

KUNDALINI REIKI MASTER ATTUNEMENT



& TRAINING MANUAL FOR BEGINNERS

WRITTEN BY ABBEY TURNER & MOTHER SNAKE

KUNDALINI REIKI MASTER ATTUNEMENT & TRAINING MANUAL FOR BEGINNERS



Manual Written By

Abbey Turner & Mother Snake

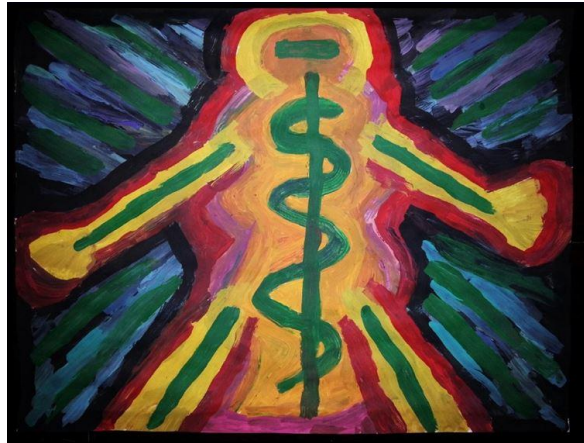
www.abbeynormalswisdomquest.com

Kundalini Reiki Master Attunement & Training Manual for Beginners
Copyright © 2015 Abbey Turner.
All rights reserved.

TABLE OF CONTENTS

KUNDALINI REIKI MASTER ATTUNEMENT VIDEO	
CONGRATULATIONS ON YOUR ATTUNEMENT!	
GETTING STARTED	
KUNDALINI REIKI MEDITATION	
ATTUNEMENT AND BLOCKED AREAS OF THE BODY	
DREAMS AND VISIONS	
VISIONS WITH GREY BEARD	
DREAMS WITH GREY BEARD	
WRAPPING UP THE IMPORTANCE	
SNAKE DREAMS	
WORKING WITH THE SPIRIT REALM	
RE-ATTUNING TO KUNDALINI REIKI	
HOW TO HEAL OTHERS USING KUNDALINI REIKI	
HEALING TECHNIQUES 101	
IN-PERSON HEALING	
VISUALIZATION, DISTANCE HEALING, AND SELF HEALING	
CLEANSING A ROOM OR HOUSE	
THIS IS NOT ROCKET SCIENCE	
AURA CLEANSING AND KARMIC BANDS	
ADDITIONAL THOUGHTS AND COMMENTS	
PRAYING MANTIS ENERGY	
ADDITIONAL KEYWORDS	
DIAMOND REIKI	
DNA REIKI	
BIRTH TRAUMA REIKI	
CRYSTALLINE REIKI	
LOCATION REIKI	
PAST LIFE REIKI	
BALANCE	
LAST THOUGHTS	
A FINAL MESSAGE FROM MOTHER SNAKE	
KUNDALINI REIKI MASTER PRACTICIONER CERTIFICATE	

KUNDALINI REIKI MASTER ATTUNEMENT VIDEO



BUT FIRST! A FEW WORDS OF CAUTION

** You *will* feel the energy of this attunement, so please do not watch this video unless you have at least one hour of time to rest and recover from the exchange of energy. You will become changed from watching this video. This attunement will awaken the Kundalini Energy within you, and this gift will be given by the Snake Goddess through me. **

All that being said, you may now click on the link to receive your free, Kundalini Reiki Master Attunement:

<https://www.youtube.com/watch?v=aj20SuNyeDI>

CONGRATULATIONS ON YOUR ATTUNEMENT!

You are officially connected with the energies of the Earth and energies beyond the outer reaches of the Universe. You are now fully connected to all energies in all times and places!

Kundalini is sacred energy, and it travels through a portal at the base of your spine and through the top of your head. This portal is your direct link with the Snake Goddess, whom I also call, Mother Snake.

Mother Snake is our connection to all times and all places, and she is in us and around us. She is the end and the beginning, of which there is no end or beginning, there is always only infinite oneness. She is the gift of ultimate transformation, and this gift I have shared with you is a gift from Her. This gift is your Kundalini Awakening!

GETTING STARTED

Now that you have become fully attuned, I want to start by sharing a simple visualization and explanation to help you see and understand your awakening more clearly.

Let's start by visualizing darkness, and nothing else. From seemingly nothingness came the creation of all light and all life in the universe. This is the essence of the dark portal that has opened within you. This portal runs from the base of your spine, through the top of your head. This is where energy is drawn. It is the vastness of space and time that has been opened within you. It connects your form with the energies of the Earth and the Universe, and there is nothing separating you from all places and all times simultaneously. You are infinite. As you were when you were born and you will be when you die. Your Kundalini Awakening allows you to pull energy in ways that were hidden before. Like a dark room where there was no light, and now it is filled with the light of a million stars, and open with energy and connection. You can now pull and direct energy from anywhere and from any time you choose. This energy and connection flows from Mother Snake, through your portal, and it feeds into your form and out from your form as pure Kundalini Energy. It is ultimate healing and enlightenment. Kundalini Awakening is divine oneness with the Snake Goddess. The energy you channel is directed by her, and you can share it with yourself and others through simple Kundalini Reiki healing techniques.

KUNDALINI REIKI MEDITATION

I know it can be challenging to grasp the infinite world, and to use it and share it for the benefit of all, so let's start small. My first recommendation is always the same. Once you become attuned to Kundalini Reiki, it is time to develop your connection with the Snake Goddess through a very simple and daily meditation practice.

All you have to do is say the words, 'Kundalini Reiki Meditation.' That's it. I always repeat the words and focus on them while I relax in bed. I will feel my body become warmer, and I experience tingling sensations and sometimes a light headedness. You will experience this too. This is all energy that is washing through your body and cleaning out all of the blocks and garbage we absorb from our daily human lives.

It is 100% normal to have these physical responses while doing a Kundalini Reiki Meditation. You have to remember, the Snake Goddess is the embodiment of ultimate and unconditional love. She wants to heal you, she wants to help you transform into something more. It is her nature and nothing else.

If you practice this simple meditation for five minutes a day, you will start to understand the sensation of energy, and how energy heals and how energy works. You can sense it for yourself and develop a relationship with these

sensations so that you can use them to heal others. During these meditations, you will start to develop a connection with the infinite realms and infinite mind of Mother Snake, and this is important in the expansion of yourself and your dreams for using Kundalini Energy.

We are all different. We all experience the energy at different levels, and we all develop and learn at different rates. If you don't feel you are progressing fast enough, just know that you are progressing as perfectly as a flower grows from a seed. Never feel discouraged through this process, always remember that everything happens at the right time and place. Keep doing the Kundalini Reiki Meditation. Do it once a day, as a daily routine, and always remember that development, balance, and transformation come with time and perseverance.

ATTUNEMENT AND BLOCKED AREAS OF THE BODY

I talk to people who have become attuned and find there are balance issues, where they feel a block in different places of their body. You have to remember, we live on a polluted planet, and it's not just filled with polluted food, water, and air, but mental pollutions as well from our radios and televisions. We receive these pollutants morning and night and they build up in our bodies and energy fields. Some people feel they have not received a full attunement due to these blocks. I want you to know something important: Every person who has experienced my attunement video has become fully attuned. What happens next is the cleanup process – clearing away the negative energy to enhance your connection and Kundalini Awakening. So doing the Kundalini Reiki Meditation is essential. It will help cleanse, heal, and open those areas of the body. Always have patience and perseverance with this process, I can't say it enough. Everything happens at the right time and place, and you *will* get to a place of balance and full connection.

DREAMS AND VISIONS

Pay attention to your dreams! After becoming attuned you will notice messages coming through to you. After I was attuned, I was visited by two spirits. One was an old man in a grey sort of gown with a long beard. I called him Grey Beard. The other was a Native America with an eagle. I called him Eagle Man. Clearly I'm not the only one to be visited by these spirits as I happened upon an image of the two together, and this was by no means a coincidence.



Location of this image: www.desireemmondésir.com

VISIONS WITH GREY BEARD

Eagle Man only visited me one time, but Grey Beard visited me many times. I want to tell you about something important he shared with me in a vision I had

while doing a Kundalini Reiki Meditation. It shares an important message about how our forms connect with all realms, and this goes along with the portal that has now opened within you, connecting you to all times and places simultaneously, and how you can use it for your benefit.

So in this vision I was traveling at high speeds through outer space. When I stopped, I was shown a spiral coming out of my feet. It was in the form of a coil that was rotating so fast, I can't even begin to explain what the sensation of the speed was. I was so taken aback by the speed that I asked Grey Beard why I can't visualize it being slower. He reminded me that the speed of the coil determines the vibration. So, higher speeds mean higher vibrations (or going further into the light), lower speeds mean lower vibrations (going further into the dark). He continued to explain that I can use this coil to travel to different realms and dimensions, and he reminded me of a vision I had during another Kundalini Reiki Meditation.

In this vision I saw myself walking through a house that was so filled with purple light it was glowing. I walked through the door and I felt my physical body become hot, and suddenly I was propelled through a spiral and through outer space at immensely fast speeds. I can't even begin to tell you where I went, one minute I was seeing my body flying through space, the next minute, the vision went completely blank. Clearly the energy from that meditation was

enhancing my vibration monumentally which explains why the coil soared me into outer space.

DREAMS WITH GREY BEARD

There was also a dream I had one night, and Grey Beard was there. In this dream I was in outer space again (surprise). He was standing with me, and we were literally standing in outer space on nothingness. He showed me what seemed like a glass plate with numbers on it, although there was no glass, but there were what appeared to be numbers. He told me I can go anywhere I want to in space and time, all I have to do is make a choice. I thought for a minute, and I really couldn't decide which number to choose. I asked Grey Beard if he had any suggestions, and that's when the dream ended. Clearly my lack of confidence was a sign that I was not ready to go further.

WRAPPING UP THE IMPORTANCE

I'm telling you all of this as a means to prepare you for what you can expect. You will have similar visions during your Kundalini Reiki Meditation, and you will have similar dreams. Always pay attention to what your dreams and visions share with you. These visitors and their messages are not just fantasy, they are real spirit guides that are there to teach and guide you on the path to healing and enlightenment.

As odd as it may sound, this coil and this number pad are each a real phenomenon in the universe and you can use these tools for yourself. Part of comprehending the invisible realm is to be completely open-minded. Don't let your mind try to make sense of anything, just go with it, and allow the information to show you the truth. Always allow the information to reveal its true nature to you, never try to dissect it or make sense of it. It is very easy for our human minds to skew the meaning and take us off track. Only our hearts and the Kundalini Energy will share the truth, and that's it. Always put your faith in the Snake Goddess, she is our beloved, Divine Mother, and she will always guide you on your path.

SNAKE DREAMS

Seeing as Kundalini Energy has such deep serpent roots, it is also very common to have dreams of snakes after you have been attuned. If you have a snake dream, always choose fearlessness. If you cower before the snake, it is a reflection of your own confidence and strength. I have dreams of snakes on occasion, and I'm always disappointed in myself when I do not trust and believe in myself, and I choose fear instead of strength. Always know that your reaction in a dream is 100% honest with where you are at on your path and it's okay to not be strong and confident all the time. Always know your dream reactions are correct and good. It's hard to accept what your mind shows you is a failure, but there is no such thing as 'failure' in the universe, there is only lessons, growth, and expansion.

WORKING WITH THE SPIRIT REALM

Working with spirit is essential to becoming a master healer, and your attunement has sensitized your body to the spirit realms. Your guides and angles are reaching out to you and they want you to reach back so they can help you. They will reveal themselves to you in dreams and visions, as Grey Beard and Eagle Man have revealed themselves to me. Visions are images that visit you during your waking moments. Sometimes these filter through while we are just staring off into space. You have to pay attention to the images that come into your mind. All information is a flow from spirit, but the information can get manipulated. Always try to maintain open space, a space of darkness where no thoughts exist. Only within the portal can divine information flow into you.

It's important that you remember all of this. Part of developing a connection with the spirit realm is developing trust in the world we cannot see. You develop trust simply by knowing that the spirit realm exists and it is in direct communication with you at all times, whether you are fully aware of it or not. Speak to the invisible world and go to the dark thoughtless portal and wait for an answer to return to you. This is how you develop a bond and relationship, and this is how you strengthen your ability to trust. Always allow the information to flow through nothingness and into you.

You must also know that the spirit realm is not only a place where your spirit guides and angels exist, it is also a place where your very soul exists. All souls exist in the spirit realm. Whether in a physical form or not, your soul is truly already in the spirit realm. I'm telling you this because most people are unaware of this truth, and this is the type of information you will start to channel. You have to keep that open mind and trust in the information. Allow it to reveal its truth to you.

So I will tell you again, always remain open to all energies, visions, dreams, and spiritual experiences, and always allow these experiences to unravel their own mysteries, don't ever try to make sense of them through your mind. Our minds will always lead us astray from an ultimate Kundalini Awakening, which is complete oneness with our Divine Mother.

RE-ATTUNING TO KUNDALINI REIKI

I often get questions about the attunement. People want confirmation that they really are attuned and they want to know how often they need to re-attune. I'm going to tell you right off the bat, if you watched my attunement video, you are attuned to Kundalini Reiki, and I will also tell you that you will never, ever, have to re-attune. You always can if you feel like it, but it's not necessary.

I'm going to tell you a story now about my own personal experience with the attunement process. When I was attuned to Kundalini Reiki, my life was full of all sorts of congestions, one's we all experience in our ordinary human lives. It was hard for me to stay focused, and for a time I left my spiritual healing pursuits behind me. It's important that you know your Kundalini Awakening will never die, and I happen to know this by experience. Know that your portal will never close and it will never go away, so you will never need to re-attune.

Please know that it's okay to have times when you disconnect. All you have to do to reconnect is start doing your Kundalini Reiki Meditation again, and you will start returning back to the old energies you used to experience. By doing this you start cleansing, balancing, and reconnecting. It's important you know this, that you never lose your connection with the Snake Goddess. She was there even before your attunement, and your attunement allows you to develop a closer bond with Her and the energies she will channel through you. When

you stray from focus, She will always welcome you back and help you develop once more. The Snake Goddess is my Divine Mother, and she is our direct link with the transforming and creative energies of Kundalini.

HOW TO HEAL OTHERS USING KUNDALINI REIKI

It's so easy for me to jump to the advanced understanding of energy and healing. It goes beyond all the lessons you can learn in any book. It's about trust. It's about connecting with the spirit realm and with your soul – your very own unique vibration as it is heard ringing throughout all times and places. This isn't just about doing some motions and saying some words, this is about a complete and ultimate connection. Such connections will always be drawn from within.

To become a master, you **MUST** get out of your head and you **MUST** trust your heart and trust in the invisible world. It's all energy. Your body, your spirit, the physical and spiritual realms, it's all energy, that's it. Harnessing energy takes time, perseverance, and patience. You can't jump from kindergarten to college. It takes many years of progression to develop. You have to build your own staircase to climb to the top.

Since this is a beginner manual, I will share the tips and tricks for those starting from scratch. You will notice the effective Kundalini Energy as you follow these instructions. Even as a beginner you will notice the energy, it is unmistakable. When focusing on healing others, the healing is not only for them, but it automatically responds to your own form. This healing energy is a gift to you for sharing a gift of healing with others. What we give is what we receive, so let's get started!

HEALING TECHNIQUES 101

I'm going to go through a series of techniques and keywords that you can use when healing others. It is no different than the 'Kundalini Reiki Meditation' that I told you about. I'm going to share two healing methods, and then go into an explanation of the keywords. This is all extremely simple and extremely effective.

IN-PERSON HEALING

Use this technique when you are healing someone who is directly within your presence. The steps are extremely simple.

1. Lay your hands upon the shoulders of the one you are healing.
2. Go to the dark portal where there is nothingness, only time and space. Now think to yourself, 'Kundalini Reiki.'
3. Take no notice of time. Only breathe, relax, and share the Kundalini Energy that comes from the Snake Goddess. It flows from Divinity, through your form, and into the one you are healing. You WILL feel the energy.
4. Never doubt or question the energy that is shared. It is always flowing and the amount that comes through you is always correct.
5. Once you feel the sensation of energy subside, there is nothing further you need to do.

It really is this simple, and the energy flow only takes 3-5 minutes. The energy is effective and still working, even after you have completed its transmission. Once the energy is infused it will circulate through all areas of that person's form until every crack and crevice has been filled. It is no different than after a heavy downpour. Just because it stopped raining doesn't mean the ground has dried up. That water will keep moving, even into places we never thought possible. Even water can eventually crack and flow through the foundation of a sturdy house. Water is that amazing, just like Kundalini Energy. The more it is shared, the more transformation it can provide. And this energy is not damaging, it is transforming and revitalizing. Water is this way too. It purifies everything and redirects it back to its most natural and pristine form, even the foundation of a sturdy house!

VISUALIZATION, DISTANCE HEALING, AND SELF HEALING

Visualization is always a great addition to healing. You can use visualization when doing in-person healing, distance healing, or self-healing. It always makes for an excellent additive. When using this technique to heal someone at a distance, it isn't about knowing exactly what that person looks like, or seeing into their body. It's all creative and it's all about developing imagery that feels real and true in your heart. If that image happens to be a golden sun, or a sandy beach, or maybe just an imaginary person, it is all correct. It's not a 'perfect image' that makes the difference, it's the energy that the image creates that makes the difference.

1. Start by developing imagery in relation to yourself or to the person you are sending healing to. It's anything you want it to be. For distance healing, a pretend image of what the person looks like will always suffice. I usually include an image of an angel and beams of star light for added healing. When healing yourself with this method, you can do the exact same thing.
2. Now send that image, along with the person's name or your name, into the palms of your hands, and then put your palms together. Focus only on your visualization and feel only the sensation of energy. Disregard all other thoughts, and absolutely do not take notice of time.
3. Now say the words, 'Kundalini Reiki.' These words will always prompt the energy flow. It's like ringing a door bell in the universe. The universe will always open that door, it will always answer your call.
4. Now feel love in your heart for this person or for yourself, and send this loving energy through your palms. Ultimate Love and Kundalini Energy are the same. They are the purest form of energy. Love heals everything. And we aren't just talking about saying I love you, we are talking about real, heart wrenching, life and death, orgasmic love, and then multiply that by infinity, and that is what Ultimate Love is and that is what Kundalini Energy is. Now send that to the person you are healing, or send that to yourself. And as a side note: That type of love is something we should always share with ourselves and with others, day in and day out. It's a natural challenge for our human

forms, so any tiny ounce of that kind of love we share each day is monumental to the Divine Mother.

5. Now imagine your palms are holding this person lovingly and caringly, as though you are giving them a hug of pure love that is being channeled through you from the divine Snake Goddess. Remember, the Snake Goddess is infinite, and she loves unconditionally. She is the tender mother and creator of all things. She will ensure the Kundalini Energy will reach this person and she will ensure they receive the blessing of her love and nourishment. As amazing as it is, this love and nourishment she shares is also your love and nourishment. She is the Snake Goddess, but you too are the Snake Goddess. You too are a part of her form as She is a part of yours, and our forms together will heal, balance, and enlighten *All*.

6. You will notice the sensation of energy will be strong, and it will funnel through you. You will feel it for 3-5 minutes and once that energy subsides, you have completed your distance or self-healing.

CLEANSING A ROOM OR HOUSE

Again, the palm method is always ideal. You will follow the same steps as above, only instead of visualizing a person, you will visualize the room or house that needs cleansed. You can even envision an Angel there, beaming with light, and the angelic light encompassing the entire room or house until nothing can be seen from the brightness of the light. While in this

visualization, you would send this image into your palms, place your palms together, and say the words, 'Kundalini Reiki.' Again, you will allow the energy to channel through you for as long as you feel it. Once the energy is gone, there is nothing further you need to do but feel grateful for this blessing to share love and healing.

THIS IS NOT ROCKET SCIENCE

Becoming a master healer is not rocket science, but it does take trust, and it does take patience, and it does take perseverance. Being a human being comes with all sorts of challenges and these challenges all come from the mind. The amazing thing is, we are all divine and infinite, we are not the physical form, we are the spiritual body. The challenge is in releasing from the physical form and connecting with the spiritual body. You will stumble and fall, you will lose track, but you will get back on the path again and you will find you are much stronger than you were when you started.

You must always put your faith and trust in the Divine Goddess. Remember, she is the snake. The snake is an animal we all fear, but all we are truly fearing is our self, our ultimate and most glorious transformation. It is the mind that fears, it is not the soul. The snake is a symbol of infinity, where there is no beginning and no end, and in infinity our soul will be reborn time and time again, and these lifetimes are for the growth and expansion of our very souls. In our physical lives we also experience rebirth over and over again.

Each time we survive a challenge, we have seen it through from beginning to end. The blessing is the shedding of old skin and the birth of a newer, stronger, and more confident you. The Divine Mother is all of this, death, rebirth, and transformation. Life as it is never ending. Never fear the unknown and transformative world of the snake. Always embrace it and its gift of transformation, enlightenment, and infinite oneness.

It's important I tell you that so you can feel the energy and the energy can speak to your soul and help you remember why you wanted to become attuned to Kundalini in the first place. You seek the ultimate transformation. You seek the guidance of the divine Goddess, and you seek infinite oneness with Her divine being. That is what Kundalini is and that is how far it can take you. I'm telling you this now as we move forward and begin to expand and grow our ability to heal others.

AURA CLEANSING AND KARMIC BANDS

Now I will tell you how to use Kundalini Reiki to clear auras and heal karmic bands. An aura is the energy within and around us. Karmic Bands are attachments that we make toward people or things. They develop repetitious negative habits and thoughts and these then junk up our auras. I feel the two go hand in hand, so instead of clearing one, I clear both simultaneously.

There are so many ways to clear energy, but we are going to start with the simple beginner methods, and then I will share a more developed approach.

1. So again, clear your mind. Go to the dark portal where there is nothingness, only space and time.
2. Relax and allow your mind to visualize the person you are healing, or visualize yourself. See an egg of energy around them or yourself, and begin filling it with pure white light.
3. See this image moving into your palms and share a few words about the healing you wish the Snake Goddess to help you with. For instance, 'Snake Goddess, please allow your divine energy to cleanse the aura and heal the karmic bands that surround [person's name].'
4. Place your palms together and say, 'Kundalini Reiki.'
5. Allow the energy to flow, and once you feel the flow of energy subside, you will know your healing gift is complete.

It really is that simple, but it can be as simple or as intricate as you desire.

What I'm about to share is only how I happen to develop healing. I have a very deep connection with feeling energy flows and the more information I send into the divine portal the more information that is fed to me, and the more energy that can be shared. This isn't just energy that heals the body, this is energy

that creates physical manifestations. Healing can go so much further than just the body, it can create physical light and sounds that are developed from the energy itself. The healing energy of the Divine Goddess can truly be as miraculous as your wildest dreams, it all depends on your connection to oneness and how open you are to receiving and sharing energy.

To cleanse an aura and heal karmic bands, I do several visualizations and I incorporate feelings with the visualizations into a message. Emotions incorporated with images are not your basic human words, these are energetic words and they are far more powerful. This is the same form of communication used by more advanced beings throughout the universe. It is the purest form of communication, because it shares pure sincerity. Sincerity and gratitude create amazing healing responses.

So if I am doing a healing on myself, I will visualize the person and/or situation. When I can see it clearly, I release the painful feelings and memories I have felt in my heart. There is no situation that is anybody's fault; there are only lessons to be learned, but difficult situations still cause natural human emotions that we all need help releasing. I send these feelings into the image. Then I visualize an image of myself and I my face express the emotions I have been experiencing. I share these sincere emotions and images with Mother Snake. I then go on to show her how I want her to help me remember love and joy again, and I visualize the image of myself being happy and loving toward

myself, the situation, and toward all others. Remember, we are human, and we forget how to love ourselves and love others. Mother Snake is fully aware of this. When you can show her you acknowledge your short comings, she wants to pick you up and snuggle you back into health.

So I share all of these images and emotions with her. These combine into a story of my experience, my pain, and my desire for release from this mental and emotional imprisonment. I send all of this information into my palms, and then I place my palms together and say, 'Please heal me with your divine love,' and then I say, 'Kundalini Reiki.' These are the words that seal the information into an energetic letter to the Divine Mother. That's when the energy pours in. This energy is always Ultimate Love or Kundalini Energy that is funneling in. It always is. Love is Kundalini Energy and Kundalini Energy is Love. This energy is the very fabric of all creation, restoration, breath and life. It is the energy of *All*, and this energy WILL heal you.

ADDITIONAL THOUGHTS AND COMMENTS

When it comes to healing, it's important to remember that life must be experienced, the pains and the joys. It is the blessing of the soul to have both. When you are sharing healing energy, you are literally evaporating darkness and negative energies. We all have attachments to negative energies in ways we never imagined. The less attachments the less our minds and bodies are tampered with by lower vibrational beings who manipulate us down the more

challenging roads. Please remember, we can't always take away a person's lessons, but we can always lighten their load.

Sometimes the energy can manifest in different ways. Perhaps the energy manifests into a self-help book, or manifests into just the right person to talk to, or perhaps it's as simple as a joke that creates laughter in that person's life. It's important to know what energy can do, it's not just for the body, but it's for the physical experience, and it can manifest itself into physical objects as well. You can ask Mother Snake to share a gift with someone who is going through a difficult time and needs some extra help. You can visualize the energy becoming a physical gift of love to help that person through a challenging time.

There are so many ways you can heal yourself and heal others, and it really is so simple and it doesn't have to take a lot of time. Always trust that what you request has been heard and the healing is being shared. It's easy to wonder if you did it right or if it will be effective. Never, ever doubt the love and power of the energy that Mother Snake shares through your form. Remember, she is the mother of all things. Always trust, and feel at peace when you are healing, and never, by any means, start thinking about time during the healing process! This isn't just about the time it takes for the energy to complete itself, but the time it takes to heal someone's body, mind, and spirit, and I'm going to tell you little more about that.

PRAYING MANTIS ENERGY

When talking about patience, nobody knows patience better than the Praying Mantis, and to become a great healer, you must always have patience. It's not just about being patient with the energy as it flows through you, but it's also being patient with the healing process. You will meet people who are in extreme physical or mental shambles and their bodies will take time to heal and process all of the energy you share. Never, ever get discouraged; always know that healing is taking place at the right time and at the right pace.

Sometimes you need to accept that we live lifetimes, and I have witnessed a healing friend experience the death of a patient to severe stages of cancer. You have to know that each human being has a purpose and a choice. Sometimes we don't realize we are making a choice to be ill or a choice to be a lesson in somebody else's life. It is difficult in our illusionary world to truly comprehend the meaning behind each and every moment. What you may consider a failure was never a failure at all, it was only a lesson that your soul desired to have in your life. Perhaps that lesson is to challenge your ability to trust or to challenge you to try new avenues of healing. No matter the meaning behind it, all lessons are important. Never give into the mind with what would be considered a failure, and always know that it's okay to experience what feels like a 'setback' from a difficult healing experience. Just know this moment in time is creating a new root for you to grow into the ground and is making you that much stronger as you work your way through it.

You also have to know that what you share is always correct in the universe. You will have patients complain that they have experienced no improvements at all. It takes patience to deal with that kind of response and it challenges you to trust in your healing abilities. If what you share comes from the beating of your heart and the love in your veins, you have shared everything you can share and you have not failed.

Just know that everything in this world is a lesson and a growing experience. Patience is part of that lesson. Becoming a master healer is not going to be easy and you are going to be challenged. Your soul wants to be challenged, so embrace these challenges with patience and perseverance. When I find I am struggling and confused, I always remember the praying mantis. I remind myself that everything always happens at the right time and at the right pace, and that it can even happen over lifetimes. Then I allow myself to embrace the essence of timelessness that the praying mantis exudes. It is a creature that you can see remaining in the same place for days on end, and in its lack of movement the praying mantis is experiencing timelessness and infinity and the ultimate nirvana of spirit. It may just appear to be another insect, but it is an extraordinary insect, and it is an expression of energy that is 100% in balance with patience. Fill yourself with this energy. Embrace that within yourself and within your healing experience. It will always make you stronger and better, and it will help you process the challenges that will step in your way.

ADDITIONAL KEY WORDS

My attunement video is to fully attune and awaken *All* to Kundalini Energy and to a deeper connection with the Snake Goddess, who is infinite energy, unconditional love, and transformation. These additional key words are simple, and they will open you up to a greater connection with our Mother Snake and with the sacred Kundalini Energy that runs through all times and through all places, physical and spiritual.

The additional key words I will discuss are as follows:

DIAMOND REIKI

DNA REIKI

BIRTH TRAUMA REIKI

CRYSTALLINE REIKI

LOCATION REIKI

PAST LIFE REIKI

DIAMOND REIKI

Diamond Reiki is a meditation gift for the Master Kundalini Reiki Healer.

These are words that you speak in connection with an etheric diamond that

sits just above your head. It is the Master that can control and connect with its power and source, and Diamond Reiki enhances this connection.

To use 'Diamond Reiki' is very similar as to use the 'Kundalini Reiki Meditation.' You will want to experience this meditation while you are in a relaxed state, with time to enjoy the experience of the energy. Once you are relaxed, you will simply say the words, 'Diamond Reiki.' You will experience the energy flowing into you and through you.

This meditation assists in the enhancement of the etheric diamond and the use of its power. Diamonds are infinite light. Your diamond can be dimmed by the experience of the human world on Earth. When you follow this meditation you are enhancing its clarity and usage. To use the etheric diamond in healing is extremely powerful and assists in developing greater charges of light when healing others.

Do not feel discouraged in which meditation you choose to begin with, as a Master Kundalini Reiki healer, you are the master of your own world and your own destiny and whether you choose to enhance your connection through the 'Kundalini Reiki Meditation' or enhance it through 'Diamond Reiki,' will still develop a balanced and effective connection with the healing energies of Kundalini Reiki.

DNA REIKI

DNA Reiki is essential for the clearing of negative debris in the DNA strand. Each DNA strand is unique and has its own development of information codes. These information codes can be tainted with lower level vibrational energies which can create deformities, physical and mental health issues, and challenges of all kinds. To experience a balance, strength, and enhanced energy vibration, we cleanse the DNA strand with the words, 'DNA Reiki.'

All human beings deserve this enhancement to their DNA strand. This is also important when sharing DNA information through sacred sexual experiences. When we cleanse our DNA strands we are cleansing this process of sharing ourselves in a sacred sexual way, but it also cleanses the DNA for the manifestation of children who will then carry on a heightened version of our genetics.

The evolution of mankind will enhance when we choose to heighten the vibration of our DNA strand. To accomplish this, you will only need to speak the words, 'DNA Reiki.' You will focus with light and love on the person with whom you share this gift, and you watch within your mind's eye as their vibration is enhancing, almost like water going from cold to hot and then to boiling. The Kundalini Heat is cleansing all impure information codes within the DNA strand. Once you feel this heat subside, you will notice the sensation of a 'clean feeling.' This sensation means your gift has been shared and is now

complete. You can also provide this gift to yourself. You can provide it to anyone you choose on the entire planet, you can even choose to enhance all DNA strands in all human beings on the planet. There is no stopping what you can achieve as a master healer. There are only the boundaries of your own mind that will stop you from accomplishing the most miraculous dreams.

BIRTH TRAUMA REIKI

Birth Trauma Reiki is essential for all human beings, as all human beings have developed traumas from the birthing process. All human beings sustain an experience that has developed what would be like a rash on the human mind, and within the ultimate expression of our species. This trauma is passed down from one child to the next and then on to the next, and it has continued down the line for centuries.

The trauma of the birthing process can be completely irradiated with the enhancement of the human vibration and the choice of mankind of love and heal each other. When we choose to love and heal each other, we are choosing to release ourselves from all traumas, and then the birthing of children and the process of being born can become a joyful experience for both mother and baby. We can start the enhancement of our human vibration and the release from the lower level birthing experiencing through sharing this Kundalini Reiki healing with all.

To accomplish this task is simple. All you must do is speak the words, 'Birth Trauma Reiki,' then focus on sharing pure and concentrated love and sharing each beat of your loving heart with the release of the birth trauma experience. All of humanity desires to be released from this and we can do it one person at a time until all of humanity can be released from this cycle.

CRYSTALLINE REIKI

Crystalline Reiki is essential for the removal of crystal deposits within our bodies. These form during and after all traumatic experiences in life. They keep us locked into a connection or attachment with that memory. It remains with us for the entirety of our life and sometimes follows us into the next life. It is essential that we remove these crystal deposits to release human beings from ties to those painful memories.

No human being needs to be locked into a mind based relationship with pain. All human beings deserve to be released from pain and released from the cycle of pain. Humanity truly can evolve beyond our current state of being. By releasing all humans from the deposits of centuries will truly eradicate our relationship with the past and send us flying toward a newer and bright future, one where all human beings are in balance and harmony with each other and living in the light of the sun in an enhanced loving and high vibrational experience.

To heal the deposit of crystals is simple. You must only place your palms together and with love in your heart, you will speak the words, 'Crystalline Reiki.' Allow your heart to beat with love and feeling the energy transforming the past, present, and future of the person you choose to heal. Their experience of life will be greatly enhanced with positive energy by releasing them from their attachments to mental and emotional pain.

You can complete this treatment in one session when you allow the energy to flow in a concentrated and pure form. You concentrate and purify the energy by forcing more love through your body and into the energy you exude. Your dream has to become enlarged and purified with enhanced light and angelic energy, and with the blessing of concentrated Kundalini Reiki energy. You will know when you have completely eradicated all crystal deposits; you will feel it within your own body. Do not feel discouraged if you need to do this an additional time or two. It takes time to learn how to enhance your healing experience.

To share this healing with someone more than one time is entirely acceptable, loved and appreciated by Mother Snake. She will always assist in all of your healing dreams and she will always teach you how to use the energy more effectively each and every time. Allow her to be in control of the experience. The more loving energy you express the more you allow her into you and to heal through you.

Remember, Mother Snake is also you, as much as you are Her. You must remember, the person you heal is also You as much as that person is Mother Snake. When we see all living creations as One and not as individuals, it enhances our ability to heal. When we heal others, we are also healing ourselves. It is not impossible or any great feat to heal all of humanity or to even heal all living creations in the universe, as all things are *One*.

LOCATION REIKI

We all have relationships with certain places on our planet. Our souls gravitate toward places where we have sustained traumatic experiences or made decisions that have tied us to an entire civilization or way of being. We even reincarnate with the same souls from past civilizations to play out similar experiences in order to explore new ways of working through the same situations from the past. We are always trying to develop new ways of approaching life with pure and high vibrational love, where we choose to step outside of the mind and illusionary world and to trust in our spiritual side which is in connection with love and in connection with the great mind of *All*.

This is the highest, grand scheme view of location ties, but it can be reduced and simplified. You can make a choice to remain in an abusive home, or you can make a choice to remain living in a community that has sustained nuclear radiation. You may feel tied to a job that you can't leave; maybe it's because

you get paid a great deal even though the conditions are horrible and detrimental to your health. If you are working in a coal mine, this is extremely hazardous to your health, and those humans that work in these conditions are aware of it and yet still continue to work in a coal mine. This is an instance where we can use Location Reiki to allow the permeation of the mind and illusion. To allow the energy to feed into the perception and change its evaluation of the place where it insists it must remain.

No human being has to remain in poor conditions, this is a choice to remain trapped in a lower vibration world instead of choosing to walk away from it and experience a healing and high vibrational, joyful world. It is not hard for all of humanity to choose a world of love and to release our connection to lower level experiences; we must only speak the words, 'Location Reiki.' These words are the keys that unlock the relationship between time and place. It releases the connection and need to remain in a place that is not enhancing the vibration. It releases the ties and removes the connection. It must only be said once and it will work each and every time.

PAST LIFE REIKI

We use this method to heal past life memories. A majority of us have lived lifetimes before our current incarnation. You may only have only 1 previous lifetime, you may have 10 previous lifetimes, or you may have 100, or 1,000, or more. Living life is difficult on us all and through our life's challenges some of

these burdens and memories are carried over into the next lifetime. We say 'Past Life Reiki' to release any ties to an illness, a relationship, or any sustained hardship.

All of humanity deserves to be released from the past. It is only a matter of letting go of the incarnation that keeps us imprisoned into a cycle of lifetimes. When we acknowledge the past and let go of the ties, we are acknowledging that we choose healing and we choose love instead of suffering. No human being has to suffer, it is merely a choice. We can help each other release from past life memories by placing our palms together and speaking the words, 'Past Life Reiki.'

Mother Snake is receptive to the intentions, and whether or not you are aware of the past lifetime in play, she will always honor and respect the heart's desire to help another move on, to help another to choose love over suffering, and clarity over illusion. Mother Snake only asks that you focus with your heart when you release another from their past life times. You must only focus your energy like a circuit of electricity that surrounds the person and allows them a release from any relationship that hinders their vibration and keeps them imprisoned in the illusion that they must continue to experience suffering. Focus on this three times with your heart, one time each day over the course of three days. The energy expressed over this timeframe will release the relationship and tie. From there it is only the choice of the one you have

shared this sacred healing with, to remain in the illusion or to choose to move on.

Always know, your healing has been accepted and honored by the universe and the gift is only waiting for that person to fully embrace it. It is love in motion and love in motion is the teacher of truth and wisdom. It is what allows us to recognize the current reality and to make a choice to remain or to move on. Mother Snake is honored by any human being who chooses to help another release from past life traumas and connections, and she will always be there to help and assist in your desire to share this gift.

BALANCE

I am sharing this as an additional self-healing method. It is so simple and yet so effective for balancing our bodies and energy fields. To do this, all you have to do is touch your fingertips together. You will hold them together for 30 seconds only. You will notice the energy flow from doing this. After your 30 seconds is up, the energy will continue to rebalance your body over the next hour. You will only need to do this once a day or whenever you feel out of balance. I always do this in the morning before I start my day. There are some occasions when I am struggling mentally, emotionally, or physically, and I will have to do it a second time to rebalance my energy field so that I may realign with higher vibrational energy instead of remaining in a struggle with myself and the world around me.

LAST THOUGHTS

I want to tell you one last thing. When it comes to the attunement process, I want you to know that we are all the embodiment of Kundalini Energy, and we were before we were ever attuned. To become attuned develops a sensitivity within our forms that allows us to harness and use the energy we already have a connection with.

It's hard to be a human and survive in a balanced way on this planet, especially when you live in the middle of the chaos and not on some remote mountain top. There will always be times when the challenges of human life will get in the way of your spiritual progress. Always have patience with the experience of life, it is happening for a reason and it will only make you stronger. Just remember that what you dream is always attainable no matter what hoops and ladders it may take to get there.

It's also important to think about the future of mankind and our planet. Our dreams should not just be for ourselves, but for all human beings, and then expand beyond our planet and into the outer reaches of the universe. Life is not just about Earth, it is about the experience of *All*. The sooner we can grasp this truth the higher we can raise our vibration, and suddenly, the beautiful dream of a balanced and loving world will come into fruition.

So please, never stop dreaming big, and never stop expanding yourself beyond your boundaries. There is truly no stopping you once you come to realize how amazing you are. You are a beautiful and vibrant soul in the universe, a healing warrior with a quest to enhance the vibration of mankind and the experience we all share here on Earth. There is only your greatest potential standing before you, so embrace it now and start filling the world with your unique vibration, your unique expression of Kundalini Energy. You truly are a Master Kundalini Reiki Healer. You always were and you always will be. There has never been any time separating the past, the present, or the future, there has only been infinite oneness through the blessing of Mother Snake.

A FINAL MESSAGE FROM MOTHER SNAKE

There is nothing stopping you from becoming a Kundalini Master. There is nothing but your own doubts that will lead to your downfall, as it has always been. Never allow yourself to look beneath who and what you are, and what you are capable of. Always remain open to the lessons of expansion, that you may attain the highest levels of Kundalini Awakening. Always remember these words on your journey and path to healing and enlightenment.

