

Preparing for your Attunement

SACRED CEREMEONY



Once you have completed the theory based modules, you will then be ready to receive your Reiki Attunement. This is a ceremonial activation of the Universal energy within you which clears the energetic pathways in the body, allowing Reiki energies to flow.

Following certain steps will help you get the most from your attunement. A period of purification is suggested one week prior to your Reiki initiation. If this is not possible – we recommend at least one day before, and after your attunement.

You may like to consider the following...

- Increase your fluid intake - plenty of plain water
- Avoid or reduce drinking alcohol and coffee
- Eat a healthy, balanced diet avoiding meat and fish if possible
- Ensure you are well rested
- Avoid or reduce smoking
- Limit outside stimulation (TV, radio, computers, newspapers)



It is possible to be attuned to Reiki without any preparation at all, however preparing the mind and body will enhance your experience.

Your Reiki Attunement will initiate a subtle cleansing process which affects the physical body as well as the mind and emotions. You may notice subtle or profound changes after your attunement. Stored toxins may be released, as well as feelings and old thought patterns. This is often a gentle process and takes around 21 days to fully integrate.

I will look forward to seeing you for your Reiki attunement soon.

