

How to Receive a Distant Attunement

*The “Golden Rule” for receiving an attunement is:
There is no right way or wrong way. So take what you get.
I prefer the following 2 ways of receiving or sending a distant
Attunement.*

1. Specific Time and Day Attunement

Or

2. Chi Ball (Call in Attunement)

*1. We will set up a time and day that is convenient for both of
us to be in a meditative state which I can then send you the
attunement.*

*2. This form of receiving an Attunement is where I will set up
the Attunement into what is called a Chi Ball. This Ball will
hold all the information about you and the Attunement you are
receiving. This Chi Ball will be ready for you to call in from
your Higher Self when you are ready. This Chi Ball will not
expire.*

When you receive an Attunement all you need to do is be in a relaxed state either sitting in a comfy chair or my favourite laying in bed.

You can play some relaxing music, burn incense or candles. When you are ready to receive the Attunement please say the following:

I accept this (Attunement being received) being sent to me by (Teacher) and ask that I shall receive the energy from my Higher Self.
So Be It!

Then all you need to do is Relax and allow the energies to flow through you, this can last for anything from 10-60 minutes. I hope you enjoy your Attunement/Attunements and if you have any Questions please do not hesitate to contact your teacher.



During the Attunement

You may feel warmth or a light breeze, tingling or numbness. You may see colors or sense a presence around you. Or you may feel nothing at all. Whatever you feel or don't feel, the attunement will work. An additional technique which is helpful when receiving an attunement is below for you.

One technique which is helpful when receiving an attunement is to start by focusing on your crown chakra and visualizing a brilliant and pure white light entering your crown. Feel and see this cool white light flowing through your Crown chakra filling it with the purest feelings of love and joy and then visualize this light moving down to your third eye chakra and filling it with the same pure white light. Progress down through each of the chakras until the light fills your root/base chakra and then visualize the energy flowing down through your legs into your feet and out into the earth (you can visualize roots coming from your feet into the earth to do this). Then spend a short while visualizing this light flowing from the Universe, through each chakra and out in to the earth and filling you with an amazing feeling of peace, love, protection and healing. By doing this when you receive each attunement you should be well grounded afterwards and feel refreshed and revitalized.

7 Main Chakras

