

## **Preparing for an 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. The following steps are optional. Follow them if you feel guided to do so.

1. 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 throw it out of balance.
2. Consider a water or juice fast for one to three days especially if you already are a vegetarian or have experience with fasting.
3. Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous and endocrine systems. Use no caffeine drinks on the day of the attunement.
4. Use no alcohol for at least three days prior to the attunement.
5. Minimize or stop using sweets. Eat no chocolate.
6. If you smoke, cut back, and smoke as little as possible on the day of the attunement.
7. Meditate an hour a day for at least a week using a style you are familiar with or simply spend this time in silence.
8. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.
9. Go for quiet walks, spend time with nature, and get moderate exercise.
10. Give more attention to the subtle impressions and sensations within and around; contemplate their meaning.
11. Release all anger, fear, jealousy, hate, worry, etc. up to the light. Create a sacred space within and around you.
12. By receiving an attunement you will become part of a group of people who are using Reiki to heal themselves, and each other, and who are working together to heal the Earth. You will also be receiving help from Reiki guides and other spiritual beings who are also working towards these goals. While Reiki is not a religion, you may prepare your mind with intention work and pray in a religious mode comfortable to you to prepare to open to higher spiritual energies and experiences.