

How to attune yourself into any energy

Just ask your higher self! Yes, that's right -- everything is there, waiting for you! Again you do not need a "higher evolved person" to attune you. YOU CAN DO IT YOURSELF! Just ask.

You can attune yourself to power spots on earth, homeopathic medicine, the energy of essential oils, energy tools, pyramids, gem elixirs etc etc.

Lets say that you would like to attune yourself into the energy of Silver, so you can create potions/elixirs with this energy.

Example of the attunement: (to your higher self) "I ask that I may be attuned for the energy of Silver"

Then the energy will start. Depending on what energy you are attuned to, the attunement will normally last 7, 15, 25 or 40 minutes.

To become strong in the energy of Silver, you might want to take several attunements in this energy. The next would sound like this:

"I ask that I may be further attuned for the energy of Silver"

And so on...

Take as many as you feel like. Remember that taking too many in a short period of time could cause a massive headache (I am talking with experience ☺). 2-3 a day is normally ok: use your intuition...

FAQ

Why have we not been told before, that we could take down the attunements by ourselves?

Because not many would have believed it could be done. People have not been ready for it, until now. It has been important to have a teacher to come back to. Now we are ready to stand on our own. We only need a little push, and we are on our way!

I have previously received attunements from you, and have taken down some attunements by myself too. Even though mine were pretty strong, the attunements I received from you were stronger. Why is that?

I have been doing this for many years now. For every attunement you take down, you get a little stronger. When you have taken down a good amount of attunements, you will notice, that your healing and attunement strength has been increased. Try the following experiment: Take down 3 Reiki attunements. Then create a channel. For the next 7 or 14

days take down 2 or 3 Reiki attunements every day. Then try to create a new channel. Compare the 2 channels. You will notice, that your strength to create a channel has been increased.

The End