

W(GOLD * REIKI)W



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Notes for Gold Reiki 1 and 2 Attunements

1. 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 "*Gold Reiki*". 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 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 "*Gold Reiki*". 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.
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. The healing energy will however, continue to work in the patient.

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

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.

Good luck!

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Notes for Gold Reiki 3 Attunement

How to pass on Gold Reiki Attunements

It is very simple to pass on the Gold Reiki attunements. You just ask your higher self for the attunements. You can attune several people at the same time.

Example of the attunement: (to your higher self) *“I ask that (name) may be attuned in Gold Reiki 2”*

The attunement will then start and stop after around 25 minutes.

Attuning objects

Crystals, trees and other objects can be opened to the Gold Reiki energy. You can, for example, open a piece of jewelry that you are wearing. From then on, it will carry the Gold 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 Gold Reiki channel”*

After approximately 30 seconds the process is complete.

Good luck and happy healing!