



Attunements Demystified

Reiki Rays



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Attunement Ritual, Attunement Tips,
Healing Crisis, Attunement Misconceptions and more

Table of Contents

What are Attunements All About?	4
The Attunement Ritual.....	7
Seven Attunement Tips for Reiki Teachers.....	9
Guided Meditation for After a Reiki Attunement.....	12
Attunement Triggers Healing Crisis	14
Psychic Ability after Reiki Attunement.....	16
Misconceptions of the Attunement Process.....	18
Assimilating an Attunement	22
<i>About the Authors</i>	24

What are Attunements All About?

By Angie Webster

One of the most strange and mysterious things about Reiki to those first investigating it is the attunement process. Even the word “**attunement**” leaves a bit of mystery. It sounds like a vague and unknown thing that is impossible to wrap the mind around because there is nothing in the experience to compare it to. This can even make it seem a little scary to some. So let’s explore the attunement and bring some understanding to what it is, what it does, how it feels and what happens afterward.



An attunement is a part of the Reiki training process. It is something that only a Reiki Master is trained to do. The process can be seen as accomplishing two things. One is to do a very intense healing on the recipient, which goes very deeply into the energy channels, opening and clearing them. This makes way for rapid healing to begin for the newly attuned Reiki practitioner. Opening and clearing these energy channels not only allows for a greater healing, it allows for the Reiki energy to flow more freely through them, so that the recipient of the attunement will now freely receive Reiki at all times, particularly when intending to receive it, and will also allow Reiki to transmit through them, flowing more easily through these energy channels.

We all have Universal Energy flowing through us and around us. It is everywhere, in fact. The Reiki attunement allows us to open up to this energy and become more aware of it than we normally are. It literally attunes us to it. When we come into the world as infants, we are much more in tune with this energy and as we become habitualized to this world, we lose the awareness of it. A Reiki attunement helps us to open our awareness to it.

Most people who have a Reiki attunement, even at the first level, can feel the energy flowing through their body, their hands, and sometimes their feet right away, sometimes even as the attunement is being done. This doesn’t happen to everyone and a few only report minor sensations or none at all. They may not feel the energy flowing through them, but when they practice Reiki on

another, they will be told that the energy is felt and shifts will be seen. In doing Reiki self-treatment after an attunement, even the newly attuned will feel peace, even if they don't feel a lot of heat or other sensations coming from their hands. The perception of the sensations are somewhat different for everyone and will vary from session to session, which is normal.

During the attunement, the Reiki Master will ask you to close your eyes and become still and prayerful or meditative, looking within yourself for the meaning and symbolism of the process to you. You may be asked to focus on your breath and to notice your center. The Master will then draw symbols which represent various healing energies, such as the power of love, harmony, the Unity of All or God with us, and one that helps to dissolve the illusion of time and space. These will be drawn in your aura and on your hands. There are some slight variations aside from this in the ways that different Masters do an attunement, so these are only the basics, not the entire process. Most Masters begin and end the process with a brief prayer or intention, which may or may not be spoken aloud.

People experience various different things during an attunement and your experience will be your own. Whatever you experience is exactly what is appropriate for you at the time. Don't get concerned about comparing with others or with what you read on the internet. Many people feel sensations of heat or tingling or of vibration rising up their spine or flowing down from the crown to the base of the spine or the feet. Some feel their hands grow hot. Many see colors or have visions. A few hear sounds such as music or bells or angelic voices. There are many possibilities. It is a rather profound and moving experience for many.

In the days after an attunement, many people have a healing response, often referred to as a healing crisis. This can last for up to two or three weeks, fluctuating in the symptoms and severity, and many teachers will teach that you should expect it to last 21 days. In truth, it varies from person to person and from one attunement to the next. Some people have no healing response at all, for some it is very mild, others are very sick for the first day or two with flu-like symptoms and then feel a lot better, with only mild emotional fluctuations for a week or two after that. For some, the healing response is almost entirely emotional, with emotions arising and releasing, maybe with crying spells or anger coming out and releasing. It may be gentle or not. It is best to simply observe and let the energies pass, journaling and processing as needed. Nearly everyone will notice that their life changes in some way after an attunement, even if it is only that their responses to things shift. Keeping a

journal in the weeks after and attunement can help you track the process and is very interesting to look back on later, even if the changes seen mild or insignificant at the time.

The Attunement Ritual

By Deborah Lloyd

Have you ever wondered why the attunement process has so many steps? It took me many hours of practice to get all the steps down, in the right order, to prepare for my first class as a Reiki Master. Often, I wondered why it had to be so complicated! Does Spirit really need this whole process to give someone the gift of being a Reiki practitioner?

The answer came to me one day. The attunement process is for the student – and for me – not for Spirit. Spirit does not need it, but we do!

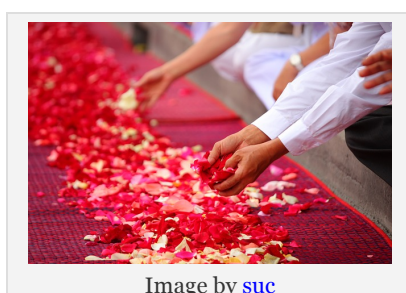


Image by [suc](#)

The attunement process is a ritual, and the lives of human beings are filled with rituals. A couple falls in love, spend much time together for months or years, and then expend many hours of planning, and money, for their wedding day. Why? The marriage ceremony is a ritual full of special meaning. A couple declares to each other, and to family and friends, a lifelong commitment to honor and love each other. Similarly, levels of education end with a graduation ritual; employees retire with the going-away party; even our birthdays and anniversaries are marked with ritualistic activities.

Rituals appear in every culture and belief system. Recently, a young client reported to me she greatly disliked the traditional religion of her youth as the service was always the same, long and boring affair. Then, she stated she had found a new pagan practice that had many ceremonial aspects. Soon, she started to laugh, realizing how she had rejected one set of ritualistic practices for another! We continued the discussion, and she recognized there are always beliefs underlying ritual practices. She now practiced ceremony in accordance with her core beliefs. While the rituals had similarities, the reasons for the acts were not the same.

Rituals can be powerful, sacred ceremonies; each ritual generates an unique energy to those participating in it. Rituals mark an end to a particular phase of our lives, and the beginning of a new one. Gone is an old way of being, with

many new possibilities ahead of us - that is certainly true of the Reiki attunement process. Gone are old beliefs that healing is not possible, that there is nothing that can change this physical, emotional or spiritual issue. Gone are old paradigms that never worked in the first place.

Many people have asked me what actually happens during the attunement process. My answer, as I was trained to answer, is we keep the process secret, to maintain the sacredness of the event. I reply that the Universe works in opening the student's channels to energy healing. There is truth in that statement, for sure. Perhaps, the main reason it is a secret is it would be very difficult to explain how a series of steps can have such a large impact on someone's ability to bring healing to others and self. It is one of those mysteries of life, and it is one of those mysteries that we need to accept, on faith. There is no simple, logical explanation.

That is the true beauty of ritual. This element of mystery is much deeper than our humanistic level of understanding. As always, we express gratitude for the mystery of the Reiki attunement process.

Seven Attunement Tips for Reiki Teachers

By Haripriya Suraj

The main purpose of the Reiki attunement is to activate the innate healing ability of the individual. But it is often so much more than that. Every time I attune someone, I experience a positive internal shift myself. Over time, I have grown to love giving Reiki attunements. Every attunement experience has been different. But what has been common to all is that I have benefitted as much from the ritual as the people getting attuned. Our vocabulary does not have the words that can describe the beauty of a Reiki attunement. In the early days of my practice, I did the attunements exactly as I had learnt them. I rehearsed the steps and practised tirelessly before I started offering them to others. With time though, I began to let the creative wisdom of my heart into the process. This decision changed the quality of the attunements being offered.

If you are a Reiki Master who attunes people, the following **tips** may help you offer the best to everyone who gets attuned by you.

1. Create a Divine Healing Space

It would be good to prepare a special space for the attunements. This is something many of you would be doing already. But for those who are new, it may help you to know that candles, lamps, incense, music, pictures of Higher Beings and the like invite pure loving energy into your attunement space and render it ready for the next step. Ensure the space is physically clean as well.

2. Surrender to the Heart

Do the attunement from your heart. Reiki teachers put in time and effort to learn the steps of offering an attunement. This is no doubt important. But once we are thorough with the steps, it is more important for us to surrender to the process and flow with the experience. If we are too focused on the steps alone, we would be operating from the mind. The best attunements happen from the heart centre. Use your mind to the extent necessary but allow your heart to take the lead. You will then create a more loving space. The heart is not as forceful as the mind. So, unless you are in a state of surrender, you will not be able to tune into the wisdom of your heart centre.

3. Trust your Intuition

Let go of the need to be mechanical and attune everyone the same way. You must certainly follow all the steps of offering an attunement but it is OK to add a dash of guided creativity along the way. If in the midst of an attunement, you intuitively feel that you must do something differently, trust your intuition and do it. Every person receiving an attunement is different and they may benefit more when they are attuned in a way that they need it. Remember you are tuned in to very high frequencies when you give an attunement. So, any positive guidance you receive during the process can be safely followed.

4. Call in Higher Beings

The Reiki attunement is always graced by Higher Beings such as Ascended Masters, Reiki Guides, Spirit Guides, Archangels and Angels. Make a conscious connection with these Beings before the attunement. Request them to do the attunement through you. That way you can truly let go and flow with the experience. This will bring in more energies of love and raise the vibration of the space to much higher levels.

5. Take your time

Do not rush through the attunement. It is perfectly possible to effectively complete an attunement in as less as five minutes. But when you take your time and really put your heart and soul into every step, it takes on a different quality. This may take a few minutes more of your time but is totally worth it. No matter how many people you may have attuned already, do every attunement like you are doing it for the very first time. Connect with the learner from your heart and be very aware as you perform the attunement.

6. Allow Time for Integration

Once attuned, allow the new Reiki channel to integrate the energies and the entire experience. Rather than have them return to the happenings of the class immediately, give them ten minutes or so to relax and absorb the energies.

7. Meditate

Before you resume the class, spend a few minutes in meditation. This will help you integrate the experience and allow the high vibrations generated during the ritual to work on you. This practice brings in a deep sense of calm and

helps you get closer to your Higher Self. Feel gratitude for this blessed opportunity.

These tips apply in the case of in person as well as distant attunements. In case of distant attunements, do the attunement exactly like you would if your client were present in person, because your client is truly with you in spirit. If you have a large number of people enrolled in a class, it may not be practically possible for you to spend a lot of time doing personalised attunements. The fewer the number you accommodate in each class, the more time you will have to offer the best. Every attunement we do is a great blessing for us. It gives us yet another opportunity to reconnect with our Higher Self and to consciously experience our innate state of love, peace and bliss.

Love and Light!

Guided Meditation for After a Reiki Attunement

By Justine Melton

Anyone who has gone through a Reiki Attunement knows that it brings on a 21 day cleanse. During this time you may feel a great release and feel light and joyous. It is also possible that you may feel all sorts of things, experience flu like symptoms and in more serious cases may even go through a healing crisis. Some people may experience a mix of both high and low feelings and go back and forth between the two. My experience consisted of an assortment of different symptoms and a deep purging of toxins with each attunement I received. Basically, I got to experience the stomach flu with all 3 of my attunements! 😊

After an attunement it is very important to take good care of yourself. Make sure to get out and exercise, drink a lot of water, take a salt bath, practice daily self-reiki, meditate and most of all listen to your body. During this time notice if any colors speak out to you. Colors have amazing healing properties and can add a special extra touch to your Reiki sessions.

Once I became a Reiki Master I was guided to start recommending the use of the color blue after a Reiki attunement. The color blue is a wonderful healing color, eases stress, helps with grounding and cools down inflammation.



Image by [Minhimalism](#)

Here is a simple guided meditation with the color blue that is perfect for the 21 days after a Reiki attunement...

1. Begin by Reiki-ing the space that you will be doing your meditation session in. I like to use the Master symbol but use whatever calls out to you!
2. Turn on some relaxing, soft music that will help you more easily get into the zone.
3. Light a candle that helps you relax. Blue or white are recommended here but if something else speaks out to you go with your gut. This is about healing YOU after all and not what may be best for someone else.

4. Lay down in your space and close your eyes. Spend two min allowing yourself to just slowly breathe. Concentrate on your breathing and notice how your chest slowly fills up and then slowly empties with each breath.
5. Picture a big ball of crystal blue light hovering right above your body. Let this blue ball of light slowly fill the entire room with its healing energy. Visualize the blue light expanding out into every corner of your space.
6. Allow yourself over a period of five min to then slowly breathe this light in and out. With each inhale imagine the blue light coming into your body full of healing energy. With each exhale imagine the blue light carrying away anything that is bothering you.
7. After this step picture a glass pitcher filled with over flowing blue light above you. Imagine your spirit guide or angel holding this pitcher and gently pouring this blue light over you, starting at your head and slowly going down to your feet. The blue light gently and slowly washes over you just like water. Allow yourself to feel this blue light that is like refreshing water to wash over you for a good five min. Imagine that all that is troubling you washes away as the light passes over you.
8. Pay attention to any messages you may feel you are getting from your angel/spirit guide or source during this time. You may be surprised at what transforming thoughts come to you.
9. At this point picture that a loving ball of blue healing light moves over to you and then surrounds you like a soft bubble. Imagine that it is there to stay for the rest of your day. It is protecting you, healing you, and surrounding you with loving healing energy. At this time open your eyes and be grateful for the healing you just received with the help of the color blue.
10. Lastly, ground yourself with the version of the Reiki grounding symbol you were taught.

This meditation can be done at any time you feel that you need to heal or relax.

Wishing you all love and light.

Attunement Triggers Healing Crisis

By Angie Webster

Lots of people believe that once they are attuned to Reiki they will never be sick for very long again. They think they will be able to heal themselves from any illness they previously struggled with, no matter how long it went on. I thought this as well. The truth is, many people who are led to Reiki have a long history of being ill or of dealing with repeated loss or abuse in their life. I think perhaps some of them are guided to Reiki to help them learn to heal these patterns of illness and dysfunction.

But part of the learning process with Reiki is to learn that healing does not mean the same as cure. And healing rarely happens overnight and it almost never happens the way our logical minds plan for it. Healing is a messy process and it is not passive. Receiving Reiki is passive, but the healing itself is never passive. Inner work is done and shifts take place in the life of the person being healed. This is often a very uncomfortable process. And it can look and feel an awful lot like being very, very sick.

I often think of this the same way as I think of spring cleaning. You clean out a closet, a cabinet, a drawer or even a crowded, cluttered and messy room, filled with junk. When you do this, you have to pull all that junk out. It makes a huge mess all over your house. It looks terrible for a while and you may wonder what you got yourself into. It takes careful sorting through all the clutter and wiping all the dust out from the rooms, closets, and drawers of your house before you finally have a lovely, fresh smelling and tidy home again. It's well worth the work when you keep at it. If you stop in the middle or become disgusted and shove it all back in the closet, then you are left with the same mess you started with or worse.

I think the attunement process can often trigger a very long term healing crisis for some of us. It's a process and it comes in cycles. Particularly when we have had many years of illness or dysfunction in our lives, we must allow time for these layers to peel away. It took many years for them to build up and our system has stored many memories of the traumas associated with these things. All of these must be cleared out. Letting go of these and forming new patterns can be very painful, even though it sounds as though it should be a joyful thing.

To change our lives, we must allow room for things to be shaken up, just like our house during spring-cleaning. The Universe will bring into our lives just what we need, and when we open to it, we don't resist the changes or the lessons they bring. It doesn't mean there will not be discomfort, but remember births almost always bring a healthy level of discomfort with them!

If you have had more upheaval or illness in your life since becoming attuned, try taking a new look at the possibilities surrounding why that may be. Allow yourself to grieve each layer of the old life that lifts away from you. Understand the fear that comes with facing new things, even things you wish for. Ask for guidance from the Universe and your angels and guides. Ask for peace and don't forget to keep doing self-Reiki every day!

Psychic Ability after Reiki Attunement

By Rinku Patel

Everyone has some sort of psychic ability which they call intuition or gut feelings. Psychic awareness differs from person to person. Reiki can allow you to enhance your psychic awareness and removes blockages. It does not mean all Reiki practitioners have great psychic abilities. When the time is right in your spiritual journey, your psychic awareness will improve. There are three main types of psychic awareness: Clairaudience, Clairsentience and Clairvoyance.



Image by [Bonnybbx](#)

Clairaudience- Means clear hearing

After Reiki attunement, some people start hearing messages from their Guides and Angels very clearly. Some becomes '*medium*' who hears messages from discarnate ones (who are no more alive). Some communicates with their departed loved ones. Some evolve to higher extensions and can hear Ascended Masters. This '*hearing*' may be like actual hearing or the words appears in form of thoughts. Example- when you ask yourself a question, you get the answer even before you finish the thought. Another example is, when your thoughts converse with '*YOU*' and not '*I*'. When you are self-talking, generally '*I*' is used. When your guides or higher-self conversing, you will hear '*YOU*'.

Clairsentience- Means clear sensing

After Reiki attunement, some develops awareness of sensing subtle energies. This ability increases as their experience with Reiki increases. The people who are clairsentience can detect different layers of aura and blockages, which take their Reiki experience to another dimension. Some also develop the ability to sense the presence of their departed loved ones, spirits, entities, angels and guides.

Clairvoyance- Means see clearly

After Reiki attunement, some develops the ability of 'clear sight'. They can see auras, detect blockages in chakras and see impurities in energy field. This ability improves and develops more with Reiki experience as Reiki opens and balances the third eye. Some are so extremely clairvoyant that they can get flashes of past and future. Some can also see their angels and guides or discarnate ones.

I am not saying you can definitely develop these psychic awareness once you are attuned to Reiki. As the time elapses, you will definitely see the changes in your psychic awareness, depending how much you practice Reiki. The more you bring Reiki to your life, the more increased chances of developing above psychic abilities.

Easiest Reiki method to develop and increase your psychic awareness and intuitive power is to use Reiki symbols on your third eye/brow chakra. Your brow chakra/third eye is the base of insights, inspirations and intuitions.

Method:

- Draw CKR and SHK on both palms. Those who are attuned to DKM can draw DKM too. Draw these symbols on the third eye aura as well as on the third eye.
- Hold one palm on your forehead and other at exact level on back of the head.
- Intend that Reiki flows through third eye to increase your psychic ability for your highest good. Give Reiki for few minutes.

Do not practice this for long as you may develop headache.

Those who have set crystal grids or Reiki box, can put the intention slip in the grid/Reiki box – Draw symbols on paper and write ***“I wish to develop and enhance my psychic awareness for my highest good”***.

Meditating on master symbol DKM also increases psychic awareness.

Misconceptions of the Attunement Process

By Phillip Hawkins

Science has a habit of supporting spiritual teachings even though they may first appear to be at odds with one another. For years science and spiritual teachings were thought by many to be antagonistic yet as ignorance and fear has given way to knowledge and understanding that apparent gap has closed as we have come to realise that both science and spiritual teachings are discussing the same realities albeit in languages alien to one another. That is until quantum physics became the universal language that both the scientist and the teacher could relate to and identify with in relation to their own particular school of thought.



Spiritual teachings that were once considered no more than woolly abstract concepts are now being validated by the sciences that provide both the mathematical equations and the necessary evidence to be considered as scientific proof of spiritual truths. Teachers tell us that we are '**beings of light**' and quantum physics now confirm that all matter, including matter that makes up the human body, is itself made up of waves and particles of light.

Physicists such as Max Planck, David Bohm and J. S. Bell were able to prove that matter including the physical body doesn't exist in the way we think it does, and the concept of an '**empty space**' is an illusion, that at the heart of our universe, there are no separate parts to anything, and that everything is connected to everything else. ***This means that we do not exist 'in' a universe; we were created as part of a universe that illuminates and animates all things.***

This has far reaching implications to Reiki students and teachers alike as we must accept that given such evidence Reiki, which by our own definition is a universal energy, can't exist separate from the rest of the universe. Reiki is

part of creation and as such common sense and logic must lead us to the conclusion that we are already connected to the universe and Reiki even if we are unaware of the fact. If this is so, and quantum physics and spiritual teachings appear support one another in this conclusion you can't connect through an attunement, empowerment or otherwise what is already connected.

So what is an attunement and what purpose does it serve?

Before I offer an answer for your consideration let us take a moment to consider that there a reported 300 Reiki derivatives worldwide and I think it's reasonable to accept that the majority if not all of them will have some variations on the teaching and attunement theme as part of their training. With all of these variations there has to be a common denominator that links them all together. There is; if we accept for a moment that they are all Reiki regardless of their brand name or individual identity, then that common denominator is our attention and intention which allows us to work with the energetic connection that already exists to bring about a desired outcome in the form of raised awareness in the student. ***Not to connect but to educate.***

If we further accept that atunement's 'work' to educate with all of their variations then we must also accept that structure the atunement process isn't as important as our attention and intention which underpins the whole procedure no matter what form it takes.

It's recorded that Dr Usui would at times empower/attune his students when he was nowhere near them simply by using his attention and intention. Now we can dis-empower ourselves by saying this was Dr Usui and he was able to do things we can't do because of who he was. Or we can adopt a more pragmatic approach and simply accept that he was able to do what he did because he understood, accepted and worked with the realities discussed at the beginning of this article. Not as we may have first thought to connect his students to Reiki, but to simply make his students aware of the connection that already existed. He did this by raising their level of awareness through increased knowledge and understanding, the basis of all healing, education and awareness. As Dr Usui himself said the only person we can heal is ourselves and we do this by taking ownership for the life we lead and investing time and energy in our health and wellbeing. This we can only do when there is a shift in our level of awareness to such an extent that we are willing and

able to consider new ideas and apply that knowledge and understanding in the way we live life.

If you believe we are spiritual beings developing through a physical expression of life, then you must also accept that this connection is infinite regardless of how many transformations it may go through. If however, you believe we are mortal with an indeterminate time between our first and last breath then our physical connection to the universe begins at the moment of our conception and is reinforced at birth. Either way the connection exists; what is missing is the awareness.

So what purpose does the attunement serve?

The attunement is guided learning and a teaching aid; we all learn in different ways and to do this we need to be able to absorb information in a way that resonates with us and makes sense. Attunement's work on several levels and provides a physical experience that gives the student a point of reference; a date in their diary to refer back to and say that's when I was connected to the universe. ***The only thing it can't do is initiate a connection that already exists.***

If we can accept this train of thought then it must lead us to a natural conclusion that whatever educates the student to the connection they already have with the universe can be defined as an attunement. If on reading this you feel it is a step too far, I would ask you to consider that Dr Usui wasn't attuned or empowered by anyone. His moment of enlightenment came not in the form of an attunement but through the dawning of his own spiritual awareness. Sitting in meditation he realised it was through the existing connection that his journey of spiritual development had gained a new direction, purpose and meaning. ***It was not to connect but to understand the nature of our relationship to a universe that sustains us.***

This does not in any way dis-empower the Reiki teacher, if anything it places a greater responsibility on their shoulders to provide ongoing support, to educate and empower their students to gain a greater knowledge and understanding of their relationship with universe and the role we have chosen to play.

Healing in relation to Reiki is a by-product and was never meant to be the defining principle of what Reiki is all about. ***Reiki is and always has been a discipline of personal spiritual development.*** It's through this that

we educate and then heal ourselves. The only person we can heal is ourselves and we have neither the responsibility nor the authority to arbitrarily heal others. Educate and empower yes; so that they can take ownership and live their lives in such a way that promotes their own health and well being.

As a teacher I have a duty of care to educate and to challenge my students to think for themselves to ask questions and seek out the truth where ever that may be. To do so is not to dishonour or disrespect what has gone before but to use the established as a solid foundation from which we can gain a new perspective and raise our level of awareness, which is the basis of all personal development. The word Reiki is a label; the problem with labels is that once attached they take on a life of their own and we can then begin to identify more with the packaging instead of the content, and buy into the belief that tradition, manuals, hand positions, symbols and attunements are Reiki. ***They are not; they are a man made physical interpretations of a spiritual truth. Reiki when stripped back is a distillation of knowledge and understanding, a prerequisite for all education and healing, for without knowledge and understanding neither one would be possible.***

Attunements have their place in Reiki; they along with the rest of the students training provide a point of reference to which the student can relate to and identify as the start of their Reiki journey. As teachers we need to be able to put this timeline into context. Their Reiki journey may just be beginning but it comes not as a starting point in life but simply as a continuation of a spiritual journey that began long ago when we became a part of creation.

Are we immortal spirit or mere mortal that is for each of us to decide for knowledge and understanding never comes to us complete? ***No matter when we believe our journey began or where we think our chosen path may lead us, our destination is that of spiritual enlightenment.*** It is our home, and like the prodigal son of old it is a place that we will all return to one day.

Assimilating an Attunement

By Paula Vanderzon

When we make a vibrational shift in our energy body then our physical bodies need to also make a shift. Because our 3 Dimensional bodies are the densest part of us, it can take time for our bodies to catch up to any awareness or vibrational changes that we make. This can be a painfully slow process, but can be made smoother if we can bring awareness to what is happening.

A Reiki attunement changes the energetic vibrational state of our being. Energy centres are cleared and aligned and new vibrations of energy are channelled through us. This of course affects the physical body. We cannot make a change in one part of us and not have it affect the other parts. Our emotional, mental, spiritual and physical bodies are intricately linked; they are all separate parts of us but make up the whole. A change in one part will send a change through the other parts.



Because we are all unique individuals the assimilation process of these energy shifts can be different for everyone who has an attunement. Generally in my teaching practice, I find that students have some sort of adjustment phase after a Reiki 1 class that involves the physical body. At the extreme end this could be diarrhoea for a day (or two), runny nose, feeling tired and lethargic (so that the body can slow down and integrate the energy changes). For me personally, I remember getting tonsillitis after an attunement as my Throat chakra cleared and adjusted physically. Most people will feel only very slight changes physically. But if you do have some sort of physical clearing or adjustment after an attunement, listen to your body, slow down if you need to, and bring awareness to how awesome this is as your body is changing its vibration and integrating the energy changes.

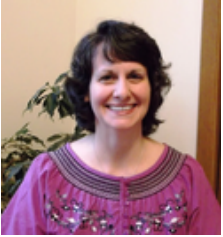

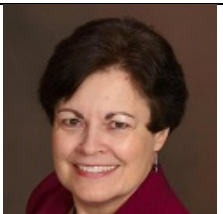

If we have a lot of old stuck energy inside of our bodies, then an attunement can be like a super charged energy healing session, and our bodies will show us the evidence of how powerful the energy shift actually was by responding and adjusting.

Generally after Reiki level 1 there most commonly seems to be a physical clearing or adjustment; whereas after Reiki level 2 many students will experience an emotional clearing or adjustment. This could be general grumpiness or moodiness or maybe remembering childhood experiences that bring up emotions and therefore healing. When we have stuck emotions that need to be put into motion to be cleared and healed, we can feel this as sadness, grief, happiness, or any other type emotion. Even feeling teary and melancholic can be a symptom of clearing and assimilating energy after an attunement. Again, bring awareness to this happening as a great and wonderful thing, all part of the process of enabling you to be a clearer channel of Reiki energy and healing yourself in the process.

For the higher vibrating energies of a Reiki Master attunement or even a Seichim attunement, some students may even have a physical body adjustment BEFORE their attunement. The body seems to prepare itself for the attunement and clears out certain energy channels and shifts old energy patterns as soon as the commitment has been made to attend the class. Sometimes this may even happen to my students before Reiki level 1 or 2 classes, and bringing their awareness to this possibility makes them embrace these clearing symptoms and make the whole process more enjoyable and smooth.

Please do not be afraid of this clearing and assimilation process. We only experience what is right for us and for our highest and best. Some students need a very impactful proof that an energy shift did indeed take place, and they might experience this through their physical body changes. For most students it will be hardly noticeable. Embrace whatever changes your body goes through, Reiki yourself, love and support your body, drink lots of water and know that once you have fully integrated the vibrational changes into your body, the change is permanent and wonderful!

About the Authors

	<p><i>Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher. She lives in central Illinois with her husband and her cat. She incorporates yoga, meditation, healthy food, Reiki and spiritual practice to guide and heal her body, mind and life. Reiki and a healthy lifestyle contributed to her recovery after a 20-year struggle with neurological and other health issues. She comes out the other side with a new perspective on life and now seeks to empower others, reminding them of their own healing abilities. You can follow her at: http://naturalholisticlife.wordpress.com, https://www.facebook.com/HolisticSpirituality, http://www.serenityenergyhealing.com/</i></p>
	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. http://www.letthewhitelightshine.com/</i></p>
	<p><i>Deborah Lloyd is a Usui and Karuna® Reiki Master and certified holistic therapy practitioner, providing Reiki sessions and trainings in Asheville, NC. She is the author of Believe and it is True: A Story of Healing and Life Lessons. Reach Deborah at http://www.deblloydhealing.com/, deb@deblloydhealing.com and at Deb Lloyd Healing on Facebook (https://www.facebook.com/deblloydhealing)</i></p>
	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at aanandaholistic@gmail.com and at Aananda Holistic Center on Facebook.</i></p>

	<p><i>Phillip Hawkins is a practicing psychic medium. He has been practicing Reiki since 1999, and he's been a Reiki teacher since 2000. In addition to teaching, when time allows he gives talks and leads discussion groups on the above topics. Applying Reiki on a daily basis has transformed his life and continues to do so as each day brings with it a new and deeper understanding of Reiki and of life. Phillip would like the opportunity to share that knowledge experience with others in an open minded and non judgemental way in a Reiki Rays 'community of enquiry'.</i></p>
	<p><i>Paula is a Reiki Master/ Teacher from Adelaide, South Australia. Facing a debilitating health condition in 2006 Paula was lead to Reiki for self-healing and has been on a deep spiritual energetic and physical transformation since. A teacher of Reiki since 2008 and Isis Seichim since 2009 Paula also teaches Soul Writing and is passionate about helping people discover who they are at a Soul level so they can be their unique selves in life. Connect with Paula through her website www.paulavanderzon.com.au or Facebook www.facebook.com/paulavanderzonhealing.</i></p>
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