

How to attune yourself and others into any healing system!

By Ole Gabrielsen

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Introduction

You will find, that the methods used are very easy to use. Even a child could learn it, though it is not recommended to pass on Kundalini Reiki attunements to children below 8 years. However, ordinary Reiki can be passed on to infants if you like.

I have chosen to present the e-book the same way; I have passed on the attunements at distance. I have included all my course notes. Some will repeat themselves, but that's more to avoid misunderstandings. Distant courses are taken over a certain period of time, so I think repetition is good...

Last I would like to wish you good luck on your journey and remember, that **Anything is possible!** ☺

Best Wishes

Ole Gabrielsen

The Attunement Process

The attunement process is very simple. In fact, all you do is ask your higher self to receive the wanted attunement, ex. Reiki 1. Then you will receive your attunement.

The higher self is a part of you or you could say, that you are a part of your higher self. It is a part that is in contact with everything that exists. On the plane of the higher self, nothing is separated. Everything is perceived as ONE.

So this Higher Self knows everything about your past, present and of the choices that are going to come. Sometime not so far into the future, we will merge with this Higher Self, and become ONE with it. So who is better suited to attune you, than your Higher Self? ☺

Lets say that you would like to attune yourself into Reiki 1. Find a quiet spot, where you will not be disturbed (even though it would not conflict with the attunement, if you actually were disturbed).

Mentally say to your higher self: “I ask that I may be attuned for the Reiki 1 attunement”

Wait 7 minutes and the attunement is complete. That's it! Anyone can do this. Why shouldn't you? It's not only a “few chosen ones” that can pass this on or take down attunements.

The most common feeling during attunements is tingling sensations in hands and/or in the body.

You will notice, that I have written the course notes, as if you were being attuned by me. Just adjust the sentences to your need. If you, as an example, would attune yourself into Kundalini Reiki 1, just say mentally “I ask that I may be attuned for the Kundalini Reiki 1 attunement”.

A word about Reiki symbols

I have not included any Reiki symbols in this e-book. When I first started out using Reiki, I used the symbols. Pretty soon I discovered, that I didn't need to use them at all. I was shown, by my spirit guides, that using symbols is like a phone with pre-encoded numbers. Pressing 1 button dials the whole number... its like a short cut. I found out, that if I just intended to use EVERYTHING that I had in me, the person that received the healing, would get all he or she needed. No more no less. From that time I stopped using symbols. And from that time, the energy became stronger. I think its because I just relaxed, and had faith in, that everything was just fine, and that the person would receive the healing needed...

Kundalini Reiki

Possibly the simplest healing and self-development system that exists!

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

What is Reiki?

Reiki means “Universal life energy”. You can have access to Reiki via “attunement”. During attunement, different energy centres (Chakras) and energy channels are opened/strengthened. This way you can have access to this energy and channel it through your hands. You can then “switch on” the energy, just by intention. Reiki can also be used on animals, plants, water etc. Furthermore, it is possible to accelerate your personal development process drastically by opening the Kundalini.

What is Kundalini?

Basically, Kundalini means that certain healing channels and chakras have been opened, and you have thereby gained access to the Earth's 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.

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.

Kundalini Reiki 1-2-3 are taken as remote, long-distance courses. There is no difference in the quality of attunements whether done "hands-on" or as a remote, long-distance attunement.

Kundalini Reiki 1 : The first attunement opens the healing channels to allow channelling of Reiki energy. At the same time you are prepared for the Kundalini awakening in Kundalini Reiki 2. The Crown, Heart and hand chakras are opened/strengthened. You are taught to perform a complete healing treatment and to heal remotely from a distance. Kundalini Reiki 1 is the equivalent of the USUI Reiki 1-2-3 attunements. Course notes: 3 A4 pages.

Kundalini Reiki 2: The Reiki channels are strengthened. The Kundalini awakening, where the main energy channel opens gently and surely, alighting the Kundalini "fire", reaches the minimum Solar Plexus chakra, preparing for the full Kundalini rising in Kundalini Reiki 3. 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/energy. In this way, all the chakras/energy systems are enlightened and a cleansing takes place. Course notes: 1 A4 page.
(Minimum 2 days after Kundalini Reiki 1)

Kundalini Reiki 3 (Kundalini Reiki Master): The previous attunements are strengthened and the Throat, Solar Plexus, Hara and Root Chakras are opened. The Kundalini "fire" is strengthened and reaches up and out of the Crown chakra - full rising of the Kundalini takes place. You are taught to attune Crystals and other objects, so that they act as Reiki channels. **Extra included attunements:** 1 - Balance, 2 - Diamond Reiki, 3 - Crystalline Reiki, 4 - DNA Reiki, 5 - Birth trauma Reiki, 6 - Location Reiki, 7 - Past Life Reiki. You are also taught to pass on Kundalini Reiki 1-2-3. Course notes: 3 A4 pages.
(Minimum 10 days after Kundalini Reiki 2)

Each attunement takes approx. 25 minutes.

SEE FILE: Before Kundalini Reiki 1 Attunement

SEE FILE: After Kundalini Reiki 1 Attunement

An opening and cleansing of the Crown chakra, the Heart chakra, the energy channels of the hands, the hand chakras and the main energy channel, which runs from the Root chakra to the Crown chakra, is performed as a preparation to the Kundalini awakening in Kundalini Reiki 2.

SEE FILE: After Kundalini Reiki 2 attunement

The Kundalini Reiki 1 attunement is strengthened. The Third eye chakra is opened. The Kundalini is awakened. The Kundalini energy is continuously released out of the Crown chakra.

SEE FILE: After Kundalini Reiki 3

Previous attunements are strengthened; all chakras are opened and strengthened. All channels are enlarged. Kundalini “fire” is reaching Crown chakra and bursting out of this.

Notes for Kundalini Reiki Attunement

1. Attunement

First, try looking on the web page at www.kundalini-reiki.com. Here you can get a clearer picture of what actually happens during the attunement procedure, as it is the attunement process that is the most important in Kundalini Reiki. It is imperative in Kundalini Reiki, that all of the preparations are completed, before the Kundalini flame is lit.

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.

Once the Kundalini flame is lit in Kundalini Reiki 2, all of the main/primary chakras and the energy channels will be cleared and opened.

2. Healing

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

1. Lay your hands on the patient's shoulders.
2. Clear your thoughts and think to yourself "Reiki" (after Kundalini Reiki 2 you should think "Kundalini 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 Patient.

In this way the patient 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 healing:

1. Visualize the patient, or the patient's name in the palm of your hand. Then place your palms together.
2. Clear your thoughts and think to yourself "Reiki" (after Kundalini Reiki 2 you should think "Kundalini 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 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 patient.

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 once every 14 days.

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.

Good luck!

Warmest regards

Ole Gabrielsen,

e-mail: ole@solamere.dk

Notes for Kundalini Reiki 2

1. Healing

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

2. Kundalini Reiki Meditation

Now you can take part in a specific meditation that helps the rinsing/cleansing process. The meditation takes about 5 minutes. It will enhance and strengthen your Kundalini fire/energy. 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 minutes later. Just relax and enjoy the energy.

You should use this meditation every day (max. once a day!), to get the greatest effect from your rinsing/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.

Good luck and enjoy!

Notes for Kundalini Reiki 3 Attunement

Extra Attunements

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 patient. 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. It is only necessary to give one treatment per person.

DNA Reiki: This strengthens the ability to heal DNA strands (our blue print). We can now go in and heal negative inherited genetics and diseases. You will 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 together for 30 seconds. This starts the balancing of your complete energy system. It takes around an hour and should only be done once a day.

The Treatments

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 patient can come the next day or at a later time, a Crystalline healing.

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 attune several people at the same time.

Example of the attunement: (to your higher self) "I ask that (name) may be attuned at (time) on (date) in his/her time zone for Kundalini Reiki (level)"

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 healing techniques are included, so you don't need to ask for individual attunements, they will come automatically.

When you are initiating people into Kundalini Reiki 2, it is a good idea to let the participants feel the area 40cm over each other's heads before and after the attunement. In this way they will be able to feel the difference between the active and inactive Kundalini flame.

Children should be a minimum of 8 years old before attuning them to Kundalini Reiki.

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.

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.

Good luck and happy healing!

Kundalini Reiki Booster 1-2-3

(Or Kundalini Reiki 4-5-6)

Prerequisite: Kundalini Reiki 1-2-3

Each of these attunements strengthens the previously received attunements: Kundalini Reiki 1-2-3. With each step all chakras, the main energy channel and the channels to the hands are widened and strengthened. After Kundalini Reiki Booster 3, your power to channel Reiki will have been increased approx. 100 percent! You will also be able to pass on the Kundalini Reiki Booster 1-2-3 Attunements.

Each attunement takes approx. 25 minutes.

Notes for Kundalini Reiki Booster 3 Attunement

How to pass on Kundalini Reiki Boosters Attunements

It is very simple to pass on the Kundalini Reiki Boosters attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) "I ask that (name) may be Attuned in Kundalini Reiki Booster 2"

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

Good luck and happy healing!

Kundalini Reiki Booster 4-5-6

(Or Kundalini Reiki 7-8-9)

Each of these attunements strengthens the previously received attunements: Kundalini Reiki 1-6. With each step all chakras, the main energy channel and the channels to the hands are widened and strengthened. After Kundalini Reiki Booster 6, your power to channel Reiki will have been increased approx. 300 percent! You will also be able to pass on the Kundalini Reiki Booster 4-5-6 Attunements.

Each attunement takes approx. 25 minutes.

Notes for Kundalini Reiki Booster 6 Attunement

How to pass on Kundalini Reiki Boosters Attunements

It is very simple to pass on the Kundalini Reiki Boosters attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) “I ask that (name) may be
Attuned in Kundalini Reiki Booster 4”

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

Good luck and happy healing!