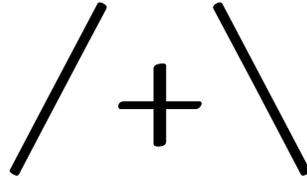


The Golden Triangle



By
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Introduction

~ From James Purner, Founder ~

Well dear friends here is about my energy system.

In 1986 I received two visions that told me that I was to get further involved in helping people with their emotional, spiritual, and physical problems.

First in deep Buddha meditation, which I was doing about four hours daily at the time, I received a vision which was a figure riding on a donkey across the desert toward me. This figure wore raggedy clothes and wore a white head dressing. I was told that the time had come and that my guide would always be with me. That if I needed help to just ask and it would be received. Then the figure turned and rode off over Sand dunes.

About six months later while laying in bed right after a meditation session - an energetic force touched my third eye and I was totally unable to move. This lasted for about two hours. During this time I began to know that Goddess Isis was the source of this energy (I never knew who she was at that time).

She made herself known to me from that day on. I did not really know that I was to send energy to all at that time. I began knowing that by just touching or glancing at someone they would feel better. As time passed I began sending this energy through time and space (say a thought thing.) The Goddess let me know that she was with me and I asked her to help and the energy purified and became much stronger. As time went on I was instructed to attune others to the system and have been given a simple way of doing that.

What does the healing feel like and what does it do? It feels very similar to Reiki, or Seichim but can intensify many times beyond or you will find that you can use this energy system with any other system and they blend very well.

Ok, here is how I send the energy out. I draw a golden triangle in the third eye and ask the person receiving the energy if their soul accepts the healing. If I get a yes then the energy goes forth. If not I do not send. The symbol is always a Golden Triangle or Pyramid and always spins when being used.

This energy has been used very successively to heal cancer, heart and other chronic conditions that conventional medicine will not cure. It does not work every time but the success rate is very high.

About Attuning to the system...

The attunement takes on average about 15 minutes. I ask the Goddess to please attune the person to the triangle and she either says yes or no if yes then we send energy to each of the major Chakras and after that I hold one hand facing up near solar plexus chakra and the other facing down near the throat chakra.

Then Golden energy is sent up the spine till all chakras are activated. When I feel this completed then I place the Golden Triangle through the crown chakra and then down into the third eye. To test that the triangle is in place I have the person close their eyes and tell me what they see. They will see the golden triangle or pyramid.

With Love,
Jim Purner, GT Founder

The Golden Triangle
Attunement as given by James Purner

Here is how I do an attunement; perhaps it will help you do a Golden Triangle attunement as well.

Spiritually protect yourself and the person being attuned.

1. Let them relax by taking some cleansing breaths to quiet down, this is a stressful time, they really do not know what you are going to do.

2. I draw a Golden Cross over them. You can use the technique that works best for you, just make sure while the person has their soul open to you. You must make sure they are totally protected from harm.

a. Golden Cross - Focus through your third eye and call GOD into your vision. Ask for both of your protection during the attunement. Once you feel the connection with God like a magnetic pull then draw a golden line down the center of their body from head to toe. Then come back across the breast area of the body try visualizing this as Golden Light. Let the person know what you are doing so they know because they will feel the cross being drawn.

Begin the Attunement.

1. Connect with the client. Send your energy directly to the heart energy center of the client. Keep doing this till you feel a strong magnetic connection between the two of you. Ask the client if he/she feels warmth/coolness or slight tingling in their heart area. When you BOTH

feel the connection you may go further with the attunement.

2. Begin sending energy to the first Energy Center, (Sitting Bones). Focus through your spiritual eye visualizing the area of the sitting bones and hold your hands comfortably so you can feel a magnetic pressure or pull coming back to you. The stronger that pull the stronger the connection and the clearer that energy center (Chakra) becomes. Once you feel a very strong pull then you ask the client if they feel the warmth, coolness, or tingling in the sitting bones. You keep doing this procedure until they do feel it.

CAUTION - What if the client feels pain? Blow three Sacred Breaths at the energy center that has the pain.

A Sacred breath is done this way: hold your thumbs touching at the bottom and your forefingers touching at the top. This forms a fire triangle \wedge now close your eyes and blow directly at the clients' energy center. Do this three times. If the pain is still there, do the procedure again. If you need to speed the attunement up and a particular Chakra is slow to open then use the Sacred Breath, it works.

What will I see or the client? White energy leaving you with a lot of Gold speckles. And the client will also feel a gentle breeze as the breath arrives.

3. Move up to the second energy Center, Sex Organ area. Repeat the procedures described in 2 above.
4. Move up to the third energy center, Solar Plexus, Belly Button area. Repeat the procedures described in 2 above.

5. Move up to the fourth energy center, Heart area, focus directly between the breasts. Repeat the procedures described in 2 above.
6. Move up to the fifth energy center, Throat Chakra. Repeat the procedures described in 2 above.
7. Move up to the sixth energy center, Spiritual Eye (space between the eyebrows.) Repeat the procedures described in 2 above.
8. Move up to the seventh energy center, the Crown of the head. Repeat the procedures described in 2 above.

Make sure the client is not experiencing any pain.

Totally open the Spinal energy (Kundalini).

1. Hold your left hand facing up at about lap level. Let the client know you are holding your left hand on their sitting bones. Visualize doing this.
2. Hold your right hand on top of their head and facing down at about your heart level. Let the client know you are holding your right hand on top of their head (Crown Energy Center).

Let the client know you are sending a golden shaft of light up their spine to totally clear it. Begin to visualize the light going up the spine from the very bottom to the top. Ask them to let you know when they either feel or see energy leaving the top of their head. The color of the energy will NORMALLY be white

with Gold flecks. Once they feel the energy leaving the Crown Chakra, you are ready for the actual attunement.

Let the Client know that you are preparing to do the attunement and that you will be asking Goddess Isis to come forth and do the attunement.

1. Say a short prayer to Goddess Isis orally or silently asking her to come forward and finish the attunement if she feels the person is worthy.
2. With your right hand push down on the crown of the clients head until you are about equal with the spiritual eye.
3. Move forward with the Golden Triangle until you visualize it being just behind the Spiritual eye. Send as much energy as you can to the client at this point until they confirm that they either feel pressure at the third eye or they see a triangle or pyramid. Most of the time it will be Gold in color and also spinning but this does not always happen and is not necessary.
4. Once they know the triangle is with them congratulate them for having been attuned to the Golden Triangle and relax yourself.

Following the Attunement...

Advise the client that they can feel very joyous, light headed or aroused etc... and that this might last for several hours. Further advise them to drink lots of water for the next few hours.

Most newly attuned persons will want to know how they can confirm they are attuned. Have them select a spot on their body and ask that the GT energy be sent to that place. If they feel heat, coolness, or a vibration they are fully attuned and they have confirmation of that.

I suggest to my clients that they practice giving themselves a massage by focusing on each part of their body from toes to top of their head with Golden Triangle Energy. This will help them clear themselves and will allow them to become more aware of the energy.

Later they can start giving a massage to a friend. Next they should try sending a massage via the ethers or distantly to another so they can get used to using the energy that way.

About a month after the attunement then they can start developing their Telepathic skills, which will be more sensitive by that time. Start with one or two words in the beginning.

I hope this helps all that are interested in Golden Energy.

Namaste,
Jim

Thoughts on the Golden Triangle from James Purner

/+\

It seems fitting to start with this symbol, as it will be what we all see in one form or another behind the third eye after being attuned.

First look how the point of the triangle is up Fire sign Yes?

Now for our very Gifted friends with Atlantean and early Egyptian knowledge-- You will know that the early adepts of the mystery schools made a hieroglyphic code from this triangle and it too was Golden. (This is an area I cannot go into much more detail as this is a part of one of the current mystery schools.

I find that yes we do a quick normally not more than about 10 to 15 minute attunement to GT but the real change in Frequency to a much higher one comes a bit later when you really experience Goddess Isis.

Now most of us will see a Golden Pyramid spinning in our third eye shortly after the attunement. This will also appear each time you choose to activate this energy for any purpose.

Remember there are healers out there and some are very very powerful that will not see an aura or the triangle or pyramid but they will but attuned just like anyone else it is just that they have not developed their auric ability quite as far as another but let me assure you they are equally effective at healing.

Pitfalls to Look Out For
with GT or any healing system

1. EGO EGO EGO
2. Any form of negativity must be subdued as much as possible.
3. Energy should only be transmitted to another for the express purpose of helping not hurting that person.
4. The Mantra you need to recite continuously to prepare yourself is LOVE, which makes our energy much brighter and purer. Try it. It works.

Golden Triangle Q & A

Q. Many will ask do I use this GT thing in place of my current system?

A. You can it is a very stand-alone system but it can also be used with all energy systems simultaneously. When used with others it will increase the healing ability by about 100 percent because this energy is a very high frequency system. Your client will in most cases feel a deep heat and a slight vibration when you are sending this energy. Some will feel a very strange cold sensation. With this system you are dealing more at a soul level than a physical level.

Q. Must I actually touch the client when using GT?

A. I never have.

Q. Must I get the clients permission to send energy to them?

A. No. But it certainly is always a good idea.

Some Basic Golden Triangle Exercises & Techniques

~ By Linda A. Vaughan ~

The Intention Exercise

Golden Triangle energy can be very much influenced by your intention. It doesn't turn off; however, your awareness of it may vary from time to time. If you wish to be more aware of the Golden Triangle energy and feel it more, consciously intending to is one good way of doing this.

1. State to yourself, "I am NOW increasing my conscious awareness of the Golden Triangle energy!"
2. Repeat this to yourself on and off throughout the day.
3. Keep track of when you are most aware of the energy and when you are least aware of the energy. It is normal to be less aware when you are busy or tired. It is likely, you will be more aware when you are well rested or if someone is sick and needs healing fast.

Golden Triangle Third Eye Stimulation

1. Make a triangle shape with your fingers and thumbs.
2. Place your hands, in this position, on your third eye and leave them there until you feel the energy.
3. Watch and see what the Pyramid does. You might want to lie down so your hands don't get tired. Is it spinning? What color is it? Is there a sound or a smell?

4. Practice making the Golden Pyramid spin faster and faster.
5. Next, practice slowing it down again.
6. When you are done, remove your hands from your third eye and relax for a few minutes before getting up.

The Golden Column

This exercise can be done while standing, sitting or lying down. I recommend sitting in a comfortable chair or lying down for this exercise.

1. Place both your hands somewhere comfortable on your body.
2. Take some deep breaths.
3. Visualize, intend and feel the Golden Energy going from your base chakra, up your spine and out your crown in a big golden column.
4. Do some toning if you like and watch your Golden Column. Notice as the energy is going through you if it vibrates more in some places and less in others. If it does, perhaps some clearing is needed in those places. You may wish to place your hands on those areas for self-healing treatment.
5. Once all the energy in the column is going through all your chakras smoothly, intend for the column to begin widening a little at a time. Each time you do this exercise, practice making the column a little bigger than it was the time before.

Inviting Isis

1. To invite Isis to come give guidance regarding healing, first visualize the Golden Triangle in your third eye.
2. Next, ask Isis to come give her guidance.
3. Then, watch the Triangle and listen for any strong impressions you might receive. Sometimes guidance comes through a strong impression and other times through the Triangle. For example it might change colors, spin differently, have a symbol inside it for you to use, or a word to help you.

* The key here is learning to intuitively receive messages from Isis regarding your own healing or someone else's.

Golden Triangle Toning Exercises

~ By Linda A. Vaughan ~

These exercises will help you to incorporate Toning with the Golden Triangle energy. Toning can include making whatever sounds you feel intuitively to make. I have found that Ah, Om or Isis all work well for me. Also, as Jim has said, the word LOVE is wonderful.

A Golden Triangle Basic Toning Exercise

1. Connect with Isis and the Golden Triangle energy.
2. Once you feel the energy is going through your body, direct it to your throat chakra by intent. You may feel a buzz, tickle or some other sensation in your throat when the energy begins to build up.
3. Take a deep breath in and then make an “Ah” sound.
4. Repeat #3 until you get a good feel for the energy moving through the throat chakra at the same time as you are making the “Ah” tone.
5. Repeat steps 2-4, only this time sound out and tone “Isis.”
6. Repeat steps 2-4 only this time sound out and tone “Love.”
7. Now, tone whatever sounds you feel to intuitively. Don't limit yourself. The sounds can be loud, soft, ahhs, oomms, songs, screams, whispers, anything at all.

Finding Your New Golden Triangle Tones Exercise

Now that you have had some practice toning, lets find your new Golden Triangle tones.

1. Connect with Isis and the Golden Triangle energy.
2. Feel or Visualize the Golden Pyramid in your third eye.
3. Ask Isis to reveal a new tone for you to connect with. She may reveal it to you either by strong impression or information in the Golden Triangle. Be sure to look in the Golden Triangle in case it is there.
4. However the new tone is revealed to you, practice it.
5. Record the new tone on a tape or record it in a notebook.

Using Your New GT Tones

1. Practice all your Golden Triangle tones that Isis has revealed to you. You should have them all recorded in your notebook or journal.
2. Write down what each tone reminds you of and how it feels when you make it. Write down any other impressions you receive while making these tones such as colors, smells and anything else.

The Golden Triangle Healing Tones Exercise

The next time you are sending healing either for yourself or someone else, try out some of your tones from the previous exercises. Take notes on which ones in particular come through

the most for you when you are sending Golden Triangle healing energy.

Do the tones vary from person to person?

Do they vary from chakra to chakra?

Are any of them the same?

Which ones do you most enjoy using and why?

The ones that come through while you are doing healing work on other people might be different than the ones you have for yourself. OR, they might be the same! Only practice will help you to know for sure. The tones that you like the most and that come through the most often are very likely your Golden Triangle Healing Tones!

Lineage

Extra space has been provided so you can fill in the names of your students and their students and so on.

Isis

James Purner

Linda Vaughan

Many Thanks

MANY THANKS TO JAMES PURNER OTHERWISE KNOWN AS
THE GOLDEN ONE FOR SHARING HIS KNOWLEDGE ABOUT THIS
METHOD OF HEALING!

MANY THANKS TO THE GODDESS ISIS WHO LIVES AND LOVES AS
ONLY SHE CAN THRU THE BREATH OF SPIRIT AND THE HEARTS OF
THOSE WHO KNOW HER!

MANY THANKS TO THOSE WHOSE HEALING WORK OFTEN GOES
UNNOTICED!

LINDA VAUGHAN

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We both look forward to hearing from you.

