

The River of Light

A Reiki Self Attunement Procedure

By Sheree Rainbolt-Kren

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Before We Begin

I wish to convey my deep respect for the wonderful healing modality known as Reiki. This self attunement procedure was created as an option and/or a complement to many beautiful and effective energy systems already working for many people. I accept traditional attunements all the time and can witness to their beauty. But, it is my humble opinion that your Highest Self knows how to align you to the Light within better than anyone else. A Self Attunement makes sense.



It is with honor and reverence for Dr. Mikao Usui, and other Master Teachers and Founders, that additional insights are offered for Reiki practice. This Self Attunement procedure is not intended to replace or negate any of Dr. Usui's beautiful teachings, or the teachings of any other Founding Entity, or any other healing system. There is no wrong way to call forth or experience Love and Light. This Self Attunement procedure may help you in attuning to various modalities of your choosing. Please take it slowly and absorb the energies. Drive-by attuning to many types of energies is not necessarily in your best interest. Integrity and reverence for the process itself is a huge light wave of healing. If you come across a copyrighted Reiki system, please honor the wishes of the founder. What is meant for you will always be given.

The keys to the Kingdom are already yours. This attunement will not give you something you do not already have. What attuning can do is help to bring Divine Love and Light into your full awareness.

I have chosen to use the word "God" to represent the Great Light that created me. I do not see myself as apart from this Source. Please feel free to substitute any word you resonate to.

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REIKI SELF ATTUNEMENT PRAYER

By Sheree Rainbolt-Kren and the Light of Source

I _____(your name), as a perfect aspect of God, ask the Divine RIVER OF LIGHT to wash over me, and through me, to purify my entire being in this sacred moment.

I ask that Love and Light be brought forth into my full awareness now, on all levels of my being. I instruct all parts of me to accept this love and light for full healing according to Divine Will for me. I release all unhealed parts of my Self into Divine Light. I am flowing in the River of Light.

And now, I call upon the Highest Divine part of my Self to be fully present and active within me for this attunement. I surrender this entire process to Divine Will. I am flowing in the River of Light.

I ask God to align my entire being with the River of Light known as "_____" (name of attunement you are seeking) according to Divine Will for me.

I ask to be showered and aligned with only the truth, the love, the beauty, and the joy of this attunement. I accept only that which is for my highest good and I receive it now. Any thought wave that is not divinely intended for me is released from my desire on all levels. I am flowing in the River of Light.

(At this time, relax into the moment and allow the attunement to be received by your spirit, your mind, and your body. Please remember to breathe.)

I now affirm to my Self, my Divine and Perfect Source, that I am now wholly attuned to " _____ " (name of attunement you are seeking). I ask my Divine Highest Self to seal this attunement for all time and space, according to Divine Will for me.

The River of Light has cleansed, purified, and aligned me with Divine Will, which includes all healing Light God created. This Divine River of Light has flowed through me to touch me to my core, and now flows lovingly into the Mother Earth, and outward, to the land, the sea, and the sky, and beyond into infinity, with Divine Love and peace.

I am grateful to God and I am flowing with Love.

And so it is. Amen.

RIVER OF LIGHT SYMBOL FOR SELF ATTUNEMENT
Created By Fred Bungert and the Light of Source



This original symbol represents a River of Light (Divine Love) in the form of a healing waterfall. It is brought in through the Crown Chakra, continues through all parts of the body, mind, and spirit, and washes through the feet.

Please note that the symbol Fred created also takes shape as an S, representing SELF. This symbol is not mandatory for the self attunement, but symbols carry powerful energy.

When using the symbol, please use at the beginning of the attunement and at the end. You may draw the symbol in the air, in your palms, or in the four corners of your sacred space. This symbol can also be used as a type of Reiki grid to use after your attunement. Simply place your programmed chakra stones in line with the symbol and charge with prayer. You might place a picture of yourself under the grid. Fred and I, and our Guides, have infused this symbol with Light and Love through prayer.

Who Is This For?

This self attunement may produce better results when aligned with the following beliefs:

A willingness to believe in your inherent power as a perfect aspect of Light Source.

A willingness to believe in your power to create your own reality.

A willingness to believe that your connection to Divine Light and healing is absolute and is not dependent on someone else's permission or approval.

A willingness to believe that all you could ever want or need is indeed within you.

A willingness to have a clear sense of self and what you are in truth.

A willingness to let go of the outcome of this effort and let God.

A sincere, heartfelt desire to help people realize these things as well, if and when they come to you for help.

Sheree's online Reiki forum:

<http://health.groups.yahoo.com/group/THEPENDULUMFORUM/>

Offering free Reiki attunements, spiritual study, pendulum instruction, and support.

Special thanks to these Angels for infusing their Love and Light into this creative process: Adriana Quintero, Elizabeth Hibel, Sherrie Mazzarini, Vickie Barnes, and of course Fred Bungert.

DISCLAIMER

It is suggested that you familiarize yourself with Reiki before attuning. There is a wealth of information available. A formal request to heal and align with the truth of what you are is recognized by the Light. It is indeed a most sacred moment.
No medical advice is insinuated.

Sheree Rainbolt-Kren and Fred Bungert