



Preparing for a Reiki Attunement

In order to improve the results you receive during the attunement a process of purification is recommended. This will allow the attunement energies to work more efficiently and create greater benefits for you. Please observe the following steps as closely as possible.

- Refrain from eating meat, fowl or fish for three days prior to the attunement. These foods often contain drugs in the form of penicillin and female hormones and toxins in the form of pesticides and heavy metals that make your system sluggish and can throw it out of balance.
- Consider a water or juice fast for one to three days especially if you are already a vegetarian and have experience with fasting.
- Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous system and endocrine systems. No caffeine drinks on the day of attunement.
- Minimize or stop consuming sweets. Eat no chocolate.
- If you smoke cut back and smoke as little as possible on the day of the attunement.
- Meditate half an hour a day for at least a week using a style you are familiar with or simply spend time in silence.
- Reduce or eliminate time watching TV, listening to the radio and reading newspapers.
- Go for quiet walks, spend time with nature and get moderate exercise.
- Give more attention to subtle impressions and sensations within and around you; contemplate their meaning.
- Release all anger, fear, jealousy, hate, worry etc. up to the Light. Create a sacred space within and around you.

The above recommendations are not mediatory, nothing in the Universe is. They are however, a good indicator to the Universe of your degree of commitment to this process as they prepare you to receive energies by becoming as clear of a channel as possible. Keeping this in mind, do as much or a little as you feel called to do. This is not meant to be a time of suffering but a time of consciously choosing in your life.