



PREPARING FOR A REIKI ATTUNEMENT

A Reiki attunement is a process of empowerment that opens your crown, heart, and palm chakras. During the attunement, your chakras will be cleared and balanced energetically and you will be connected to the source of Universal Life Force Energy. During and after the attunement, your physical and emotional body will clear and open energetically to bring in the Reiki energy.

In order to improve the results you receive during the attunement, a process of cleansing is recommended. Reiki often begins to work with us once we make the commitment to take the class. The week prior to class often sees Reiki touching our lives in ways such as changes in mental attitudes, relationships, health or other issues. Actively working with this process can allow the attunement energies to work more efficiently and create greater benefits for you.

THE FOLLOWING STEPS ARE OPTIONAL! Follow them if you feel guided to.

1. Eat lightly for three days prior to the attunement. Avoid red meat (organic chicken or fish is ok.) Increase your consumption of water, fruits, and vegetables.
2. Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous and endocrine systems. Consume no caffeine drinks on the morning of the attunement (decaf is ok.)
3. Consume no alcoholic beverages for at least three days prior to the attunement.
4. Minimize or stop using sweets. Eat no chocolate.
5. If you smoke cut back and smoke as little as possible on the day of the attunement.
6. Meditate for 15-30 minutes a day the week before the attunement, using a style you are familiar with or simply spend time in silence or being alone.
7. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.
8. Spend time outside. Go for quiet walks, spend time with nature, and get moderate exercise.
9. Give more attention to the subtle impressions and sensations within and around you.
10. Spend time with yourself. Honor who you are. Take warm baths and relax as much as possible.

Adapted from "Reiki: The Healing Touch First and Second Degree Manual"
by William Lee Rand

Rev. 10/06