

Energy Builder Attunements (1 - 7)

Practitioner's Manual

element energy center - www.elementenergy.com

Copyright Information

Copyright 2008. This manual may be given freely to students as long as the entire manual is kept intact. No text or portion of this manual may be copied or plagiarized, unless quoted briefly as part of *fair use* in a review or other commentary.

For More Reiki Courses and Attunements

Please stop by the Element Energy Center for Reiki attunements, articles, e-courses, audio meditations, distance healings, e-books, forums, and other energetic resources. If you are a professional Reiki practitioner, you'll also want to add your listing to our free Holistic Directory.

Element Energy Center
www.elementenergy.com

About the Energy Builder Attunements

The purpose of these attunements is to help build up the ability of the body's energetic system to hold more higher energies. These attunements are good for healers to use, to help enhance the healing channel and allow a greater connection to spirit. They are also good to use for those suffering from any form of physical or emotional depletion, such as chronic fatigue syndrome or depression. They can also help bolster the energetic systems of people suffering from disease or imbalance of any kind.

The Energy Builder Attunements work on all aspects of the energetic system - chakras, meridians, subtle bodies, etc. - and will go where needed to remove blockages and lift the vibration up to the next higher level.

The Energy Builder Attunements are attunements only - there is no separate protocol to use these energies for regular healings. Whether you use them on clients or students (who wish to attune others), you will use the same attunement process.

The attunements can be re-used at any time an additional boost is needed to a higher level. When re-using the attunements, start from 1 and go up through number 7 in order again.

Timing and Frequency

These attunements should not be given one right after another to anyone who is not already a Reiki Master. These attunements can run a lot of energy. Do not give the attunements more than once per week to a client, unless your guidance *very clearly* tells you it is OK.

It may actually be necessary to wait longer between attunements, such as a month or even more, depending on the person.

For Reiki Masters, the attunements can be received in order, one per day, but it is best not to run them all on one day.

Give ample time and rest for processing and receiving these attunements.

Energy Builder Attunements

The attunement process is important in using this system. While you can just send the attunements with intention, it is better to send them with a strong visualization in a meditative state.

Place your hands on the person's shoulders (or on a proxy's shoulders, such as a teddy bear, if you are doing a distance attunement).

Then state:

I am now sending Energy Builder Attunement # to [name].

(There are 7 attunements.)

While sending the attunement, close your eyes and visualize the client surrounded in higher vibrational energy. There is no right or wrong way to visualize this - allow your intuition to guide you as to the direction and flow of the energies.

Each attunement should be given ½ hour to process.

Self Re-Attunement

Once attuned, you can re-attune yourself as a method of self-healing. You should always start with attunement 1 and go in order up to 7, and once at 7, start back at 1 again.

Remember to pace yourself and give space between the attunements - sometimes a month or more is best to integrate the energies.

To self-attune, go into meditation and ask your higher self to send you the specific attunement. Use the visualization as described in the preceding section, only for yourself.

When done, drink some water to help process the energies.