedicated to all the brave souls embracing their
healing paths.

May your journey be filled with peace and playfulness.

Praise for The Little Book of Light Codes

Page after page, my heart was touched in unique, yet familiar, ways. I realized that certain symbols “spoke” to my heart and my “BEing” more strongly than others. I look forward to spending more time with these treasures. What a beautiful gift to share with the world.

—Barbara Hudak, RN BSN MS, Glendale AZ, HeartMath®
Certified Senior Trainer and Coach/Mentor

The Little Book of Light Codes offers many beautiful things to start a spiritual journey with: channeled symbols with heart-warming messages, profound meditations, and a basic introduction to working with crystals and sacred objects. It’s a self-healing manual for spiritual seekers.

—Sebastian Colbert, Germany

People are hungry for the sacred teachings that Laara has been brave enough to share with us. The symbols within this book harken back to an ancient time. The symbols, their names, and their meanings will fill you with wonder; you will be connected to the timeless sacred again and again.

—Brian Brown, MS, Healer & Computer
Programmer, Amherst, WI.

Light Codes offers you simple wisdom as you move forward to a balanced life. They can bring you happiness and fun.

—Rev. Rosalyn L. Bruyere, Founder and Teacher of the
Healing Light Center Church, Medicine Woman,
Master Healer, Arcadia, California

I absolutely love it. I can't really explain it, but some of the symbols made me sway side to side, some made me sit up tall, some made me lean back and open up my heart...I know a lot of people are going to love this book as well!

—Anisette Vestberg, Co-founder of Upgrade
Your Lifestyle Europe, Hoer, Sweden

What appears at first glance to be a charming self-help book offers so much more. If used as instructed, this book has true substance and immense value. It is important to read every page from the beginning of the book onward, adhering to the author's instructions ... then, let the magic amaze you!

—Alison Herod

*Nothing glows brighter than the heart awakened to the unseen light
of love that lives within it.*

—Guy Finley

ACKNOWLEDGMENTS

To my amazing parents, Chuck and Alison Herod, thank you. You have always been a great support to me in all of my endeavors.

To my wonderful teachers, Rosalyn L. Bruyere, Ken Weintrub, and Dr. Stewart Blaikie: Thank you for your guidance, wisdom, patience, and love. My life is forever changed. You have helped bring me back to myself.

To Lady Isis and Jeshua, Light Beings who support us all with incomprehensible Love, thank you for the assistance and energies you put forth in this offering.

To Jesse Krieger and the publishing team at Lifestyle Entrepreneurs Press, thank you for the time, skill, talent, and all the love you put into this book...you have gone above and beyond.

To all my readers, my humble gratitude.

—*Laara*

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PREFACE

How *The Little Book of Light Codes* came to be:

Someone once told me many years ago that Spirit can wake us in the early morning hours to tell us something important, perhaps a message we are missing in our lives. When this began happening to me at 4:00 a.m. during the spring of 2015, I didn't yet see the value of my sleep being disrupted. But that same year, one summer morning, I had an entirely new experience.

When I opened my eyes that morning, I could clearly see five symbols suspended in my inner vision. They were simple, yet intriguing, and I knew I should write them down while I could see them with such detail. I drew them, and went back to sleep. When I looked at the symbols in my journal later that same morning, I felt as though they were trying to tell me something. I felt comforted by them. I was still in the process of navigating my long road of healing a severe back injury after an unfortunate fall from my horse during a show jumping competition in early 2009. Although I was finally getting stronger and my pain was lessening, I still felt depressed, confused, and even frightened as to what my future might bring. I began to feel an interest and a curious pull towards exploring spirituality and various healing modalities. This was a world I had been naturally connected to as a child, but had actively suppressed for years.

Preface

As I became more open to receiving, new symbols would present themselves. They would usually appear while I was talking with someone who was sharing their own life struggles. A symbol would appear in my inner vision and I would say, “I’m seeing a symbol that might help you, would you like me to write it down?” I always received a positive (yet curious) response. I would find a scrap piece of paper and a pen and draw what came to me, take a picture of it with my phone, and give the paper to the person, explaining that the symbol would be going in my book. The person would always ask, “Are you going to publish the book?” I would casually respond that it was “a possibility.” In *my* reality, however, the book I was creating was simply for myself, I had no real intention of publishing. As I gathered more symbols, I would show them to friends, family, and fellow energy workshop participants, and I started to get the same response from everyone: *You must publish!*

Publishing a book seemed like a pipe dream. I certainly wasn’t a writer, nor did I have any idea how to publish anything other than Instagram posts. So here I am, venturing down a whole new, scary, but exciting road. I hope you enjoy these symbols and the accompanying channeled messages. May they comfort you, support you, and assist you in profoundly healing ways. May they show you the guidance and connection you long for, and remind you of the infinite love, wisdom, and light you hold within yourself.

Love, Laara
Victoria, B.C. Canada

FOREWORD

As we each continue our own unique adventure, individual and global collective consciousness expands and new paradigms evolve in the quantum fields of awareness. For those evolving souls who are optimizing their conscious experience in the third dimension here and now, *The Little Book of Light Codes* offers incredible opportunities to create coherence with Heart and Mind. Each highly-charged Light Code symbol in this book offers you huge transformational possibilities on the energetic, emotional, mind, and soul levels—on both the inner and outer planes.

I highly recommend this book to anyone on a healing journey. Are you wrestling with difficult life issues personally? Are you ready to expand and upgrade your Love and Light to optimize your health and happiness? If your answers to these questions is “Yes!” ... *then this book is for you.* As you work with the fifty-two coded, channeled symbols and Laara’s guided meditations, they will resonate with your infinite and magical potential to transform your life. You will discover the open, expansive, sacred healing space within and around these symbols, which goes beyond the logical and mundane into the world of fascinating wonders and new possibilities.

For practitioners drawn to help others on their healing path, this book offers a valuable framework for creating

Foreword

transformational healing sessions with each of the fifty-two channeled symbols.

I am honored to invite all readers to explore their deeper truths, to awaken to a new healing paradigm, and to harness the healing power of the universe with *The Little Book of Light Codes*. May this book enrich, empower, and bless your journey.

Dr. Stewart Blaikie
Victoria, B.C.

INTRODUCTION

Welcome to *The Little Book of Light Codes*

The symbols in this book are channeled, living energies of healing Codes of Light from the Universe, designed to help human beings along on our unique and individual paths. Each symbol has its own character and personality and each offers us unique gifts, including DNA repair, upgrades, and activations. Each symbol is associated with a channeled message that I have written down (these have been edited from the original for clarity and readability), and have been assembled in a progressive manner that makes the symbols and their meanings understood more easily.

Most of the symbols in this book have a unique name to describe their particular healing frequency. In some cases, however, only an English word or phrase is used to describe certain symbols. This is because no universal name was accorded to the symbol during the channeling process.

I recommend that you move through the symbols in this book in the order they are presented. In the event that you find yourself curious as to what might come next, please refrain from moving forward in the book out of order. Also, if you feel stuck with a symbol and the seven-day period has not yet passed, that's a sign that you should stay with it. After seven days, you may move on. You may find yourself drawn to a particular symbol one day, and

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feel resistance towards it the next, depending upon what energies, stressors, or triggers you are working with in your life. You may even find yourself rejecting the symbol that you need to engage with the most!

As you work with the messages, wisdom, and frequencies expressed by each symbol, your process with *The Little Book of Light Codes* will be as personalized and as healing as you choose. Although the descriptions related to each sigil are sometimes short, the energy frequency each symbol emits and the information each offers is infinite. Know that simply by looking at a symbol, you will gain information your soul is seeking in order to perfect itself and reflect Divine Love. As you move through this book, you may experience release, change, and even total transformation in your physical, mental, emotional, or spiritual bodies. *Just flow with it!*

I recommend that to maximize your experience, you work with these symbols from a calm and centered space. But they will work with anyone at any time as long as the user is willing to engage fully and authentically with them. In most sections, I have included an exercise to help you attune with each symbol. But the suggestions I offer are simply to get you started. There is plenty of room for self-exploration. As you progress, there will be opportunities to expand on how you relate to and work with the symbols—and the symbols themselves may show you unique approaches to harness their power. Follow your inner guidance and intuition, and trust the unfolding. Remember, each person has the freedom to discover for themselves how to work with each symbol for their highest good. Enjoy!



General Information:

As noted, the symbols are Universal Codes of Light which anyone can work with at any time. The transformational potential of the symbols is limitless...the only limits are the limits you place upon yourself. The Universal Intelligence within each symbol's forms and curves is condensed and compacted, allowing your soul to integrate a mass of information simply by beholding each shape's contours and lines. You may use the healing energy of the symbols for yourself or for others, but remember—the information and healing properties of the symbols cannot be forced upon anyone against their will or in contravention of their highest good.

As human beings, we have forgotten who we are and what our purpose is—we are caught in an illusory web of separation and lack, filled with confusion, pain, and suffering. The symbols hold healing frequencies and messages of Love which every person knows innately but is seeking to remember. We can trust that the symbols' counsel will guide us back to a place of self-realization, where we can reawaken our limitless capacity for Love. We can reclaim our Heart-centered connection to one another and begin once again to tap into the truth of who we are: spiritual beings having a human experience.

The symbols do not violate the tenets of any spiritual belief system or religious doctrine. They are expressions of Love. They help the user to release and work through fears, limiting beliefs, traumas, vulnerabilities, and lack of confidence, with the intention of healing and bringing

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forth the Love we hold within. When we engage with these symbols, they will only work as deeply as we wish them to work, they will only assist us in releasing what is safe and appropriate, and they will only operate in alignment with the highest good for the user and in the highest good of all.



Instructions:

For maximum benefit, as noted, I recommend you work with the symbols in the order presented in this book. Their structure is arranged for systematic healing, working towards the resetting of beliefs, perception, confusion, and disease. While there is no maximum recommended amount of time for working with any symbol, it is recommended that you work with each symbol for *not less than seven days* before moving on to the next symbol. Once you have worked with a symbol for seven days or more, you may visit it again whenever necessary, and then resume your place within the book. You may work with the symbols in this book as many times as you like.



Intention-Setting:

We are thinking, feeling, conscious, creative human beings with the capacity to make what we think a reality. In fact, our conscious brains don't know the difference between an imagined event and a "real" event. This means that

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when we intend to manifest certain things in our lives, it is important to be clear, specific, and detailed in our intentions *and* to engage with our physical senses as we hold an intention in our conscious minds. In order for our intentions to have momentum, we must engage at least two (and preferably more) of our physical senses simultaneously. We must see, hear, feel, smell, and even taste the thing we intend to create. The more senses we can engage, the more real our intention becomes, and the more likely it is to manifest in physical form.

So, we need to *choose* (as our act of intention-setting) to work with these symbols in an honorable way, bringing forth our most excellent selves to the best of our ability. Remember, there is no pressure, just do your best to accept yourself, for who you are and where you are on any given day. Showing up is half the battle. When you work with a symbol, be clear in your intention that you are choosing to heal that which no longer serves you, making room within your being for more Love, happiness, health, and abundance!



Instructions on Grounding:

The majority of the symbols in *The Little Book of Light Codes* offer a meditation as part of their healing process. You are asked to relax and sink deeply into the earth while slowing your breath. When we ground before we begin our healing practice through meditation, it enhances our ability to open up to new information, release old energies, and anchor elevated feelings into our bodies so we may

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begin to lead a more joyful and fulfilling life. This book recommends the specific grounding technique below. You can use it each time you begin your practice with the symbols. It engages the minor chakras on the bottoms of the feet, and will help you to center and ground so you will be better able to attune with the vibrational frequency of the symbols.

Grounding Practice:

Sit in a chair with your feet flat on the floor. Relax. Breathe slowly. On each inhale, imagine that your feet are suction cups, pulling energy up from the earth. On each exhale, relax. With each inhale, imagine your feet pulling energy up from the earth, through the floor, into your legs. Feel the energy moving up within your body with each in-breath, until it reaches the top of your head. Release it out of the top of your head (or *crown chakra*). Imagine the energy flowing out like a waterfall. Practice this grounding exercise often, so it becomes second nature. Use this process at the beginning of your meditation practice; it will help center you and prepare you to enter any level of awareness you may wish to access. Grounding connects your Heart and mind. It can promote wellness, improve sleep, lower your blood pressure, and reduce stress and anxiety—it's a great way to start and end each day!



Meditations:

You can interact with the symbols in *The Little Book of Light Codes* by using the meditations described below the

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symbols. These meditations may be done with your eyes open or closed as you feel comfortable, but sitting down is suggested, to facilitate relaxation. It is recommended that you begin with your grounding practice before starting this meditation, and it can be helpful to finish your meditation with the same grounding practice to bring you back into your body, ready for the rest of your day. (Note: not every symbol has a corresponding meditation. For these symbols, simply contemplate the related text, and, when you feel connected to the meaning of the symbol, if you wish, incorporate your favorite meditation into your session. How you work with each symbol will be personal to you.)

Before beginning any meditation, hold your arms out at shoulder height. This is the approximate size of your aura, and the edge of the energy field you will be feeling into during the meditation. Embrace the sensation of blending the energy of the symbol with your auric field and allow the healing Light of the symbol to penetrate your being and raise your vibration!

Six Direction Meditation Instructions:

Once you feel the energy of the earth flowing up from the bottoms of your feet into your body and out the top of your head, take your awareness to your back. Feel into the space behind you, about an arm's length in distance, while continuing to pull energy from the earth into your feet and out the top of your head. Maintain a connection with your back, and bring your attention to the sides of your body. Feel about an arm's length in distance into the space around your side-body. Continue pulling energy into your feet and out the top of your head. Then, bring

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your attention to your front-body while maintaining the connection to your back and sides, feeling approximately an arm's length into the space in front of you. Next, bring your attention to your feet, allowing yourself to feel into the ground again, to a depth of about an arm's length. While pulling energy into your feet and out the top of your head, bring your attention to the space above your head, about three feet above you. Now, feel the space behind you, beside you, in front of you, deep into the earth, and above your head simultaneously. Continue to bring energy up from the earth into your feet and out the top of your head. When you are ready, bring your attention back to your feet, and to the energy flowing through your body. Gently open your eyes.

This is a wonderful meditation to prepare you for working with any of the symbols in this book. Simply do this meditation, then open your eyes and look at the symbol. You will be open and able to receive the healings, messages, upgrades, and frequencies necessary for you.



Clarification of Terms:

Our Many Minds—In spirituality, the word “mind” can be used to describe several minds: The Ego mind, the Heart mind, the Soul mind, and the Universal mind.

Ego Mind

The ego, or the lower-self, is the physical, incarnated self you as a soul have come to learn through. It is the

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name you answer to, and it is responsible for expressing reactions and “lower” feelings such as guilt, shame, blame, jealousy, fear, hatred, etc. Our ego is an essential part of being human, as it is your expression of individuality. The ego is not bad. We need it in order to be who we are as a soul living a human life on this planet. However, for many people, the ego has become out of balance with the Heart, suppressing the Heart so we forget what is most important: Love.

Heart Mind

When the heart is mentioned throughout this book, we are referring to our energetic Heart, rather than our physical heart. Our Hearts have an intelligence, a mind. Our Hearts are our connection to our Soul mind and to “All That Is.” When our Heart and ego are in balance, the ego supports the Heart rather than suppresses it. The ego answers our Heart’s desires, by bringing forth in excellence the intelligence of our brain, allowing us to work in harmony with the Heart’s wisdom and its ultimate connection to All That Is. Our Hearts are in alignment with the Light.

Soul Mind

The soul is a collection of Light frequencies: Love vibrations which hold within them our individual, ultimate, supreme consciousness. The soul is wise, connected, and knowing. It seeks to grow and expand to know itself in a deeper, grander sense, and it does so by manifesting various expressions of itself as living entities. The “mind of the soul” refers to the vast expression

Introduction

and knowledge which are gathered, in part, by the soul's experiences throughout each lifetime. If we are able to heal at a soul level and connect with ourselves and others authentically, we are communicating in ultimate Truth, in Love. To attain self-mastery is to know oneself—and to know oneself is to know the soul.

Universal Mind

The universal mind is also referred to with names like Source, God, Creator, or with other similar terms. This is the energy of All That Is, it is the fabric of the interconnected web of consciousness. The universal mind is all-inclusive. It is the soul mind of humanity as well as the collective mind of all beings. We all have access to the universal mind, as we are all made of this mind. The universal mind is the very stuff of life, it is the network that links us to one another, to nature, to the earth, to the cosmos, and beyond. We *are* each a part of and the whole of the universal mind.



Light and Love

“Light” vs. “light”

When light is described within the context of this book, we are referring to Divine Light. Divine Light is the Light of “All That Is;” source energy, or universal energy. It is God's Light, it is *your* infinite Light. Your Light is the *Love that you are*.

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“Love” vs. “love”

Love as an action (loving or to love) is different than the Love that you are, your true, authentic self. We capitalize Love throughout this book when we are referring to the *truth* of who you are, your essence or Soul Light, and Universal/Source/God-Love.



Cleansing a Crystal or Sacred Object:

There may be occasions when it is helpful for us to work with crystals or other sacred objects. When we acquire such an object, it is important to cleanse the object of any negative energies, so we can receive the loving support we require without hindrance. There are several ways to clear lower energies from an object, and it is important to choose what is most appropriate for you and the material you are cleansing. Remember to be clear with your intentions, requesting that all negative energy be released from the object and be transmuted for the highest good of all.

Salt

Salt is the most accessible compound for cleansing an object. Both ocean water and table salt are very effective at clearing lower vibrational energies. Salt should not be used for all materials, however. Some crystals will dissolve in salt water, so it is important to do research on the material you wish to cleanse. If you feel you need to use salt with an object that cannot be submerged in salt water, simply place the object on top of a small pile of dry salt on your countertop.

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Moonlight

Some people enjoy taking their crystals or other sacred objects out under the light of a full moon for cleansing. Simply take your object into the moonlight; you'll be harnessing the purging and clearing energies the full moon provides. Request that the energies be released from the object and that the moonlight transmute them into positive energies for the highest good of all.

Sunlight

Sunlight is another powerful means of clearing, but again, it isn't for every object. Some crystals will fade in color if exposed to too much direct sunlight. Place your object in the light of the sun, and state your good intentions for its clearing.

Fire

We can use the flame of a candle to cleanse objects. Carefully hold the object above the flame, at enough distance so you don't burn yourself or your object. Request that the object be cleared of all negative energies and transmuted by the light of the flame.



I am honored to bring these many symbols to humanity at this time of great change and healing. I feel an immense amount of gratitude and appreciation for the Light Beings who have collaborated with my soul on this mission, including the powerful and magical energies of Lady Isis and Jeshua.

The Little Book of Light Codes

The Little Book of Light Codes' beautiful accompanying Oracle Cards and Journal are intended to assist you further on your healing journey. You may find journaling your process with *The Little Book of Light Codes* very helpful—and fun to look at later, so you may see the transformations you've made. The Oracle Cards are intended to share with you some of the beautiful color frequencies emitted by each symbol, and to serve as a supplement to the course-like process intended with this book. It is recommended that you use the Oracle Cards by matching each card with the related symbol in the book, to help you to integrate the healings presented to you.

I hope you enjoy *The Little Book of Light Codes*, the Oracle Cards, and the Journal. Have fun!

All blessings,
—*Laara*

Reader Reminder

Please read and work with the symbols in the order in which they are presented. Allow a minimum of one week to work with each symbol, giving yourself the space to relax, contemplate, and integrate the sacred teachings offered. Enjoy!

—Laara



Lakahana

(Lah-kah-ha-nah)

Embody Love and Harmony, Trust
Yourself and Others, Release Fear

We all have the ability to find and embody the Love that we are. Everyone is Love; everyone is an expression of Love. Yet when we are faced with actions that suggest otherwise, or when we are witness to suffering or aggression, this can be confusing. We can get caught in the illusions of the world that draw us away from our natural state of Love. In our absence from Love, we can experience illness, sorrow, fear, anxiety—and endure many other illusory circumstances that seem contrary to Love. However, we have the power to choose to work through our dis-eases, programs, beliefs, fears, and disharmonies and to remember ourselves as Beings of Love. It is our choice to heal. It is our choice to open our Hearts, do our work, and strive to love ourselves and others unconditionally.

Our Hearts have an infinite capacity to love. Our Hearts connect to everyone and everything. Our Hearts hold great wisdom and strength and when they have the opportunity to give from a genuine, aligned place, they give freely and abundantly. When we do our inner work, we are working towards living life from our Hearts. Like peeling back the layers of an onion, eventually we find our

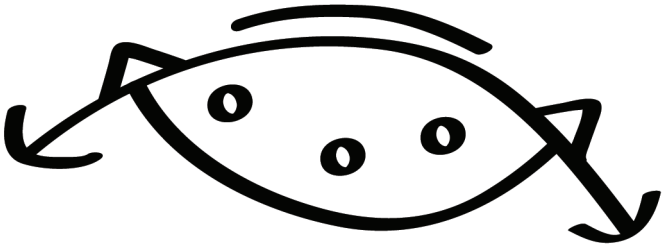
Lakahana

center—our Heart—unencumbered now by the layers of confusion which once distorted it, preventing it from working in the magic of the Light. There is no more fear, no more struggle. There is only Love and peace.



Lakahana expresses that you are capable of peeling back layers of false beliefs, disharmony, and dis-ease. This is a process of self-discovery; you can heal with a sense of lightness. Although you may face challenging times along the way, the journey is exactly that—a journey of love, towards Love. This symbol represents your Heart, conveying its desire to be free from pain and suffering. For beneath the layers of pain and the illusions of separation and acts of violence which mask it, your Heart is happy.

This sigil is an offering of trust: trust that you can release fear, trust that you can heal, and trust that you are actively healing. Stay true to what feels good and right for you. Don't be swayed by falsities or external circumstances. Your Heart has all the answers you could ever need. It is time to listen more closely. The voice you hear is soft...it is yours.



Gamma

(Gam-mah)

Opening Channels of Light, Connecting to Source, Breaking Through, Dissolving Barriers

Happiness, sweetness, lightness, and playfulness: Gamma comes to you with a message of joy! Whatever your current situation or struggle might be, Gamma reminds you that there is another perspective to view it from, another choice you can make, or another solution that will soon present itself. When we shed light on something, it always looks different than it did in the dark. There is a positive intent in every situation... sometimes the challenge is in finding it!

Even if you feel you are a victim of negative circumstances, there is potential for positive gain. It is your choice. Always. Gamma reminds us that we can look at something in a different way, with more awareness, ease, and even happiness! It reminds us that there is Love to be found even in the darkest places. We need only remember to bring forward our Light.

Look gently upon Gamma. Look for and feel into its unique playfulness, sweetness, and compassion. There is a spark of Light in every dark space—choose to see it! Perhaps you notice something beautiful near you, or something that makes you laugh. As you travel the path

Gamma

of Self-Love, Gamma reminds you not to try so hard, and not to be hard on yourself. Gamma offers you strength and stamina, so you can clear away any barrier or challenge that has impeded your movement ever closer towards embracing joy.



Sit quietly and comfortably in a place you won't be disturbed. Close your eyes and quiet your mind. With every slow, deep breath you take, feel yourself sinking deeply into the ground. When you are ready, open your eyes and gaze softly upon Gamma. Feel its happiness and sweetness. Feel it gently guiding you into a lighter, more joyful place. Feel yourself open to its guidance and assistance on your healing journey. Stay with Gamma for as long as is comfortable. When you are done, thank Gamma for its assistance. Use this symbol as often as you feel is right for you.



Yah'kma

(Yah-k-mah, with a break before the 'k')

Creating a Sacred Healing Space

In order for healing to occur, we must feel safe. We must create a space conducive to healing, a place our nervous systems recognize as secure, soothing, and nurturing. Suffering occurs with discomfort, so we must find comfort!

A sacred healing space can take many forms. Ultimately, healing must happen within us, but before this can occur naturally, we need to create healing surroundings. If it's possible, dedicate a place (or even an entire room) in your home for healing.

When working with this symbol, it does not matter what the root of our pain or suffering might be—for Yah'kma, all pain is equal, whether it be emotional, physical, mental, or spiritual, or a combination of these. As long as we choose to work with this sigil for our highest good, Yah'kma brings in an energy to support us on our journey towards wellbeing, away from pain and suffering. When we work with Yah'kma, we move from a state of suffering into a nurturing, supportive, Light-filled existence.



As you work with this symbol, hold the intention of generating health and wellness. See yourself living

Yah'kma

an optimistic, healthy, and happy life, free of pain and suffering. This symbol works well to facilitate your healing process when you chant its name: *Yah'kma*. Try to hesitate a bit before pronouncing the “k,” but do not worry about pronouncing it perfectly. Chant *Yah'kma* in your healing space. Alternatively, meditate while gazing at the symbol, softly and gently saying its name. Drawing Yah'kma on a special piece of paper and placing it on an altar or nightstand is also a way to bring its energy into your space.

ABOUT THE AUTHOR



Laara is a healing practitioner, channeler, and intuitive. Before focusing on energy and healing, for twenty years she competed up to an international level in the equestrian sport of show jumping. Now, she practices a variety of healing modalities, and continues to learn from acclaimed healer and teacher, Rosalyn L. Bruyere, and other cherished mentors. Laara enjoys practicing yoga, riding her horses, and living an ever-evolving, healthy and balanced lifestyle. Laara lives in Victoria, B.C. Canada. You can connect with her at: LightCodesByLaara.com

