

Preparing For A Reiki Attunement

A Reiki attunement is an empowerment process in which you will be attuned to Reiki (life-force energy).

This process opens various channel points (chakras) in the body allowing the universal life force energy to flow through the entire body and auric field.

A period of purification is encouraged but not required prior to a Reiki attunement.

Suggested Preparations Prior To An Attunement:

- Eliminate or reduce your intake of meat, fowl or fish 3-5 days prior to your attunement
- Consider doing a water or juice fast 1-3 days prior to your attunement
- Avoid alcohol, tobacco products and foods high in processed sugar
- Consider journaling, meditating, yoga, or going out in nature to clear your mind and refocus
- Be gentle with yourself
- Drink plenty of water/ hydrate
- Get a good nights sleep, sometimes our excited anticipation prevents us from sleeping
- Wear something comfortable the day of your attunement

