

Kundalini Reiki Manual

Presented by

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KUNDALINI REIKI QUICK REFERENCE GUIDE.

Attunement guide times.	Attunement type and level	What to think after the attunement to activate the Reiki with your intention.	What you can do after each attunement with the thought intention and approximate treatment time.
Starting point	Kundalini Reiki 1	Reiki	Self healing - 5 minutes
			Healing karmic bands
			Situation Healing
			Distant Healing
2 days after 1	Kundalini Reiki 2	Kundalini Reiki	All of the above
		Kundalini Reiki Meditation	Receive the daily meditation to cleanse your energy channels. 5 – 15.
7 days after 2	Kundalini Reiki 3 Master	As above	All of the above and attune others to this energy.
Balance	Place fingers and thumbs of opposing hands together for 30 seconds and you receive a full rebalancing of your energy systems over the next hour.		
Diamond Reiki	To pass the Reiki through an etheric diamond. 5 minutes		
Crystalline Reiki	Two hands-on healing sessions per person for dissolving the crystalline deposits left in the body from traumas. (both emotional and physical) 15 minutes * <i>Use on yourself first</i>		
DNA	For strengthening the ability to heal DNA strands and defects! 3 – 5 minutes Reiki * <i>Use on yourself first</i>		
Birth trauma Reiki	Healing the trauma of birth. I treatment per patient 3 – 5 minutes * <i>Use on yourself first</i>		
Location Reiki	For healing the bonds and ties we have with places. I treatment per person 3 – 5 minutes * <i>Use on yourself first</i>		
Past life	It takes three sessions to complete the treatment. 5 minutes or longer. Reiki * <i>Use on yourself first</i>		

Introduction to Kundalini Reiki

This is possibly the simplest form of healing and self-development system that exists!

By opening and strengthening the energy channels of the body, it is possible to channel healing Reiki energy to yourself and others, just by intention.

What is Kundalini?

Kundalini means that certain healing channels and chakras have been opened, and you have thereby gained access to the Earth's energy which is a part of the universal energy.

The Root chakra, which is the energy centre located near the coccyx, acts as an entrance for the Kundalini energy.

The Kundalini energy is also referred to as "the Kundalini Fire." Hereafter, the energy runs all the way up through the body, through the main energy channel, and out of the Crown chakra.

This energy channel goes from the Root chakra to the Crown chakra on the top of the head. An open Kundalini means that over a period of time, a complete cleansing of the chakras, the body parts and the energy channels is obtained.

History:

Kundalini Reiki was brought to this earthly plane by Mr. Ole Gabrielsen.

Mr. Gabrielsen is a Master of Meditation and has inspired many people throughout the world.

Kundalini Reiki is a direct result of Mr. Gabrielsen many hours of Holy Communion with Master Kuthumi. Master Kuthumi is the Chocan of the Second Ray and is also known as Koot Hoomi and K.H. and is connected to the Crown Chakra and The Temple of Love, Wisdom and Understanding.

Master Kuthumi comes to those who seek world knowledge in this time of change and to use that accumulated knowledge for the good of all. This Masters Energies are being directed to heal the physical body and mind and to overcome the tendency towards intellectual arrogance.

His expressed goal of Kundalini Activation leading to expanding states of Universal Consciousness, Peace, Light and Love is not a future promise but one of immediate Possibility. Kundalini Reiki is a great Blessing and we are very Grateful to Mr. Gabrielsen and Master Kuthumi for this wonderful gift.

Information:

A person who has, or has had problems with wrong Kundalini awakening, or other problems with the Kundalini energy, can most often be helped with Kundalini Reiki.

All who are interested in learning Kundalini Reiki must begin with Kundalini Reiki 1, even though you may have attunements from other systems.

You will also find recommendations/guidelines in this manual, these are not set in stone and with time and experience with the energy you will find the most appropriate way of doing things that suits you and the people you are working with.

When receiving these attunements please sit in a comfortable chair and place your arms either on the arms of the chair or one on each thigh with your palms facing upwards.

With Kundalini 1 and 2 attunements close your eyes and request your guides and master Kuthumi oversee the attunement and call them in.

You do not have to do anything else but relax and enjoy the experience, which will last between 20 – 30 minutes, you will either feel it come to an end or you might fall asleep during the attunement and wake up later, which is not a problem.

After Kundalini Reiki attunement level 2, please do the Kundalini meditation and balance prior to calling in the attunement.

Everyone's attunement experience is different some feel nothing others feel a lot and some see things as well, your attunement will be what is right for you.

It is quite normal to feel a lot of energy in your hands and legs with the Kundalini Reiki attunements which often increases as you progress through the levels, if you don't then please do not worry it might take a little longer for you to start sensing the energy but it will come ok.

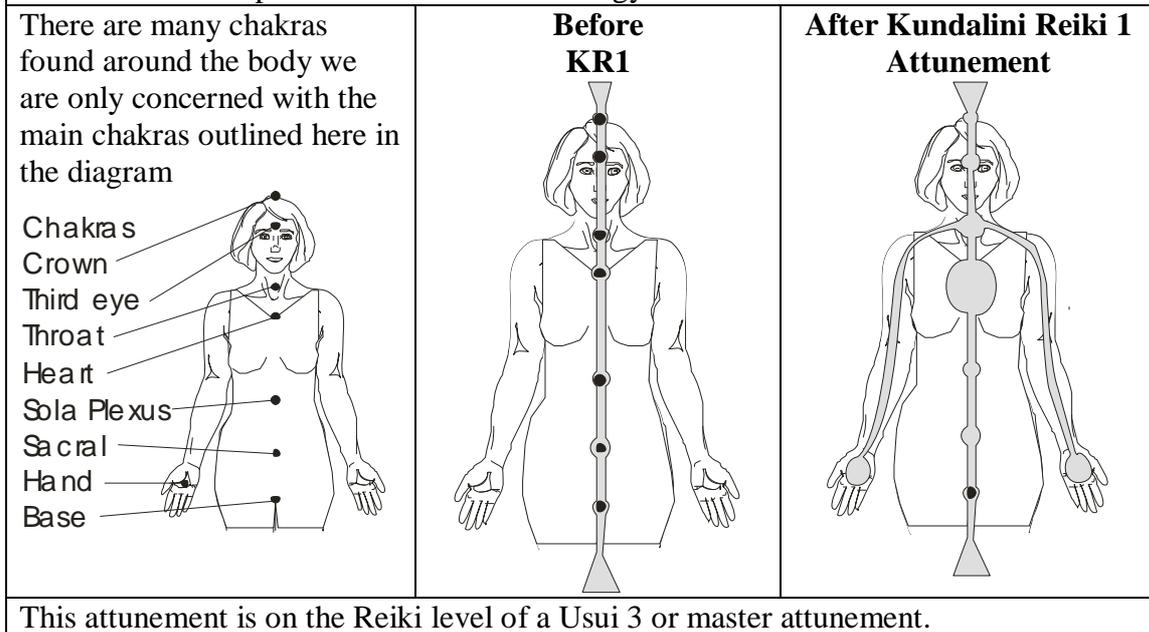
Kundalini Reiki

Kundalini 1 attunement:

In the Kundalini Reiki 1 attunement procedure, all of the knots/blocks in the chakras are removed (except for the root chakra).

The main energy channel, from the crown chakra to the root chakra, is cleansed and prepared for the Kundalini awakening that you will experience in Kundalini Reiki 2.

The Heart chakra becomes enlarged and the energy channel from the hands to the Crown chakra is opened so that the Reiki energy can flow.



2. Healing: *(this format is used for all the different types of Reiki used in this manual except where stated so please learn it now).*

Here are some simple instructions for how to heal a person:

1. Lay your hands on the receiver's shoulders.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flowing, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you will feel the energy stop, or you may feel a little tired or drained.

That means that healing is complete. The healing energy will however, continue to work in the receiver for up to one hour after the treatment.

In this way the receiver will always receive the correct healing that they need, no matter how severe or insignificant the ailment may be.

Remember that the energy will always flow to where it is needed. Here is an analogy to help you understand how it works:

If you threw a bucket of water (the water symbolizing the energy) onto a path filled with potholes, what happens? The water gathers in the potholes. You don't need to go to each individual hole and fill them all one by one; the water will run into the holes of its own accord.

This is how energy works. Get the energy flowing, and it will gather in the places it is needed of its own accord.

Here are the instructions for remote, long distance and self healing:

1. Visualize the receiver, or the receiver's name or names in the palm of your hand (if you prefer try writing the names on a piece of paper and hold between your hands). Then place your palms together.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flow coming in, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed (this can vary from person to person) you will feel the energy stop, or you may feel a little tired or drained. That means that you are finished.

The healing energy will however, continue to work in the receiver.

This is the same method that should be used for self-healing. It is a good idea to perform a self-healing every day.

3. Cleansing a room/house

It is simple to cleanse a room/house of negative energies. You should use the remote, long distance method, but instead of thinking of a name you should instead think about the specific room/house e.g. "Claire's room/house" etc, and start the energy flow. This usually lasts 3-5 minutes.

You should cleanse your own home at least once every 14 days, or as often as you feel appropriate.

Remember, it is not important how precisely you visualize the object in your palm; the intention to heal the object is enough to get the energy flowing to the right place.

4. Healing the Karmic band

There is always a karmic band between those we hold closest and ourselves, or those we have once held close. These bands can sometimes weigh us down and have negative influences on our physical body parts and energy.

Very often relationships grow stronger when healing the karmic band. You should use this type of healing between yourself and those you hold dear, or have once held dear. For this you should use the remote, long distance healing technique.

If you, for example, wish to improve the relationship between yourself and your mother, you should write “my relationship with my mother” with your finger in the palm of your hand. Place your palms together and start the energy flow.

If you are healing a relationship for someone else, then you should write “Robert’s relationship with his mother” and start the energy flow. This method should be used in both near and long distance situations.

This procedure usually lasts 3-5 minutes, but don’t be surprised if it sometimes takes a little longer.

5. Situation/qualities healing

You can also help heal a situation or a personal quality/character trait.

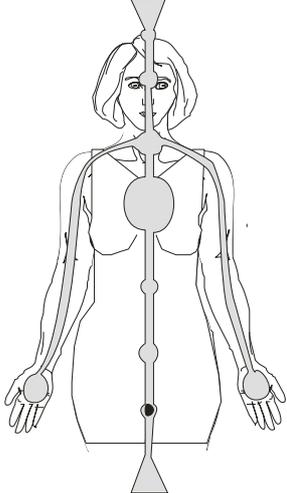
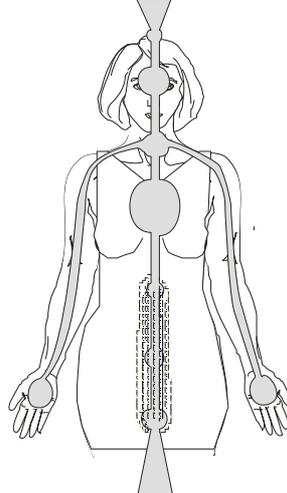
Try for example, to heal jealousy, nervousness, anxiety, toothache, patience, sorrow, anger, improving communication, your singing voice, etc. Then write or think e.g. “My anger”, “my communication”, or for someone else “Kurt’s toothache”.

Remember that it should always “feel right” when you start a healing procedure.

There are actually some things that aren’t supposed to be tampered with, but you will be able to distinguish what should be healed and what should be left alone.

Healing can also be used on animals and plants.

Kundalini 2 attunement:

<p>The Kundalini Reiki 1 attunement is strengthened and the base chakra is opened, the third eye is enlarged.</p>		
<p>The Kundalini is awakened and the main energy channel opens gently and surely, alighting the Kundalini “fire.”</p> <p>The Kundalini reaches the Solar Plexus chakra, preparing for the full Kundalini rising in Kundalini Reiki 3.</p> <p>You are also taught a specific meditation. When you perform this meditation, you increase for a short time, the power of the flame in the Kundalini fire cleansing your energy channels.</p> <p>In this way, all the chakras/energy systems are enlightened and a cleansing takes place.</p>	<p>After Kundalini Reiki 1 Attunement</p> 	<p>After Kundalini Reiki 2 attunement</p> 
<p><i>(Minimum recommended time interval is 2 days after Kundalini Reiki 1).</i></p>		

1. Healing

From now on, when you are healing you should think "Kundalini Reiki". Now you are also using your "Kundalini fire" as part of the healing energy.

2. Kundalini Reiki Meditation

Now you can take part in a specific meditation that helps the rinsing/cleansing process.

The meditation usually takes between 5 and 10 minutes.

It will enhance and strengthen your Kundalini fire/energy and for a short time open your palm chakras wider.

By doing this, all of the chakras and the energy channels light up and are now ready for the cleansing.

Here are the instructions for the meditation:

1. Sit or lay down with your eyes closed.
2. Think "Kundalini Reiki Meditation". The process will then start, and will automatically stop around 5 to 15 minutes later.

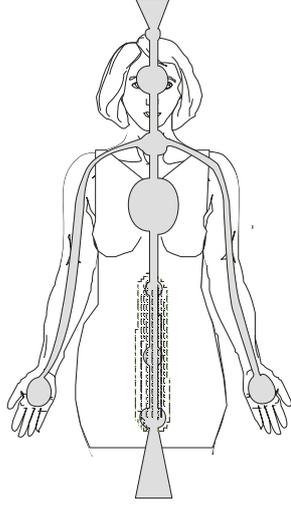
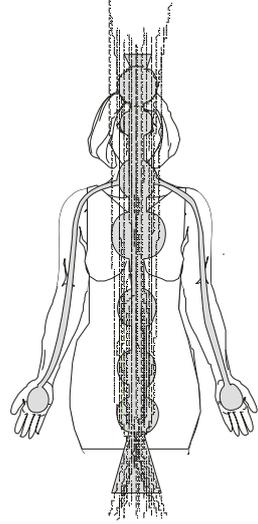
Just relax and enjoy the energy.

You should use this meditation every day to get the greatest effect from your vibrational rinsing and energy channel cleansing process.

When you use this technique in Kundalini Reiki, you will only ever receive as much energy as you can manage and need, and no more.

You will never be given more energy than you can manage. This is also relevant for meditation, self-healing, and the healing of others.

Kundalini 3 attunement:

Kundalini Reiki Master - The previous attunements are strengthened and the Throat, Solar Plexus, Hara and Root Chakras are opened wider.		
<p>Kundalini Reiki Master Level</p> <p>The previous attunements are strengthened and the Throat, Solar Plexus, Hara and Root Chakras are opened.</p> <p>The Kundalini “fire” is strengthened and reaches up and out of the Crown chakra - full rising of the Kundalini takes place.</p> <p>You are taught to attune Crystals and other objects, so that they act as Reiki channels.</p>	<p>After Kundalini Reiki 2 attunement</p> 	<p>After Kundalini Reiki 3 attunement</p> 
<i>(Minimum recommended time interval is 7 days after Kundalini Reiki 2).</i>		

Extra Attunements that come with the Kundalini 3 attunement.

Diamond Reiki:

During the opening an etheric diamond will be placed in the crown chakra.

It works so that all the Reiki energy that flows through this chakra takes on the diamond’s properties.

This is a strong energy that enlightens and heals everything in its path as long as there are no underlying unresolved problems.

Instructions for use: From now on when using this technique, think “Diamond Reiki” instead of “Kundalini Reiki”. This strengthens the Reiki energy incredibly.

Crystalline Reiki:

Over all of the body we have small deposits of certain crystals.

These are exit points for the traumas we have experienced through life.

Every time we put off or postpone dealing with a trauma, a crystal forms.

A trauma can be anything from a broken arm, a sprain, sorrow, etc. If e.g. someone breaks their arm, a crystal forms to hold the memory of the pain and the feelings of that trauma.

If there aren't any unresolved problems or feelings behind this trauma, the crystals can be dissolved and healed. Almost every crystal around the body can be healed.

Instructions for use: A complete treatment consists of two healing sessions.

Each session should last around 15 minutes, and both hands must be touching the receiver.

A Crystalline Reiki treatment cannot be given as a long-distance healing.

Although when giving yourself a treatment you should use the long-distance method, as it is yourself you are healing.

DNA Reiki:

This is reputed to strengthen the ability to heal DNA strands (our blue print).

We can now go in and heal negative inherited genetics and diseases.

You may see noticeable results after the first 3 weeks.

Instructions for use: This healing can be used for both "hands on" and remote, long distance treatments.

Put your hands together and think "DNA Reiki". It is only necessary to give one treatment per person.

The healing usually takes 3-5 minutes.

The trauma of birth:

The most severe trauma is usually the process of being born.

For the gentlest release from this trauma you have to use a specific type of energy whilst healing.

Instructions for use: This healing can be used for both “hands-on” and remote, long distance treatments.

Put your hands together and think “Birth trauma Reiki”. It is only necessary to give one treatment per person.

The healing usually takes 3-5 minutes.

Location Reiki:

Just as there are karmic bands/ties between people, there is also a band/tie between people, places, and even the Earth.

These bands can weigh us down and sometimes have an influence on our physical health.

The energy used here is a little different than that of Diamond Reiki, and gives optimal results.

Instructions for use: This healing can be used for both “hands-on” and remote, long distance treatments.

Put your hands together and think “Location Reiki”. It is only necessary to give one treatment per person.

The healing usually takes 3-5 minutes.

Past life Reiki:

This is to heal the blockages from your earlier life.

Instructions for use: This can be used as a “hands-on” or remote, long-distance healing.

Put your hands together and think “Past life Reiki”.

There should be 3 sessions to a complete treatment.

Balance:

After this opening, you can in 30 seconds, via a specific hand position balance all of the energy systems in the body.

Instructions for use: Hold the tips of your fingers and thumbs of the opposite hands together for 30 seconds and think “balance”,

You can then let go and do whatever you need to as the process is automatic from this point on, (*I usually do this sitting and hold my hands above my legs where it feels most comfortable*).

This then starts the balancing of your complete energy system.

It takes around an hour and it is recommended that this should only be done once a day.

The Treatments: *Remember that before you can give any treatment to others, you must first heal yourself with a Crystalline, DNA, Location, Past Life, and Birth trauma Reiki treatment.*

It is a good idea before treating with Kundalini 3, to first do a situation/qualities healing.

Then you can go on to try Birth trauma healing, Location healing, Past life healing, and then DNA healing...and if it isn't a remote long-distance healing and the receiver can come the next day or at a later time, a Crystalline healing.

There is a lot of scope here for putting together different treatments or a course of treatments utilising the different forms of Reiki into the different treatments, or you can simply go with the flow and see what you are led to use during each treatment, be open and flexible in your approach.

Please remember that with any type of Reiki the flow and the sense of the energy gets stronger the more you use it, so practice ,practice and practice.

Chakra Balancing:

This is not a normal part of the Kundalini Reiki Teaching but I think it will become invaluable in your treatments and help develop your intuition, so I have included a simple technique.

To do this the person you are balancing must be lying down on their back and you need to position yourself on their left hand side and you are going to work off body with your hands about 6" above them.

Start by placing your left hand palm down about 6" above the persons base chakra above the groin area and your right hand next to it, thinking "Kundalini Reiki" to get the energy flowing and close your eyes.

You are now going to slowly move your right hand towards the head keeping as relaxed as you can whilst sensing what you are feeling in your hands, when you are over the solar plexus chakra you should get a similar sensation to when you try and push two opposing magnets together and feel resistance.

Some will feel heat or cold or just a slight difference in the energy, you must respond to whatever you sense no matter how slight the change, this will improve with usage.

Now use your intention to send the energy down your left hand through the person and up your right hand. It might take a while to get the flow going but as soon as you feel it start to flow into your left hand then reverse the direction of the flow down your left arm and into your right.

Now start a seesaw effect going by simultaneously sending the energy down your left hand and in a relaxed way lower your hand a couple of inches and you should feel the right hand raise on its own, this is a combination of the energy and the persons aura. Reverse the flow as you gently lower your right hand and keep this going for about a minute.

Repeat on all the other chakras until you have finished the crown and that is it, all balanced.

A lot of powerful energy work is done of the body in the auras so please get used to the different feel of the energy when working above it, follow your intuition and be open to being led.

Just go with the flow and practice.

How to pass on Kundalini Reiki 1-2-3

It is very simple to pass on the Kundalini Reiki attunements.

You just ask your higher self for the attunements.

You can only do this if you have had the attunements.

You can attune several people at the same time.

You can also ask your guides and Master Kuthumi to assist in the attunement process.

Example of the attunement: (to your higher self) “I ask that (name or names) may be attuned in Kundalini Reiki 2”

The attunement will then start and stop after around 25 minutes.

When you are asking to pass on Kundalini Reiki 3, all of the above extra healing techniques are included, so you don't need to ask for individual attunements, they will come automatically.

When you are initiating a group of people into Kundalini Reiki 2, it is a good idea to let the participants feel the area 40cm over each others heads before and after the attunement.

In this way they will be able to feel the difference between the active and inactive Kundalini flame.

Example of a distant attunement: (to your higher self) “I ask that (name or names) at (address) may be attuned at (time) on (date) in his/her time zone in Kundalini Reiki (level)”

That is the official version but personally I use my intention to either make an attunement available for the whole day so the recipient can call it in at their convenience or more than once if they desire, or just make it available when they call it in. You can also release more than one attunement to the same person at the same time, but please remind the recipient to allow time between the attunements.

It is recommended that children should be a minimum of 8 years old before attuning them to Kundalini Reiki and please ensure that you get the consent of their parents or guardians.

Attuning objects:

Crystals, trees and other objects can be opened to the Reiki energy. You can, for example, open a piece of jewellery that you are wearing.

From then on, it will carry the Reiki energy for whenever you need a boost.

The object will only need to be attuned once.

Example of attunement: (to your higher self) “I ask that this (object) may be attuned as a Reiki channel”

After approximately 30 seconds the process is complete.

Kundalini Reiki Lineage

Ole Gabrielsen

Stephen Lovering

Your name here