



## **Shamanic Reiki Master Teacher and Life Empowerment ATTUNEMENT PREPARATION**

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### **SRMT ATTUNEMENT APPROACHES**

#### IN THE DAYS PRIOR TO RECEIVING THE ATTUNEMENT

Contemplate what motivates you about this SR journey. What inspires you?

Connect with your spirit guides; really feel their presence and guidance.

Feel the power of the journey you are embarking upon.

Be mindful of what you eat and be sure to drink ample pure water to prepare your system. Get some exercise and also do some fluid movement and stretching and breathing — get outside, immerse in the elements. Connect with your practices. Care for your body in these and other ways.

Continue to do so following the attunement, as you enter a yearlong cleansing process that supports the grounding of your Soul Purpose into this reality — your body!

Again, spend as much time in nature as you can. Tune into the Equinox energy that is upon us. Open to nature's love, power, and wisdom. Reiki is Nature Spirit Energy!!

Pay attention to dreams and insights that may pop up during the day; journal on these, even if you only write a few words.

Make offerings to the Earth.

## PREP FOR THE ATTUNEMENT CEREMONY

Have a special place in nature or in your home where you will sit for the attunement. For instance, you may want to be sitting near your altar. If so, you may want to place some fresh flowers on it, or simply have a few simple items nearby.

Alternately, you may want to prepare a new small altar just for the ceremony, or have no altar, just making it simple.

There are no rules — do what really calls you in terms of where you'll receive the attunement and what the environment is. Here are some more examples:

Wear all-natural and comfortable clothing.

Wear ceremonial clothing or jewelry, or those of a color that calls to you.

Bring in nature items, such as a branch or pinecone, or crystals or other stone huacas (sacred items) that you may have and that call to you.

Have a glass of water nearby that you have imbued with (or camayed) the Reiki symbols into.

Have a bell, rattle, or drum nearby, should you choose to experience a journey following our time together, or close your experience by rattling, drumming, or striking a gong or bell.

Tremendous energy is generated during attunements — your own and the collective energy field gets very big. Given this, you may want to have some prayer slips on your altar, with the intention that the energy generated benefits those beyond you.

You may want to be barefoot.

You may want to consider sitting facing the WEST, imagining the golden sun blazing upon you.

You may want to look out a window, or at a plant or flowers or altar.

These are just examples, create what you are guided to do! Follow your heart!!!

#### DURING THE ATTUNEMENT PROCESS

Open your heart and relax. Allow spirit to breathe through you. Feel gratitude.

We will guide you through the entire process.

The energy is collective and environmental, so you all benefit – we are all in the same BIG field – as we attune each person. Stay open and relaxed and receptive.

Remember that spirit is directing the process – spirit guides are doing the attuning!

Just be YOU. Be a hollow reed.

You may experience any OR NONE of the following:

Visions, feelings, past life remembrances, shifts in energy, love, and connection, or subtle changes, or NOTHING.

Try not to have expectations. Remember that this attunement is extremely powerful in that its intention is to ground the Soul journey into the physical, meld the spiritual with the mundane.

#### FOLLOWING THE ATTUNEMENT

You may want to:

Make offerings to the Earth and express gratitude to nature and your spirit guides.

Do a simple closing ceremony.

Do a shamanic journey.

Offer your moon water out to the Earth.

Take a stroll, or lie down for a while and just feel the energy.

We look forward to sharing with you, please let us know if you have any questions.

LASTLY

The energy of what is transmitted in the attunement process may be felt immediately and dramatically as it's occurring – or very subtly. It may also come to you later in dramatic or subtler ways, as in dreams, or another time, or even over time. It will unfold in the perfect way for YOU. This is a yearlong, yet also a lifetime process.

From our hearts to yours,

Llyn and Stacey