

# Kundalini Reiki

Love Inspiration & Maitri Foundation



Levels 1, 2 & 3

KUNDALINI REIKI  
LEVELS 1, 2 & 3

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*Love Inspiration*

*Learn • Heal • Awaken*

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OUR DEEPEST GRATITUDE GOES TO:

Mr Ole Gabrielsen

&

All the Divine Beings who kindly brought through these Kundalini Energies

MAY ALL BEINGS BE HAPPY  
AND INFINITELY FREE FROM SUFFERING

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### Prerequisites For This Ebook



***Welcome! There are no prerequisites for this course however please ensure that before you begin this Kundalini Reiki course you:***

1) Have allowed yourself a minimum of 21 days from the completion of:

- any [Ascension Pathway](#) attunement and/or
- any Love Inspiration [ebook](#) (eg. Usui Reiki, Universal Reiki etc)

*Notes:*

- a). Here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.
- b). This 21 day period is recommended in order to give your body time to assimilate all the energies from the previous course/attunement, (so as not to overload your energy system). However if this is your first Love Inspiration course (i.e. you have not taken any attunements or courses previously) then you may begin this ebook immediately without waiting 21 days.

2) Have activated (unlocked) the Kundalini Reiki energies and attunement using the activation code & instructions on the next page.

***Once you have unlocked the energies, you are ready to begin.  
With love, we wish you well on your Kundalini Reiki journey!***

### Helpful Resources For This Ebook

[Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)  
[Join the Love Inspiration Community Facebook Group](#)  
[Download the Love Inspiration Handbook as an accompaniment to this ebook](#)  
[Start on the Ascension Pathway alongside this ebook](#)  
[Visit our Free Music & Relaxation webpage](#)  
[Sign up for an Ascension Healing Booster](#)  
[Find out how you can help](#)  
[Read our Disclaimer](#) and [Copyright Information](#)

Additional Note: Because the Advanced Kundalini Reiki levels (Level 4 onwards) require [Ascension Pathway](#) prerequisites taking approximately 12-18 months to complete, if you have not already started an Ascension Pathway it is recommended to start as soon as possible. *(The required prerequisites for Level 4 can be found on Page II of the Advanced Kundalini Healing Levels 4-9 ebook).*

## KUNDALINI REIKI

### LEVELS 1, 2 & 3

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#### ACTIVATING (UNLOCKING) THE KUNDALINI REIKI LEVEL 1-3 ENERGIES:

Before opening up to these beautiful Kundalini Reiki Level 1-3 energies, it is very important that you firstly activate or 'unlock' the energies and attunements in this ebook. Once this is completed, you will then be ready to begin Kundalini Reiki!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



#### ■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

#### ■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the energies and attunements for Kundalini Reiki Levels 1-3. With the unique activation code 018444 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."**

#### ■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

#### ■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Prescribed Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Kundalini Reiki Level 1-3 energies! May you enjoy these with much love & light and with an intention to benefit all beings.





# KUNDALINI REIKI

## LEVELS 1, 2 & 3

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### FOREWORD:

It is with much love & light that we welcome you to these Kundalini Reiki energies and to our new and exciting Kundalini Reiki ebook!

Throughout these pages, we will be introducing you to the entire suite of Kundalini Reiki teachings including how to do self-healing, meditation, receive the attunements and how you can also work with these energies to heal others (either in person or by distance). And all of these Kundalini Reiki practices, including the advanced practices can be completed within around 5 - 10 minutes!

It is with pleasure and honour that we share these Kundalini Reiki energies with you and we wish to welcome you here to the Kundalini Reiki Level 1-3 ebook which will cover all of the traditional teachings and levels within the Kundalini Reiki healing system as brought through by Mr Ole Gabrielsen.

At the conclusion of this ebook, you will become a Kundalini Reiki Master Teacher and you will be able to teach the Kundalini Reiki healing system to others as you feel guided. We will cover this in much more details at the end of this course.

In addition to all this, as a Kundalini Reiki Master, you will also be given the opportunity to receive an advanced and very sophisticated set of Advanced Kundalini Healing energies from Love Inspiration which can help to expand your Kundalini healing channel even further.

These advanced Kundalini Healing energies were received by Love Inspiration during September 2014 and as described to us by our Guides, they help to build on and expand the Kundalini Healing Energies so that you can become a far more effective healing channel for the benefit of all.

We have chosen to offer these teachings in a separate ebook as we wanted to preserve the original set of Kundalini Reiki teachings and to avoid any confusion within our readers however Love Inspiration is very happy to offer these advanced Kundalini Healing levels with much love and for the benefit of all.

From our own experiences, these advanced Kundalini healing energies are indeed very special and will surely help to bring about a significant expansion and transformation from within. We sincerely hope that you will continue through these advanced Kundalini healing energies and may they help to bring much happiness, joy and love into your life and your healing practices.

For now though, please enjoy these Level 1, 2 and 3 Kundalini Reiki teachings - we are very excited that you are beginning your Kundalini Reiki journey with us and we truly and sincerely hope that these energies help to bring much love & light into your life, for the benefit of all!



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

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### OUTLINE OF KUNDALINI REIKI & THE KUNDALINI HEALING SYSTEM:

Kundalini Reiki is now becoming one of the most popular and fastest growing forms of Reiki, being practiced by many thousands of people throughout the world.

Traditionally Kundalini Reiki is taught over three different levels with the third level being the Kundalini Reiki Master Level and the Kundalini Reiki Master Teacher Level all in one. And all of this can be learnt in just under two weeks!

Throughout this ebook, we will be taking you through each of these teachings, from Level One through to Level Three and in addition to this, as we mentioned in the foreword, we will also be offering you some further information about how you can expand your experiences with our very special series of Advanced Kundalini Healing energies.

With this, we hope that we can deepen your healing experiences, help you to become a far more effective channel and ultimately, help to share these beautiful teachings and energies for the benefit of all beings!

May you enjoy these traditional Kundalini Reiki teachings and may these beautiful energies help to provide you with the necessary platform to go more deeply into this Kundalini experience through the more advanced Kundalini healing levels.



## KUNDALINI REIKI

### LEVELS 1, 2 & 3

The following table shows a good summary of the entire suite of Kundalini healing energies available to you through Love Inspiration. Please note that this first ebook covers only the Kundalini Reiki aspects of this Kundalini healing system i.e. Levels 1, 2 & 3 in an attempt to preserve the full set of Kundalini Reiki teachings brought through by Mr Ole Gabrielsen.

### Outline Of Kundalini Reiki & Advanced Kundalini Healing

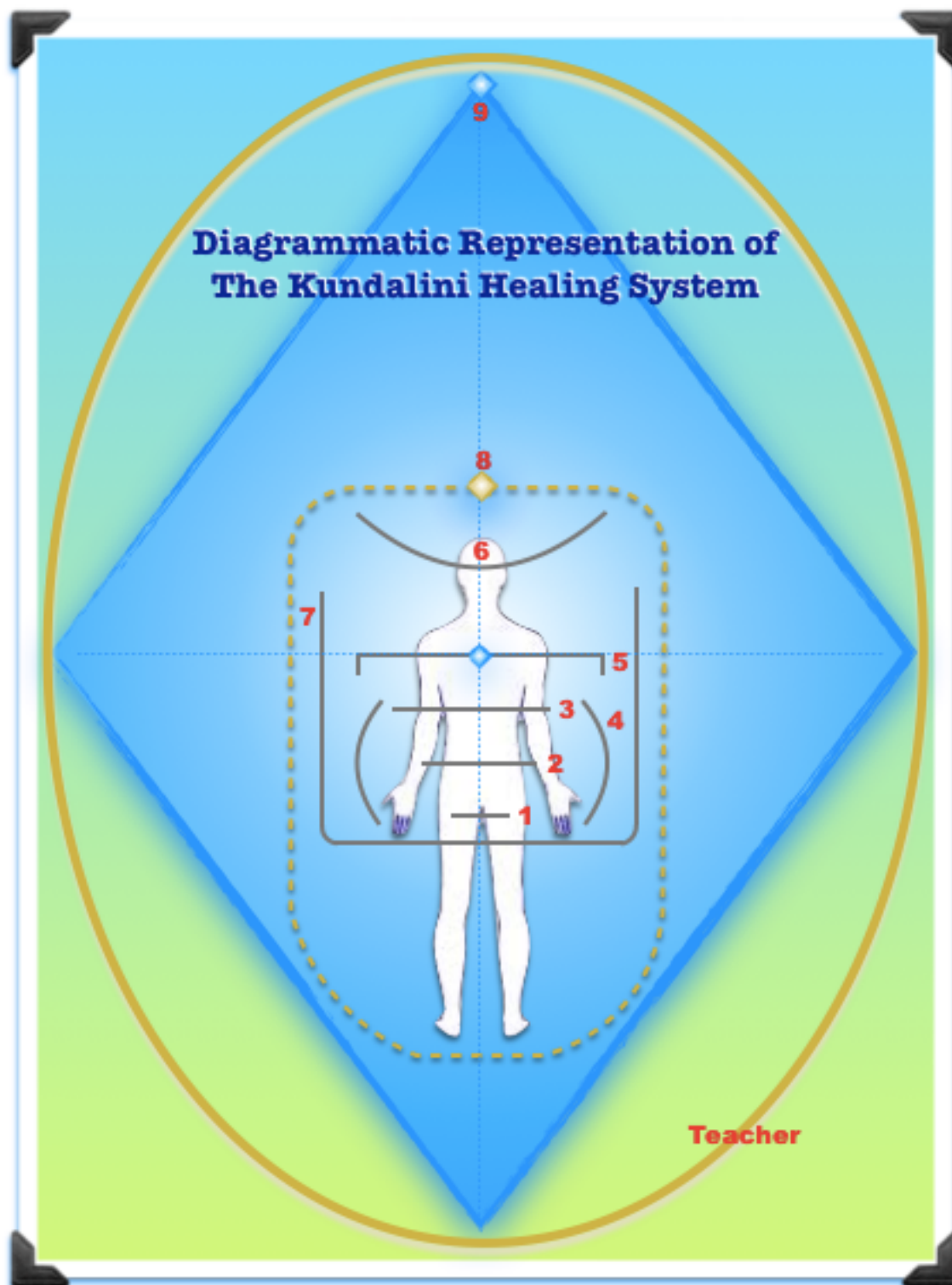
NAME	LEVEL	DESCRIPTION	ATTUNEMENT TIMEFRAME
Kundalini Reiki	Level 1	Basic Healing Practices	-
Kundalini Reiki	Level 2	Self-Cleansing & Purification	After 48 hours from Level 1 attunement
Kundalini Reiki	Level 3	Kundalini Reiki Master Level	After 5 days from Level 2 attunement
Kundalini Fire	Level 4	Deep Kundalini Cleansing	* After 11 days from Level 3 attunement
Kundalini Gold	Level 5	Working with Multiple Energies	After 11 days from Level 4 attunement
Kundalini Prism	Level 6	Third Eye Expansion	After 11 days from Level 5 attunement
Kundalini Equinox	Level 7	Consolidating & Encapsulating	After 21 days from Level 6 attunement
Kundalini Rheon	Level 8	Kundalini Expansion	After 3 days from Level 7 attunement
Kundalini Blue Diamond	Level 9	Advanced Kundalini Master Level	After 3 days from Level 8 attunement
Advanced Kundalini Master Teacher	Level 10	Advanced Master Teacher Level	* After 21 days from Level 9 attunement

\* Note that the Ascension Pathway prerequisites are to be completed before commencing Level 4 and Level 10 and therefore these levels may take longer to step into than the attunement timeframes written in the table above. (The attunement timeframes given in the table are the minimum timeframes required).

## KUNDALINI REIKI

LEVELS 1, 2 & 3

The full Kundalini Healing system can also be shown diagrammatically as follows:



As we look over this diagram, we can see the truly expansive nature of this entire Kundalini healing system and in particular during the later levels of this advanced Kundalini healing system. These practices really do allow for a very deep level of healing to be done, both in meditation and in our healing work for others. We hope you enjoy this beautiful healing system of love & light and we hope that it brings much happiness and love into your life!

# KUNDALINI REIKI

LEVELS 1, 2 & 3

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*Love Inspiration*  
*Learn • Heal • Awaken*

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## KUNDALINI REIKI LEVEL ONE

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### WE WARMLY AND HUMBLY WELCOME YOU TO KUNDALINI REIKI!

There will no doubt be many types of people who are interested in Kundalini Reiki as a way to heal and/or evolve their consciousness, for this is exactly what Kundalini Reiki allows us to do. It provides us with a system of energy based healing and meditation which genuinely gives our body, mind and soul exactly what it needs at any given time.

From our experiences, we wish to share that these truly are wonderful energies being introduced here in this course. They are very simple and easy to work with, either in meditation or healing and perhaps best of all, the learning process is a very straightforward one, making these teachings available to many different people.

Kundalini Reiki can be learnt by anyone regardless of previous experience and can be practiced easily and efficiently making it a great tool for those wishing to progress forwards on their meditative, spiritual and healing journeys. Often, we find that Kundalini Reiki is sought by those who have already taken some training with Usui Reiki however this is not a prerequisite.

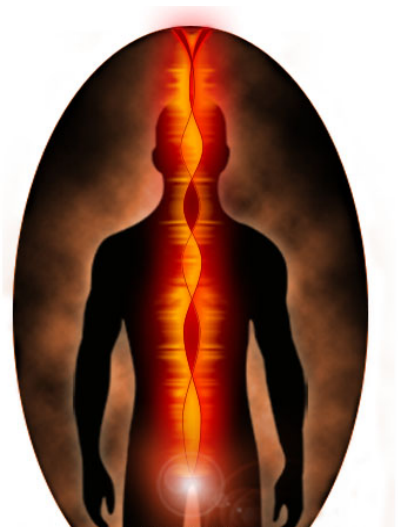
The energies that are being accessed through Kundalini Reiki are powerful and uplifting by nature and are always divinely guided which means that you can just sit and relax as the divine energies wash over you and do their work. In this way, the energies help us to heal, nourish and replenish as it helps us to bring more love, light and understanding into our state of being.

Kundalini Reiki is a synergy of:

☼ **Reiki** (divinely guided universal energy) &

☼ **Kundalini** (raw evolutionary force)

Making this beautiful healing system a truly unique and divine enriching experience for any level of practitioner.



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

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### GET THE MOST CURRENT VERSION OF THE KUNDALINI REIKI EBOOK!

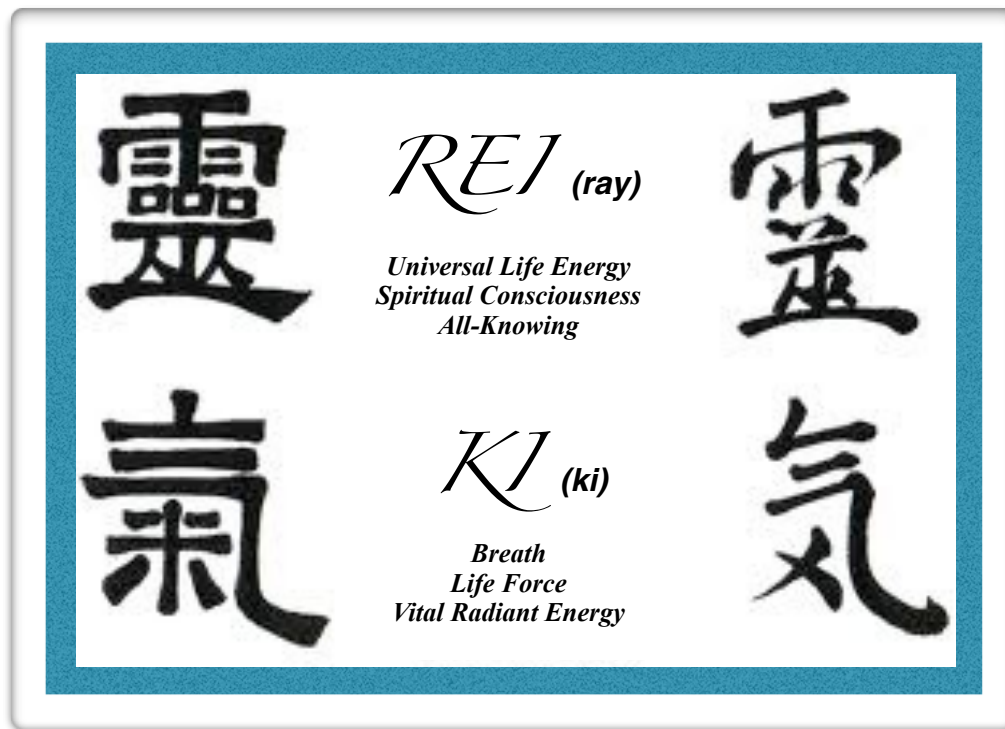
Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.





### 1. UNDERSTANDING THE WORD 'REIKI':

The word Reiki is a Japanese word which has been made famous by Dr Mikao Usui, a Japanese monk who lived in the 19<sup>th</sup> century. Dr Usui introduced the world to a system of hands-on healing and meditation which worked with universal energy or what is often translated as spiritually guided life force energy. This is precisely the meaning of the word Rei-Ki.



As you probably know, this system has now spread far and wide throughout the globe so that we can see millions and millions of practitioners benefitting from this beautiful universal gift of healing and love. We give thanks to Dr Mikao Usui and to all Reiki Masters who continue to bring this universal gift to this Earth!

Nowadays in the 20<sup>th</sup> and 21<sup>st</sup> centuries, in a similar way to Dr Mikao Usui, we are now starting to see more people bringing through different types of energy based healing systems through their strong spiritual devotion and dedication to helping others. Some of these newer energy based healing systems are then labelled as a sub-category within 'Reiki'.

Sadly however, there are still many Reiki Masters who believe that many of these newer types of energy based healing systems have no basis or are not authentic. In all cases, we would advise using one's own intuition in deciding whether any type of energy based healing practice is appropriate for them.

There are indeed many different types of energetic healing available to you; real, genuine and powerful vibrational practices designed to help with physical, mental and emotional health and wellbeing. These practices can help to bring us closer to happiness, joy, love, gratitude and compassion and can also help us to move closer towards states of inner peace and bliss.



### 2. INTRODUCING KUNDALINI REIKI:

The idea of awakening our Kundalini energy is definitely not a new concept. Often depicted as a coiled up serpent, our Kundalini energy is thought to be an extremely powerful source of energy which lies dormant at the base of our spine (Root Chakra).

It is believed that once a person reaches a certain stage of spiritual understanding, the Kundalini energies are awakened, allowing the energy to move upwards through all of our chakras and out through the top of the head (Crown Chakra) as it merges with the one-ness of all creation. An awakened Kundalini energy also helps through an advanced inner working of the mind and body.

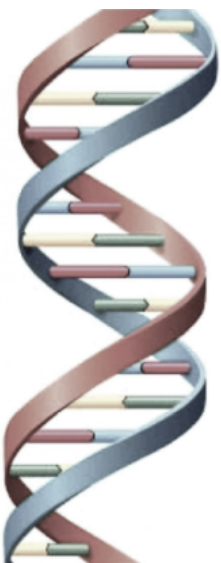
We can find many spiritual practices, throughout time, which have helped a practitioner work towards a safe awakening of their Kundalini energy. We classify Kundalini Reiki as one of these practices.

By working with divinely guided energies, it helps us to remove energetic blockages which act as barriers to the awakened Kundalini energy and also provides us with the love and understanding which is a crucial part of any spiritual development.

The teachings of Kundalini Reiki have come to us through the spiritual work of Mr Ole Gabrielsen from Denmark. In the same way as Dr Mikao Usui brought us Usui Reiki, Mr Gabrielsen has now brought us the divine healing energies of Kundalini Reiki.



*The Kundalini “Serpent”*



Mr Gabrielsen is a master of meditation and he has helped thousands of people to find more inner peace and contentment in their lives. It is through his many hours of holy communion and meditation that he was able to connect with Master Kuthumi, described as one of the Ascended Masters and thus receive the teachings which are known as Kundalini Reiki.

Through the attunements and teachings given in this course, you are able to gain access to these healing frequencies directly and it is these frequencies which then enable you to bring in more light, love and healing into your personal meditations and healing sessions.

As we expand on these energies in the more advanced levels also, you will be guided through even more expansion and have access to many more Kundalini healing frequencies. We share all of these energies with you freely and with love - and we pray that it helps you to bring much healing and purity into your life.

### 3. HOW IS KUNDALINI REIKI TAUGHT?

The teachings within Kundalini Reiki are given over three levels with attunements being required at each level of learning. Please refer to the below table for an outline of these three levels.

Kundalini Reiki		
Level	Advancement	Information
1	Basic Level	Hands on healing and distance healing
2	Advanced Level	Kundalini Reiki meditation
3	Master Level	Teaching level and additional types of Reiki: <ul style="list-style-type: none"> <li>• Diamond Reiki</li> <li>• Crystalline Reiki</li> <li>• DNA Reiki</li> <li>• Birth Trauma Reiki</li> <li>• Location Reiki</li> <li>• Past life Reiki</li> </ul>

During the first level, the practitioner is taught how to do hands on healing which includes self healing, healing others and distance healing with the techniques typically taking around 5 minutes.

During the second level, after receiving the attunement, the practitioner is taught the very easy process of the Kundalini Reiki meditation. This helps to further cleanse, replenish and nourish our energy field in what is a relaxing and peaceful meditation technique.

During the third level, we introduce additional healing frequencies in what is referred to as Diamond Reiki, Crystalline Reiki, Past Life Reiki, DNA Reiki, Birth Trauma Reiki and Location Reiki.

The teachings at this third level explain how to now add to your healing abilities using these different energetic frequencies, be it through meditation, self healing or hands on healing / distance healing for others.

During the third level, you will also learn the process of giving attunements so that you become able to teach and pass on the Kundalini Reiki teachings i.e. Levels 1, 2 & 3. For those wishing to continue into the advanced Kundalini healing levels, you will also be given the opportunity to receive additional teachings during the advanced levels which show you how to amplify and simplify the attunement process through a connection to the Level 9 Kundalini Blue Diamond energies.

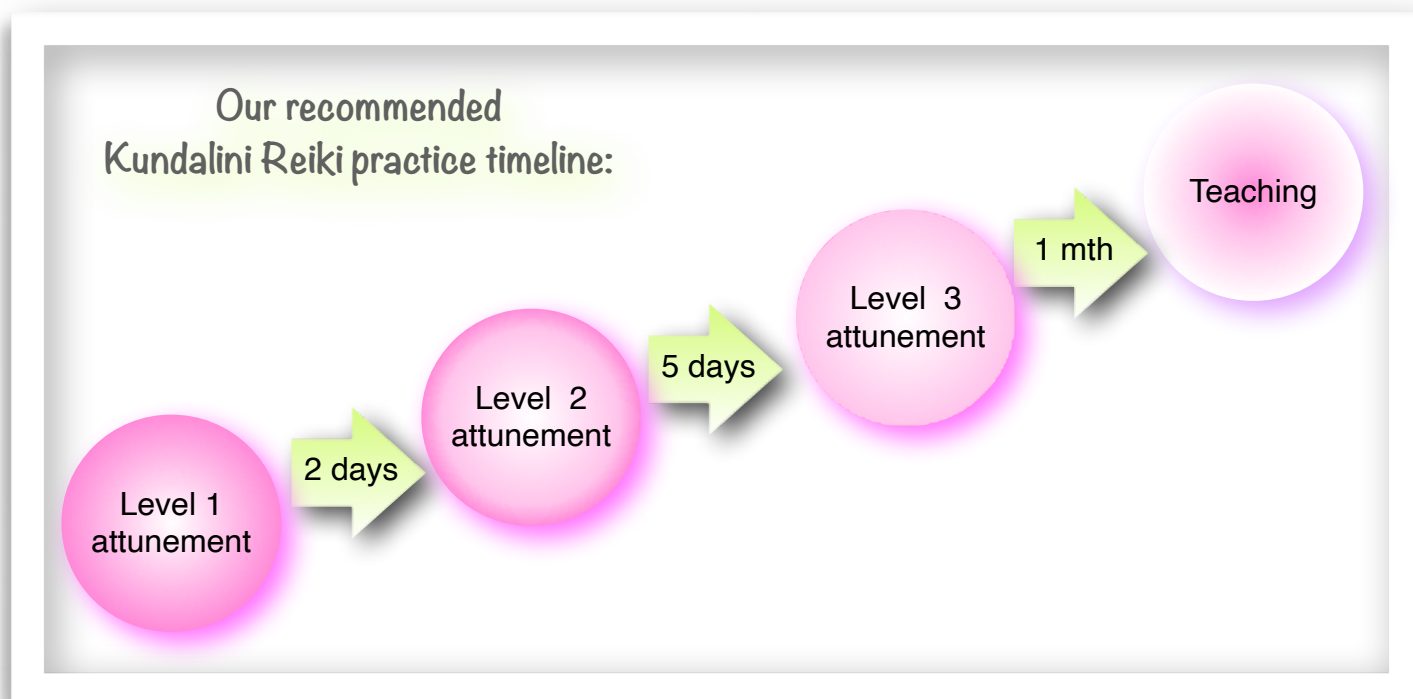
#### 4. LEARNING KUNDALINI REIKI- TIMELINE:

Compared with other energy based healing systems, Kundalini Reiki can be learnt very quickly. The techniques being learnt are very simple and the energies being attuned in Levels 2 and 3 seem to build on from the previous level of learning. This then allows the recipient to be more effective in their divinely guided healing work.

Whatever the case may be for you, we strongly recommend that you allow a small amount of time in-between each attunement which allows for the energies to be integrated and assimilated within. The recommended time between Levels 1 and 2 is two days and between Levels 2 and 3 we suggest five days of 'energetic digestion' time to allow the energies to settle within your consciousness.

After receiving the Level 3 training, we recommend a practice period of at least one month before attuning anyone into Kundalini Reiki.

How quickly a person learns Kundalini Reiki however is entirely up to them. There is some practice to be done at each level so there may be some who may wish to move through the Kundalini Reiki system more slowly to allow some time for practice and to digest the energies that each level introduces. Whatever *feels* right for you is often the best option.



You will notice here that this diagram only represents the Kundalini Reiki system (Levels 1-3), however for those of you who are wishing to move into Level 4 and beyond, you may start moving through the Advanced Kundalini Healing levels (Levels 4-9) after a minimum of 11 days from your Level 3 attunement (if you have completed the required Ascension Pathway prerequisites).

For most people however, at this point on their journey, they will not have yet completed the necessary Ascension Pathway prerequisites and so the end of Kundalini Reiki Level 3 is a great time to start an Ascension Pathway. (See "[The Quickest Kundalini Reiki Pathway](#)" diagram on Pages 51-52).

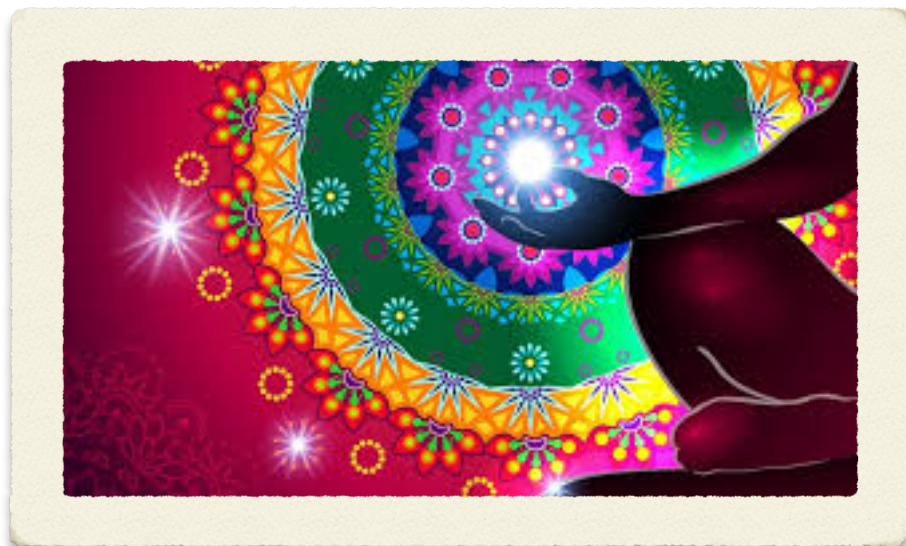
## 5. THE ATTUNEMENT PROCESS:

The attunement process for Kundalini Reiki is a very simple one and normally takes around 25 minutes to complete. The attunement process can either be received in person or by distance and it is necessary to receive three separate attunements, one for each level of learning.

The attunement is normally a very relaxing and enjoyable experience which helps to give the recipient access to the energies of Kundalini Reiki so that they can then begin to practice the healing techniques for themselves and for others.

From an energetic perspective, there is no difference whether you take an attunement by distance or in person. We believe there is absolutely no difference in the quality of the attunement or in your ability to access the Kundalini Reiki energies.

For more information on attunements please visit our FAQ section [The Attunement Process](#) on our website.



## 6. LEARNING KUNDALINI REIKI AT LOVE INSPIRATION:

In order to reach as many people as possible, we have decided to make these teachings available online in this ebook format. As we have mentioned above, we believe there is no difference in the quality or intensity of energy transfer by taking the attunements by distance.

We have prepared this ebook in the same way as we would conduct a live class so you do not miss out on theoretical understanding of the techniques and practices.

This ebook provides you with precise and easy to follow instructions of each step of the Kundalini Reiki journey and also provide you with additional tips and techniques from us so that you can incorporate these teachings into other meditation and healing techniques.

We also offer our Advanced Kundalini Healing teachings in exactly the same way, via ebook and via distance learning. If you have any questions please feel free to check out the informative [FAQ pages](#) on the website.

We understand that information is a very important part in the learning process and we are very committed to educating and sharing information! We hope that you will gain clarity from these teachings and may these healing techniques, energies and practices bring much healing, love & joy into your life!



## 7. WELCOME TO LEVEL ONE - KUNDALINI REIKI:

We thank you for choosing to learn with us and to explore this beautiful gift of Kundalini! You have made a wonderful choice and we hope that you get everything you are requiring and so much more from this wonderful system of healing & meditation.

In this first level, we will be introducing you to the concepts of self-healing, hands on healing, distance healing and also showing you how you can cleanse a particular area i.e. a house, a room, an office etc. These techniques can be used for both healing ourselves and others.

For those of you who are already practicing other forms of energy based healing such as Reiki, these new tools will complement and add to your healing repertoire so that you can heal a wider variety of issues and energetic imbalances within yourself and within others.

There are also many ways that you can 'play' with the different energies within these systems remembering that it is always best to set your intention clearly before /during any meditation or healing session. We will address this more in the Level 3 teachings.



## 8. RECEIVING THE ATTUNEMENT FOR LEVEL ONE:

As in most energy based healing systems, the attunements are probably the most important aspect of the teachings. By receiving this attunement, you gain access to the divine healing frequencies which are essential to the practical aspects of the teachings.

In the first level attunement, it is said that the Heart Chakra is expanded and the energy channels which run from the Crown Chakra to each of the Palm Chakras are also opened which allows the Kundalini Reiki energy to flow. The first level Kundalini Reiki attunement also helps to clear or cleanse the main energy channel running from the Crown Chakra to the Root Chakra in what is the preparation for the Level 2 and Level 3 attunements where the Kundalini flame is lit.

Please be reassured that taking the attunement is normally a very relaxing & nice experience and you may feel some energy moving during the process. Some may not feel anything at all and this is absolutely fine also.

Please note that in the days following the attunement, you may undergo what is called a [healing crisis](#). You may feel some different sensations as some of the old, unwanted energies clear away, shift or move. If you are clearing away lots of old energies i.e. through deep healing, then your body will need to work to clear these so as a result you may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. You can sometimes even get a few extra trips to the toilet if the energies are clearing in your lower chakras. (We work a lot with chakras in energy based healing so if you would like to know more about them, please visit our [Chakra FAQ's](#).)



There may also be some emotional clearing happening from the attunement and / or your healing practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest.



## 9. INSTRUCTIONS FOR RECEIVING YOUR LEVEL ONE ATTUNEMENT:

As we have said in the introductory material, all of our Kundalini Reiki attunements are received using a 'distance' format. To ensure that the attunement process works successfully we ask that you follow our instructions and most important is to relax, open up and receive these gifts with love.



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**NOTE:** Before starting your attunement, please ensure that you have activated (unlocked) the Kundalini Reiki Level 1-3 energies and attunements prior to commencing.

The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Kundalini Reiki Level 1-3 energies and attunements have been activated specifically for you. You are therefore then ready to continue your Kundalini Reiki journey by working through this ebook, at your own pace and receiving the energies as you feel guided.

If you have not yet activated / unlocked the Kundalini Reiki Level 1-3 energies for yourself, you may do this by following the instructions on Page III of this ebook.

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Once you have activated (unlocked) the energies, this means that all of your attunements for Kundalini Reiki have been activated for you (Level 1, Level 2 & Level 3). You are now ready to receive the Level 1 attunement by following along with the process below.

### ■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

### ■ 2. Setting the intention

Stating the intention here will activate the attunement to begin. Please say the following:



**"With love and gratitude I open to receive the attunement for  
Kundalini Reiki Level 1 in order to benefit all beings.**

**Thankyou, thankyou, thankyou."**

Now your attunement will commence and will take 25 minutes to finish. You may wish to continue repeating the intention throughout the 25 minutes, or simply relax. You can time yourself or simply wait until you feel the energy drop off a little bit. You do however need to wait the full 25 minutes for the process to be effective! Throughout the 25 minutes, you may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen. Whatever the case, you will receive the first level attunement and with this, you will be able to practice the Level 1 techniques which we will now describe.

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### 10. THE SELF-HEALING PRACTICE FOR KUNDALINI REIKI:

We recommend that the self-healing technique for Kundalini Reiki level one be practiced at least daily, preferably several times a day, especially as you are now just starting to work with the new energies. This technique is very simple and is highly effective in healing a wide range of issues as we can see from the teachings a little later on.

#### ■ 1. Preparation

Sitting or lying down making sure that you are comfortable, take some time to centre yourself in preparation for your practice. Some may wish to take a few deep breaths or others may be ready to just jump straight into the healing session.

#### ■ 2. Place your palms together, facing each other

When you feel ready to start, place your palms together, either in prayer position or on top of each other in your lap. You will notice that there is a small gap between your palms, your hands being slightly cupped.



**PALMS TOGETHER IN LAP,  
WHICHEVER POSITION IS MOST COMFORTABLE**



**HANDS IN PRAYER POSITION  
IN FRONT OF HEART**

No technique is any better than another, we would suggest that simply being comfortable is the most important factor. Some people will enjoy sitting in meditation whilst others will prefer lying down for that added relaxation factor. The choice here is totally yours!

#### ■ 3. Setting your intention

There are many ways in which we can set our intention. One of the more commonly accepted methods in Kundalini Reiki is to imagine that a very small version of yourself is sitting in the palm of your hands. Alternatively you can imagine that your name is written in the palms of your hand or you can actually write down your name and place it in the palms of your hands if it helps you.

This step is vital because it is letting the divine energies of Kundalini Reiki know that you are in fact doing a healing session for yourself. Later we will see how this technique can also be used for distance healing and in our situation / qualities healing work. It is a most important technique at this level of learning.

### ■ 4. Invoking the energy

To invoke the energies of Kundalini Reiki and start the self-healing process, you need only to intend for it to be.

So, you just need to think "Kundalini Reiki" with the intention that you want the energy to flow and it will be.

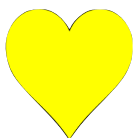
Yes, it's really that simple.

By activating the Kundalini Reiki by saying it mentally to yourself, this is like the 'code word' which starts the Kundalini Reiki healing process. The Kundalini Reiki energies are divinely guided and will always go where they are needed, so all you need to do is to relax, let go, open up and enjoy the divine energies as they go to work.

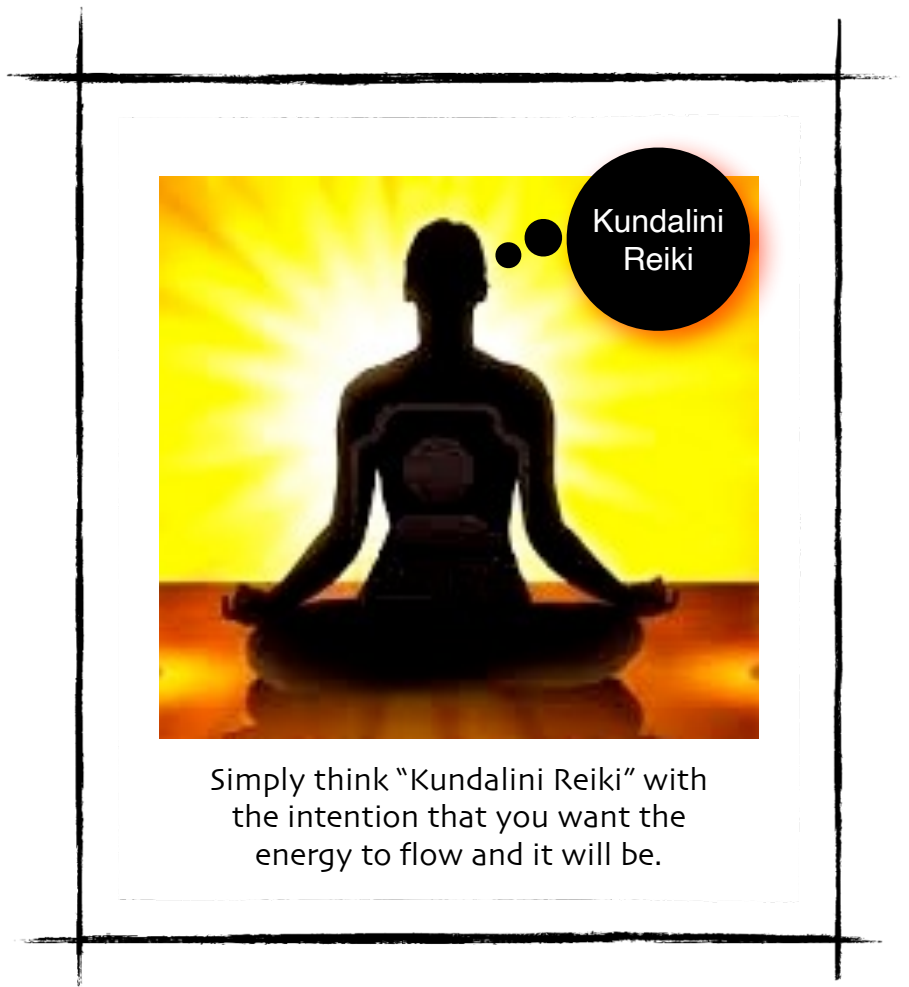
There are some who may prefer to keep repeating the words 'Kundalini Reiki' so as to keep their mind focused on what is actually happening. Whilst for others, they will simply wish to relax and enjoy the peacefulness of the energy. No technique is any better, it is just different for the different types of mind so use what works best for you.

The Kundalini Reiki energy will continue to flow on its own accord for around 3 – 5 minutes depending on what there is to be healed. You may feel the energy drop off or you may begin to feel a little bit drained; this means that the process is complete. Some people may also choose to simply time themselves to begin with so they know when the process is complete and this is fine also.

Even after a session is completed, the energy within you will continue to move and heal. You may experience some healing sensations such as that mentioned in the [healing crisis](#), or you may feel nothing at all. Either way, know that the Kundalini Reiki energy is working for your highest good.



You are able to repeat this practice as many times as you wish each day to allow more healing, growth, and light. We suggest this 5 minute practice be done at least daily, but preferably several times per day for most benefit. First thing in the morning and last thing at night whilst you are in bed is a great time to do this Kundalini Reiki healing work!





#### 11. BRINGING KUNDALINI REIKI HEALING INTO OTHER AREAS OF YOUR LIFE:

In addition to the self-healing techniques outlined above, Kundalini Reiki can also help in healing other areas of our life through what is referred to as **situation** or **qualities** healing. The technique remains essentially the same except that the intention of your healing session changes.

Take for example a strained relationship with a parental figure or a difficult situation you are facing at school or work, maybe you are having a difficult financial issue or really hoping that you will be able to find the perfect house or job. In all situations that you can think of, you are able to send Kundalini Reiki energy to the situation, goal or issue that you are facing.

Kundalini Reiki can also be used for personal **qualities** or character traits. Try to give Kundalini Reiki healing to things like your anger, jealousy, anxiety, frustration, worry, tension, improving your communication, ridding yourself of muscle pain etc.

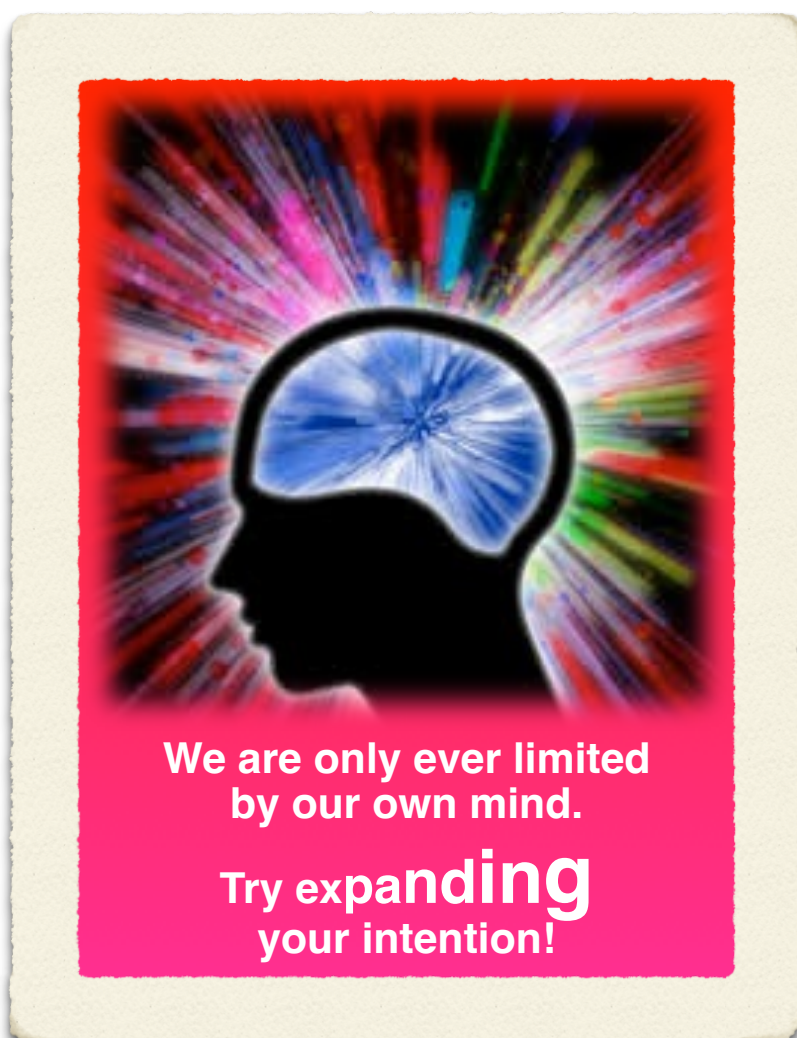
To do these types of healing, you simply follow the self-healing procedure, but instead of imagining you or your name inside your hands you can now imagine or write down 'my anger' or 'my communication' or 'the current situation with mum' or 'please help me to find an amazing new job' or 'please help me to understand my destiny' and many, many more.

The Kundalini Reiki system works with divine guidance and so no matter how complicated your situation may seem, the Kundalini Reiki will help to go to the areas of that situation or character trait that need healing.

You will notice here the importance of **stating your intention** prior to commencing healing. As we progress with our practice, we can see just how important this concept is. We, and our intentions, are only ever limited by our own mind and that of course is limitless!

We hope that we have given some creative inspiration here to start you off on your Kundalini Reiki healing journey. We always suggest being creative with any healing techniques and using your intention to do what that feels right for you.

**Also important is to simply let go and enjoy your practice!**



## 12. AN INTRODUCTION TO USING KUNDALINI REIKI TO HELP OTHERS:

Up until now we have been sending Kundalini Reiki to things that are affecting *us*. We have seen how to do the self-healing practice for overall health and wellbeing - and how we can heal certain personality traits through qualities healing, and also how we can help work through difficult external situations or goals using Kundalini Reiki.

Now, let's discuss how we are able to help *others* with this beautiful gift of healing.

Firstly, it is important to understand that by helping others, we allow more light into our own energy field and therefore many will find that they are happier. It is said that the more you give to others, the more you will receive. The more love and light you send outward, the more love, light and healing you will receive in return.



So, with this concept in mind, we will now describe the ways in which we can use Kundalini Reiki for the benefit of others. We define 'others' here very loosely as basically anything which is not you, including other people, children, animals, plants, trees, streams, the earth or perhaps even the vast universe in which we live.



### 13. USING KUNDALINI REIKI IN A HANDS-ON HEALING SESSION:

Using Kundalini Reiki in a healing session environment is a very similar process to that of our self-healing except that we will now use a **hands-on** healing technique to heal another person or ourselves.

On the next page, you will find a set of easy to follow instructions on how we can do this type of healing in a hands-on type environment. We hope this helps you to give many amazing Kundalini Reiki healing sessions to many kinds of things!

#### ■ 1. Preparation

Normally, it is nice to have a comfortable surrounding and allow the recipient to be sitting or lying in a comfortable position. They may wish to either keep their eyes open, or close them in order to more easily activate the third eye. You may also wish to explain a little about the Kundalini Reiki process from what you have read here to ease them into their healing experience.

You may also wish to prepare yourself for giving a Kundalini Reiki session as you would if you were to do a self-healing meditation as we described above.

#### ■ 2. Hands on Healing

Place your hands on the recipient's shoulders, (if the recipient is sitting, stand behind them) with palms facing downward and think "Kundalini Reiki". This will invoke the energies of Kundalini Reiki and will allow the healing session to begin.

Being divinely guided, the energies will then go to work through you, as the healing 'channel'. Remember that as the "channel" for energy you don't need to 'try' or worry or force anything here as the energies are divinely guided to flow **through** you, not **from** you. Just relax and let the Kundalini Reiki energies flow through you for the greatest possible healing benefit.

As an analogy, if you were to throw a bucket of water over a road which has many potholes, the water would find its way very easily and naturally to those holes. You wouldn't need to go over to each hole and fill them one by one.

In the same way, the energy in Kundalini Reiki finds its way to the energetic imbalances or issues that require attention at that time. This is always the true beauty of a divinely guided system of energy based healing.

#### ■ 3. Hands on Self-Healing

It is also possible to use this type of hands-on healing for your personal self-healing practice but we would suggest that you place your hands over your Heart Chakra whilst lying or sitting down. Through the divine guidance aspects of this healing system, you can rest in the understanding that the healing energies will always flow to where they are most needed so that you will receive a full body session from this healing technique.



INVOKING KUNDALINI  
REIKI WITH HANDS ON  
THE RECIPIENT'S  
SHOULDERS

The hands-on healing process for another person will only take around 3-5 minutes in total; the same as our self-healing process. After 3-5 minutes, you may feel the energy start to drop off and this is a sign that the Kundalini Reiki healing process is complete. Alternatively, you may also wish to time yourself if this works for you better.

Lastly, for those practicing other forms of energy based healing, you are of course able to use the Kundalini Reiki process in conjunction with other healing modalities such as Usui Reiki or The Celestine Series in The Unified Pathway To Light. Maybe you wish to use it at the start of a healing session, perhaps at some stage during the session or even just before you finish the session. The choice is up to you as you feel it best used.

As you continue to grow with Kundalini Reiki and other forms of energy healing, you can see how beneficial it can be (and fun!) to utilise all the healing frequencies that you have access to so that you can generate the best possible healing for you, your recipient and for all at any given time.

#### **14. USING KUNDALINI REIKI FOR HEALING BY DISTANCE:**

Distance healing is a bit of a controversial topic for most people starting out on their healing path. Is it really possible to send energy to someone or something even if you are 10,000 km away?

It is admittedly a very difficult concept to understand and there is definitely an element of faith involved as you start out with this type of healing. Rest assured this type of healing definitely works and this is proven by the fact that the attunements are given by distance! With practice, you will feel the connection being made between you and the recipient and feel the energies being channelled through.

Also, there may be times when this type of healing is very necessary. The obvious examples are when a loved one is in hospital and you are not able to get there, perhaps you have family or friends overseas or maybe you live in another part of the city to someone in need. Whatever the situation, this type of healing definitely gives you some added flexibility within your practice.



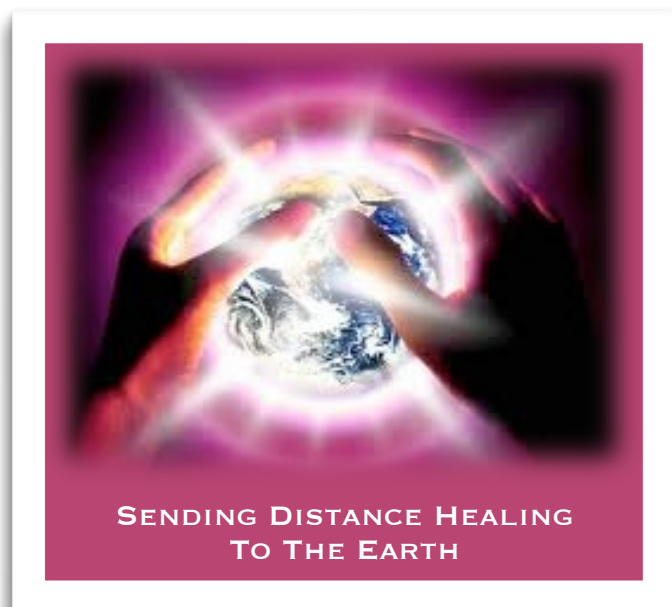
**SENDING DISTANCE HEALING...  
IS IT POSSIBLE?**

The technique for distance healing in Kundalini Reiki is the same as taught for your self-healing practice. You simply visualise the person, animal or thing we are treating in between your palms and think "Kundalini Reiki" for the process to commence.

## KUNDALINI REIKI

### LEVELS 1, 2 & 3

You can also visualise their name between your palms, write their name down or use a photo instead and give Kundalini Reiki to the photo. There are many small variations in distance healing techniques to be observed throughout the different kinds of energy based healing practices.



Your Kundalini Reiki *distance* healing session will also take around 3-5 minutes and again, you may feel a slight dropping off in the energy flow as a signal that the healing session has been completed. As always, the Kundalini Reiki energies will always flow to where they are most needed within the recipient for their best possible healing result.

In addition to this type of distance healing session, you may also wish to send the Kundalini Reiki energies to our wonderful and loving earth.

Simply imagine a little planet earth in between your palms and activate the Kundalini Reiki healing for 3-5 minutes. This holds a very pure intention and with time, this type of practice will bring you much light.

It is also important for us to mention here that in cases where you are working with a particular person, say a friend, family member or a client, it is generally considered good practice to get ***permission*** prior to doing any healing work. This works with the idea of free will.



### 15. CLEANSING A ROOM, A HOUSE OR LOCATION:

There are many different ways in which a room, a house or a specific area can be cleansed. The method described in Kundalini Reiki in this first level of learning is to send light to a room, office, house, building or area through your hands.

Again, the technique of imagining or placing the object in between your palms remains the same with only your intention changing. You may say something like:



**"May this room be cleansed of all impurities so that it brings love, light and benefit to all who it meets.**

**Thankyou, Thankyou, Thankyou."**



## 16. FINAL COMMENTS:

This now brings us to the end of our first level Kundalini teachings and we wish to reassure you that although there are indeed many different types of healing techniques described here, please don't feel like you have to rush out and try each different type of healing straight away!

As long as you are able to do a daily self-healing practice of some kind then as you progress you will be able to add in different healing techniques to your practice as you go. Starting to work with these beautiful and dynamic energies through your self-healing practice is by far the most important next step, especially if you haven't worked with other energy based healing practices.

Looking forward, the second level is not as intensive or extensive as this first level. Here we have introduced many healing techniques however in the second level Kundalini Reiki simply introduces you to the Level two Kundalini Reiki cleansing meditation.

This second level meditation will move you deeper into the Kundalini Reiki system of healing and will allow for a more effective cleansing to take place within your energies in preparation for the Kundalini Reiki Master Level. Level two can be taken a minimum of 48 hours after your Level one attunement you will be able to receive this second level attunement when you feel ready to.

As mentioned previously, all of your Kundalini Reiki attunements have been activated for you when you unlocked the energies at the beginning of the ebook, so please go ahead and read through the Level 2 teachings first and when you feel ready to, please receive your second level attunement.

Finally, we warmly and humbly thank you for choosing to receive Kundalini Reiki Level one with us and we do hope that these wonderful frequencies have been of benefit to you on your journey.

\*\*\*

*We truly hope that you have enjoyed these Kundalini Reiki Level one teachings and that your Kundalini practice brings you and all beings much love and joy. Thankyou for your service to the light!*

*May all beings be happy and free from suffering.*

**LOVE INSPIRATION &  
MAITRI FOUNDATION**



# KUNDALINI REIKI

LEVELS 1, 2 & 3

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*Love Inspiration*

*Learn • Heal • Awaken*

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## KUNDALINI REIKI LEVEL TWO

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### MAY YOUR MEDITATIVE KUNDALINI REIKI EXPERIENCE BRING YOU HAPPINESS!



Welcome to this second level of Kundalini Reiki. During this level we explore the idea of using Kundalini Reiki as a way of meditation in order to help us cleanse more deeply and purify ourselves.

It is said that the second level attunement helps to strengthen our energy channels and open up our main channel allowing the Kundalini energies to be gently raised upwards to our Solar Plexus Chakra. This is the preparation for Level three where a full rising of Kundalini Reiki energy takes place.

We note here that a *full rising* of Kundalini Reiki energy does not mean the same thing as a full *awakening*. There is often confusion about this important point. The rising of your Kundalini Reiki energy is another step on the pathway to awakening.

As you work through the practices here, in Level three and in many other spiritual practices, you are allowing yourself to move closer and closer to a full awakening. As with any spiritual practice, this will take time as you cleanse, purify and gain further understanding of the truly divine self.





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## 1. INSTRUCTIONS FOR RECEIVING YOUR LEVEL TWO ATTUNEMENT:

As in the first level, the second level attunement is also received using a 'by distance' format. We ask here that you please follow the process outlined below and as always, please be sure to open yourself up to receiving these energies with love and gratitude.

As we mentioned in the previous chapter, by activating (unlocking) the energies at the beginning of the ebook, all of your Kundalini Reiki attunements have been activated for you i.e. for Levels 1, 2 & 3. As this is a second level teaching, you will therefore be able to follow along with the below instructions to receive your second level Kundalini Reiki attunement from us. May this bring you much love & light into your being!

### ■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

### ■ 2. Setting the intention

Stating the intention here will activate the attunement to begin. Please say the following:



**"With love and gratitude I open to receive the attunement for  
Kundalini Reiki Level 2 in order to benefit all beings.**

**Thankyou, thankyou, thankyou."**

Now your attunement will commence. You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen. Whatever the case, you will receive the Level two attunement and with this, you will be able to practice the Level two meditation described below.

### 2. THE KUNDALINI REIKI MEDITATION:

Whilst you are still able to call on the techniques described in the Level one teachings, the practice at this level now takes a more meditative approach to our healing with Kundalini Reiki.

For those of you who are new to meditation, you are about to receive a very great introductory meditation practice! This meditation is very simple whilst providing you with very powerful energies designed to bring more light and understanding into your consciousness.

The meditation is designed to strengthen all the energy channels within your body by using the Kundalini energies from within, combined with the divinely guided energies from above. This meditation also helps to cleanse away impurities which will help you in all areas of your healing and your life. We hope you enjoy the practice!



#### ■ 1. Preparation

As we said in Level one, before you start any meditative practice it is beneficial to ensure that you are comfortable and perhaps in a peaceful environment where you will not be disturbed.

Sit or lie down, with your hands and body in the most comfortable position for you. For example, if sitting, you may choose to place your palms together in your lap, or in prayer position (as in our self-healing practice in Level one).

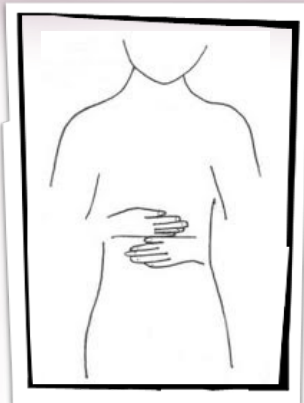


**PALMS TOGETHER IN LAP,  
WHICHEVER POSITION IS MOST COMFORTABLE**

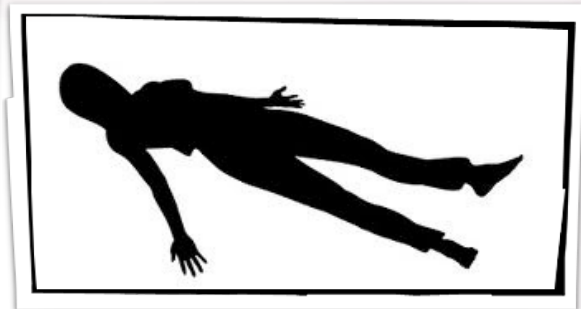
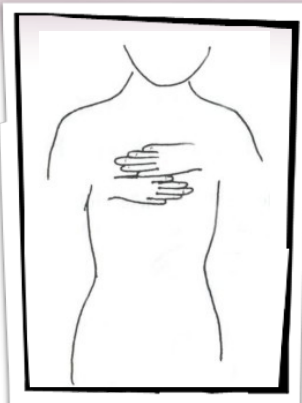


**HANDS IN PRAYER POSITION  
IN FRONT OF HEART**

If lying down, you may choose the yoga relaxation posture or perhaps wish to rest your hands on your Heart Chakra or over your abdomen as you can see from the pictures on the following page.



HANDS OVER ABDOMEN OR HEART CHAKRA



YOGA RELAXATION  
POSTURE

### ■ 2. Invoking the energies

As in Level one, we simply need to set the intention for our meditation by thinking '*Kundalini Reiki Meditation*' or '*Kundalini Reiki*' which invokes the energies required for our meditation. There are some who may prefer to keep repeating the words throughout the meditation in order to keep their mind focused, whilst for others they will simply wish to relax and enjoy the peacefulness of the energy. No technique is any better, it is just different for the different types of mind so use what works best for you.

After setting your intention you may feel energy starting to flow; just relax and enjoy these cleansing and replenishing energies. Remember, you will only ever receive the energy you require for your optimal healing, so trust that you are being divinely looked after. Just relax and enjoy, knowing that the energy knows exactly where to go and what to treat.

The process will last for around 5 minutes at which point you may feel a slight drop off in the energies. After this 5 minute cleanse, the energies within you will still be moving and healing for some time after your meditation. Again, this is something which often happens without us being aware of, but know that the energies are doing exactly what they are meant to for your highest good.

### ■ 3. Closing your meditation

It is often a good idea to close any meditation or healing session with love and gratitude. For example you may wish to say something like:



**"Thank you immensely Kundalini Reiki for helping me in this meditation. Please continue to shine for me and for all beings so that we may all be happy and free from suffering.  
Thankyou, Thankyou, Thankyou."**

### 3. ADDITIONAL HEALING NOTES:

#### \* Repetition

As in any other mode of energy based healing, you are able to repeat this Kundalini Reiki meditation process as many times as you wish. We recommend repeating this practice at least daily, preferably several times per day for most benefit.

#### \* The Healing Crisis

In the days following the attunement, and as you repeat the Kundalini Reiki meditation more and more, you may feel some different sensations as many of the old, unwanted energies clear away, shift or move. Energy based healing practices can bring much healing to the surface and in some cases, we can often experience what is known as a [healing crisis](#). If you are clearing away lots of old energies i.e. there is deep healing being done, then your body will need to work to clear these, so as a result you may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. You can sometimes even get a few extra trips to the toilet if the energies are clearing in your lower chakras.



There may also be some emotional clearing happening from the attunement and / or your healing practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest.

#### \* Working with affirmations in your practice

We have briefly touched on this idea in the Level one teachings and this will often be a personal preference for you about whether you wish to use affirmations or not during meditation. If you are having difficulty with concentrating (perhaps you struggle with an overactive or busy mind during meditation), then using affirmations can be a great way to keep your mind focused.

For example, as previously mentioned above, you could simply repeat the words 'Kundalini Reiki' or 'Kundalini Reiki Meditation' as slow or fast as you like to keep your mind focused or attentive.

Another affirmation you might wish to try is '***May Kundalini Reiki shine for us all***'. You can say this continually as you visualise white light shining from your whole body outward for all beings. This can help us to create an intention which is more pure and therefore provides us with more energy for our meditation.

We suggest that you try a few out for yourself and see how you feel. Often, it is best for us to enjoy our practice and have some fun as we create meditative techniques for ourselves as we progress with our practice. Generally speaking, whatever helps your vibration during meditative is good.

There will also be many of you who wish to simply sit in mental silence and enjoy the energies as they wash over you in your healing. In this way, you are brought closer to states of inner stillness, relaxation and inner peace. This is great.

As we have said, the meditation style for each individual will often differ depending on their capacity for meditation. The techniques that 'should' be used in meditation are those that work for you. This is a deeply personal decision and one which will surely evolve as your practice does. In these ebooks, we simply choose to share some of our own insights into these teachings with the hope that it helps your practice to blossom into something which is truly magical. Something which helps you to find your meditation 'groove' and something which empowers you to move closer to happiness.

#### 4. FINAL COMMENTS:

We hope that you enjoy the beautifully cleansing and uplifting energies of this second level Kundalini Reiki. We would suggest that you practice this meditation at least daily up until you feel ready to take the Kundalini Reiki Master teachings (which you can take after a minimum of 5 days from taking the Level two attunement).

The Kundalini Reiki meditation given here in this level helps to prepare us for the step up in vibration which the Master Level attunement brings. Looking forward, the Master Level introduces many new frequencies into our healing and meditation practices. Through Levels one and two, we are shown the techniques for self-healing, healing others and meditative healing and in the Master Level, we gain access to many additional divinely guided healing frequencies which help to expand our healing practices.

Also in the Master Level, we learn how to give the Kundalini Reiki attunement, something which is deeply sacred and beautiful. By being able to make more Kundalini Reiki practitioners we are able to strengthen the inter-connected consciousness so that we may start to raise the vibration of all beings towards that of love, light and understanding.

Looking forwards and into advanced Kundalini energies and it is these preliminary levels which help us to form the foundations for that which is to come. We thank you for your service to the light and we hope to see you again in the next chapter where we will be sharing these Kundalini Reiki Master Level teachings with you.

*May all beings cleanse away all of their energetic impurities so that they may shine their infinitely divine love light for all to benefit. And may all beings understand the true beauty and inner peace which comes from energy based healing practices.*

*May we all live in love, light and understanding and may we all fully realise our truly divine potential.*

**LOVE INSPIRATION &  
MAITRI FOUNDATION**



# KUNDALINI REIKI

LEVELS 1, 2 & 3

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*Love Inspiration*

*Learn • Heal • Awaken*

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## KUNDALINI REIKI

### LEVEL THREE - MASTER LEVEL

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#### MASTERING THE KUNDALINI REIKI EXPERIENCE!

And here we are – the Kundalini Reiki Master Level. This is the final phase here in this Kundalini Reiki ebook and we congratulate you on taking this very important step on your healing pathway. Through this Master Level, we are now able to introduce many different divinely guided healing frequencies which will greatly help you in your healing and meditation.

All of these new healing frequencies come under the umbrella or banner of Kundalini Reiki and all of them can be used to heal different areas of your life including past hurts, issues brought forward from past lives, healing traumas from birth and many more.

There is a lot of flexibility given to you at this level and your healing abilities are also strengthened significantly as you now become a clearer and more effective healing channel for benefitting both yourself and others.

It is said that this Master Level attunement helps to open and expand our energy channels further, particularly the main energy channel, where the Kundalini essence now rises up and out of your Crown Chakra. This attunement (in addition to your practice) allows the Kundalini energies to be better integrated into your entire being, allowing for greater healing ability.

This Master Level also gives you the ability to attune others to this beautiful gift and we will be providing the instructions for this within this chapter also. This is a tremendous honour and should always be treated with respect, gratitude, love and humility.

We are delighted that we are now able to pass on these Master Level teachings to you and we hope you enjoy these new energetic frequencies in your meditation and healing practices.

*May all beings benefit from this truly empowering  
gift of healing light!*



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**1. RECEIVING THE KUNDALINI REIKI MASTER LEVEL ATTUNEMENT:**

The Master Level attunement process is very similar to the previous attunements however in the Master Level you are receiving access to *many different* healing frequencies. Again, the most important thing for you to do during the attunement is to simply open up and receive these divine gifts with love and gratitude.

As mentioned during previous chapters, all of your Kundalini Reiki attunements have been activated for you when you self activated (unlocked) them at the beginning of this ebook, so when you feel ready to, in line with the prescribed timeframes, you may now wish to receive your Level 3 Kundalini Reiki attunement.

And one last quick reminder about the healing crisis: Remember that in the days following the attunement, and as you repeat the Kundalini Reiki practices more and more, you may feel some different sensations as many of the old, unwanted energies clear away, shift or move. Symptoms such as tiredness, emotional outbursts and physical symptoms may appear. If you have not already read our FAQ on the Healing Crisis then please [click here](#) to be taken to this website page for more information.



## 2. INSTRUCTIONS FOR RECEIVING THE LEVEL THREE ATTUNEMENT:

As mentioned to you in previous levels, your Kundalini Reiki Master Level attunement has already been activated for you when you unlocked the energies at the beginning of the ebook.

Therefore, as this is the third level of Kundalini Reiki, the Master Level, you now just need to receive your Master Level attunement here by following along with the instructions below.



### ■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

### ■ 2. Setting the intention

Stating the intention below will activate the attunement to begin. Please say the following:



**"With love and gratitude I open to receive the attunement for Kundalini Reiki Master Level 3 in order to benefit all beings.**

**Thankyou, thankyou, thankyou."**

Now your attunement will commence and will last for around 25 minutes. You may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing during their attunement which is perfectly ok - the energies are still working.

Once you have received your Master Level attunement you will be able to practice with the new energies and techniques described below.



### 3. INTRODUCING THE MASTER LEVEL HEALING PRACTICES:

As we have mentioned already, the Kundalini Reiki Master Level introduces a number of different divine healing energies or “Reiki’s” which can now be called on in our healing and meditation practices. Specifically, you will gain access to the following divinely guided healing frequencies:

- **Diamond Reiki**
- **Crystalline Reiki**
- **DNA Reiki**
- **Birth Trauma Reiki**
- **Location Reiki**
- **Past Life Reiki**

Referring back to the first level teachings and you may remember that we described the term ‘Reiki’ as meaning ‘universal energy’ or perhaps more accurately, ‘spiritually guided life force energy’. The different types of Reiki listed above can then be thought of as being like sub-categories of this divine universal energy source.

Each of these different Reiki’s work to resolve slightly different healing issues from within our consciousness and in this way, they help us to more deeply heal and purify ourselves, thus allowing us to move closer to the divine self.

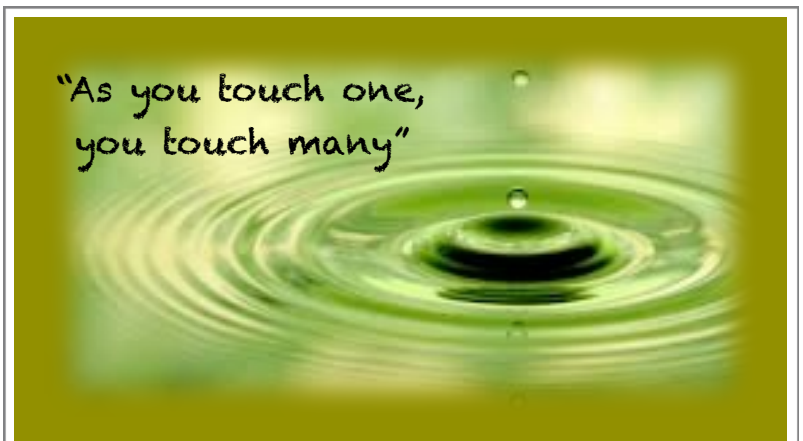
The energies being introduced here during this level also allow us to do more effective healing work for the benefit of others in order to raise the interconnected consciousness closer to light.

It is said in these Kundalini Reiki teachings that before you are able to give a treatment for others, you first must do all of the self-healing practices yourself and thus gain some experiential understanding of the energies being worked with.

We would add that this is often a good way to think about energy based healing in general. The more self-healing and meditative work that we do, the more effective our healing channel becomes and the more we are able to help others. Also, by raising our own vibration, we are automatically ‘helping others’ due to the interconnected nature of consciousness.

As we raise our own vibration, we can see that it starts to radiate outward for all to benefit from, much like ripples in a pond naturally expand outwards. It has been conveyed to us in other spiritual teachings that as you touch one, you touch many.

Just one simple act of loving kindness can make a very large difference and if we reflect on this idea in the context of oneness, we can start to realise just how important the energies of loving kindness and compassion truly are for the benefit of us all. So please remember that your own self-healing is very important. It allows you to heal others more effectively and gives you a much better chance of experiencing true and genuine happiness in your own life as well.



#### 4. INSTRUCTIONS FOR WORKING WITH THESE NEW HEALING FREQUENCIES:

The practices that we have introduced in the first two levels of Kundalini Reiki have been the preparation which we will now draw on in this Master Level. All of these new healing frequencies described below draw on these same techniques as outlined in the previous two levels with a slightly different intention being applied.

The best way to cover this is by introducing each of these new Reiki's individually. When we can understand their individual purposes, we can then start to discuss our approach to the Kundalini Reiki Master Level practices more effectively.



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#### ■ INTRODUCING DIAMOND REIKI

During your attunement, an etheric diamond will have been placed in your Crown Chakra so that you can strengthen your connection to the Reiki energy.

It is said that the energies being worked with in Diamond Reiki are very strong energies which enlighten and heal all that is resolved and ready to be healed (in line with your karmic circumstances).

##### Instructions for use

To activate or invoke these energies, rather than thinking 'Kundalini Reiki' you would now think '***Diamond Reiki***' and can use any of the meditative or healing techniques provided in the practitioner levels.

You may wish to give yourself or others a hands-on healing session or a distance healing session and you can also work with Diamond Reiki through the Level two meditative healing format. For hands on healing sessions, the hands are placed on the shoulders of the recipient as you would in a Kundalini Reiki healing session.

Diamond Reiki will give you the added strength which comes via this etheric diamond described above and from our own experiences, this is a truly wonderfully healing energy to work with. Our connection is strengthened to the universal energy which is 'Reiki'.



## ■ INTRODUCING CRYSTALLINE REIKI

As we move through our many lives, we will ultimately face a number of traumas. Whether they come in the form of a car accident, emotional abuse, a broken nose or perhaps a broken marriage, we will all no doubt face things that are painful & challenging.



Many of us however will not be able to properly process these difficult emotions, pains & sorrows and it is said in the Kundalini Reiki teachings that each of these instances creates a small deposit of crystals within us. Little fragments of energy or thoughts which still hold on to these difficult emotions within our consciousness. For example, if someone has a fall and breaks their leg, an energetic crystal will form to represent the memory of the pain & emotional feelings of the trauma.

If all the issues relating to this incident are resolved, then these energetic crystals dissolve and there is no further healing to be done. With time however and with many traumas over many lives, our bodies can become full of such energetic crystals which require healing. And it is the energies of Crystalline Reiki that can help us to heal such old hurts, pains and sorrows from within.

### Instructions for use

To effectively heal ourselves and others using Crystalline Reiki we require two separate healing sessions, each lasting for around 15 minutes.

For use in self-healing, it is said that it is best to use the long distance healing method i.e. with your palms being placed together whilst imagining that you are inside your hands being 'healed'. Simply think 'Crystalline Reiki' and the divinely guided healing session will commence, with the energies requiring around 15 minutes or so to do the healing work.

After 2 self-healing sessions like this, it is said that these crystals living within your energies are now 'healed' of previous traumas. As such, you are now ready to use these energies to benefit others through healing sessions.

For healing others, the healing session will also last for around 15 minutes and the person will also require two separate healing sessions (on different days) for the required healing to take place. After two healing sessions, it is said that it is not necessary to take more Crystalline Reiki healing sessions.

It is also said that giving Crystalline Reiki healing sessions to others should only be done in person as the hands must be touching the patient for the Crystalline Reiki energies to be most effective. As in a Kundalini Reiki healing session, your hands are to be placed on the shoulders of the patient. Alternatively you may also place your hands over the Crown Chakra (top of the head).

Once your hands are in position, you simply need to think 'Crystalline Reiki' or intend that the Crystalline Reiki energies flow for the best possible healing result of the recipient for the healing to take place. Again, the energies will flow for around 15 minutes or so and will be divinely guided to where they are most required.

*Note: At Love Inspiration we believe that as you progress further on your healing path, you begin to heal deeper and deeper layers of your existence and therefore continued use of Crystalline Reiki can be beneficial (i.e if you wish to practice more than simply two sessions.) This is merely our humble opinion and your own intuition should be used to see what works best for you.*

### INTRODUCING DNA REIKI

There is now much evidence to suggest that our DNA is simply the physical representation of energy. Amongst other things, the spiralling double helix of DNA gives us a pretty strong indication that this may indeed be the case.

The energies within DNA Reiki are said to heal DNA strands from deep within our energetic 'blueprint' and we are able to heal ourselves and others of negatively inherited genetics and dis-ease. As with other energy based healing practices, it can therefore help us move closer towards health & happiness.



#### Instructions for use

From a healing others perspective, DNA Reiki can be used to give hands-on healing or distance healing treatments. The healing session will take around 3-5 minutes and it is said that it is only necessary to give one treatment per person for the required healing to take place.

If you are doing hands-on healing, you may wish to either place your hands over the shoulders of the recipient or on their Crown Chakra (top of the head) for your healing session again noting that the divinely guided energies will go to where they are needed most.

Where you are doing distance healing work, as with any other practice, you should always gain permission from the person prior to working with their energy. This is generally considered a good ethical energy based healing practice for when we are doing distance healing and works with the idea of free will.

From a self-healing perspective, you can also use DNA Reiki in a meditative capacity and you will simply need to think 'DNA Reiki' to activate or invoke the energies for your self-healing session.

From your practice to date, you may have developed a preference for your self-healing practices so here in DNA Reiki, you have the option to choose what works best for you:

- ✱ **Self-healing** (*Level one - imagining yourself inside your palms*)
- ✱ **Hands-on healing** (*Level one - placing your hands over your Heart Chakra*)
- ✱ **Meditative healing** (*Level Two*)

It is said in these teachings that the energies from DNA Reiki continue to do their work long after you have given the session and although 3-5 minutes is all that is required, the energies will continue to do their healing work for some weeks after the session. It is said that normally, we may see results being obtained after the first three weeks from the date of a session.

*Note: At Love Inspiration we believe that as you progress further on your healing path, you begin to heal deeper and deeper layers of your existence and therefore continued use of DNA Reiki can be beneficial (i.e if you wish to practice more than once.) This is merely our humble opinion and your own intuition should be used to see what works best for you.*



### INTRODUCING BIRTH TRAUMA REIKI

In different spiritual texts, it is said that the trauma of being born is often one of the four major kinds of suffering. The energies of Birth Trauma Reiki can help us to gently release any trauma related to this aspect of our life and can therefore help us to again heal at a more effective level.

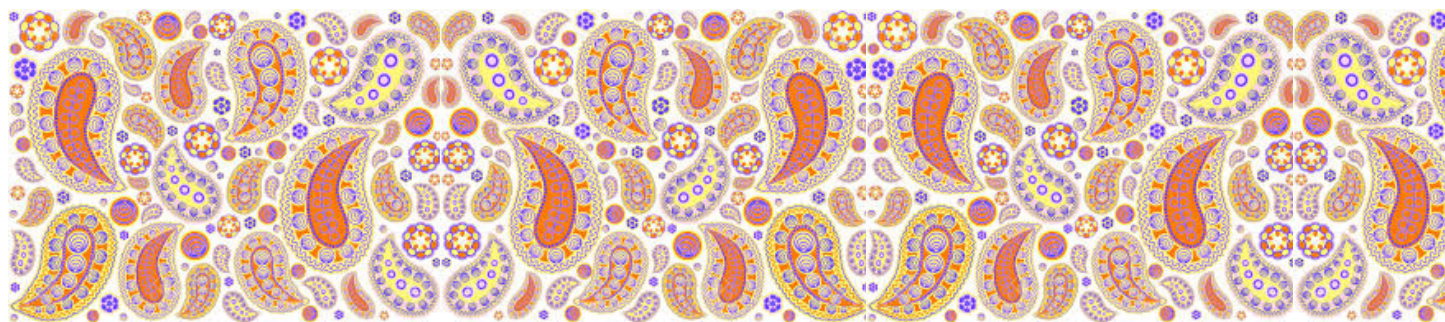
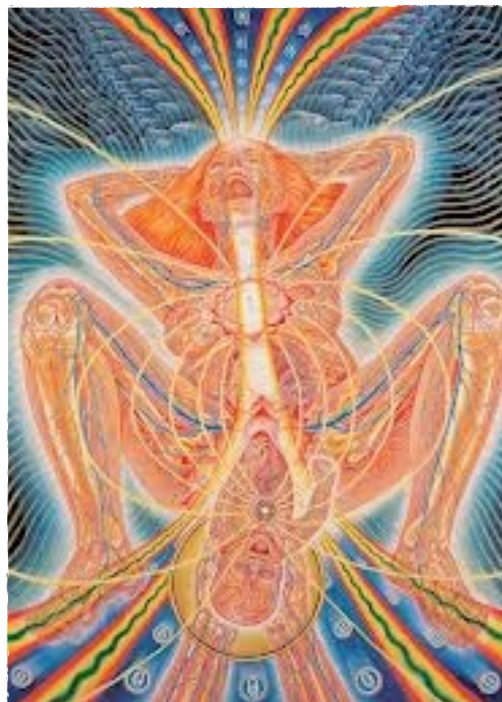
#### Instructions for use

We can use Birth Trauma Reiki for ourselves using hands-on healing, meditative healing or distance healing techniques. We are also able to give healing sessions to others through hands-on healing or through distance healing.

The healing sessions will take around 3-5 minutes to complete and it is only necessary that one treatment be given per person. To invoke these energies, again we will simply use our intention to think '**Birth Trauma Reiki**' with the intention of healing ourselves or to heal the person who we are treating.

For hands on healing sessions, you are able to place your hands either over the shoulders or the Crown Chakra of the recipient noting that it is best that you be guided by your intuition for where to put your hands during any session.

*Note: At Love Inspiration we believe that as you progress further on your healing path, you begin to heal deeper and deeper layers of your existence and therefore continued use of Birth Trauma Reiki can be beneficial (i.e if you wish to practise more than once.) This is merely our humble opinion and your own intuition should be used to see what works best for you.*





## INTRODUCING LOCATION REIKI

It is taught here in Kundalini Reiki that we can sometimes hold negative karma between ourselves and certain locations on the earth. These karmic 'bands' can often be responsible for many negative energies or issues which manifest into our life and in this way, they can influence our physical, mental or emotional health.

The energies of Location Reiki help us to heal these types of negative karma's from our energies therefore helping to heal us at a different level to the other types of Reiki described so far.

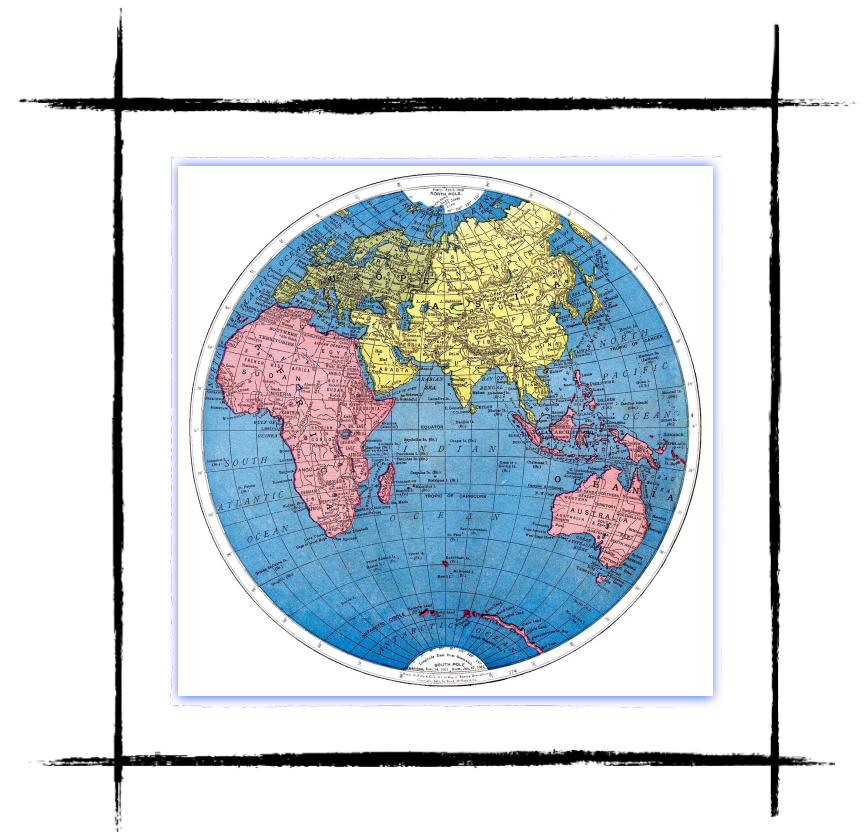
### Instructions for use

From a self-healing perspective, we can use Location Reiki through meditative healing, hands-on healing or distance healing techniques. We simply need to think '**Location Reiki**' to invoke these divinely guided healing energies for the healing session to commence.

For healing others, we can use either the hands-on healing or distance healing techniques. Again the process is the same with our intention being the driving factor, simply think 'Location Reiki' to invoke the energies in conjunction with the techniques described in this ebook for best results.

These energies will take around 3-5 minutes to complete the healing session and again, it is said that only one treatment is necessary per person.

*Note: At Love Inspiration we believe that as you progress further on your healing path, you begin to heal deeper and deeper layers of your existence and therefore continued use of Location Reiki can be beneficial (i.e if you wish to practice more than once.) This is merely our humble opinion and your own intuition should be used to see what works best for you.*



### ■ INTRODUCING PAST LIFE REIKI

Some of us may have difficulty with the idea of re-incarnation or the idea that we have all lived past lives. This is an area where there is perhaps some disagreement within people's individual belief systems.

It is definitely not our intention here to tell you what you should or shouldn't believe, for this is always up to you to decide. It is our intention here to simply share the Kundalini Reiki teachings as they were received by us.

The energies within Past Life Reiki are said to help us to heal the energetic blockages which may have been caused from past lives. Due to many different types of actions, intentions and thought forms from these past lives, we may require healing and purification in many areas of our consciousness and past life Reiki helps us to do exactly this.



#### Instructions for use

Past life Reiki requires three individual sessions to be completed with each session lasting for around 3-5 minutes depending on the person. For self-healing, we are able to work with hands-on, meditative or distance healing techniques and you just need to think '**Past Life Reiki**' to invoke these divinely guided healing energies.

For healing others, a healing session can be given through hands-on sessions or through distance healing sessions noting that you will also require three different healing sessions for the recipient to receive the required amount of healing using Past Life Reiki.

Again, for giving a healing session to others, you simply need to intend that the Past life Reiki energies are to be used to heal your patient in the best way that it can. Simply think 'Past Life Reiki' with your intention to heal and the divinely guided energies will do the rest for you.

3-5 minutes or so is normally a good timeframe to start with but as this is an area which often requires much healing, please be guided on how you feel during your session as to whether you wish to spend some more time healing these issues.

Again, it is said that three sessions are necessary for the required healing to take place in this area noting that from our experiences, we often have many issues relating to our past lives which may require healing from these and other energies.

*Note: At Love Inspiration we believe that as you progress further on your healing path, you begin to heal deeper and deeper layers of your existence and therefore continued use of Past Life Reiki can be beneficial (i.e if you wish to practice more than the three times.) This is merely our humble opinion and your own intuition should be used to see what works best for you.*

## 5. ADDITIONAL INFORMATION ABOUT THE HEALING PRACTICES:

Given that you have learned a lot of new frequencies in this third level, combined with the many different kinds of meditation and healing techniques you have learned in Levels one - three, we thought it might be appropriate to include some more discussion about how to best start your energy healing work in this Kundalini Reiki Master Level.

Firstly, in addition to the six new Reiki's learned in this level, we wish to point out that you are still able to invoke the *Kundalini* Reiki energies. By thinking 'Kundalini Reiki' through your meditative, hands-on or distance healing techniques, you are now able to call on the Kundalini Reiki **Master Level energies** for your healing.

In addition to this, we believe that it is also a good idea for you to start working with some of these other forms of Reiki introduced at this level. We would suggest that you work through these one by one and *experience* the differences in the energies within each type of Reiki.

However, please don't feel like you must do all of this in one sitting! Although there might be some temptation here to rush through all of these practices, we find that it can often be a good idea to work with these energies over many sittings so that you are better able to gain the required understanding of how the energies feel for you.

By working in this way, we can also allow ourselves to more deeply heal the energetic impurities from within us, over the many different areas of our consciousness in which these energies work. As we work through and complete all of these self-healing practices, we are then able to work with healing others as we feel guided to.

### Doing your healing work for others

After you have completed your self-healing you will then be ready to do healing work for others, either by distance or in person.

Where you are giving distance healing to someone, it is taught that it is generally a good idea to treat with the Kundalini Reiki energies first and then work through Birth Trauma Reiki, Location Reiki, Past Life Reiki and DNA Reiki. You may also wish to call on the Diamond Reiki energies also as you wish to.

If you are giving a hands-on healing session **and** the recipient is able to return to you for another session, then you can also give healing with Crystalline Reiki, noting that there are two sessions required here. You will also note that it is best to also give Past Life Reiki over a number of sessions also.



## KUNDALINI REIKI

### LEVELS 1, 2 & 3

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Depending on your attitude towards healing and distance healing, you may wish to give these healing sessions over a number of sittings. This will also depend on whether you are practicing with other forms of energy based healing in conjunction with Kundalini Reiki. Generally speaking, it is said that around 10-20 minutes is a good timeframe for sending energetic healing by distance. Each person will no doubt feel for themselves their own limits in meditative concentration so we suggest that you be guided by your intuition in each individual circumstance.

For those of you who are wishing to do most of your healing work through the hands-on healing techniques, you will most likely be able to now give a full Kundalini Reiki healing session including all the additional healing frequencies described here.

To give a full Kundalini Reiki healing session, you can either ask the recipient to sit or lie down, noting that you may get easier access to their Crown Chakra / shoulders area if they sit. Once you feel ready, you are able to call on the energies for the healing session as you require them.

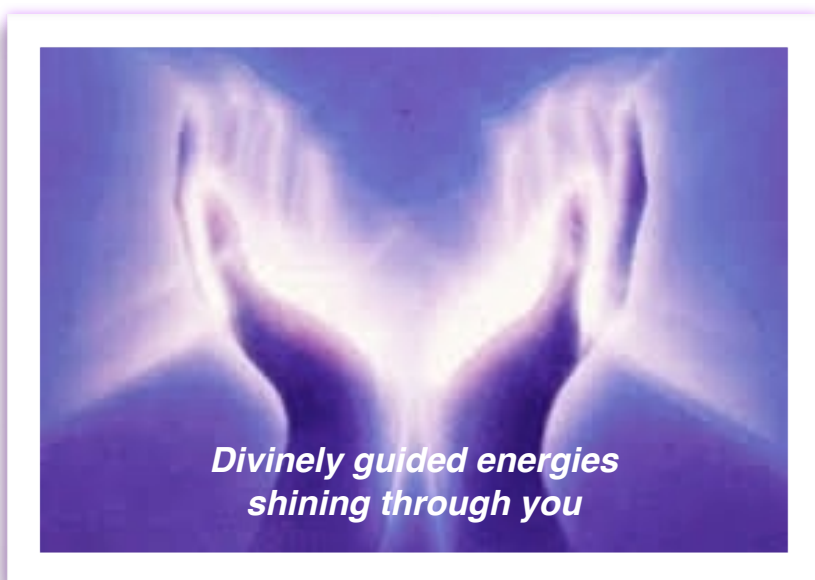
As you work through each of these energies, you should rest in the understanding that divine guidance is always by your side. Your intention to call on each of these different healing frequencies for the benefit of the recipient is all that is required. As you do this, an immense amount of love and healing light will shine through you into the recipient, allowing them to be helped by these divinely guided energies of love, compassion and understanding.

For those of you who are working with other forms of healing, you are also able to call on these energies during your healing session being sure to place your hands where you are intuitively guided to do so.

For example, if you are practicing with Celestine Reiki, you will be working from the Crown Chakra as it is taught in this system whereas if you are working with Usui Reiki, you may feel more comfortable treating all parts of the body as this system teaches you.

Your intuition and the feelings within your hands and body will no doubt guide you to where energy is most needed (noting that the Kundalini Reiki suite of energies will always go to where they are most needed by leaving your hands in one area of the body i.e. the shoulders area or the Crown Chakra).

We can close our session with love and gratitude for the healing which has taken place and depending on what energies we have called on, discuss any sort of follow up consultations with the recipient. This is often a good time to listen to their experiences noting that this often results in much extra healing in itself.





## 6. ADDITIONAL HEALING TECHNIQUES:

There are three additional healing techniques that we wish to share with you in this section to help you to connect more deeply for your healing and meditation work. The first is a Kundalini Reiki technique and comes with these Kundalini Reiki teachings. The last two are Love Inspiration additions which we feel are beneficial at this Master Level of practice.



**The Kundalini Reiki  
Balancing Technique**

### ◆ Balancing

This is a Kundalini Reiki technique used to balance the energy systems within our body.

This technique is a great way to finish or close our practice and this simple technique can also be used at any time where you feel an additional balance in energy is required. It is suggested through the Kundalini Reiki teachings that we should balance our energies on a daily basis.

So, as you finish your self-healing work, you simply need to place all your fingertips (and thumb tips) together allowing the energies to flow between the hands for around 30 seconds. Set your intention for your energy systems to be balanced through this technique and it will be so. The energy will continue to move and balance for about an hour and according to Kundalini Reiki teachings, this practice should only be done once per day.

### ◆ Inter-twining energetic frequencies

The second advanced healing technique we wish to share with you is not normally presented within the Kundalini Reiki teachings. As we ourselves (at Love Inspiration) were learning the Kundalini Reiki teachings, we became curious as to why it was required to call on each of these different energetic frequencies separately.

Understanding the power of intention, we started experimenting with calling on many different frequencies and through other teachings we came to understand that it is possible to call on a number of different healing frequencies at the same time.

Please note that this is a more 'advanced' technique and that we recommend only starting work with these practices after some weeks of practicing with the basic techniques of Kundalini Reiki. As always, trust your intuition as to when/if you are ready to commence.

This is mainly because this technique in particular requires a strong meditative concentration, something which invariably comes through our own practice. At Love Inspiration we call this technique 'inter-twining' as this is precisely how we can work with a number of different energetic frequencies at the same time.

We basically inter-twine the frequencies so that we are able to receive what we often describe as a 'deliciously divine energetic smoothie'. Something which can bring us to very powerfully healing vibrational states.

When we are working in meditation, we can use our intention to call in say three different frequencies, for example; Kundalini Reiki, Diamond Reiki and Past Life Reiki. Our intention is that these frequencies be combined for our best possible healing result.

We may be using the affirmations technique described in Level two or we may just be enjoying the blissful states of vibrational healing coming from these frequencies.

To help our meditative concentration or more specifically, to help our healing intention, we can imagine or visualise that a healing 'rope' of energy appears above us, coming vertically down through our Crown Chakra and running through the centre of our body, all the way to our feet. It can be made of white light and it has three very distinct strands, representing the three types of Reiki we are working with in this example.

Now imagine that these three strands inter-twine with each other and the energy running through these strands expands outwards through our body, then through our aura and further outwards to benefit all beings.

The expanding of the rope signifies the expansion of your own energy and by combining this technique with the altruistic intention as described below, our practice can really start to take off into something which is truly magical.

You are of course able to call in different varieties of Reiki and work with as many frequencies as you wish. Different people will have different preferences to their practice and as we have said, some of these practices (especially when dealing with many different frequencies) will require an strong meditative concentration. Try starting with inter-twining two or three energies together and progress from there if you wish.

These types of practices can be a lot of fun and can be very vibrationally rewarding and blissful! Again, we recommend that you master the basic practices before progressing to this inter-twining technique. It is also worthwhile for us to mention here that the advanced Kundalini Healing levels provide us with a much more effective way of 'intertwining' and consolidating the Kundalini energies. These new levels, particularly that of Level 5 and Level 9 allow us to call on all of the Kundalini healing energies together to make for a deep healing to take place within us.

Our 'rope technique' is perhaps something you may wish to start with but again, we note that the attunements of the advanced Kundalini level will also help you to intertwine, consolidate and bring more healing efficiency to your practice.



**Intertwined frequencies:**  
A deliciously divine "energetic smoothie"



◆ **Working with the Altruistic Intention**

This is perhaps the most powerful healing tool all by itself and sadly, probably the one which is least known about. When our intention becomes closer to a purely altruistic intention, the healing results that we experience become so much more powerful.



And it is for this reason that we have introduced the affirmation *‘May Kundalini Reiki shine for us all’* during these second level teachings. By asking for the energies to be received for ALL, it is like the universe sends us the healing energies in direct proportion to the purity of our intention to help.

Purity in this context simply means the ‘drive’ that we have to truly benefit others. By cultivating such mindsets, we are then better able to receive much more healing light for ourselves as we come to the understanding that at the ultimate level of existence, we are not separate from each other.

It is also for this reason that we use the expanding rope visualisation in our inter-twining technique described above. By imagining that the rope is being stretched outwards horizontally, intending that these different energetic frequencies shine through us and out for ALL beings to benefit from, this allows us to create a stronger intention and thus receive a stronger intensity of energy.

There are many other ways in which we can start to cultivate a ‘helping others’ type mindset. For those interested in this aspect of our teachings we can recommend that you continue through to the advanced Kundalini Healing levels as the energies and teachings being introduced at these levels helps us to move more deeply into these very expansive vibrations.

## **7. IMPORTANT BACKGROUND INFORMATION FOR TEACHING KUNDALINI REIKI:**

Firstly, we wish to congratulate you on becoming a Kundalini Reiki Master, something which now enables you to pass on the Kundalini Reiki Attunements to others. This is something which is deeply sacred and indeed an honour to receive and it is our hope that all who receive these teachings will treat them with the deep respect, love & gratitude that they deserve.



To start with then, it is important for us to give some background information about Kundalini Reiki and how this healing system is taught traditionally.

Firstly, as part of any teaching there must be a fully qualified Master Teacher, someone like yourself, who has opened up and received all three levels of Kundalini Reiki. Secondly, there needs to be a willing recipient, someone who would like to learn Kundalini Reiki, either by distance or in person. Once you have these two vital components, you are ready to start teaching Kundalini Reiki!

When teaching Kundalini Reiki, it will always be important to share the necessary information with each recipient somehow i.e. by introducing the healing system and explaining the healing practices. This needs to be done for each level so that the recipient can understand each level of learning.

Under the Ole Gabrielsen system of Kundalini Reiki, a Kundalini Reiki Teacher needs to attune each level individually and as such, for each of the three levels, it is considered good practice to:

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**A. Share the necessary information for the level which is being learnt, and**

**B. Provide an attunement for each level so that the recipient can receive the Higher Consciousness energies.**

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This is the very simple and easy method for teaching Kundalini Reiki as brought through by Mr Ole Gabrielsen. This is a wonderful system of healing and growth for which we are most grateful!



Now, let us introduce and talk a little more about what has now evolved from this traditional Kundalini Reiki healing system through the spiritual work and creation of Love Inspiration.

This journey started out with Marty & Gerry (the founders of Love Inspiration) who received their Kundalini Reiki attunements from a qualified Kundalini Reiki Master in the same way as we just described above. They completed their healing practices for each level and as they were feeling ready, they started to consider teaching levels 1, 2 & 3 of Kundalini Reiki on their website freely and with love.

At that time, to teach Kundalini Reiki, they would need to prepare three individual ebooks, one for each level, and would need to attune people in the same way as we will be outlining in this section i.e. giving one attunement for Level 1 as requested, giving one attunement for Level 2 as requested and then giving one attunement for Level 3 as requested.

However after some time and much spiritual work, Love Inspiration received a very beautiful gift from Higher Consciousness; the Advanced Kundalini Healing energies.

## KUNDALINI REIKI

### LEVELS 1, 2 & 3

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As part of the new Advanced Kundalini Healing system, the Master Teacher Level allowed Love Inspiration to attune all levels of Kundalini Reiki (Levels 1, 2 & 3) in one simple sitting. And with this new attunement technique, Love Inspiration decided to consolidate the three levels of Kundalini Reiki into one ebook and started offering attunement 'activations' for all three levels (all together).

Therefore, each time someone wanted to learn Kundalini Reiki, Marty & Gerry would just need to follow this simple technique (which is provided in the Level 10 training) and this would activate all of the Kundalini Reiki attunements for Levels 1, 2 & 3 at once.

With all of the attunements activated, each recipient could now work through the entire ebook and receive their attunements as they felt ready, in the same way as you just have during this course.

This simple process of teaching continued for a number of years and for anyone who wanted to learn Kundalini Reiki, they would need to request their attunement activation and then Love Inspiration would activate all of their attunements and send each person an activation email explaining that all of their attunements had been activated and were ready to be received. Easy!

After a few more years though, as the world continued to progress into much higher vibrations, Love Inspiration again received a beautiful & deeply sacred gift from Higher Consciousness in early 2017. The new gift allowed each recipient to activate their own energies and attunements through a very simple activation code. This gift was then applied to all of the Love Inspiration courses & ebooks.



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***As this truly blessed and divine gift began to be digested, Marty & Gerry understood that there had now been a very significant change in the world of energy based healing.***

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With this new concept in mind, it seems that sharing attunements in the traditional sense is becoming less and less important in this evolving world. And as we all continue to raise our energetic vibration, it seems that the Higher Consciousness energies that we are connecting with are becoming closer & closer - and more accessible. As such, the idea of needing to 'attune' someone seems to be becoming less and less relevant as we continue to move forwards into higher states of being.

And this exciting new concept can be seen in its entirety through the Love Inspiration teachings. And the notion that each recipient can now ***self activate*** their own energies & attunements prior to starting, without any need for an 'in person' teacher, is just incredible!

So, as a new Kundalini Reiki teacher, we lovingly invite you to take some time here to reflect on this new information, as it will be very important for your teaching journey forwards. In addition to this, we also lovingly ask that you please read through the [Becoming A Teacher FAQ's](#), prior to teaching, to ensure that you are always satisfying the [Love Inspiration Master Teacher criteria](#).

Of course, how you wish to approach your Kundalini Reiki teaching will depend on your own personal preferences however again, prior to teaching any of the Love Inspiration courses, we do lovingly request that the [Love Inspiration Master Teacher criteria](#) always be met. This helps to ensure that the integrity and purity of the Love Inspiration healing systems can be preserved for the highest possible good of all beings. With much love, we thank you for taking the time to read and digest this information and we thank you for your understanding, love and support.

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## 8. GIVING THE KUNDALINI REIKI ATTUNEMENT:

Within this 'giving an attunement' section, we will now be describing the different considerations which are often important as you think about offering attunements & teachings. As part of this, we will be including the simple instructions so that you can give the Kundalini Reiki attunement as taught through the traditional Ole Gabrielsen system. From here, we will leave you to decide how you wish to share this healing system with others, but please do ensure that you are always adhering to the [Love Inspiration Master Teacher criteria](#).

More specifically, we will now be outlining the following:

- ▶ **1. Introduction**
- ▶ **2. The Healing Crisis**
- ▶ **3. Payment**
- ▶ **4. The Kundalini Reiki attunement**
- ▶ **5. How to give the Kundalini Reiki attunement**
- ▶ **6. Giving Attunements for People**
- ▶ **7. Giving Attunements for objects**



### ▶ 1. Introduction

It is often said that giving an attunement is one of the greatest gifts you can give. It is something which empowers, inspires and share a love vibration between two living beings in a way which is unparalleled.

The attunement itself is said to be a deeply sacred and divine ceremony shared between two living things. It is something which creates a divinely inspired vibrational uplift for the inter-connected consciousness. In very simple terms, it helps the recipient to gain access to the required Kundalini Reiki energies whilst at the same time receive a significant uplift in their energetic vibration.

The attunement benefits the receiver, the sender and all of us at the very same time. Giving attunements is great for purifying our own negative karma and that of the person receiving the attunement. In this way, it is truly a blessed and sacred process that benefits all.

You will have no doubt now felt some of the effects from your practice to date, and to be able to now pass these feelings on to others is something which is truly magical. We are deeply grateful to Mr Ole Gabrielsen for this magical gift of Kundalini Reiki healing!

With the practices being so easy to learn and call on in meditation and taking only 5 minutes or so to practice, these meditation and healing practices are great for our modern, time poor world. They can help us to purify, heal and bring more love and light into our lives which can then help on an individual level to bring more peace into our world.

It is with this intention that we wish to offer you this Kundalini Reiki ebook freely and with love so that you may use them at anytime to help anyone with Kundalini Reiki. And as we've mentioned in the introduction to this section, your teacher journey can now be as simple as sharing these ebooks with others, if you would like it to be (given that the energies are now all self activating).

Alternatively, you might like to take on a more hands on role in helping others. Perhaps you would like to help people learn the different healing practices or perhaps you would like to share the attunements as you feel guided. Whatever option you choose, please know that by sharing these energies with others will always be a positive, kind and loving action!

## ► 2. The Healing Crisis

At Love Inspiration, we believe that an important part of giving attunements is having an understanding of the healing crisis, so you are able to pass on information and/or help your attunement recipients in this area if required. This is not something taught in traditional Kundalini teachings however after much experience with energy based healing practices and healing crisis, we believe it is an important addition to our teachings.

Before or after an attunement, you can let your recipients know that in the days following the attunement, and as they practice any of the Kundalini Reiki techniques, that they may feel some different sensations as old, unwanted energies clear away, shift or move.

Energy based healing practices can bring much healing to the surface and in some cases, they may experience what is known as a healing crisis. If your recipient is clearing away lots of old energies i.e. there is deep healing being done, then their body will need to work to clear these and as a result they may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. And some may also have emotional clearing happening too, such as outbursts of anger, sadness, crying or other types of emotional unrest.

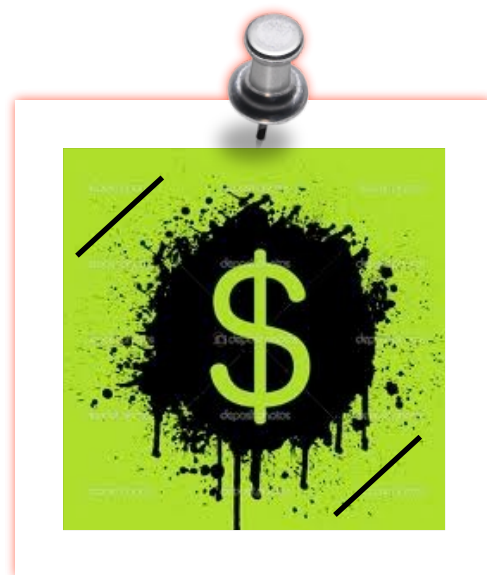
If you have had experience in a healing crisis from your own energy work then you have this experience to help in your understanding and to share with others if you wish to. If you have not yet had any experience with a healing crisis, then this is also perfectly normal and some of your recipients may also have this experience. We believe it is important to reassure your recipients no matter what experience they receive. And please feel free to direct them to our [Healing Crisis FAQ page](#) if you wish.

## ► 3. Payment

This can often be a difficult subject particularly for those first starting out with healing work. If you look around at many other energy based healing practitioners, you will find a vast array of 'payment' systems. Some choose to charge for their sessions, per hour or per session. Some choose to offer their healing sessions for a small fee or for no charge at all. Others choose to offer their services by donation, with either money, food or a service in return. Others still may simply wish to practice on friends and family or join a local healing group as a more social form of 'payment'.

Ultimately, the decision about what you would like to receive in return for teachings or healing sessions is totally up to you.

It is your time and your energy spent in attuning or teaching these practices to others, so use your intuition and be guided by what feels right for you. And don't feel that you have to make a final decision right away. The process of our own development through healing may, for example, mean that we wish to start off with family and friends and then perhaps move into a more 'payment' based structure. Again, ultimately the decision is entirely yours as you are the service provider.





Before forming Love Inspiration, both Marty and Gerry had given healing sessions for recipients in exchange for all of these 'payment' options mentioned above. Some were charged, others donations and others completely free. Some were "swapped" sessions with other practitioners. Many were given in Nepal, voluntarily for locals with little or no money through the Nepal Reiki Meditation Centre in Kathmandu. And others still were given through group healing sessions, a place to meet like-minded people and join with others in offering free healing.

After all of our experiences through giving healing sessions, attunements & teachings and through the spiritual pathway and formation of Love Inspiration, our philosophy has evolved into one which is dedicated towards offering all of our teachings and healing systems freely and with love. But it has taken much trial and error and much spiritual work to get to this point!

Again, we encourage you to do what you feel is right for you in your heart. This will often evolve as you do and you will no doubt be guided to whatever needs to be done on your pathway forwards. Just know that whatever you decide, it is important that you are always satisfying the [Love Inspiration Master Teacher criteria](#) for any courses that you teach.



*Whatever you choose,  
always be guided by your intuition  
and by what makes you happy.*



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#### ► 4. The Kundalini Reiki attunement

Having now introduced the different options that are available to you more generally, let us now focus our attention on the traditional Kundalini Reiki attunement process. This is a very simple process and relies on the divinely guided aspects of the practice combined with your *intention*.

You are able to attune people and other living beings to Kundalini Reiki and even objects if you wish to. In all cases where you do decide to give an attunement, there will be much benefit received within the recipient.

As a Kundalini Reiki Master, you are able to attune one person (or multiple people) at the same time however please note that you can only attune one level at a time. So for example, if you had three people wanting to take a Level 1 attunement, then you could do all three in the same sitting. Or if you had one person wanting to take a Level 1 attunement and two people wanting a Level 2 attunement then you would need to do two separate attunements. The first would attune the first person to Level 1 and the second attunement would do both people taking Level 2 at the same time.

You may also attune children to Kundalini Reiki however it is suggested in the traditional teachings that they should be at least 8 years old to receive these energies.

For those who wish to continue onwards into the Advanced Kundalini Healing levels and into the Advanced Kundalini Master Teacher Level, you will now understand that the techniques for attuning people become far quicker and more simplified. And of course, all of these attunement techniques are being shared with you here with the understanding that these energies are now available to people through a self activation format!



## ► 5. How to give the Kundalini Reiki attunement

There are two separate processes for giving the attunements; one for people and the other for objects / other living things. Attuning people will take around 25 minutes per level and attuning objects only takes around 30 seconds or so for the energetic transfers to take place.

Again, all attunements are divinely guided so we just need to state our intention very clearly and hold this intention within our minds as the divinely guided energies work through us to bring the attunement to the person or people specified.

Many people who are working with attunements for the first time may be a little nervous with such thoughts like 'what if it doesn't work' or 'what if they don't feel anything' and the like. If these types of thoughts enter your mind, just lovingly remind yourself that the divinely guided energies know exactly what to do.

They will always work through you so please don't worry, you are in very good hands and this is especially true of the energies being worked with through Kundalini Reiki.



## ► 6. Giving Attunements for People

We will now be describing how to give a distance healing attunement noting that these are the exact teachings that we ourselves received through the lineage of Mr Ole Gabrielsen.

For those wishing to give attunements in person, this is also possible through the same process that we outline here, only that you would put your hands on either the Crown Chakra or the shoulders area whilst giving the attunement.

So, to give the attunement for people, you will need to be in a place where you will be undisturbed for around 25 minutes. You may lie down or sit noting that being comfortable is most important. You may wish to prepare or centre yourself prior to starting and when you feel ready, start by setting your intention as follows:



**"With love and gratitude, I ask that ... [name] ...  
may be attuned in Kundalini Reiki Level [1, 2 or 3].**

**Thankyou, thankyou, thankyou."**

Just like in our other healing practices, this invoking of energies and your intent to give an attunement now starts the attunement process which will last for around 25 minutes or so.

## KUNDALINI REIKI

### LEVELS 1, 2 & 3

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Again, just like in your healing practices you are now able to open up and relax as the energies flow through you to do the attunement for the person or people you have said. Again, the energies know exactly what to do and where to go so you need not worry about this aspect of the attunement.

Divine guidance is the reason why distance attunements are possible. Because the energies know exactly where to go and what they need to do, the connection is made through the intention. Geographical distance is not a problem due to the inter-connected nature of consciousness.

You will simply need to state your intention and then open yourself up to be a divine channel for the energies to now flow through.

Some of you may wish to continue repeating the invocation as an affirmation to ensure that your mind doesn't drift. Perhaps you wish to occasionally repeat the person / peoples names to keep this intention a little fresh in your mind stream.

It may also help to visualise the person you are giving the attunement to in order to strengthen the connection however this is not strictly necessary either. Most important is to just be open to the energies that are working through you with love and surrender for the benefit of the person receiving the attunement.

For the Kundalini Reiki Master Level attunement, the process is the same noting that each of the additional six different types of Reiki will flow through to the person just by stating your intention to give a Kundalini Reiki Level 3 (or Master Level) attunement.

You may wish to time yourself to start off with to make sure you are giving the attunement for around 25 minutes. If you are sensitive to energy, you may chose to simply feel when the attunement has been completed. In all cases, it is best to say thank you to the divinely guided energies once the attunement has been completed.



### ► 7. Giving Attunements for objects

Giving attunements to objects is also a very simple process and can be completed in around 30 seconds or so. When we talk of attuning objects we are thinking about things like crystals, trees, plants, houses, lakes, mountains, jewellery, pets, the earth or even the entire universe if you want to. Everything is intention so you are only ever limited by your own mind.

As you attune an object to Kundalini Reiki, it is then able to carry the Kundalini Reiki energy within it and in cases such as jewellery or crystals for example, the energies can be drawn on whenever you feel like you need a boost. Objects only need to be attuned once.

To do this, simply start by setting your intention as seen below and then spend around 30 seconds just opening up and allowing the energies to flow through you to this living thing / object. Interestingly enough, you may even feel a connection here.



**"With love and gratitude,  
I ask that this... [object / living thing] ...  
be attuned to Kundalini Reiki.**

**Thankyou, thankyou, thankyou."**

In all cases, it is best to say thank you to the divinely guided energies once the attunement has been completed. Showing our gratitude is a way of paying our respects for the divinely guided work that has been done and helps to again strengthen our connection to these energies, with love.

This completes the teachings on how to give an attunement. May all beings benefit from these wonderful energy based healing practices so that they may live life in love, light and understanding of their true selves.



## 9. THE NEXT STEPS FORWARD:

Having now learnt the entire suite of Kundalini Reiki teachings, you have now earned the title of Kundalini Reiki Master. This is a wonderful accomplishment & we wish to congratulate you with much love on your healing work done so far!



Should you wish to, there are still many more awakenings, upgrades and vibrational uplifts available to you and to start with, as you have worked through this e-course, you will have seen that Love Inspiration offers the **Advanced Kundalini Healing** system.

Before you move into this higher vibrational healing system though, we would like to offer you the opportunity to raise your vibration very significantly through the Ascension Pathways, prior to commencing the Advanced Kundalini Healing system. The [Ascension Pathways](#) are a necessary prerequisite for Advanced Kundalini Healing and with this in mind, let us now take a few moments to explain why this is so.

The Ascension Pathways offer a very direct and elevated pathway into ascended states of being. By moving through these ascension based energies, you will be guided towards many significant energetic changes, sophisticated energetic upgrades and ascensional uplifts in your consciousness which will help you to heal, purify and evolve at a very deep and profound level.

In this way, the Ascension Pathway energies will be helping you to prepare internally for the Advanced Kundalini Healing energies and will also help you to feel and experience these Advanced Kundalini energies in a way which is enhanced.

As a not for profit organisation, it is always our goal to help guide people into higher vibrational states of being. By raising one's energetic vibration, the experience of our reality seems to change also, as we start to enjoy the benefits of unconditional love, purity, inner peace and wisdom.

By moving through the Ascension Pathways, you will be receiving a wide array of Higher Consciousness and ascension based energies. These have been specifically designed to help you 'ascend' into higher and more harmonious states very quickly and effectively. And with this in mind, let us now present here the important prerequisites for the Advanced Kundalini Healing system:

### Advanced Kundalini Healing Prerequisites

The Unified Pathway To Light (Volume 2 - The Sorcebro Energy Suite), OR

Pathway To Light (Volume 2 - The Silver Line)

For more information about these two Ascension Pathways, we invite you to now visit our [Ascension Pathways](#) webpage where you can read more information. As you feel ready, simply choose the Ascension Pathway that feels right for you and continue onwards. Simple!

On the next two pages, we have prepared a diagram for you which shows the quickest pathway to learning the full Kundalini Reiki and Advanced Kundalini Healing system (using The Unified Pathway as the chosen Ascension Pathway). We hope that this makes things a little more simple to understand about the wonderful and divinely enriching journey that lies ahead!

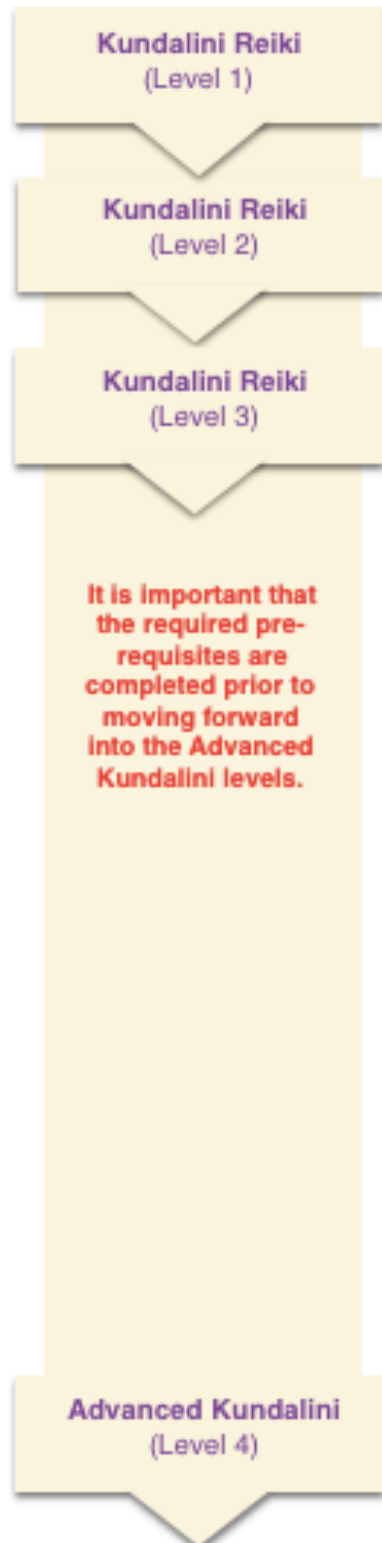
# KUNDALINI REIKI

LEVELS 1, 2 & 3

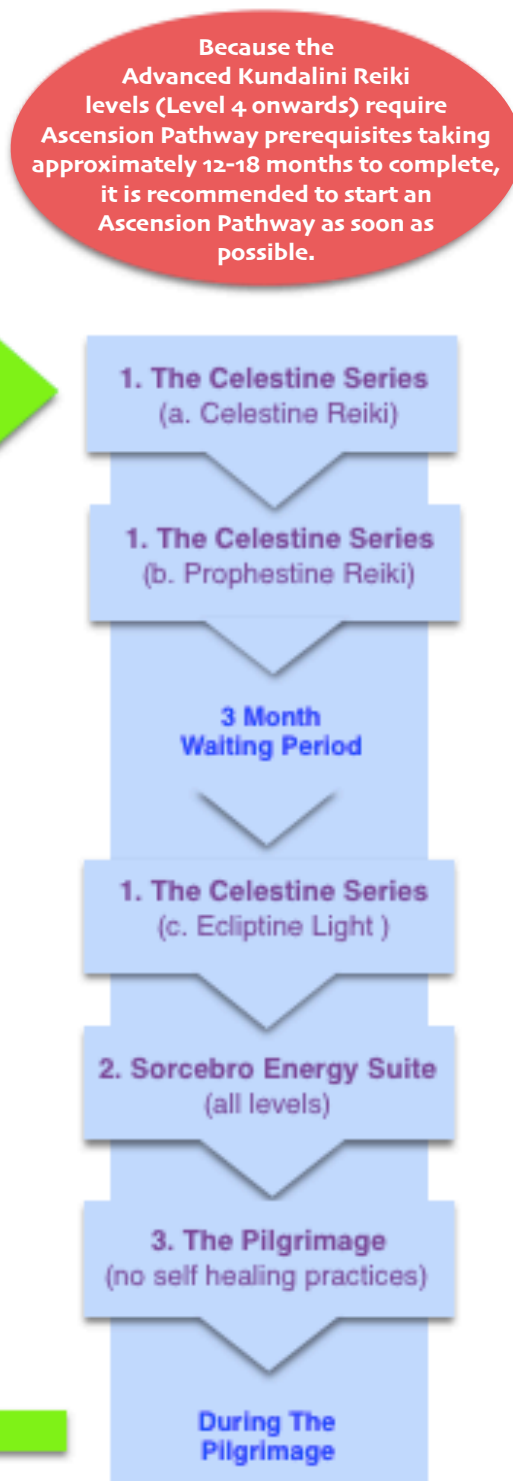
## THE QUICKEST KUNDALINI REIKI PATHWAY

This diagram shows the 'quickest' way to move through the Kundalini Reiki energies which is by choosing [The Unified Pathway To Light](#) Ascension Pathway. Please note that this is not the ONLY way; it is merely the quickest. It is possible to complete the Kundalini Reiki energies with the [Pathway To Light](#) Ascension Pathway, it just takes a little longer (and is not shown in this diagram).

### THE KUNDALINI REIKI PATHWAY

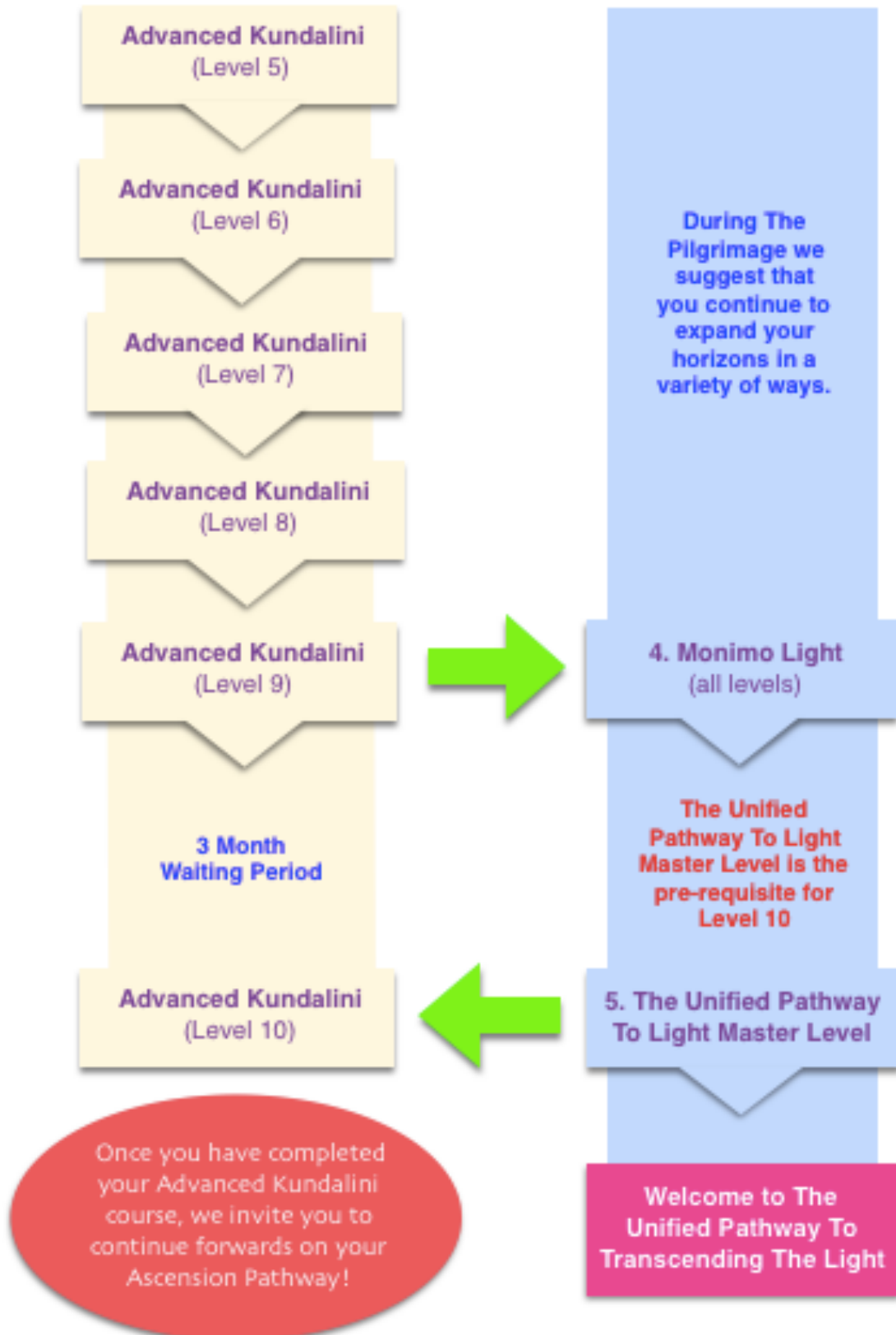


### THE UNIFIED PATHWAY



## THE QUICKEST KUNDALINI REIKI PATHWAY

(CONTINUED)





## KUNDALINI REIKI

### LEVELS 1, 2 & 3

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As you can see from this diagram, the Advanced Kundalini Healing journey and the Ascension Pathway are being entwined with one another. This is simply so that Love Inspiration can deliver the highest and most vibrationally rewarding pathway for you.

As you open up to the Ascension Pathway energies, you will be guided into very high vibrational states of healing and purification over a period of many months as you clear away many kinds of internal debris and impurity from within. Not only this, but you will also very likely feel a very significant difference in your existing Kundalini Reiki practices and attunement processes as you continue to progress through the Ascension Pathway!



Once you have completed the necessary prerequisites, you will have already moved through much healing & purification and now, the Advanced Kundalini Healing energies will be adding to your divine healing repertoire as you are guided towards yet more Kundalini expansion, energetic blossoming and much love!

Therefore, it is with an intention of offering a rewarding and vibrationally enriching pathway to you, that we are delighted to present the Advanced Kundalini Healing system with the Ascension Pathway prerequisites.

- \* For those of you who may feel excited to learn more self healing practices and meditation techniques, **The Unified Pathway** might be a good choice of Ascension Pathway for you. This pathway is our quickest & most direct route into these higher vibratory states and will be guiding you through a series of ascension energies, attunements and self healing practices so that you can expand and build on your current knowledge and understanding of Reiki & energy based healing.
- \* For those of you who are perhaps not feeling drawn towards learning more self healing practices, or who would rather receive a series of healing attunements & informational based teachings instead, then the first volume of the **Pathway To Light** will probably sound more appealing.

Please note here however that the Pathway To Light offers a slightly longer journey and will also be gently introducing a variety of self healing practices as you continue to progress. The focus here is on healing oneself as opposed to the Unified Pathway which focuses on healing ourselves for the benefit of all. And the difference in completion time between the two pathways is simply reflective of these different intentions (i.e. The Unified Pathway works with higher vibratory intentions as we are working 'for the benefit of all beings').

Whichever pathway you choose, please know that both of the Ascension Pathways will help to guide you into Higher Consciousness very simply as you open up to these energetic upgrades, ascension attunements and healing practices. They just go about this in slightly different ways.

So in summary then, as a Kundalini Reiki Master, we now invite you to visit our website, have a read through the Ascension Pathways, take some time to choose your preferred option and then start receiving your Ascension Pathway energies in accordance with the instructions and guidelines in the ebooks provided. We hope that you will enjoy these divinely enriching and wonderfully uplifting energies and may they help to bring much love, light and happiness into your life!



## 10. FINAL COMMENTS:

We understand that there have been many different teachings, healing practices and new energies being introduced to you here in this ebook and during these Level 3 Kundalini Reiki teachings. As a Kundalini Reiki Master, you now have many different divinely guided healing tools and frequencies which you can work with in your healing and meditation practices!

In addition to this, you now have the ability to give an attunement for others; something which can now really start to affect the vibration of consciousness in the most magical and blessed way. Again we encourage you to work with these beautifully inspiring energies in a way that you feel is best for you and in accordance with your divine intuition.

We again congratulate you on becoming a Kundalini Reiki Master and we thank you for your continued service to the light. No doubt you will require some time now to digest and practice with these new frequencies and meditative healing techniques, and we hope you enjoy this process as you move closer to giving attunements and sharing these Kundalini Reiki energies as you feel guided to.

If you would like a certificate for completing Kundalini Reiki Levels 1, 2 & 3, please click on the link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

With much love, we now invite you to start opening up to one of our [Ascension Pathways](#) as your next step forwards as you prepare yourself for moving into the wonderfully inspiring and deeply purifying Advanced Kundalini Healing system.

During the Advanced Kundalini levels, we will be sharing all of the channeled information and healing practices that were being brought through to us with much love & light. For those wishing to move into these advanced levels, we again wish to re-emphasise here the importance and necessity of completing the Ascension Pathway prerequisites prior to moving into the Advanced Kundalini Healing system.

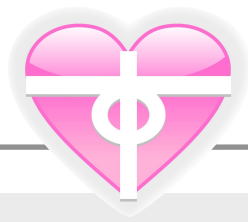
And finally, we would like to express our deep gratitude and love to you for completing these Kundalini Reiki teachings. We again wish to thank and bow down to Mr Ole Gabrielsen and all of the Kundalini Reiki teachers around the world who continue to share these beautiful gifts of healing at this most crucial time in our evolution.

We thank you for your time and energy in helping this cause and we make the wish that your Kundalini Reiki practice grows and evolves so that you reach a state of energetic bliss and inner peace that brings you much happiness, love & joy in your life.

*With Love Inspired Blessings,*

**LOVE INSPIRATION &  
MAITRI FOUNDATION**





### WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love due to the humble and altruistic grace of our donors, sponsors, teachers & translators. If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

- 💖 [MAKE A DONATION](#)
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Your help enables Love Inspiration to continue offering ebooks and courses freely for the infinite benefit of all.

Blessings & Thankyou,  
**LOVE INSPIRATION & MAITRI FOUNDATION**

## KUNDALINI REIKI

LEVELS 1, 2 & 3

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MAY ALL BEINGS BE HAPPY  
AND INFINITELY FREE FROM SUFFERING