

Student Attunement Guide

To prepare for your attunement: Relax & hydrate.

What you will need: A chair

The pre-attunement process: I will send you a Zoom link. Call in at the agreed upon time. Before we begin the attunement, we will make certain I can see your body from the knees up to about a foot above your head. I will ask you to place your hands in Gassho and state which attunement we'll be doing.

I will then ring a bell to indicate it's time to move to your first position. Each subsequent ringing of the bell will indicate it's time to move to the next position. Below is the order of sitting positions per bell sound.

The Reiki Attunement Student Positions:

Bell #1: Seated with your back to the instructor, feet/legs uncrossed and hands on lap.

Bell #2: Raise hands in prayer position to the top of your head.

Bell #3: Lower hands in prayer position in front of your heart.

Bell #4: Turn chair around to face instructor. Picky side of hands touching with palms facing up.

Bell #5: Bring hands into prayer position in front of your heart.

Bell #6: Keeping the back straight, bend slightly at waist, as if bowing forward.

Bell #7: Return to the original position, facing away from the instructor.

Bell #8: End facing the instructor

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Your Reiki I Attunement

Condensed version:

Bell #1: back to instructor

Bell#2: prayer on top of head

Bell #3: prayer at heart

Bell #4: face instructor, hands together, palms up

Bell #5: prayer at heart

Bell#6: bow

Bell #7: back to instructor

Bell #8: face instructor

Post Reiki Attunement: Instructor will guide you to breathe in deeply and slowly - hands in Gassho, to honor and close our time together. After instructor ends the call, stay here as long as you need. After a few moments, gently open your eyes.