

REIKI AND ATTUNEMENTS

The main purpose of attunements to Reiki or reiju (pronounced Ray-joo) is to raise the student's energy level to re-connect to the true inner self (soul), plus strengthen the connection to universal spiritual energy.

Once you have made the decision to embark on this journey, it is important to prepare yourself, thus minimising the effect of the cleansing process and maximising the effectiveness of the whole experience.

Preparing for an Attunement

In order to improve the results you receive during the attunement, a process of purification is recommended. This will allow the attunement energies to work more efficiently and create greater benefits for you. The following steps are optional. You would follow them if you felt guided to do so.

- 1. Refrain from eating meat, fowl or fish for three days prior to the attunement. These foods often contain drugs in the form of penicillin and female hormones and toxins in the form of pesticides and heavy metals that make your system sluggish and throw it out of balance.**
- 2. Consider a water or juice fast for one to three days especially if you already are a vegetarian or have experience with fasting.**
- 3. Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous and endocrine systems. Use no caffeine drinks on the day of the attunement.**
- 4. Use no alcohol for at least three days prior to the attunement.**
- 5. Minimize or stop using sweets. Eat no chocolate.**
- 6. If you smoke, cut back, and smoke as little as possible on the day of the attunement.**
- 7. Meditate an hour a day for at least a week using a style you are familiar with or simply spend this time in silence.**
- 8. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.**
- 9. Go for quiet walks, spend time with nature, and get moderate exercise.**
- 10. Give more attention to the subtle impressions and sensations within and around; contemplate their meaning.**

11. Release all anger, fear, jealousy, hate, worry, etc. up to the light. Create a sacred space within and around you.

12. By receiving an attunement you will become part of a group of people who are using Reiki to heal themselves, and each other, and who are working together to heal the Earth. You will also be receiving help from Reiki guides and other spiritual beings who are also working towards these goals. While Reiki is not a religion, you may prepare your mind with intention work and pray in a religious mode comfortable to you to prepare to open to higher spiritual energies and experiences.

Reiki attunements last for a full day, and you can expect the day to include the following:

Reiki level 1

About auras and how to cleanse

An introduction to chakras followed by a chakra energising meditation

Protection techniques

The history of Reiki

The reiki principals

What is reiki

The 4 stage attunements process

The cleansing process explained

The symbols

Energy exercises

A healing demonstration

Reiki Level 2

Introduction and reflection

Reiki 2nd degree techniques:

- Gassho

- Mushin

The breath

Namaste

Reiki and crystals

Distance healing

The symbols

The 4 stage attunements process

A healing demonstration

Client etiquette

Animal reiki

At least 21 days must be left between levels 1 and 2 attunements and it is recommended when working towards your masters to gain much experience and to leave around 12 months.