

# Notes for Kundalini Reiki 1

## Attunement

First, try looking on the web page at [www.olegabrielsen.com/kr.html](http://www.olegabrielsen.com/kr.html). 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.

## 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.

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.

This is the same method that should be used for self-healing. It is a good idea to perform a self-healing every day for the first 14 days.

### 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 might want to 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.

### 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.

### 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.

Love, Ole.