

Kundalini Reiki Millennium

Manual



By

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The well known medical symbol Caduceus (also called the Staff of Hermes) carries the hidden meaning of the Kundalini Awakening!



The staff itself represents the Kundalini channel (Sushumna). The head of the staff represents the crown chakra and the wings represent freedom and liberation! The 2 snakes represent the double-stranded DNA.

DNA is the physical representation of the Awakened Kundalini energy.

In the Kundalini Reiki Millennium system, 2 energy channels are activated.

Starting at the root chakra, these 2 energy pathways are spiraling up and around the spine and out of the crown chakra. These 2 energy channels are often symbolically referred to as the “kundalini snakes”. They don't have anything to do with snakes, but merely acting as a symbol of the DNA.

When the Kundalini is awakened, including the 2 energy pathways, it activates the DNA, as the awakened Kundalini represents it and is a blueprint of it.

Like a tuning fork, the DNA begins to sing along with the awakened kundalini and becomes activated. As a result, this will help activate hidden gifts, our true potential, and talents from the DNA, forgotten memories and talents from past lives.

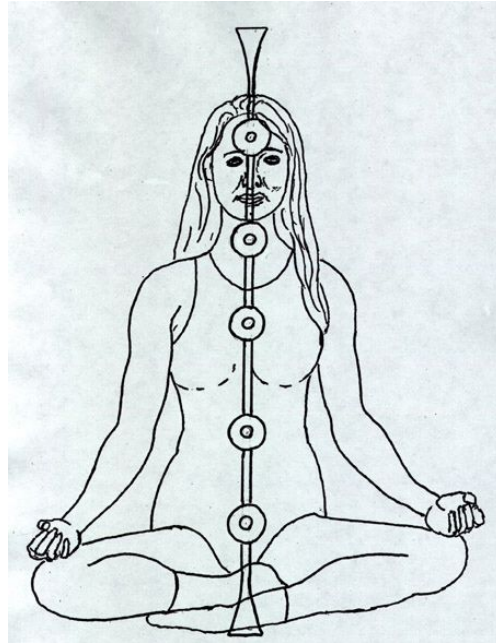
During the Kundalini Reiki Millennium attunement, the following 3 steps are automatically performed:

In step 1, 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 Kundalini awakening that you will experience in step 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.

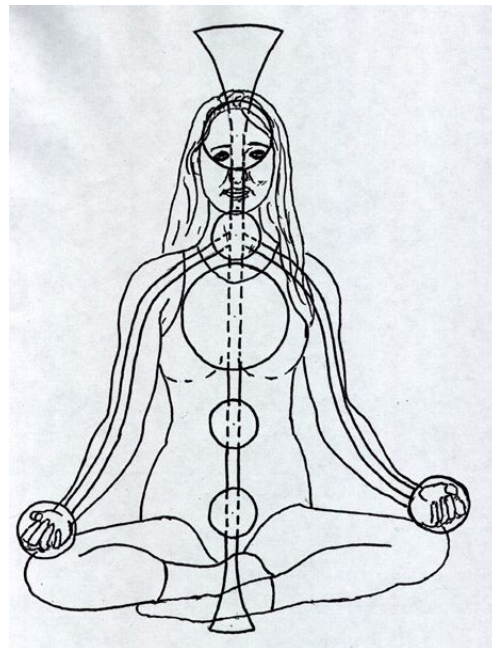
Once the Kundalini is activated in step 2, all of the main/primary chakras and the energy channels will be cleansed and opened.

Here you can get a clearer picture of what actually happens during the 3 steps in the attunement procedure:

Before step 1

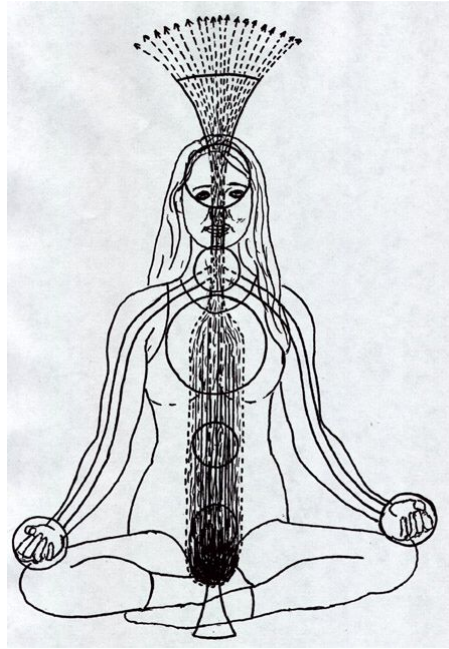


After step 1



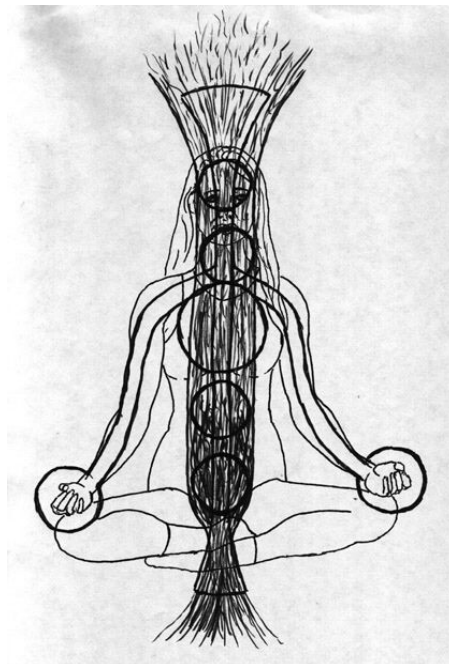
An opening and cleansing of the Crown chakra, the Heart chakra, the energy channels of the hands, the hand chakras and the main energy channel, which runs from the Root chakra to the Crown chakra, is performed as a preparation to the Kundalini awakening in step 2.

After step 2



The first step is strengthened. The Third eye chakra is opened. The Kundalini is awakened. The Kundalini energy is continuously released out of the Crown chakra.

After step 3



Previous steps are strengthened; all chakras are opened and strengthened. All channels are enlarged. Kundalini "fire" is reaching Crown chakra and bursting out of this.

Testing the energy after you have received the attunement

Find a place where you will not be disturbed. You can sit in a chair or lie on a couch.

- First, place your hands on your stomach. Now think the word “Kundalini Reiki” to start the energy. This will start the energy instantly. Keep your hands there for three to five minutes (or as long as you like). When you use the words “Kundalini Reiki” you are activating your "Kundalini fire" as the healing energy, mixed with Reiki.

- Next, place your hands over your eyes and keep this position again for three to five minutes.

- Lastly, place your hands in the middle of your chest (heart chakra) for three to five minutes.

- End the mini healing session by rubbing your hands, rising up, and becoming “wide awake.”

Remember that this is only an example. You can place your hands on any place of concern, either on the skin or one to two inches above.

Also, do not “try” too hard to either feel the energy or move/project it. It will flow automatically once you have started the energy.

Healing Another Person

After the self-healing, you might want to try out healing a friend or partner. You can use the same technique as in the self-healing.

- Make sure your friend is comfortable, either sitting or lying down.
- Start the healing session by saying a prayer like this:

God, I ask that we will be protected during this session and that we will receive the guidance we need.

I ask that that or those Ascended Masters, Angels and Archangels that are needed in this session will come now and give (name) the healing he/she needs. Thank you!

- Place your hands on your friend's stomach. Think the word "Reiki" to start the energy. Keep your hands there for three to five minutes (or as long as you like).

- Next, place your hands above your friend's eyes for three to five minutes.

- Lastly, place your hands in (or one to two inches above) the middle of your friend's chest for three to five minutes.

- End the session by rubbing your hands, and when your friend is ready, let him/her tell you about any experiences he/she had during the session. Give thanks to God and spiritual helpers.

Again, please remember that this is a sample session. You can extend it anytime by including more hand positions, for example, on the feet, at the top of the head, any places of concern, etc. Let your intuition lead

you. Sometimes a spot only needs one minute, and you will feel somehow prompted to move on. At other times you might spend more than five minutes on one spot. Serene music is also nice to play when performing healing sessions.

For distant healing, simply cup your hands together and imagine the person inside the cupped hands. Then start the energy flow. It's not important how precisely you visualize the person, the intention to heal the object is enough to get the energy flowing to the right place.

After healing a person, it's highly recommended that you "disconnect" from the receiver and then perform a short grounding exercise.

Spiritual Hygiene

At the beginning of my healing career, I had a clinic, where I received people for healing. I had very nice results, but after the day I would always feel drained and sometimes get a headache. That is because I was still spiritually connected to my clients and they were still receiving energy from me, even though they had left my clinique. All this became better when I began disconnecting and ground after each client.

Following are a few tips for better spiritual hygiene.

Disconnect

When performing a healing session, you connect to the person you are sending healing to. Cutting the etheric threads that are created is important. If you do not do this, staying connected to that person is possible. This could result in the draining of your energy.

All you have to do when finished with the healing is, to ask God to help you disconnect from the receiver. Then make a fast “karate chop” in front of you, while saying something like “Cut all threads!” Do this one to three times. Often after doing this, you will most likely feel relief.

Grounding

After cutting threads, it’s good to do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say, “I now ground!” Stand for two to five minutes. If you do not have access to the ground or it’s just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session because if you have accumulated too much energy in your body, it could result in a headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being over energized or give you new energy.

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.

Cleansing a room/house

It is simple to cleanse a room/house of negative energies. One way is to use the remote, long-distance method, but instead of thinking of a name you could 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.

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 could use the remote, long-distance healing technique. If you, for example, wish to improve the relationship between yourself and your mother, you could 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 could write "Robert's relationship with his mother" and start the energy flow. This method can be used in both near and long-distance situations. This procedure usually lasts 3-5 minutes, but don't be surprised if it sometimes takes a little longer.

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. There are actually some things that aren't supposed to be tampered with, but I believe that you, with practice, will be able to distinguish what should be healed and what should be left alone.

Kundalini Reiki can also be used on animals.

Kundalini Reiki Meditation

You can use a specific meditation that helps the cleansing process of your energy system. The meditation takes about 5 minutes.

It will enhance and strengthen your Kundalini energy. By doing this, all of the chakras and the energy channels light up and helps the cleansing process of your chakras.

Here are the instructions for the meditation:

1. Sit or lay down with your eyes open or closed.
2. Think the words "Kundalini Reiki Meditation" once. The process will then start and automatically stop after around 5 minutes. Just relax and enjoy the energy.

You can use this meditation once every day, for as many days as you like.

This meditation is *not* mandatory for the Kundalini to work. It's simply another tool that you can use if you feel for it.

Extra Attunements

Diamond Reiki: During the opening, an etheric diamond will be placed in the crown chakra. It works so that all the Reiki energy that flows through this chakra takes on the diamond's properties. This is a strong energy that enlightens and heals everything in its path as long as there are no underlying unresolved problems.

Instructions for use: To use this technique, simply think "Diamond Reiki" instead of "Kundalini Reiki". This strengthens the Reiki energy with the properties of a diamond.

Crystalline Reiki: Overall of the body we have small deposits of certain crystals. These are exit points for the traumas we have experienced through 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. If e.g. someone breaks their arm, a crystal form to hold the memory of the pain and the feelings of that trauma. If there aren't any unresolved problems or feelings behind 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. Each session should last around 15 minutes, and both hands must be touching the patient. A Crystalline Reiki treatment cannot be given as long-distance healing. Although when giving yourself a

treatment you should use the long-distance method, as it is yourself you are healing. It is only necessary to give one treatment per person.

DNA Reiki: This strengthens the ability to heal DNA strands (our blueprint). We can now go in and heal the negative spiritual causes of inherited genetics and diseases. You will 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 have to use a specific type of energy whilst 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. The energy used here is a little different than that of Diamond Reiki and gives optimal results.

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". It is only necessary to give one treatment per person. 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". There should be 3 sessions to complete treatment.

Balance: After this opening, you can in 30 seconds, via a specific hand position balance all of the energy systems in the body.

Instructions for use: Hold the tips of your fingers and thumbs together for 30 seconds. This starts the balancing of your complete energy system. It takes around an hour and should only be done once a day.



The Treatments

It's a good idea to first heal yourself with a Crystalline, DNA, Location, Past Life, and Birth trauma Reiki treatment, before performing these extra healing methods on others.

Then you can go on to try Birth trauma healing, Location healing, Past life healing, and then DNA healing...and if it isn't remote, long-distance healing and the patient can come the next day or at a later time, Crystalline healing.

Passing on the Kundalini Reiki Millennium System

Have the receiver preferably sitting on a chair, with hands in prayer position.

Hold the receiver's hands and think "Kundalini Reiki Millennium". Hold this position until you feel a sense of completeness.

Then you are done and can proceed to the next if there are more receivers.

For distant attunements simply imagine that you are holding the receiver's hands.

When you are done, use the *disconnect* and *grounding* exercises explained in this manual.

When you are performing attunement, you can 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.

It's recommended for children to be at least 8 years old before attuning them to Kundalini Reiki.

How to manually activate the kundalini

When you are attuning a person to Kundalini Reiki, this process is happening automatically. I did though decide to also include a manual way to activate the Kundalini.

To recap: To have an awakened Kundalini means that your body is able to absorb and transform the life force energy Earth emits. You are like a rechargeable battery and the earth is a battery charger, constantly providing you with life force.

If the battery does not function properly, the charger will not be able to charge up the battery to its full capacity. Clearing the connection to Earth, the chakras and the main energy channel (also called the Sushumna) will return the natural flow to the energy system. This stronger energy flow in the body will also help itself to clear stagnated energy and blocks. Further, any Kundalini related issues will be solved.

The steps:

This is how I activate the Kundalini for a person – Remember it's only an example.

1. Ask God for help and guidance in the process.
2. Cup your hands and mentally imagine, that the connection from the person to the Earth is cleansed (from the Root chakra and to Earth).
3. Now do the same with the chakras, starting with the Hara chakra and all the way up to the Crown Chakra. Simply cup your hands and imagine each chakra inside your hands (one at a time), and mentally state: “cleanse”.

4. Do the same with the root chakra. You will most likely experience, that this is the chakra with the most blockages.

5. Imagine the Kundalini channel (“Sushumna”), going from the root chakra and up to the crown chakra. Have an intention that this channel is cleansed and widened to the perfect size for that person. Cup your hands and mentally state once: “Kundalini channel cleanse and widen”.

6. Imagine the person in your cupped hands. Mentally state once: “Activate Kundalini”. If you are sensitive to energy, you will feel a flow going on. Do this for 30-60 seconds. The Kundalini is now activated. This activation will continue to enhance and integrate for at least 24 hours.

How long you should stay at each step, depends on you and the person. The more trained you become, the faster you will be able to perform the activation for people. It DOES help a lot to be sensitive to energy, but it’s not a requirement.

Many times I get the question “Is there something I can do to keep the Kundalini flow strong?”

When your Kundalini is activated, it should continue to “work”, as it is the natural flow of your energy system.

There can arise certain situations in life, that can “weaken” the already active flow. This could be traumas or releasing a lot of blocks/negative emotions.

You can use meditation and visualization as a way to clear out any stagnated energy, that is stuck anywhere in your system. Here’s an example:

Simply imagine that energy/life force is emitting from Earth. Imagine that this life force is entering up through your legs, up through all your chakras, starting with the Root Chakra and ending through and out of your Crown chakra, like a fountain. Keep this flow for as long as you like, until you feel a release.

This method can be repeated every week or whenever you feel like.

Q: Will an activated Kundalini help me to better shield myself from EMF (Electro-Magnetic Fields)?

A: Yes, it will. As a result of the Kundalini Activation, your body's natural defense mechanism will become stronger.

Q: I felt the Kundalini energy very much when it was activated and the days after. Then the feeling decreased. Is this normal?

A: Usually the Kundalini flow (or any attunement) is felt much during or right after its activation...and then it appears to fade....and suddenly you might not notice it anymore...and then you might doubt if the Kundalini is still active. This is normal.

Imagine that you slip into a bathtub with very hot water. In the beginning, it feels very hot. But as you have been in the water for some time, you begin to get used to the water temperature. And suddenly, when the water has reached the exact same temperature as your body, you do not feel the water at all! Only of course if you move, then you will feel it's friction – but the water itself is not felt, because it has the same temperature as your body.

It's the same with the awakened Kundalini. Once it's integrated and you

have *become* the enhanced energy, you will not feel it as something different from you – you are just it. It's a natural part of you.