

Notes for Kundalini Reiki 3

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

1. Imagine/visualize that you are surrounded by life force, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.
2. Say directly to the accumulated life force: “Life force will be generated continuously and you will not fade until I am done with this attunement.”
3. Say mentally or loud: (to your higher self) ”I ask that (name) may be attuned at (time) on (date) in his/her time zone for Kundalini Reiki (level), the strongest possible the person can handle.”
4. The attunement will then start and after around 10 minutes, it will stop.

The attunement will then start and stop after around 25 minutes. When you are passing 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 40 cm (15") 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.

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.

Love, Ole.