

# Kundalini Reiki

## Manual



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## Kundalini Reiki Quick Reference Guide

<b>Attunement Guide Times.</b>	<b>Attunement Type and Level</b>	<b>What to Think After to Activate the Reiki with Your Intention</b>	<b>What You Can Do After Each Attunement Using Intention</b>
Starting Point	<b>Kundalini Reiki 1</b>	"Reiki"	Self healing <i>5 minutes</i>
			Distance healing
			Healing karmic bands
			Cleansing a room
			Situation/ Qualities Healing
2 Days After Attunement 1	<b>Kundalini Reiki 2</b>	"Kundalini Reiki"	All of the above
		"Kundalini Reiki Meditation"	Receive the daily meditation to cleanse your energy channels. <i>5 - 15 minutes</i>
7 days after Attunement 2	<b>Kundalini Reiki 3 Master</b>	"Kundalini Reiki"	All of the above and attune others to this energy.
<b>Balance</b>	Place fingers and thumbs of opposing hands together for <i>30 seconds</i> and you receive a full rebalancing of your energy systems over the <i>next hour</i> .		
<b>Diamond Reiki</b>	Refined healing on subtle levels. <i>5 minutes</i>		
<b>Crystalline Reiki</b>	Two hands-on healing sessions per person for dissolving the crystalline deposits left in the body from traumas. ( both emotional and physical) <i>15 minutes</i> *(Use on yourself first)		
<b>DNA</b>	For strengthening the ability to heal DNA strands and defects. <i>3 - 5 minutes</i> *(Use on yourself first)		
<b>Birth Trauma Reiki</b>	Healing the trauma of birth. One treatment per patient <i>3 - 5 minutes</i> *(Use on yourself first)		

<b>Location Reiki</b>	For healing the bonds and ties we have with places. One treatment per person <i>3 – 5 minutes</i> *(Use on yourself first)
<b>Past life Reiki</b>	It takes three sessions to complete the treatment. <i>5 minutes or longer.</i> *(Use on yourself first)

# Introduction to Kundalini Reiki

This is possibly the simplest form of energy healing and self-development system that exists! By opening and strengthening the energy channels of the body, it is possible to channel healing Reiki energy to yourself and others, just by intention.

## What is Kundalini?

Kundalini means that certain healing channels and chakras have been opened, and you have thereby gained access to the Earth's energy which is a part of the universal energy.

The Root chakra, which is the energy center located near the coccyx, acts as an entrance for the Kundalini energy.

The Kundalini energy is also referred to as "the Kundalini Fire." Hereafter, the energy runs all the way up through the body, through the main energy channel, and out of the Crown chakra.

This energy channel goes from the Root chakra to the Crown chakra on the top of the head. An open Kundalini means that over a period of time, a complete cleansing of the chakras, the body parts and the energy channels is obtained.

## History...

Kundalini Reiki is a Reiki modality which was developed by Mr. Ole Gabrielsen. Mr. Gabrielsen is a Master of Meditation and has inspired many people throughout the world. Kundalini Reiki is a direct result of Mr. Gabrielsen's many hours of meditative contact with Master Kuthumi.

Master Kuthumi is an Ascended Master, the Chocan of the Second Ray, and is connected to the Crown Chakra and The Temple of Love, Wisdom and Understanding.

Master Kuthumi comes to those who seek world knowledge in this time of change, and assists them in using that accumulated knowledge for the good of all. Kundalini Reiki energy is directed to heal the physical body and mind and to overcome the tendency towards intellectual arrogance.

His expressed goal of Kundalini Activation leading to expanding states of Universal Consciousness, Peace, Light and Love is one of immediate possibility for those who mindfully practice the Kundalini Reiki system.

Kundalini Reiki is a great blessing and we are very grateful to Mr. Gabrielsen and Master Kuthumi for this wonderful gift.

## Information...

- An attunement is an adjustment in your energy field that allows you to channel the Reiki energy and intend for Reiki healing to occur.
- There are three attunements in the Kundalini Reiki system, each giving you a more advanced level of working with the Reiki energy.
- Attunements or Reiki healings may occasionally cause a "spacey" or "light headed" feeling to occur in some individuals. This is called being ungrounded.
- In addition, occasionally individuals experience clearing symptoms after an attunement. These are caused by physical or emotional toxins being released. Mild flu-like symptoms may occur for a short period of time.
- In the event of feeling ungrounded you experience clearing symptoms, ground your energy. Grounding methods include visualizing oneself as a tree with roots growing down deep into the earth, and then pulling earth energy up through these roots back into one's system all the way up and out the crown chakra.

Also, drink plenty of water and rest if you feel tired.

- It is advised for one to ask for protection and assistance from one's guides and angels, and Master Kuthumi (if desired) before giving a Reiki healing or attunement.
- A person who has, or has had problems with wrong Kundalini awakening, or other problems with the Kundalini energy, frequently is helped with Kundalini Reiki.
- All who are interested in learning Kundalini Reiki must begin with Kundalini Reiki 1, even though you may have attunements from other systems.

You will also find recommendations/guidelines in this manual. They are not set in stone and with time and experience with the energy you will find the most appropriate way of doing things that suits you and the people you are working with.

- When receiving these attunements please sit in a comfortable chair and place your arms either on the arms of the chair or one on each thigh with your palms facing upwards. You may also recline on a bed or couch as comfortable. It is advisable if you wish to stay awake, that you do not lie down to receive the attunement as it can be very relaxing and you may fall asleep. Falling asleep is not a problem, but you will not have the full experience of the attunement if you sleep through it. Whether you fall asleep or you stay awake, the attunement will be received once you call it in.
- Before the Kundalini Reiki attunements, close your eyes and request your guides and Master Kuthumi oversee the attunement and then call them in.

- You do not have to do anything else but relax and enjoy the experience, which will last between 20 – 30 minutes. You will either feel it come to an end or you might fall asleep during the attunement and wake up later, which is not a problem.

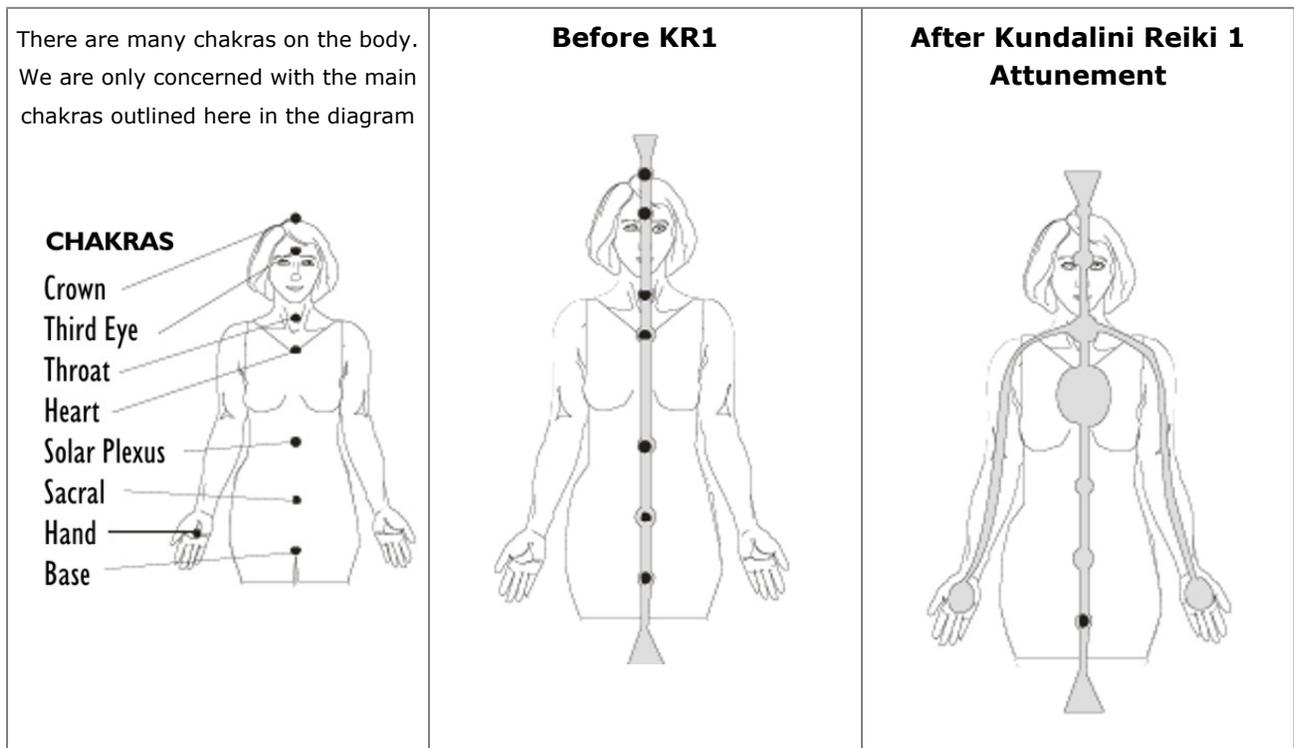
Everyone's attunement experience is different. Some feel nothing, others feel a lot and some see things as well. Your attunement will be what is right for you.

It is quite normal to feel a lot of energy in your hands and legs with the Kundalini Reiki attunements which often increases as you progress through the levels. If you don't then please do not worry. It might take a little longer for you to start sensing the energy, but it will come.

# Kundalini Reiki

## Kundalini 1 Attunement...

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 safe 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.



**This attunement is on the Reiki level of an Usui 3 or master attunement.**

### 1. Healing...

*(this format is used for all the different types of Reiki used in this manual except where stated so please learn it now).*

**Here are some simple instructions for how to do a healing:**

1. Lay your hands on the receiver's shoulders.
2. Clear your thoughts and think to yourself "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 sense of completion or closure.

That means that healing is complete. The healing energy will continue to work in the receiver for up to one hour after the treatment. In this way the receiver will always receive the correct healing that is needed, no matter how severe or insignificant the need 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 and self healing:**

1. Visualize the receiver, or the receiver's name or names in the palm of your hand (if you prefer try writing the names on a piece of paper and hold between your hands).

Then place your palms together. You may wish to hold your hands with the palms facing each other, nearly touching but not quite, in order to feel the energy flowing between your palms more strongly. Experiment with the hand position that works the best for you.

You can also simply intend "Reiki" and then "healing for (name)" rather than visualizing or writing the person's name.

For self healing, simply intend "Reiki" and place your hands on yourself wherever comfortable.

Clear your thoughts and think to yourself "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.

When 3-5 minutes have passed (this can vary from person to person) you will feel the energy stop, or you may feel a sense of completion or closure. That means that you are finished.

The healing energy will, however, continue to work in the receiver. This is the same method that should be used for self-healing. It is a good idea to perform a self-healing every day.

**Note:** For the following healings: Cleansing a room/house, Healing the Karmic band, and Situation/qualities healing, first intend "Reiki" (or "Kundalini Reiki" if you have received level 2 or 3), and then follow with the healing intention for that particular healing as described below.

## **2. 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 at least once every 14 days, or as often as you feel appropriate.

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.

## **3. 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 it may take a little longer.

## **4. 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.

It's important to note that we are not the "healer." Healing comes from the individual's readiness to receive healing. We are facilitating the energy by giving a healing. Therefore, a person needs to be willing and ready to heal in order for healing to be received.

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. You can add "for the highest good of all concerned" to your statement of intention.

Healing can also be used on animals and plants.

**A Note on Reiki and Permission:**

It is ethical and good Reiki practice to get permission of the recipient before giving a Reiki healing.

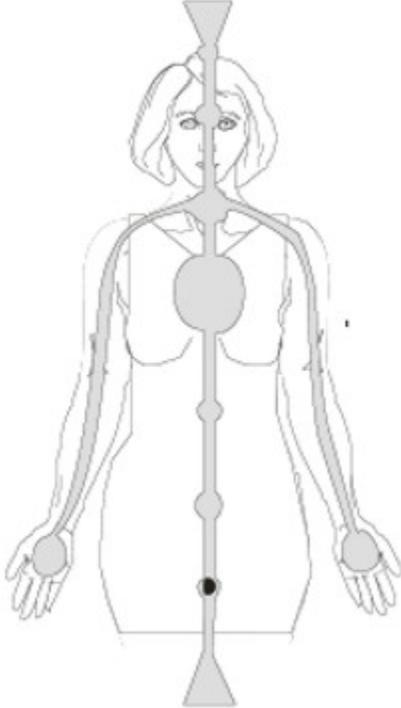
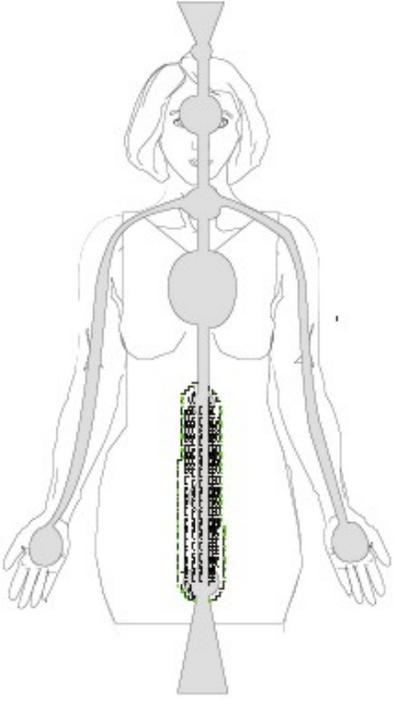
For children, ask the parents or guardian for permission. If the recipient is not able to give permission (i.e. in a coma or unavailable), you can ask that their Higher Self receive the healing, or that it be released to the Universe otherwise.

If people don't understand the idea of Reiki, you can also ask permission by asking if you can say prayers or send good thoughts on their behalf, and that will suffice.

## **Kundalini 2 Attunement:**

***(Minimum recommended time interval is 2 days after Kundalini Reiki 1)***

The Kundalini Reiki 1 attunement is strengthened and the base chakra is opened, the third eye is enlarged.

<p>The Kundalini is awakened and the main energy channel opens gently and surely, alighting the Kundalini "fire."</p> <p>The Kundalini reaches the Solar Plexus chakra, preparing for the full Kundalini rising in Kundalini Reiki 3.</p> <p>You are also taught a specific meditation. When you perform this meditation, you increase for a short time, the power of the flame in the Kundalini fire cleansing your energy channels.</p> <p>In this way, all the chakras/energy systems are enlightened and a cleansing takes place.</p>	<p style="text-align: center;"><b>After Kundalini Reiki 1 Attunement</b></p> 	<p style="text-align: center;"><b>After Kundalini Reiki 2 attunement</b></p> 
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### **1. Healing**

From now on, when you are healing you should think "Kundalini Reiki". Now you are also using your "Kundalini fire" as part of the healing energy.

### **2. Kundalini Reiki Meditation**

Now you can take part in a specific meditation that helps the rinsing/cleansing process. It is actually a specific self-healing rather than a meditation, but this specific healing is activated by the name "Kundalini Reiki Meditation." You do not have to concentrate or meditate during it, but rather just relax.

The meditation usually takes between 5 and 10 minutes.

It will enhance and strengthen your Kundalini fire/energy and for a short time open your palm chakras wider.

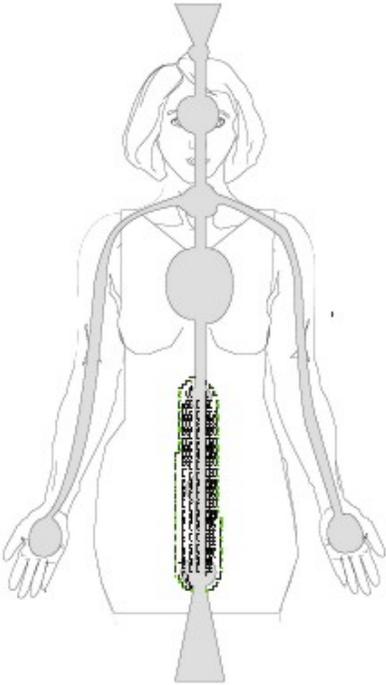
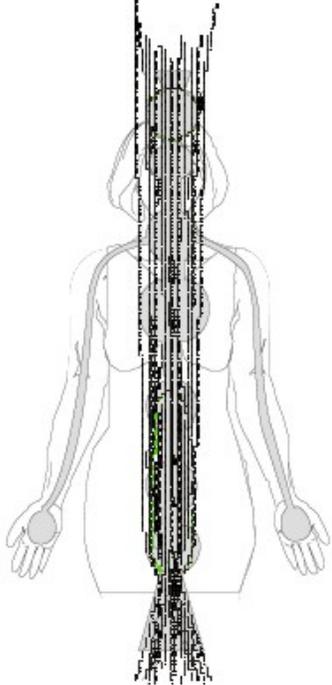
By doing this, all of the chakras and the energy channels light up and are now ready for the cleansing.

**Here are the instructions for the meditation:**

- Sit or lie down with your eyes closed.
- Think "Kundalini Reiki Meditation". The process will then start, and will automatically stop around 5 to 15 minutes later.
- Just relax and enjoy the energy. You may place your hands on your body, with palms facing each other, or palms up as you feel comfortable.

## Kundalini 3 Attunement

*Minimum recommended time interval is 7 days after Kundalini Reiki 2.*

<p>Kundalini Reiki Master - the previous attunements are strengthened and the Throat, Solar Plexus, Hara and Root chakras are opened wider.</p> <p>The Kundalini "fire" is strengthened and reaches up and out of the Crown chakra - full rising of the Kundalini takes place.</p> <p>You are taught to attune crystals and other objects, so that they act as Reiki channels.</p>	<p style="text-align: center;"><b>After Kundalini Reiki 2 Attunement</b></p> 	<p style="text-align: center;"><b>After Kundalini Reiki 3 Attunement</b></p> 
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### Healing Methods that are Part of Kundalini Reiki level 3:

#### **Diamond Reiki:**

When intended, an etheric diamond will be placed in the crown chakra. All Reiki energy that flows through this chakra takes on the properties of a diamond. This is a healing that works on subtle levels, a refined healing method.

**Instructions for use:** Think or say "Diamond Reiki" and start the energy flowing. This can be done via distance or hands-on healing methods. This healing may be used as needed. It usually takes 3-5 minutes.

#### **Crystalline Reiki:**

Over all of the body we have small deposits of certain crystals. These are exit points for the traumas we have experienced throughout 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. i.e., if someone breaks his arm, a crystal forms to hold the memory of the pain and the feelings of that trauma.

If one is ready to release the issues and feelings related to 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. Think or say "Crystalline Reiki" and start the energy flowing. Each session should last around 15 minutes, and both hands must be touching the receiver.\*

A Crystalline Reiki treatment cannot be given as a long-distance healing. For treating yourself, put your hands on yourself where comfortable.

**\*Note:** While Ole Gabrielsen's original manual suggests that this healing should only be done in person, we have had success using distance healing for this method.

**DNA Reiki:**

This is intended to strengthen the ability to heal DNA strands (our blueprint). We can now focus healing on negative inherited genetics and diseases. You may 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 use this specific type of 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.

**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". 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". A complete treatment requires 3 sessions.

Occasionally after Past Life Reiki some people have reported intense dreams. If this happens, try repeating the three treatments.

## **Balance:**

For this healing, in 30 seconds, via a specific hand position, you can balance all of the energy systems in the body.

### **Instructions for use:**

Hold the tips of your fingers and thumbs of the opposite hands together for 30 seconds and think "Balance." You can then let go and do whatever you need to as the process is automatic from this point on, *(I usually do this sitting and hold my hands above my legs where it feels most comfortable).*

This starts the balancing of your complete energy system. It takes around an hour and Ole recommended that this should only be done once a day. However, we have received benefit from repeating this healing as needed, more than once per day. One cannot overdose on healing energy, as one only receives what is needed.

## **The Level 3 Healings:**

Remember that before you can give any level 3 treatment to others, you must first heal yourself with a Diamond, Crystalline, DNA, Location, Past Life, and Birth Trauma Reiki treatment.

There is a lot of scope here for putting together different treatments or a course of treatments utilising the different forms of Reiki into the different treatments, or you can simply go with the flow and see what you are led to use during each treatment, be open and flexible in your approach.

You may combine more than one type of healing in a session if you feel led to do so.

Please remember that with any type of Reiki the flow and the sense of the energy gets stronger the more you use it, so practice, practice and practice some more.

# Kundalini Reiki Attunement Procedure

1. Imagine or visualize that you are surrounded by life force that is slowly becoming stronger.... The force field is becoming brighter and brighter. DO this for 2-5 minutes.
2. Say directly about the accumulated life force "Life Force Energy will be generated continuously and will not fade until this attunement is complete." Say mentally or aloud (to your higher self) "I ask that (name) may be attuned to Kundalini Reiki (level)."

Note: if you wish to send the attunement at a different time than the recipient calls it in, simply add the words "queued for her/him to call in when s/he's ready." The attunement will then be in the recipient's energy field until the recipient intends to receive it. It is also good practice to ask the assistance of the recipient's Higher Self, Guides, Angels, and Master Kuthumi when sending an attunement. Simply ask for this assistance after saying the level and the recipient's name.

The attunement will then start and after around 12-15 minutes it will stop. (You may feel it end sooner, but the recipient will feel the attunement last 12-15 minutes).

When you are passing on Kundalini Reiki Level 3, all of the healing methods are included so you do not need to ask for them individually – they will all come automatically.

## **An alternate method for passing on attunements...**

### **"Real life" Attunements**

This method could be used for a live class.

1. Relax and recharge. When you have rested for probably 5-10 minutes, rise and be fully awake.
2. State mentally or aloud once: "Kundalini Reiki (level ex. 2) attunement for (name)". If more than one person, continue with each name in the group. The attunement will then start and after around 12-15 minutes, it will stop.

## **Via Distance**

This method could be used for a distance attunement.

You may choose to intend this one-time statement: "Every time I perform an attunement via distance, it is 'queued' so that the receiver can receive it when ready." If you prefer, you can add the phrase "queued for her/him to call in when s/he's ready" to the attunement phrase after stating the person's name at the time of the attunement.

1. Imagine or visualize that you are surrounded by life force that is slowly becoming stronger.... The force field is becoming brighter and brighter. DO this for 2-5 minutes or until you feel a strong flow of energy.
2. Say directly about the accumulated life force "Life Force Energy will be generated continuously and will not fade until this attunement is complete." Say mentally or aloud (to your higher self) "I ask that (name) may be attuned to Kundalini Reiki (level)."

It is also good practice to ask the assistance of the recipient's Higher Self, Guides, Angels, and Master Kuthumi when sending an attunement. Simply ask for this assistance after saying the level and the recipient's name. You will feel the energy start flowing, and continue for 5-7 minutes. The attunement experience will last for 25-35 minutes for your recipient. When you feel the energy stop flowing, your part is complete.

### **You may choose to use this alternate method for passing on a distance attunement if you prefer.**

1. Relax and recharge. When you have rested for probably 5-10 minutes, rise and be fully awake.  
(You may also elect to do the first procedure described above using the Life Force visualization.)
2. State mentally or aloud: "Kundalini Reiki (level ex. 2) attunement for (name)". If more than one attunement is being sent, continue with each level and person's name.

The attunement will begin immediately and you are done with your part.

## **Receiving the Attunement (give this instruction to those you attune):**

Sit or lie down in a comfortable position. Mentally say once: "I will now receive the Kundalini Reiki (level #) attunement from (insert your name here)." This will start the attunement and it will last for 25-35 minutes.

The attunement procedure is done, but I highly recommend that you keep your position for another 10-25 minutes (or more if you like).

This will give the increased flow of the energy a chance to more rapidly become distributed and absorbed into your energy system.

Notice that I recommend that the receiver keep the position for another 10-25 minutes. This is also recommended in live classes, but though never required to have a successful attunement.

When you are initiating people into Kundalini Reiki 2 in a live class, 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.

**Note:** Do not pass on attunements to children younger than age 8.

### **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.

# Kundalini Reiki Lineage

Ole Gabrielsen  
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*Your Name Here*

## **DISCLAIMER**

As with all complimentary therapies, none of the treatments listed on my website or in the training manuals are meant to be a substitute for proper medical diagnosis, treatment or care from your health practitioner.

I do not diagnose conditions, prescribe medication or interfere with a health practitioner's treatment.

If you are currently taking medication prescribed by your health practitioner, do not stop taking it without his/her advice.

If you have any concerns regarding your medical condition please speak with your health practitioner first.