

Efficient Memory Shakti™



Efficient Memory Shakti™ provides education for your mind to better choose what to keep in your short term memory and what to send to long term memory. Sometimes a memory is not stored in the proper location. If your memories are in the wrong location, you could have too much unnecessary information in your short term memory and have difficulty recalling the “important” information necessary for daily life.

Your brain records everything. Efficient Memory Shakti™ increases your memory efficiency so that the proper information is in the right place.

Efficient Memory Shakti™ channeled and manual written by:
Mariah Windsong Couture ~May 16th, 2011 ~All Rights Reserved

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Efficient Memory Shakti™ provides targeted assistance to educate your brain on exactly where various types of information are best stored. “Best” based on what is optimal for you! Several online dictionaries were consulted and I’ve put together a combined definition of efficient: Efficient means producing the desired effect in the best possible manner with the least waste of time and effort.

As we age it often happens that it becomes easier to remember things that happened a long time ago than the important information such as where we put our keys. The daily life information that we trust is easy to locate in our mind because we use it every day can sometimes hide from us.

People speak about and there are numerous techniques for improving a person’s memory. Simply increasing a person’s ability to remember does not always solve the concern about finding what you need to find in each now moment. Sometimes too much information can clog the mental gears and it can be more confusing than remembering less. In truth all that we perceive is in our brains. It is the recalling that can be a challenge sometimes.

I believe that efficient memory is an ability to recall what you need and want to recall when you need to, unencumbered by lots of inapplicable memories.

For example, you reach to remember the content of a meeting at work yesterday. You want to remember the instructions your boss gave you about today’s project. Instead you suddenly remember the smell of the woman’s perfume who sat next to you and a fly that buzzed through the room. You remember the details of one colleague’s conversation as he complained about the lunch his wife packed. The one thing you don’t seem to be able to find is the instructions your boss repeatedly told all of you at the meeting!

This kind of frustration is common for people and yet it is a very perplexing frustration. It seems that simply increasing your ability to remember might not solve the problem of remembering the applicable things and sending all the rest of that extra information into your subconscious.

Efficient Memory Shakti™ assists the sorting and filing of information from your day in the manner most efficient for you. This is an intelligent divine being who arrives to assist you. Shakti are similar to angels. They are feminine creative forces of Divinity with specific specialties. Each Shakti has a specific job description and work in concert with your higher self.

An attunement or empowerment is a dose of energy frequencies that ‘match’ the energy of this energy system specifically. An attunement of a Shakti is literally the receiving unto you a meet and greet of that particular Divine Intelligent Being who arrives to assist you. The enclosure or traveling pod that the attunement is encased in usually is a sphere of light. This provides a proper traveling modality for your Shakti to reside within while she awaits you to call upon her. It is kept safe by your Angels and guides of Eternal Light. It is released to you when you ‘call it in’, like a prayer to receive it.

Be respectful and call upon your Shakti soon after your teacher has invited her to be in the attunement from Eternal Sacred Source.

Once you have received the dose of energy, that is your Shakti, your body and spirit will recognize that energy and easily work with her.

It is similar to working with Angels and other Eternal Light Beings.

Your Efficient Memory Shakti™ likes flowers. Offer up images of flowers during your meet and greet (attunement) with her and anytime you call upon her to assist you, your mind and brain. An Efficient Memory Shakti is prepared whenever a teacher seeks and calls for an Efficient Memory Shakti to be ready for a student to receive. In this way the Efficient Memory Shakti you receive will have already been schooled by your soul and higher self about your own needed. She will introduce herself to your body, mind and brain and quickly learn how your individual mind body connection works.

Shakti are very pure spirits and hide quickly if in the presence of controlling, dense or evil energy. Please attend to your own spiritual hygiene to keep your energy fields clean and healthy so that your Efficient Memory Shakti can be most effective for you. Use visualizations of the Violet Flame and any colors that you enjoy.

When you are in the shower, think of the water being a color that you like and moving through your body and energy fields, taking with it, down the drain any energy or emotions that are not useful to you. These could be emotions from you or other people’s emotions that may have stuck to your energy fields. Use Reiki and any other energy flushes or techniques that work for you to attend to your own spiritual and physical health.

Arrive unto your Efficient Memory Shakti as you would step into a temple.

Please spend a few minutes to invite the attunement your teacher sent you of *Efficient Memory Shakti™*, to release fully unto you. Simply say, out loud or in your mind: ***“I ask to fully receive my Efficient Memory Shakti as called forth by my teacher and educated for me perfectly by Eternal Sacred Source, NOW!”***

Think of a ball of light and energy above your head that opens up and streams down onto the top of your head. Your Shakti is arriving!



Your empowerment will easily arrive to you because Eternal Source is not limited by space or time. Your Efficient Memory Shakti™ flows to your mental body and greets your brain. Think about flowers, any kind of flowers that you like. Now, say, out loud or in your mind:

“Efficient Memory Shakti, please help my mind and memory to be efficient. I want help organizing my memories in the most efficient manner so that I can recall anything I need or want to, whenever I choose to! Thank you for working with me today.”

Now it is time to relax, preferably reclined or laying horizontal while your Efficient Memory Shakti™ works with your brain and mind connections.

She is an amazing Shakti, this Divine Intelligence that has your highest joyful good at heart! Think about flowers and surround yourself with pictures of flowers. Real flowers are wonderful too!

Flowers are as an offering for your Efficient Memory Shakti.

Flowers are also a way this Shakti likes to get your mind out of its own way! Think about flowers, any flowers you like and as many different kinds of flowers as you can think of. It is preferable to simply think about flowers that have a positive connotation to you so that you can stay calm, relaxed and open. As you think about flowers you may notice images of ladders, steps, attics, basements and houses fleetingly cross your mind's eye.

Your Efficient Memory Shakti is reorganizing in the most efficient manner the “where” your memories are stored. At first you may simply notice the storage locations in whatever images or topics that you associate with moving about from one level to another of a library or home.

It is quite alright if you don't notice anything at all. Your Efficient Memory Shakti prefers that you be distracted by the beautiful and enjoyable flowers!

It is possible that you may notice a memory from many years ago that you had not thought of in a long time. Usually this is simply a result of the reorganization that is occurring in regards to the location of your memories. There is no reason to be alarmed no matter what you see or don't see during this time with your Efficient Memory Shakti. Your first session with her can last anywhere from 10 minutes to an hour. Usually it is about 10-20 minutes.

Your Efficient Memory Shakti™ is for self healing only as each Shakti is very individualized. If you are asked to provide a healing session for a friend, loved one or client, you must be a Reiki or Seichim Master Teacher.

In order to provide an Efficient Memory Shakti Healing Session for another person you will need to “call in” an Efficient Memory Shakti specifically for that person. These are highly individualized Shakti who are educated about the person they will be working with. You must call forth these Shakti with reverence.

If you only intend to work with this Shakti one time for a person please indicate so with your intention prior to calling an Efficient Memory Shakti forth. Then, upon the completion of the session for your client, friend or loved one, please “release” the Shakti to go back to Eternal Sacred Source.

It is preferable that you simply provide an attunement for the person so that they can have the conscious meet and greet with their Efficient Memory Shakti. Thereafter they can always call upon this Shakti for assistance with their own mind and intention. If the person is not open to working directly with Shakti, then you must release the Shakti with appreciation after the session is complete.

It is possible that in the reorganization of memories that occurs with the Efficient Memory Shakti that new topics will arise for healing that were previously buried. Please trust that you are indeed ready to witness and heal these topics. Your Efficient Memory Shakti is under the authority of your soul and higher self, thus its efforts with you are highly monitored.

If you do not consciously feel that you are ready attend to a topic that may have arisen for healing, you, as the incarnated soul in this body can bypass this opportunity for healing. Simply tell your Efficient Memory Shakti, as you would speak with a revered elder; that you are not ready to attend to this particular topic and hand it back to her. Ask her to file it away for another more appropriate time. Thank her for the opportunity to heal that part of yourself and trust your instincts. Trust that if you don't feel ready, then you are not yet ready. It is alright. A person's soul and higher self is always pushing us to heal more and grow more. However, you, here in physicality are the one who needs to focus at work, do the dishes and feed the kids.

We are in bodies, our higher self and soul are not! Therefore have no guilt about guiding your healing and growth progress from here, in this reality!

Now on to the good stuff! Your Efficient Memory Shakti will activate anytime you request that she do so. Many people prefer to activate her energies prior to their sleep time because a person's brain sorts and sifts their day time's experiences anyway during sleep.

I suggest that you do at least 3 sessions with your Efficient Memory Shakti before you activate her for bedtime. The initial work is best received awake.

After 3 sessions that you have activated while awake, then sleep time work by your Efficient Memory Shakti is wise. Your brain might not feel any different than it did before. However you will likely spend less time trying to retrieve information. It will probably be easier to quickly remember what you need to remember without having to “search” for it in your mind!

The excess information that was clogging up your short term memory will have been sent to its proper storage location. The information that you need, based on what is going on in your life and the intelligence of Eternal Sacred Source will be more readily available to you.

This Shakti does not reverse the effects of aging. She helps your mind work more efficiently and increases your capacity for remembering what you want to remember. Many people will find that their memories do improve!

And while you may still find yourself humming a song that seems to have no meaning to you, when you want to remember the contents of that meeting, it will be right there!

If you are a Reiki or Seichim Master Teacher, you can confidently send a Efficient Memory Shakti™ attunement.

Spend time in sacred seeking, approaching Eternal Sacred Source with your helping healing guardians and angels. Ask that an Efficient Memory Shakti be prepared for (name of student). Exit your meditation time and go about your daily activities for awhile.

Now re-enter your meditation and call to usher in, receive the Efficient Memory Shakti for (name of student). Please ask your energy team, your helping healing guardians in the Light of Eternal Sacred Source, to bring you a Sphere of Light.

It doesn't matter if you can see it or not. It doesn't matter if you can perceive it or not. Trust that the Sphere of Light is there and ready to hold the Efficient Memory Shakti™.

Activate and pray, asking for all of your helping healing ones in the Light of Eternal Sacred Source to send the Efficient Memory Shakti™ for (name of student) into the Sphere of Eternal Light.

Ask that it be sealed and carried to (name of student).

Ask that it be securely protected by that person's guardians in the Light of Eternal Sacred Source until the person 'calls in' their Efficient Memory Shakti™. Intend that their Shakti release perfectly to them at that time. And so it is complete!

Now notify your student that their empowerment is ready to be 'called in' and tell them to relax and spend a few minutes receiving their meet and greet to their Efficient Memory Shakti! An Efficient Memory Shakti™ manual must be included fully intact with no changes when its attunement is provided.

Efficient Memory Shakti™ is an original energy system channeled by Rev. Mariah Windsong Couture, RGMT and is unlike any other previously or any system that may arrive in the future by anyone.

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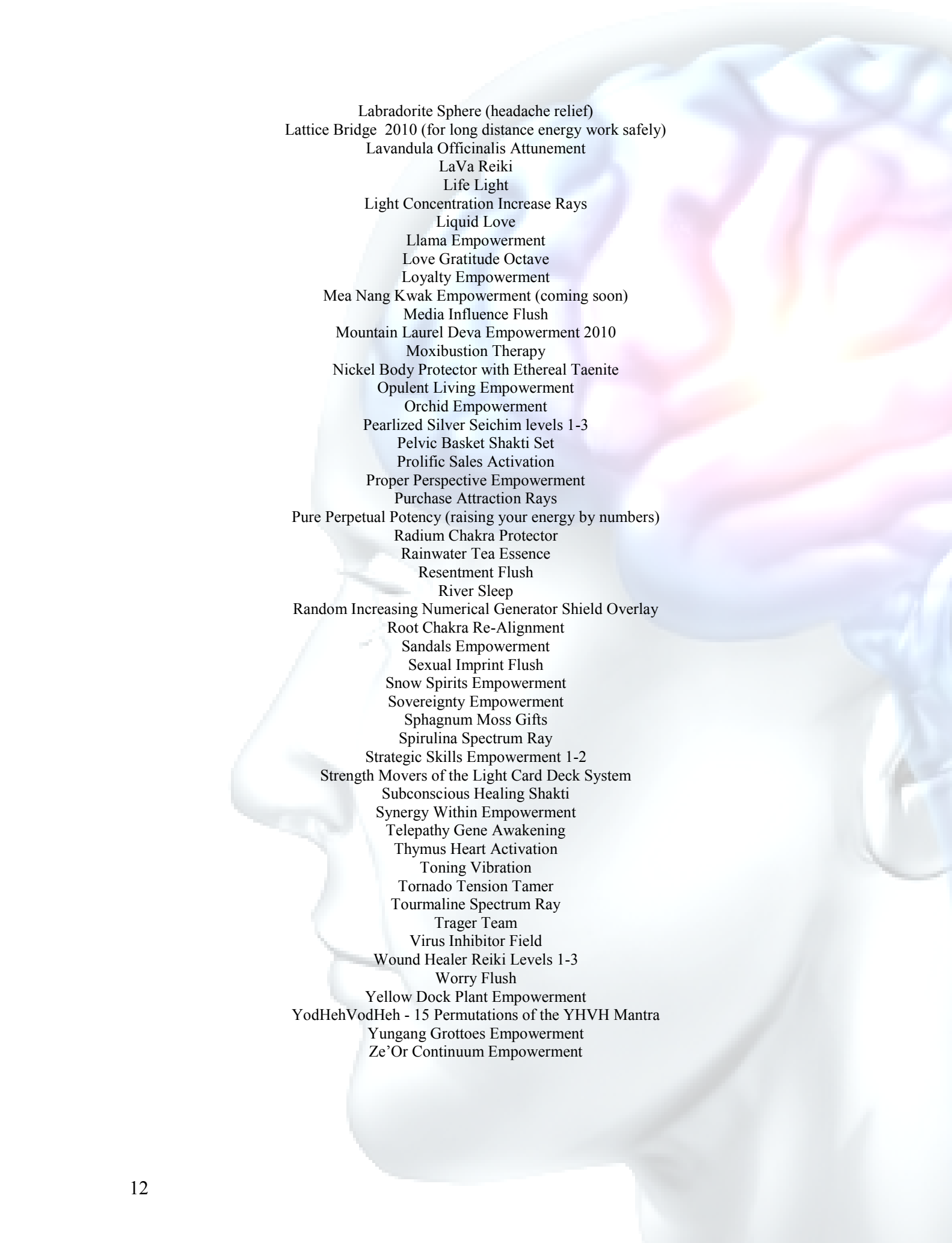
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Cedar Smudge (Ethereal)
Clairsentient Awakening
Connective Tissue Service
Copper Elemental Spirit Empowerment
Crystal Being Therapy
Diltiazem Essence
Disappointment Flush
Divine Provision Reiki 1-3
Dream Scenario Clearance
Earth Soul Anointing
Efficient Memory Empowerment
Elohim of Emanation Empowerment
Epsilon Aurigae Empowerment (a star)
Epsilon Ident Chamber
Eternal Trikaya
Eternally Exalted Sexuality 2011
Feline Love
Force Factor Five Fear Flush
Four Fold Circle Security
Flicker Empowerment
Flow Care of the Lymphatic Care Systems
Fluorite Cluster Empowerment
Fractal Reiki Levels 1-3
Full Presence 2011
Goddess Fortuna
Ganesha Anointing
Heart Root Chakra Synergy
Histamine Blocker Field
Holograph Brain Root Flush
Hydrostatic Pressure Adjustment
Infection Inhibitor Field
Intelligence Awakening
Image Impact Intensity Reducer
Inner Body Protector
Inner Truth Reiki
Injustice Flush
Inter-Dimensional Medical Team
Kundalini Omega Minus Function Activations Levels 1-5



Labradorite Sphere (headache relief)
Lattice Bridge 2010 (for long distance energy work safely)
Lavandula Officinalis Attunement
LaVa Reiki
Life Light
Light Concentration Increase Rays
Liquid Love
Llama Empowerment
Love Gratitude Octave
Loyalty Empowerment
Mea Nang Kwak Empowerment (coming soon)
Media Influence Flush
Mountain Laurel Deva Empowerment 2010
Moxibustion Therapy
Nickel Body Protector with Ethereal Taenite
Opulent Living Empowerment
Orchid Empowerment
Pearlized Silver Seichim levels 1-3
Pelvic Basket Shakti Set
Prolific Sales Activation
Proper Perspective Empowerment
Purchase Attraction Rays
Pure Perpetual Potency (raising your energy by numbers)
Radium Chakra Protector
Rainwater Tea Essence
Resentment Flush
River Sleep
Random Increasing Numerical Generator Shield Overlay
Root Chakra Re-Alignment
Sandals Empowerment
Sexual Imprint Flush
Snow Spirits Empowerment
Sovereignty Empowerment
Sphagnum Moss Gifts
Spirulina Spectrum Ray
Strategic Skills Empowerment 1-2
Strength Movers of the Light Card Deck System
Subconscious Healing Shakti
Synergy Within Empowerment
Telepathy Gene Awakening
Thymus Heart Activation
Toning Vibration
Tornado Tension Tamer
Tourmaline Spectrum Ray
Trager Team
Virus Inhibitor Field
Wound Healer Reiki Levels 1-3
Worry Flush
Yellow Dock Plant Empowerment
YodHehVodHeh - 15 Permutations of the YHVH Mantra
Yungang Grottoes Empowerment
Ze'Or Continuum Empowerment