

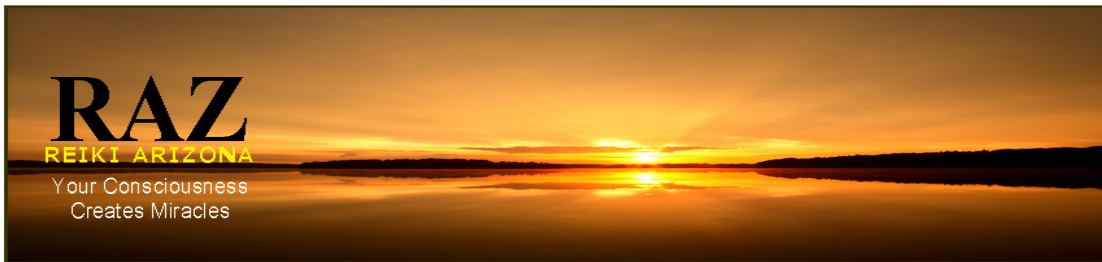
Preparing for a Reiki Attunement

By Bill Gluth, Conscious Living Trainer, Reiki AZ.com

A Reiki Attunement is a time of growth and re-discovery. It is a spiritual event. The precept of Reiki outlines the mindset for the entire preparation process in just a few sentences. Understand them and consider the meaning of the Reiki Ideals as you prepare for your journey into the Light.

In quiet time, 1 week before your Attunement, follow these steps:

- Eat light and nature foods. Stay away from heavy, processed foods and meat.
- Drink plenty of water and fresh fruit juices. Eat water based fruits to flush the system. Drink large amounts of water, with lemon; a natural purifier and energizer.
- Minimize or eliminate your use of coffee, sweets, soft drinks, chocolate and caffeine. Keep your system as pure as possible.
- Do not drink any alcohol or use intoxicants at least 3 to 7 days prior to your Attunement.
- If you smoke, refrain as much as possible in the 3 to 7 days prior to your Attunement. On the day of the Attunement refrain from smoking completely if possible.
- Spend a total of 1 hour everyday in silence. Mediate, walk and allow yourself quiet reflection time, in silence and alone. Give the Universe and the Source of all Life, a chance to talk to you.
- Listen and be attentive to your feelings, thoughts and impressions, prior to your Attunement. Write them down and read them everyday upon waking. Journaling is an excellent way to record your soul wisdom prior to your Reiki Attunement.
- Suspend all emotions of fear, jealousy, judgment of others, hate, anger, resentment, etc. See the Miracle of the Source within everyone. Create a sacred space all around you and allow yourself to process emotions without attachment.



- Do not listen to news programs or read traditional newspapers 3 to 7 days prior to your Attunement. Keep outside stimulation to a minimum. Completely eliminate movies or books that contain violence in the week before your Attunement.
- Reach up into the Universal flow and speak to your representation of the Source. Ask for guidance, assistance and Unconditional Love. Be receptive to this flow. Realize you are becoming part of a large global community that is working together to heal themselves and the Earth, one person and one step at a time.

The evening before your Reiki Attunement is a very special time. Follow This Recipe the night before your Attunement for the “*Bath Of Light*”

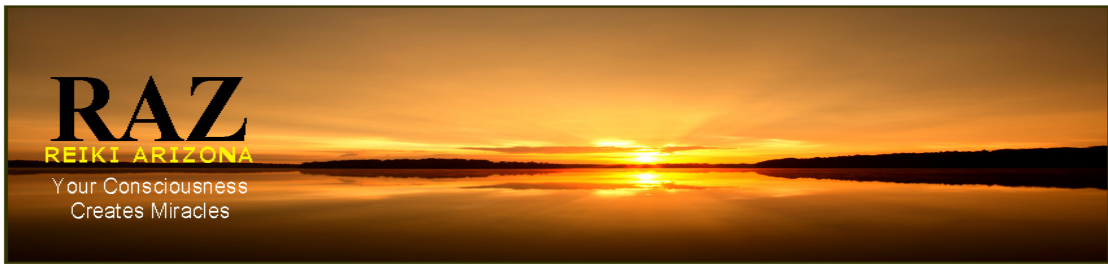
- A full tub of hot water. Be sure the water is as hot as you can tolerate.
- Add 1 cup baking soda and 1 cup Non Iodized or Sea salt.
- Add 18 to 25 drops of lavender essential oil. Be sure and use therapeutic grade E.O.’s.
- Turn out the lights and light candles.
- Soak for 20 to 30 minutes, keeping the water as hot as possible and using this time for quiet contemplative reflection. Gently brush away thoughts as they occur and focus on deep breathing, taking in the scent of the Lavender Essential Oil.
- When you finish, wrap your entire body in towels, including your head and feet and lie down on your back for another 20 to 30 minutes. Just relax and allow the energy of the Bath of Light to flow through and around you.
- Write down any inspiration or thoughts you become aware of in your journal after you have completed this process.

On The Day of Your Reiki Attunement

When you get up, read your journal entries, sit in quiet contemplation, and write down any inspirations.

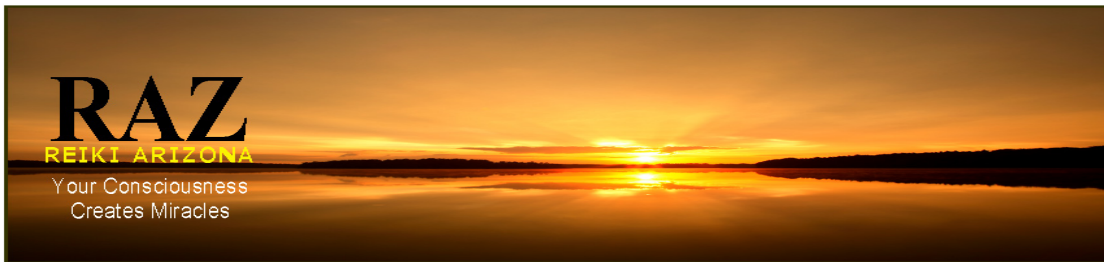
Be sure to get up early and in plenty of time to casually, consider your journal entries, sit in silence, get ready and arrive at your training on time. You do not want to create stress or strain on the day of your Attunement. Leave plenty of time to do everything.

Be open and receptive to all the wonderful energies, guidance, spirits and community you are about enter. Allow your Reiki Master Teacher to guide your journey into Reiki.



Reiki is a gift from the Source of all life. It has been brought to Earth for 1,000's of years to help humanity in their quest and desires to achieve a spiritual mission in life. Allow the healing energies to enter your system and feel the wave of energy that will blanket your entire state of being.

Follow these steps as well as any other ideas your Reiki Master Teacher provides and enjoy your journey into Reiki.



About Bill Gluth

Bill Gluth is an Conscious Living Trainer, Author, Coach and Spirit in a State of Constant Evolution. He teaches people to use their consciousness to manipulate and control human subtle energy and create positive outcomes in their life.

"We are all empowered with divine wisdom. I use mine to remind you of how wonderful you truly are."

- Bill Gluth

Learn more about Bill Gluth's work with Human Consciousness at www.reikiaz.com and www.energyhealingtraining.com

© 2008 **All Rights Reserved.** This article may be used for publication at no cost providing a complete credit is given. Use the About Bill Gluth example above. No alterations or changes can be made to this article, for any reason, without the expressed written consent of Bill Gluth and Reiki Arizona.

Learn More About Consciousness and Human Subtle Energy

Visit: www.reikiaz.com and www.energyhealingtraining.com