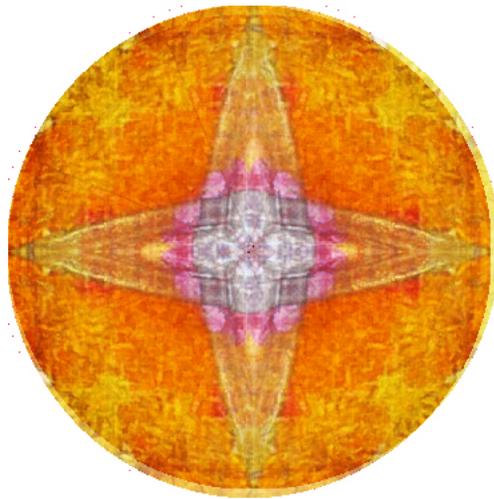


Reiki I Healing Course

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With
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Unit 2

Reiki Attunements

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Ways to Use Reiki After First Degree Attunements

Once you have been attuned, Reiki will flow through your hands whenever you touch with the intention of healing or helping. When you have received the four First Degree attunements, you will have this ability for life. You will literally be able to supercharge your life with the power of the Universal Life Force Energy so go ahead and be creative. Here are some examples of how you can use this potent energy.

You can Reiki -

- ***Yourself***
- ***Other people*** (adults and children) who are: injured, ill or stressed, well, and want to change/grow.
- ***Babies***, including in the womb.
- ***Animals and birds.***
- ***Plants and trees.***
- ***Seeds***, pre-germination.
- ***Water***, for drinking, watering plants, bathing.
- ***Food*** and problems with food.

USE YOUR IMAGINATION AND EXPERIMENT.

If people are ill, Reiki can be safely used in combination with orthodox medical care, and accelerates healing.

It also combines well with many alternative therapies, such as massage, reflexology, kinesiology, metamorphic technique, and will increase their effectiveness.

Certain people may find, with regular Reiki treatments, that their dependence on medication may be reduced. For example, a diabetes dependence on insulin may be reduced, so the dose may need adjusting. It is as well to warn people of this possibility.

Some Reiki Masters indicate that Reiki may disturb pacemakers. The Reiki practitioner needs to find out if the recipient has a pacemaker and to watch for any signs of disturbance.

First Degree Attunements

The attunement to the Reiki energy is carried out in four traditional sacred ceremonies during which an inner healing channel is opened up to attune you to the flow of Reiki energy, in other words, channel greater quantities of Life Force Energy.

The four attunements raise the vibratory rate of the four upper energy centres, or chakras, on the etheric level.

1. The heart and thymus gland and the heart chakra.
2. The thyroid gland and the throat chakra.
3. The pituitary and hypothalamus gland and the third eye.
4. The crown chakra and the pineal gland and seals the channel open.

While these four chakras are the only ones directly involved in opening the channels to receive and channel Reiki it is essential that the whole energy system is aligned and a special symbol is used during the attunements to open and gently balance the three lower chakras.

Once attuned to Reiki you can never lose it, and even if you do not use it for many years it is there when you need it.

Experiencing the attunements can affect each person differently and may be especially moving for some people. You will receive an expansion of energy and conscious awareness during these attunements.

Traditionally following the attunements there is a 21-day period of cleansing and clearing though if you have followed my suggestions for the physical preparation and have used EmoTrance to clear your energy system of blocks and disturbances you will probably not even notice this happening.

You may find a temporary exacerbation of health conditions, or that situations at home or at work get more difficult for a while. Some say this is to enable you to clear away problems in yourself and your environment, so that you can do your work more effectively. I think it is more likely that your fresh energy is causing waves, stirring up the muddy residue in the pond temporarily, and will soon settle as you begin to assimilate the energy and your new ways of feeling and

being.

When you have Reiki, you have a resource to help heal your body and your relationships, at work and at home. Some people find that the changes in their lives are fairly extensive. Don't try to make things happen. The Divine energy knows what you need and the changes, if they are necessary, will come to you out of life itself.

Preparing for your First Degree Reiki Attunements

It is very important to prepare for the attunements and in compiling this course I have dug deep into my own experiences and reactions on receiving all three levels of attunement.

As you will have read in my background history when I first received Reiki I was hell-bent on healing my daughter, nothing was going to stand in my way, but that first lesson was so important to me and one many take a long time to learn, you cannot force anyone to heal, it is always up to them and it is not a failure on your part if miraculous recovery does not always occur.

Another aspect to the attunements I always found very difficult was the effect they had on me physically. After my Master attunement I was ill for many months. The clearing that occurred was phenomenal and showed me how unprepared I was for the experience both physically and emotionally which is something I would like to prevent for you by teaching you a technique that will simply and effectively remove all blockages from your energy system prior to your attunements.

So the first step is emotional clearing, which you will achieve using EmoTrance.

EmoTrance

EmoTrance is a fantastically easy technique I had the pleasure of co-creating.

The basic premise is that all energy wants to flow, needs to flow, and that disturbances, feelings in our energy field, our bodies, are simply indicators of how we are doing. Nothing more than that.

When we feel as if we have been kicked in the stomach when told bad news that is just our energy system responding. If we let the energy of that bad news flow out and away, as nature intended, we would not retain that bad feeling, or feel it again when we remembered that same news at a later date.

Exercise 1

Try it now. Think of something that would make you feel bad, or use -

I am a failure

if that will work for you, and write it down on a piece of paper.

Now notice where you feel that in your body, place your hands there, and now soften that feeling and with your intention, as intention alone moves energy, decide to move that energy out of your body. Now watch where that energy starts to flow, notice where that channel is.

There is a natural exit point for that energy to leave your body, so just notice where that is as the energy smoothly, easily and cleanly flows out of your body.

When you feel the energy has completely gone look at the paper again and let that feeling flow in and out once again. Now make it quicker, energy in and out, in and out, until it is really zipping through you.

When you end up feeling a lightness, to some a tingling, and when you are laughing as it flows quickly through you, then you have reached the energized end state. A marvellous feeling that once experienced, with even your worst fears, makes you invincible!

Now give yourself a big pat on the back, go off and have a glass of water, walk about a bit, before we start the next exercise.

Identifying and Removing Emotional Blocks

Exercise 2

Now I want you to think of any resistance or blocks you may have to realizing your full potential as a healer. These may include things like

I'm not clever enough.

I'm not committed enough.

I don't have the sensitivity.

Really try and cover as many things as possible that you think stand in your way of being an effective healer.

If you are having difficulty with this try looking to your Creative Template, that perfect being that you are, really see that person in front of you, connect with them. Get a real sense of what that person is about, their strength, power, wisdom and knowing. This is the true you, how you were born.

Now ask, what is that person not like?

When I look at mine I notice she is fearless, she is confident, she holds her head high, has an ethereal quality about her and seems to have access to wisdom and knowledge she thought unknowable to her. She also has a most glorious smile that even now when I get a little confused I just look to and smile myself.

It's interesting that the qualities people often see in their Creative Templates are the very same ones that they don't think they have or have problems with.

So if I was doing this exercise now I might say

I am scared.

I have no confidence.

I'm stupid.

Write down yours now.

The next step is to take each one and EmoTrance it through until it runs cleanly and flows in and out smoothly.

Say the first statement to yourself.

Identify where in your body you feel that, Show me with your hands.

Soften and flow that energy right out of your body.

Remember - It's only an energy, it WANTS to flow.

If you have problems moving the feeling, imagine it being a block of ice that is slowly melting with the touch of your hand and flowing easily. We only use the metaphor of water with EmoTrance to prevent getting caught up in all sorts of unhelpful imaginings that slow the process.

Now say it again and do the same thing again.

Show me with your hands.

Soften and flow.

It's only an energy!

Keep going, now faster, let it really zip through you until you are laughing.

And that's EmoTrance!

Carry on like this down your entire list until all your blocks and all resistance is removed and the very thought that you would have such ideas about yourself just seems ridiculous and highly amusing!

I Am A Healer

Exercise 3

It's not only negative emotions that can cause us pain, we can suffer just as much when positive energy is thrown our way.

Consider for a moment if I said to you

You are beautiful!

How does that make you feel?

Now I appreciate that that may not have the same impact as someone you love and respect looking you straight in the eyes and saying that to you but try and imagine how that would feel, if you haven't had a response already that is.

So now EmoTrance that feeling through, really let it go. There is no advantage to holding on to good feelings either, releasing them allows even more to come your way!

Try these two as well –

I am perfect just the way I am.

The universe loves and supports me, always.

This is not the same as affirmations, you are not trying to convince yourself of anything, you are simply sucking in the energy of these states and allowing the experience to become part of your energy matrix.

This is the underlying idea of energy nutrition, the applications of which are countless.

In fact using EmoTrance when saying affirmations is far more effective and well worth having a go at, you will be very pleasantly surprised with the results.

For the final part of this exercise I want you to focus on the following statement and really observe any feelings you have in response to -

I am a Healer

Say this out loud to yourself, looking in a mirror, and now EmoTrance that through, softening and flowing the energy until it runs really smoothly and there is no residue left. Really run that through quickly until you are beaming at yourself as you are saying it,

Yes! I am a Healer!

Physical and Mental Preparation

For at least three days, ideally a week, before your attunement I would like you to:

1. Reduce your caffeine, nicotine and alcohol intake.
2. Eat plenty of fresh fruit and vegetables and cut right back on meat, a little fish is fine.
3. Increase the amount of water you drink, a couple of extra glasses a day will be sufficient.
4. Go to bed early.
5. Spend some time walking in nature.
6. Meditate. You can use the Reiki Meditation mp3 for this. The powerful induction has been designed to clear essential channels and assist the energy body for the great changes to come. Daily use before and after your attunements will greatly assist your transition and deepen your alignment with your Higher Purpose.

The above measures will prepare your body and mind for the profound changes that are about to occur and will prevent any slightly uncomfortable symptoms of detoxing such as a mild headache or nausea. If these do happen simply rest as much as possible and drink more water than usual.

And remember from the moment you send me your name for the attunements (see below) you are being sent daily distant healing to assist and support you in this process which will considerably reduce any side effects and will enhance your experience.

Notes for Using the Reiki Meditation

Please do not listen to the meditation while driving or operating machinery. I recommend you load it onto your phone or iPod and listen while lying down. The induction is left open ended so you can just drift off to sleep.

The meditation is not only relaxing but also powerfully aligns your energy system and can be used daily when you need to take time out or on those occasions when you get overwhelmed and need reminding who you really are!

When Will I Be Attuned?

Your attunements will take place one week after you have emailed me your name and location. You can do this from within the app or directly by email to nicolaquinn@gmail.com. Please let me know your full name and town and country where you live and use the Subject line – Reiki 1 attunements.

You will receive four powerful attunements 12 hours apart.

It is not necessary for you to do anything particular at these times and it is quite alright to carry on with your everyday activities. However, you may get a sense of a presence or feel a slightly ruffling of your crown chakra so please just be aware of this and welcome any feelings you experience at that time.

You cannot do anything wrong to interfere with the process though many prefer to take some quiet time during this period and consciously open themselves to receiving Reiki into their lives.

If you have any questions please mail me.

Second Degree Attunements

Reiki II attunements take your Reiki to a whole new level and open out the frequencies and vibrations that you work with.

There are three symbols that you will be taught and attuned to use.

- 1 The Power Symbol
- 2 The Distant Healing Symbol
- 3 The Mental Healing Symbol

The Power Symbol doubles your Reiki and also adds a new dimension to your healing, one of deep and lasting reverence and power.

The Power Symbol also unlocks the two other symbols and enables pin-point focus as they are transmitted to the recipient.

If you are going to be healing a lot of people, and not just yourself and family, I highly recommend taking Reiki II as it not only moves to the core of the problem and resolves it quicker but also speeds your own journey to peace and health as you are also receiving a full Reiki treatment every time you treat another.

Using the Reiki Symbols also adds an element of the sacred as your treatments become more and more like blessed rituals completely aligned with the will of All That Is.

Unit 2 Review

In this Unit I have outlined ways to prepare yourself physically, emotionally and mentally for your attunements so you may gain the most benefit while reducing discomfort to a minimum.

If you feel resistance to any of the suggestions, show me now, with your hands, where is that resistance in your body?

Now EmoTrance that feeling out and away, soften and flow, and notice how you feel about it now.

And remember, EmoTrance is effective in all aspects of your life and contributes to overall balance and also makes you invincible as you are now able to treat triumph and failure just the same!

In the next Unit we will be covering the essentials of giving Reiki to yourself and others together with useful points to consider before and during treatments.