

# The Attunement

Reiki is not taught in the way other healing techniques are taught. It is transferred to the student by the Reiki Master during an attunement process. This process opens the crown, heart and palm chakras and creates a special link between the student and the Reiki source.

The Reiki attunement is a powerful spiritual experience. The attunement is also attended by Reiki guides and other spiritual beings who help implement the process. Many experience personal messages, healings or visions during an attunement.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. While one attunement is all you will need for each level to be attuned to that level, additional attunements can be beneficial – bringing increased energy flow and accelerated psychic awareness.

## Reiki Healing Crisis

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with thought patterns that are no longer useful.

After receiving an attunement, some report an increase in the pace of their lives, as well as difficulties and/or negative feelings coming up. Some also report physical changes such as colds, diarrhea, headaches, running noses, etc. This is an indication of deeper level healing and is called “the healing crisis”. During this period of time, which can last up to three weeks, it can be quite confusing and feels like everything is getting worse.

This is a cleansing period. Always remember you will feel better than ever when it is over. It may be confusing and uncomfortable before it is complete, but when things settle down, it will be clear that important improvements have been made. Drink lots of water during this time. Continue to release all negative feelings to the light and allow yourself the time to clear and heal.