



GTUMMO / CANDALI

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Gtummo History

Living in 11,000 to 18,000 feet of height at the Himalaya hill is not an easy thing to do. But from the beginning till now, The people of Tibet can live there peacefully. They can survive living there not because of burning fire or drinking a lot of alcohol to stay warm, but they still can survive because of the gtummo that flows in their bodies.

Gtumo, in Tibet language doesn't mean hot or warm, but it refers to a mystic technic as well as the energy produced which first is not to warm the body of the Gtummo practitioner, but is to support the efforts in achieving the spiritual perfection.

People in Tibet divided the gtummo into three functions, they are: the exoteric gtummo, which can give the ability to heal an illness by using a gentle warmth, the esoteric gtumo, which can give the survival ability at the very cool temperature, and the mystic gtummo, which can give the warmth in achievement of spiritual happiness in life. Esoteric gtummo is very famous and mastered by almost of people in Tibet; either by their own effort, initiation, or by the Angkur that given by a Vajra Master. Exoteric and mystic gtummo are not mastered by many people, even in the Tibet mystic environment, there are only some people who mastered all of the three kinds of gtummo.

Advantages

By the flow of gtumo in one's body, the all level of physical, mental, emotion, and intuition will grow faster.

The mastery of exoteric gtumo is very useful in many process of healing many diseases like physical disease, mental, emotional, and spiritual diseases. A gtumo practitioner his self, doesn't need to know the disease suffered by the patient so that it would help for the patient who feel embarrassed of the illness they are suffering from.

Grades

Either in exoteric, esoteric, or mystic gtumo the gtumo is divided into four grades. First Grade (grade 1), Second Grade (grade 2), Master Grade, and the Vajra Master Grade.

Through the Angkur, one instantly masters the Grade 1 gtumo. And so are with the Grade 2 gtumo, Master Grade, and the Vajra Master Grade, step by step can be reached instantly, even in one angkur can be reached the Vajra master Grade!

Generally can be said that the higher grade that owned by someone, is the higher gtumo that he can distribute or channel to other. At the grade 2 of exoteric gtumo, someone already use the symbols that facilitate and accelerate the healing process.

Grade 1

A first grade Respa can apply gtumo for many purposes by touching the object with his palm of hand. The gtumo distribution done by only think '*I distribute the gtumo energy*' at a time before put his hand on the object. When distributing the gtumo, Respa must not think about the gtumo distribution but he must think about another things outside the gtumo distribution, and it would be much better if he doing such meditation while distributing the gtumo. In the application of gtumo to heal someone, a Respa's palm of hands touch the shoulder of the patient with his both thumbs touch the *Medulla oblongata* which is the top of spinal column and as the entrance of gtumo to the patient's whole body. Gtumo distribution in order to heal someone would take place for 20 to 30 minutes. For the best healing process, gtumo distribution repeated at least three days after the last distribution.

In daily, a Respa can use gtumo to support his every effort by put his hands face to face one each other and distribute the gtumo between 20 to 30 minutes, then mention the goal he wants to achieve, and not the process of achieving the goal. (Goal is the same as result!)

Grade 2

A High Respa can apply the gtumo for many purposes by touching his hands to the object or by using such symbols in exoteric gtumo. In a direct application of gtumo in a patient's body, a High Respa put his hands on patient's shoulder with his both thumbs touch the *Medulla oblongata*. A gtumo distribution, which is done by a high Respa, would take 10 to 15 minutes of times. In the application of gtumo for long distance healing, a high Respa using symbols in exoteric gtumo. In daily life, a high respa can use gtumo to support his every support by using the symbols of Johre, Chokurei, Seheiki, Honshazeshonen, Merkafalisma, and distribute the gtumo in 10 to 30 minutes, then mention the goal that he wants to reach, and not the process achieving this goal. (Goal is the same as result!)

Master Grade

A Master can apply gtumo for many purposes by touching his hands to an object or by using such symbols in exoteric gtumo. In a direct application of gtumo in a patient's body, a Master put his hands on patient's shoulder and with his both thumbs on the medulla oblongata. A gtumo distribution, which is done by a Master, takes 10 to 15 minutes. The differences between gtumo of Grade 2 and the Master Grade gtumo are the quantity and quality of energy that is distributed into the patient's body. At the Master Grade, the gtumo energy distributed is much higher and softer compared to the Grade 2 gtumo, it means that the whole process of healing happen in much shorter time.

Vajra Master Grade

A Vajra Master can apply gtumo for many purposes by touching his hands to an object or by using such symbols in exoteric gtumo. In a direct application of gtumo in a patient's body, a Vajra Master put his hands on patient's shoulder and with his both thumbs on the medulla oblongata. A gtumo distribution by a Vajra Master takes 10 to 15 minutes. The differences between Vajra Master Grade and the Master Grade are the quantity and quality of energy that is distributed into the patient's body. At the Vajra Master Grade, the gtumo energy distributed is much higher and softer compared to the Master Grade gtumo so that the whole of healing process happen in much shorter time.

At the Vajra Master Grade, someone can give *angkur* to other people. In Vajra Master Gtumo, there is a unique special character, that is, the gtumo will automatically flow to someone who needs to be healed - even though this person doesn't meet the Vajra Master directly - only by saying the spiritual name of the Vajra Master for a few times in mind!

Angkur

The exoteric gtumo - a kind of healing technique by applying gtumo - can be mastered easily by everyone at a time after he or she gets the *angkur* from the Vajra Master, and the gtumo will always flow in him / her for the rest of his / her life. Everybody can get the *angkur* without discrimination in age or religion. It can be gotten by paying the cost of *angkur* and good willingness to help other people without determining the cost of gtumo application. *Angkur* is given for every grade with different purposes.

Grade 1

Angkur of Grade 1 is given to a man who wants to apply gtumo. In this grade, *angkur* is given within four steps that are joined in one unity; the opening of sahasrara chakra (cakra of crown); the opening of anahata chakra (cakra of heart); the opening of the two cakra of the palm of hands as well as harmonization with the gtumo energy that distributed. He or she, who reaches the Grade 1, will have the title Respa of Gtumo (R.G).

Grade 2

Angkur of Grade 2 is given to a Respa who wants to enhance his / her ability in applying gtumo, either in the level of energy that can be distributed or in long distance healing process. *Angkur* of grade 2 is given in only one step where all of the exoteric gtumo symbols in grade 2 are connected to him or her so that he / she can use the symbols for long distance healing process and another programs in supporting his / her daily life.

He / she who reaches the *Angkur* of Grade 2 can be called as High Respa of Gtumo (H.R.G).

The Master Grade

Angkur of Master Grade is given to a High Respa of Gtumo. On this Master grade, all of chakra are opened so that all of energy tracks will be clean and the level of gtumo energy will increase much higher than in the grade 2, and that can caused the healing process happen much more quicker. He / she who already reached the grade of Master will get the title Master of Gtumo (M.G).

The Vajra Master Grade

Angkur of Vajra Master Grade is given to a Master of Gtummo who wants to improve his / her ability in the exoteric gtummo practice; the ability to give angkur to other people. In the Angkur of Vajra Master Grade, the symbol of Dai Ko Mio will be given, this symbol has a function for the angkur process. He / she who already reached the Vajra Master Grade will be called as Vajra Master of Gtummo (V.M.G).

Lineage

Spirit (Shri Babaji Nagaraj) -Institute Lhama Tzong Khapa (Khyungchen Aro Lingma lineage) – Anand Khrisna



Gtummo Meditation

You must get initiation / angkur in mystic gtummo and Esoteric gtummo

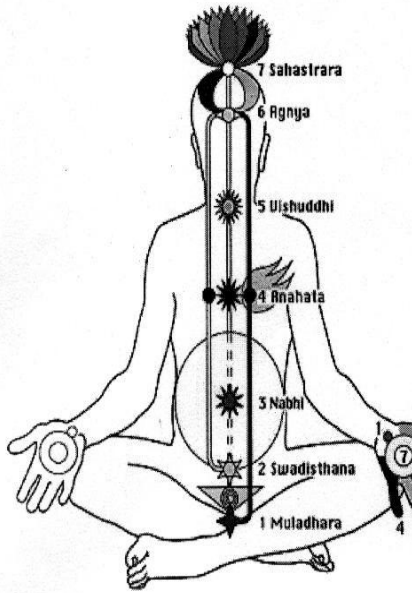
Grade 1

In grade 1 someone can give gtummo energy, basic distant healing, grounding, etc. This Angkur/initiation can shield your aura.

Healing process :

Respa's palm of hands touch the shoulder of the patient with his both thumbs touch the *Medulla oblongata* which is the top of spinal column and as the entrance of gtummo to the patient's whole body. Gtummo distribution in order to heal someone would take place for 20 to 30 minutes. For the best healing process, gtummo distribution repeated at least three days after the last distribution. After healing please washing your hand and can use any metal stuff (watch, ring) in healing process.

Meditation :



1. Draw Gtummo symbol in every chakra and flow gtummo energy in every symbol in grade 1
2. Draw kulakundalinii symbol dan flow gtummo energy in Kulakundalinii symbol.
3. do consentrate in sahasrara (head) and do visualization gtummo energy go to Agnya Chakra.
Say sacred Gtummo word to empowerment gtummo energy (example :Om Akshobhya Hum, Om Amoghasiddhi Ah)





In this grade, you will feel metaphisic experience and get more sensitifity feeling

Grade 2

Grade 2 energy a improved till 108x from Grade 1, and can use various Gtummo symbol (See In Symbol of Gtummo).Cakra Ajna of Practitioner grade 2 of Gtummo have been opened by Gtummo vajramaster and grade 2 can Grade 1 and 2 symbols.

Grade 2 Meditation::

1. Draw Gtummo symbol in every chakra and flow gtummo energy in every symbol in grade 2
2. Draw kulakundalinii symbol dan flow gtummo energy in Kulakundalinii symbol.
3. Do Gtummo mudra

			
<p>MRIT SANJIVINI MUDRA In the case of severe heart attack, this life giving divice Mudra provides instant relief within a few seconds. Helping hand for Cardiacs. First Aid for Heart Problems.</p>	<p>APAN MUDRA Provide relief in urinary problems Facilitates discharge of waste material from the body. Cleanses & purifies the body.</p>	<p>PRAN MUDRA Energy Bank - Improves Vitality of the body & Eyesight</p>	<p>LING MUDRA Practice the Mudra and get rid of Frequent Cold, Congested Chest and Incurable Infections.</p>

4. do consentrate in sahasrara (head)

Master Gtummo

Master gtumo energy emitting a stream of much more big and compared to softer than Grade 2, thereby process healing as a whole happened during much more brief. [At] Storey; Level 2 energi a improved till 1000 times from High Respa. Master energi of of gTumo will very conducive to do mass healing at a time alone. At this level, process of Angkur will form eteris energy arranging in layers external aura and in, and also clean your aura from negative energy. Because at this level of gTummo energy emit a stream of to pass 72.000 open and active nadi to entire body coat, so that cleaner aura and universe energi change to enter master gtummo , so that its vibration excelsior him. This condition open opportunity to Master of of gTummo to be more miraculous and also expand its intuition.

Master Gtummo meditation :

1. Draw Gtummo symbol in every chakras & flow gtummo energy in every symbol in grade 3
2. Draw kulakundalinii symbol dan flow gtummo energy in Kulakundalinii symbol.
3. sit in viirasana mode (look this picture)



Say sacred word in every chakra :

a. *Muladha'ra chakra (bottom chakra) : lam'bijam'dharan
iim'dhya'yet caturasram'supiita'bham'sugandham'svarn'a
varn'atvam'a'rogyam'dehala'ghavam.*

(to give more younger, healthy).

Sva'dhist'hana chakra (sex chakra) :

*vam'bijam'varun'am'dhya'yet arddhacandram'shashi
prabha'm'ks'ut'pipa'sa'sahis'n'utvam'jala madhyes'u
majjanam. (can give you edurance if you don't eat and drink
anything).*

- b. *Manipura chakra (abdomen chakra) : ram'bijam'shikhinam'dhya'yet
trikon'am'arun'a prabha'm'bhavannapa'na bhoktrtvam a'tapa'gni sahis'n'uta'
Memberikan kemampuan untuk makan minum dalam jumlah banyak dan
(fire resistance)*
- c. *Ana'hata chakra (Heart Chakra) :yam'bijam'pavanam'dhya'yet vartulam'shya'mala
prabha'm'a'ka'sha gamana'dyainca pak's'vat gamana'm'tat'ha.
(give fly like bird skill)*
- d. *Vishuddha chakra (throat chakra) : ham'nijam'gaganam'dhya'yet' nira'ka'ram'bahu
prabha'm'jina'nam'trika'la vis'ayam aes^hvaryam anima'dikam.
(Give shaman skill). You can get another clairvoryant skill in your meditation.*

Vajra Master Gtummo

Level of Vajra Master give ability of someone to be able to give angkur at others. In Level of Vajra Master gtummo can do automatically healing at someone requiring healing only by saying the name of spiritual of Vajra Master several times in mind or conceive its just face! In this level someone given two pattern addition of energy. Symbol of Daikomio to give angkur and bless universe along with its contents. Symbol of Lonsaii (also called Marana/rug/jwara) to give negative energy, for example killing

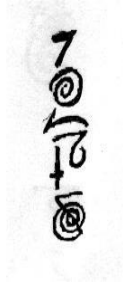
or blacking out someone energy. Be careful in this grade, Vajramaster can give negative energy (lonsaii energy) and can kill life creature, don't use this symbol to do negative things.

Vajramaster Meditation :

- 1 Draw Gtummo symbol in every chakra and flow gtummo energy in every symbol in grade 1
2. Draw kulakundalinii symbol dan flow gtummo energy in Kulakundalinii symbol.
3. do consentrate in sahasrara (head) and do visualization gtummo energy go to Agnya Chakra.
4. draw gtummo symbol and flow gtummo energy in all gtummo symbols.
5. do Samadhi mode and do meditation to know yourself.



Gtummo Symbol



Johre

Symbol 1 in used exoteric gtummo in the early applying of gtummo. Function of johre symbol to interfac to healing place, and patient of high or respa, master of vajramaster with godlike energy so that process healing can walk farther.



Cho Ku Rei

second Symbol in exoteric gtummo, functioning as putting down gtummo part of certain body according to where he put down. This symbol always used in assorted forming program, improving practitioner energy of gtummo and or patient energy determined by practitioner of gtummo.



Sei Hei Ki (SHK)

Third symbol in exoteric gtummo. SHK used to clean good patient body physical storey; level, mental, emosi, and also intuition. Symbol of Sei hey ki is used in assorted forming program.



Hon Sha Ze Shonen

Fourth symbol in exoteric gtummo. This symbol is used to control the way good program in determination of time starting of program and the duration program, also in using to send energi to someone at certain place for the healing of long distance. This symbol is also used in each; every assorted forming program.



Merkafakalisma

Fifth symbol in exoteric gtummo. This symbol is always used by High Respa, Master and of Vajra master each time will terminate applying of gtummo at]good patient body of applying directly and also applying of long distance. Function of merkafakalisma symbol is to channel gtummo to entire/all body flattened till part of smallest. Thereby process healing walk faster is again compared to conducted healing process a respa



Zonar

Sixth symbol of exoteric gtummo. This symbol is used for non healing purpose but to harmonize patient energy or certain obyek.



Gtummo

Seventh symbol of exoteric gtummo. This symbol is used to open Certain disc according to where This symbol is put down. Usage of this symbol in certain disc Yield the the disc active, usage of Gtummo accompanied with sei symbol hey ki so that effect of negative of disc can avoid and positive effect of disc emerge.



Kulakundalinii

Eight symbol in exoteric gtummo. This symbol is used for non healing purpose but functioning to awaken kulakundalinii to a higher stage. This symbol is used in each; every early meditating.



Raku

Ninth symbol in exoteric gtummo. This symbol is for non healing purpose but functioning for grounding At a new respa..



Mara

Tenth Symbol in exoteric gtummo. This symbol is used for gtummo grounding for too weak patient physically.



Halu

Eleventh symbol in exoteric gtummo. This symbol is used to increase charisma, purifying love love, and is harmonious of relationship.



Harth

12th symbol of exoteric gtummo. This symbol is used to develop love and show justice.



Lansomii (Gtummo 13 Symbol)

Thirteenth symbol in exoteric gtummo. This symbol is used to develop pure love .



Yod

Fourteenth Symbol in exoteric gtummo. This symbol is used for healing of heart sickness. By using Yod symbol, healing of heart sickness spend short time with use this symbol.



Lonsaii

Fifteenth symbol in exoteric gtummo. Lonsaii is used to give negative energy to object. Usage of lonsaii symbol with reinforcement cho ku rei symbol can cause object death, therefore lonsaii symbol is very rare passed to a Vajra Master Even if. Symbol of Lonsaii passed to a just selective Vajramaster.



Daikomio

Sixteenth Symbol in exoteric gtummo. Daikomio is used in course of angkur in each grade. symbol of Daikomio passed to each and everyone accepting Grade Vajra Master angkur.