

xehupatl.com

***KUNDALINI
REIKI***

1-9

COURSE NOTES

NOTES FOR KUNDALINI REIKI 1 ATTUNEMENT

1. Attunement

First, try looking on the web page at <http://www.xehupatl.com/attunements.htm> Here you can get a clearer picture of what actually happens during the attunement procedure, as it is the attunement process that is the most important in Kundalini Reiki. It is imperative in Kundalini Reiki, that all of the preparations are completed, before the Kundalini flame is lit.

In the Kundalini Reiki 1 attunement procedure, all of the knots/blocks in the chakras are removed (except for the root chakra). The main energy channel, from the crown chakra to the root chakra, is cleansed and prepared for the Kundalini awakening that you will experience in Kundalini Reiki 2. The Heart chakra becomes enlarged and the energy channel from the hands to the Crown chakra is opened so that the Reiki energy can flow.

Once the Kundalini flame is lit in Kundalini Reiki 2, all of the main/primary chakras and the energy channels will be cleared and opened.

2. Healing

Here are some simple instructions for how to heal a person:

1. Lay your hands on the patient's shoulders.
2. Clear your thoughts and think to yourself "*Reiki*" (after Kundalini Reiki 2 you should think "*Kundalini Reiki*"), to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flowing, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you will feel the energy stop, or you may feel a little tired or drained. That means that healing is complete. The healing energy will however, continue to work in the patient.

In this way the patient will always receive the correct healing that they need, no matter how severe or insignificant the ailment may be.

Remember that the energy will always flow to where it is needed. Here is an analogy to help you understand how it works:

If you threw a bucket of water (the water symbolizing the energy) onto a path filled with potholes, what happens? The water gathers in the potholes. You don't need to go to each individual hole and fill them all one by one; the water will run into the holes of its own accord. This is how energy works. Get the energy flowing, and it will gather in the places it is needed of its own accord.

Here are the instructions for remote, long distance healing:

1. Visualize the patient, or the patient's name in the palm of your hand. Then place your palms together.
2. Clear your thoughts and think to yourself "*Reiki*" (after Kundalini Reiki 2 you should think "*Kundalini Reiki*") to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flow coming in, it will flow freely of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you will feel the energy stop, or you may feel a little tired or drained. That means that you are finished. The healing energy will however, continue to work in the patient.

This is the same method that should be used for self-healing. It is a good idea to perform a self-healing every day.

3. Cleansing a room/house

It is simple to cleanse a room/house of negative energies. You should use the remote, long distance method, but instead of thinking of a name you should instead think about the specific room/house e.g. "Claire's room/house" etc, and start the energy flow. This usually lasts 3-5 minutes.

You should cleanse your own home once every 14 days.

Remember, it is not important how precisely you visualize the object in your palm; the intention to heal the object is enough to get the energy flowing to the right place.

4. Healing the Karmic band

There is always a karmic band between those we hold closest and ourselves, or those we have once held close. These bands can sometimes weigh us down and have negative influences on our physical body parts and energy. Very often relationships grow stronger when healing the karmic band. You should use this type of healing between yourself and those you hold dear, or have once held dear.

For this you should use the remote, long distance healing technique. If you, for example, wish to improve the relationship between yourself and your mother, you should write “my relationship with my mother” with your finger in the palm of your hand. Place your palms together and start the energy flow. If you are healing a relationship for someone else, then you should write “Robert’s relationship with his mother” and start the energy flow. This method should be used in both near and long distance situations. This procedure usually lasts 3-5 minutes, but don’t be surprised if it sometimes takes a little longer.

5. Situation/qualities healing

You can also help heal a situation or a personal quality/character trait. Try for example, to heal jealousy, nervousness, anxiety, toothache, patience, sorrow, anger, improving communication, your singing voice, etc. Then write or think e.g. “My anger”, “my communication”, or for someone else “Kurt’s toothache”.

Remember that it should always “feel right” when you start a healing procedure. There are actually some things that aren’t supposed to be tampered with, but you will be able to distinguish what should be healed and what should be left alone.

Healing can also be used on animals.

Good luck!

NOTES FOR KUNDALINI REIKI 2

1. Healing

From now on, when you are healing you should think “*Kundalini Reiki*”. Now you are also using your “Kundalini fire” as the healing energy.

2. Kundalini Reiki Meditation

Now you can take part in a specific meditation that helps the rinsing/cleansing process. The meditation takes about 5 minutes. It will enhance and strengthen your Kundalini fire/energy. By doing this, all of the chakras and the energy channels light up and are now ready for the cleansing.

Here are the instructions for the meditation:

1. Sit or lay down with your eyes closed.
2. Think “*Kundalini Reiki Meditation*”. The process will then start, and will automatically stop around 5 minutes later. Just relax and enjoy the energy.

You should use this meditation every day (max. once a day!), to get the greatest effect from your rinsing/cleansing process.

When you use this technique in Kundalini Reiki, you will only ever receive as much energy as you can manage and need, and no more. You will never be given more energy than you can manage. This is also relevant for meditation, self-healing, and the healing of others.

Good luck and enjoy!

NOTES FOR KUNDALINI REIKI 3 ATTUNEMENT

Extra Attunements

DIAMOND REIKI: During the opening an etheric diamond will be placed in the crown chakra. It works so that all the Reiki energy that flows through this chakra takes on the diamond's properties. This is a strong energy that enlightens and heals everything in its path as long as there are no underlying unresolved problems.

Instructions for use: From now on when using this technique, think "Diamond Reiki" instead of "Kundalini Reiki". This strengthens the Reiki energy incredibly.

CRYSTALLINE REIKI: Over all of the body we have small deposits of certain crystals. These are exit points for the traumas we have experienced through life. Every time we put off or postpone dealing with a trauma, a crystal forms. A trauma can be anything from a broken arm, a sprain, sorrow, etc. If e.g. someone breaks their arm, a crystal forms to hold the memory of the pain and the feelings of that trauma. If there aren't any unresolved problems or feelings behind this trauma, the crystals can be dissolved and healed. Almost every crystal around the body can be healed.

Instructions for use: A complete treatment consists of two healing sessions. Each session should last around 15 minutes, and both hands must be touching the patient. A Crystalline Reiki treatment cannot be given as a long-distance healing. Although when giving yourself a treatment you should use the long-distance method, as it is yourself you are healing. It is only necessary to give one treatment per person.

DNA REIKI: This strengthens the ability to heal DNA strands (our blue print). We can now go in and heal negative inherited genetics and diseases. You will see noticeable results after the first 3 weeks.

Instructions for use: This healing can be used for both "hands on" and remote, long distance treatments. Put your hands together and think "DNA Reiki". It is only necessary to give one treatment per person. The healing usually takes 3-5 minutes.

THE TRAUMA OF BIRTH: The most severe trauma is usually the process of being born. For the gentlest release from this trauma you have to use a specific type of energy whilst healing.

Instructions for use: This healing can be used for both “hands-on” and remote, long distance treatments. Put your hands together and think “Birth trauma Reiki”. It is only necessary to give one treatment per person. The healing usually takes 3-5 minutes.

LOCATION REIKI: Just as there are karmic bands/ties between people, there is also a band/tie between people, places, and even the Earth. These bands can weigh us down and sometimes have an influence on our physical health. The energy used here is a little different than that of Diamond Reiki, and gives optimal results.

Instructions for use: This healing can be used for both “hands-on” and remote, long distance treatments. Put your hands together and think “Location Reiki”. It is only necessary to give one treatment per person. The healing usually takes 3-5 minutes.

PAST LIFE REIKI: This is to heal the blockages from your earlier life.

Instructions for use: This can be used as a “hands-on” or remote, long-distance healing. Put your hands together and think “Past life Reiki”. There should be 3 sessions to a complete treatment.

BALANCE: After this opening, you can in 30 seconds, via a specific hand position balance all of the energy systems in the body.

Instructions for use: Hold the tips of your fingers and thumbs together for 30 seconds. This starts the balancing of your complete energy system. It takes around an hour and should only be done once a day.

The Treatments

It is a good idea before treating with Kundalini 3, to first do a situation/qualities healing. Then you can go on to try Birth trauma healing, Location healing, Past life healing, and then DNA healing...and if it isn't a remote, long-distance healing and the patient can come the next day or at a later time, a Crystalline healing.

How to pass on Kundalini Reiki 1-2-3

It is very simple to pass on the Kundalini Reiki attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) *"I ask that (name) may be attuned at (time) on (date) in his/her timezone for Kundalini Reiki (level)"*

The attunement will then start and stop after around 25 minutes. When you are asking to pass on Kundalini Reiki 3, all of the above healing techniques are included, so you don't need to ask for individual attunements, they will come automatically.

When you are initiating people into Kundalini Reiki 2, it is a good idea to let the participants feel the area 40cm over each other's heads before and after the attunement. In this way they will be able to feel the difference between the active and inactive Kundalini flame.

Children should be a minimum of 8 years old before attuning them to Kundalini Reiki.

Attuning objects

Crystals, trees and other objects can be opened to the Reiki energy. You can, for example, open a piece of jewellery that you are wearing. From then on, it will carry the Reiki energy for whenever you need a boost. The object will only need to be attuned once.

Example of attunement: (to your higher self) *"I ask that this (object) may be attuned as a Reiki channel."*

After approximately 30 seconds the process is complete.

Remember that before you can give any treatment to others, you must first heal yourself with a Crystalline, DNA, Location, Past Life, and Birth trauma Reiki treatment.

Good luck and happy healing!

NOTES FOR KUNDALINI REIKI 4-6 ATTUNEMENTS

How to pass on Kundalini Reiki 4-5-6

It is very simple to pass on the Kundalini Reiki attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) *“I ask that (name) may be attuned at (time) on (date) in his/her timezone for Kundalini Reiki (level)”*

The attunement will then start and stop after around 25 minutes.

Good luck!

NOTES FOR KUNDALINI REIKI 7-9 ATTUNEMENTS

How to pass on Kundalini Reiki 7-8-9

It is very simple to pass on the Kundalini Reiki attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) *“I ask that (name) may be attuned at (time) on (date) in his/her timezone for Kundalini Reiki (level)”*

The attunement will then start and stop after around 25 minutes.

Have fun!