

# Kundalini Reiki



Master Certification

Self-Study Manual

Nicol Jackson. Reiki Master Divinely Sacred

**This is one of the simplest forms of healing and self-development system that exists!**



**By opening and strengthening the energy channels of the body, it is possible to channel healing reiki energy to yourself and others – just by intention!**

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world.

At the same time, within us resides a subtle system of channels (*nadis*) and centers of energy (*chakras*) which look after our physical, intellectual, emotional and spiritual being.

Each of the seven chakras has several spiritual qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed.

When the Kundalini is awakened, these qualities start manifesting spontaneously and express themselves in our life.

Thus, through regular meditation, we become automatically very dynamic, creative, confident and at the same time very humble, loving and compassionate. It is a process which starts to develop by itself when the Kundalini rises and starts to nourish our chakras.



# Here you will discover...

- ∞ What Kundalini is
- ∞ History of Kundalini Reiki
- ∞ Helpful information about Kundalini Reiki
- ∞ Kundalini Reiki Attunement Levels
- ∞ Receiving Kundalini Reiki Attunements
- ∞ Kundalini Reiki Level 1
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  - birth trauma reiki
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- ∞ Exercise for Balance of Energy Systems
- ∞ Attuning others to Kundalini Reiki
- ∞ How to schedule your Kundalini Reiki Attunements



# What is Kundalini?



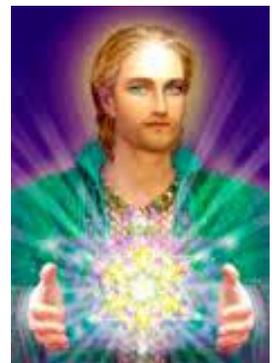
Kundalini means 'coiled one' and is known as latent female energy believed to lie coiled at the base of the spine. In yogic theory, it is a primal energy, or *shakti*, located at the base of the spine. Different spiritual traditions teach methods of "awakening" kundalini for the purpose of reaching spiritual enlightenment. The Yoga Upanishads describe Kundalini as lying "coiled" at the base of the spine, represented as either a goddess or sleeping serpent waiting to be awakened. In modern commentaries, Kundalini has

been called an unconscious, instinctive or libidinal force, or "mother energy or intelligence of complete maturation."

Kundalini awakening is said to result in deep meditation, enlightenment and bliss. This awakening involves the Kundalini physically moving up the central channel to reach within the Crown Chakra at the top of the head. Many systems focus on the awakening of Kundalini through meditation, pranayama breathing, and the practice of asana and chanting of mantras. In physical terms, one commonly reports the Kundalini experience to be a feeling of electric current running along the spine. Please know that everyone's experience is different.

## History of Kundalini Reiki...

Kundalini reiki has been shared with us on the 'earthly' plane and has inspired many people throughout the world. Kundalini reiki is the 'energetic communion' with Master Kuthumi – the Chocan of the Second Ray. Also known as Koot Hoomi and K.H., Master Kuthumi is connected to the Crown Chakra and the Temple of Love, Wisdom and Understanding. Master Kuthumi comes to those who seek world knowledge in the time of great change and to use that accumulated knowledge for the good of all! These Master Energies are being directed to heal the physical body and mind and to help overcome the 'constraints' we may 'feel' here during this lifetime experience.



*Master Kuthumi's expressed goal of the Kundalini Activation (attunement) is to lead to expanding states of Universal Consciousness, Peace, Light and Love –and it is happening NOW!*

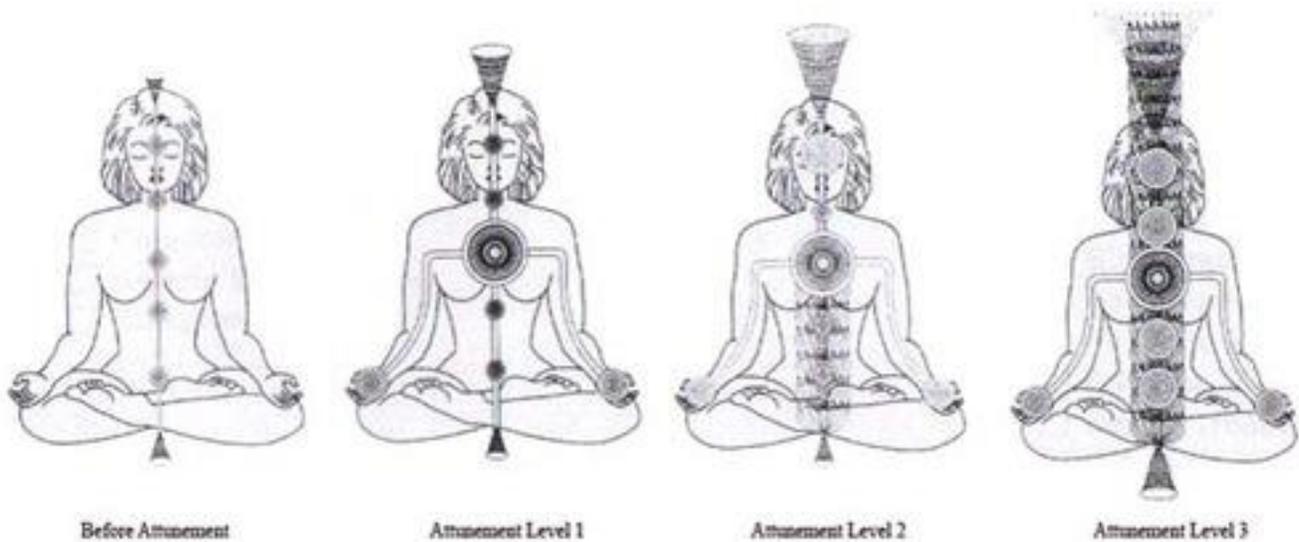
A gift to humanity, a tool to empower self-enlightenment!



## Helpful Information...

- ∞ For our purposes here we will be opening and awakening your energy centers and channels to gain access to and allow your kundalini to 'rise' up and out of your body cleaning and clearing out all that no longer serves your highest good.
- ∞ Those who have experienced 'problems' with kundalini awakenings, or kundalini energy in general can most often be helped with Kundalini reiki.
- ∞ Anyone interested in learning kundalini reiki can be attuned, regardless of previous reiki attunements or other healing modalities and systems.
- ∞ Please use this manual as a guideline, keeping the attunement procedure in-tact but using your highest guidance and wisdom when working with the energy and others.
- ∞ Everyone's attunement experience is different, some 'feel' nothing, while others sense a great deal. Your attunement will be perfect for you!
- ∞ It is common to experience a lot of energy in your hands and legs with kundalini reiki attunements which often increase as you progress through the levels. Do not 'worry' if you are 'not feeling' anything, you will experience it in your own time which is perfect for you. Trust in the process and the profound healing qualities of the kundalini energy and your own healing abilities!
- ∞ Kundalini attunements must be received in order with the appropriate time in between each one. For our purposes we will be allowing 10 days in between each level attunement. If you feel you need more time between attunements to integrate the energy, no worries!

## Kundalini Reiki Attunement Levels



**Kundalini Reiki Level 1** – all blockages in the chakras are removed (except for the root). The main energy channel, from the Crown to the Root Chakras is cleansed and prepared for the Kundalini awakening (experienced in KR2).

The Heart chakra opens and enlarges and the energy channel from the hands to the Crown are opened so the KR energy can flow.

\*\*some suggest KR1 is the same level as the USUI Master attunement.

**Kundalini Reiki Level 2** – during this attunement, the KR1 attunement is strengthened and the base/root chakra is opened, as well as your 3<sup>rd</sup> eye (brow/forehead) chakra is enlarged.

The Kundalini is awakened and the main energy channel opens gently, alighting the kundalini 'fire.' The Kundalini reaches the Solar Plexus chakra preparing for full kundalini rising in KR3 (master). All chakras and energy systems are enlightened and an overall cleansing takes place.

You will learn a specific meditation to increase the power of the flame in the Kundalini 'fire' and cleanse your energy channels.

**Kundalini Reiki Level 3 (master)** – also known as the Master Level, here your previous attunements are strengthened as well as the Throat, Solar Plexus, Sacral and Root Chakras all opened wider. The Kundalini 'fire' is also strengthened and reaches up and out of the Crown chakra with full raising of the Kundalini. You will receive helpful additional attunements to crystalline reiki, DNA reiki, birth trauma reiki, and location reiki, past life reiki as well as learning balancing techniques and how to attune others.

## Receiving Attunements

Receiving the attunement(s) is a very simple process. You can receive either in-person or remotely/distance from a Kundalini Reiki Master.

### Receiving remotely

Allow yourself at least 30 minutes of quiet and uninterrupted time to receive.

When it is time to receive your attunement(s), you will sit comfortably in a chair placing your arms either on the arms of the chair or on your thighs with your palms facing upwards (in the receiving position).

*'Calling in' the attunement –*

With KR1 & KR2 you will close your eyes and request your personal guides as well as Master Kuthumi oversee the attunement and call them into the space.

You do not have to do anything else but relax and enjoy the experience (lasting between 20-30 minutes). You will feel or sense the attunement coming to an end or you may even fall asleep during the attunement and wake up later.

*With KR3, it is suggested you do the Kundalini Reiki Meditation to open the process before calling in your guides and Master Kuthumi and receiving the KR3 level attunement.*



**Note** - everyone's experience is different, be open to your process and it will be perfect for you!

Once you receive your 1<sup>st</sup> KR attunement, you are able to do self-healing as well as healings on others.

# After the Kundalini Reiki Level 1 Attunement

## Self-healing



Clear your thoughts and think **'REIKI'** to start the energy and simply let it flow. You do not have to concentrate on keeping the energy flowing, it knows exactly what it needs to do and will flow freely of its own accord! Just relax and enjoy the energy. If you feel guided to place your hands on your body, let your own inner wisdom guide you! After about 3-5 minutes (varies from person to person) you will sense the energy stop and this means you are finished. The healing energy will continue to work as it is needed.

***Self-healing can & should be done every day!!***

## Healing for others

Follow the same guidelines for self-healing above. Use your guidance when placing your hands on another person. If there is a known/visible injury or illness you can place your hands in that spot directly. Remember the energy will flow to where it is needed so you really do not need to 'direct' it.



## Remote/distance healing

Visualizing the receiver or the name of the person in the palm of your hand (you could also write the name on a piece of paper and hold it in your hands). Again, follow your inner guidance to find what is comfortable for you. Place your palms together.



Clear any thoughts and think **'reiki'** to start the flow of energy. And then just let the energy flow as needed. You do not need to concentrate on keeping the energy going, it will flow freely of its own accord...just relax and enjoy the energy flow and quiet of your thoughts.

Allow 3-5 minutes (will vary from person to person depending on their 'need' at the time) and you will sense the energy stop, which means you are finished.

The healing energy will always continue to flow and work as needed in the receiver.

## Healing 'situations'

You can send healing energy to a situation or personal quality/character trait.

Here are some examples: If someone is experiencing trauma, loss, injury, emotional 'disruption' in your life. Or even visits to the doctor/dentist, or for someone 'nervous' about getting on a plane, etc... Ideas are endless!



## Healing the Karmic Band (energetic cords)



There is always a karmic band (energetic cord) between those we hold closest and ourselves, or those we have once held close to us. These bands (cords) can sometimes weigh us down and have negative influences on our physical body and energy body.

Very often relationships grow stronger when healing the karmic band.

You should use the *remote/distance healing technique*.

For example, if you wish to improve the relationship between your mother and yourself, you could write on your hand (or piece of paper held between hands) 'my relationship with my mother.'

Place your palms together and call on the energy to start the energy flow.

If you are 'healing' a relationship for someone else, then you could write ('the person's name)'s relationship with his/her mother' and call on the energy to start the flow. You can do this *in-person* as well as *remotely/distance*. When Healing the Karmic Band in-person, you may wish to ask the receiver to visualize or think about the other person while you repeat the person's name to yourself.

This process usually lasts 3-5 minutes but could call for a little longer. Use your intuition to 'feel' when the energy is easing up. Again, these are guidelines and do not necessarily need to be followed exactly!

## After the Kundalini Reiki Level 2 Attunement:

### Self-Healing and Working with others -

Now that you have received the 2<sup>nd</sup> level attunement, when you are healing yourself or others, you call on the energy as '**Kundalini Reiki**' as you are now using your '*Kundalini Fire*' as part of the healing energy.



### KUNDLINI REIKI MEDITATION

#### **This is an Important Meditation to do once you are attuned to KR2!**

This is a specific meditation that helps in the clearing process after the KR 2<sup>nd</sup> attunement. This meditation usually takes between 5-10 minutes but do for longer if you feel guided to do so.

It will enhance and strengthen your Kundalini Fire/Energy and for a short time open your palm chakras wider!

By doing this daily, you will get the greatest effect from your vibrational rising and your energy channels cleansing. You will never receive more 'energy' than you can manage.

Instructions for meditation –

- ∞ Sit or lay down with your eyes closed. Make sure nothing is 'crossed' or obstruction the flow of energy.
- ∞ Think or call on "Kundalini Reiki Meditation" and the process will begin. It will automatically stop once it is completed (between 5-15 minutes) but you should give yourself enough time to relax, receive and enjoy the energy.

## After your Kundalini Reiki Level 3 Attunement:

Once you receive your 3<sup>rd</sup> attunement, you will use '**Diamond Reiki**' instead of 'Kundalini Reiki' – this strengthens the Reiki energy incredibly!

**Diamond Reiki:** During the opening (attunement) 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. The Diamond energy is a strong energy that enlightens and heals everything in its path as long as there are no underlying unresolved problems/issues.



## BONUS: Extra Attunements that come with the Kundalini Reiki Level 3 Attunement:

Crystalline Reiki

DNA Reiki

Birth Trauma Reiki

Location Reiki

Past Life Reiki

## Crystalline Reiki

- ∞ All over our body, we have small deposits of crystals or 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 bone, a sprain, grief, sorrow, etc. For example, someone breaks their arm, a crystal forms to hold the memory of the pain and the feeling of that trauma.
- ∞ If there aren't any unresolved problems or feelings behind this trauma, the crystal can be dissolved and healed. Almost every crystal around the body can be healed.
  - ∞ You must perform a Crystalline Reiki Treatment on yourself before using it on another

### Instructions for using Crystalline Reiki:

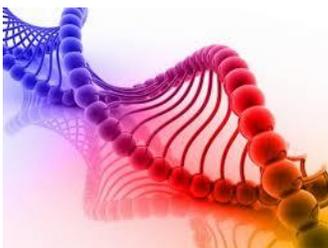
- ∞ A complete treatment consists of 2 healing sessions.
- ∞ Each session should last around 15 minutes, and both hands must be touching the receiver.
- ∞ Crystalline Reiki can be given as a long distance (remote) healing.
- ∞ When 'treating' yourself, use the long distance method.



## DNA Reiki

- ∞ Known to strengthen the innate ability to heal DNA strands (blueprint).
- ∞ We can heal negative inherited genetics and diseases.
- ∞ You may notice healing results after 3 weeks.
- ∞ You must perform DNA Reiki on yourself before using it on another

### Instructions for using DNA Reiki:



- ∞ Hands on and long distance/remote healing.
- ∞ Place hands together and think DNA Reiki.
- ∞ Only One session per person is necessary.
- ∞ The healing usually takes 3-5 minutes.

## Birth Trauma Reiki

- ∞ The most severe trauma is usually the process of being born.
- ∞ For the gentlest release from this trauma, you can use a specific type of energy during healing.
- ∞ You must perform Birth Trauma Reiki on yourself first

### Instructions for use:



- ∞ Hands on and long distance/remote healing
- ∞ Place hands together and think/state “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 are also bands/ties between people and places and even the earth.
- ∞ These bands/ties can weigh us down and sometimes have an influence on our physical health.
- ∞ You must perform Location Reiki for yourself first

### Instructions for use:



- ∞ Hands on and long distance/remote healing
- ∞ Place hands together and think/state “Location Reiki.”
- ∞ It is only necessary to give one treatment per person.
- ∞ The healing usually takes 3-5 minutes.

## Past Life Reiki

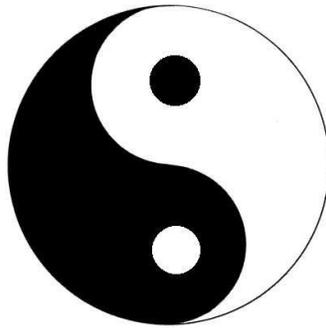
- ∞ To heal blockages and issues related to previous lifetimes.

### Instructions for use:

- ∞ Hands on and long distance/remote healing
- ∞ Place hands together and think/state “Past Life Reiki”
- ∞ 3 sessions complete a treatment



## Balancing your energy system



**This technique is Quick, easy and efficient!**

In under a minute, you can balance all of the energy systems in the body!

### Instructions for use:

- ∞ Hold the tips of your fingers and thumbs of your hands together for 30 seconds and think/state/intend “Balance”
- ∞ You can then continue on with your day, the process is automatic from this point on
- ∞ The total process usually takes about an hour
- ∞ You should only use this method once a day





## Recommendations:

- ∞ Before treating anyone else, it is suggested that you work with each type of reiki for yourself. This allows you to experience the energy firsthand, connecting to the process and energy in your unique way.
- ∞ It is not required to treat others; this is a great self-healing tool!
- ∞ Intuition and following your own innate healing abilities are key for a successful relationship with Kundalini Reiki and all the other reiki's that come along with it!
- ∞ There is a lot of room here for putting together different treatments/or series of treatments – utilizing one or more of the types of reiki now available to you. Or you can simply go with the flow and see where guidance leads you during the course of a session.
- ∞ Be open and flexible in your approach to self-healing as well as healing others.
- ∞ Remember, as with any form of energy work and reiki, the flow and sense of energy gets stronger the more you use it, so practice, practice and practice some more!
- ∞ As long as the attunement process and basic instructions are honored and followed as stated in this manual – you are free to use this energy as you feel guided.
- ∞ All forms of Reiki received are very compatible and complement other healing systems nicely.

AN ETHICAL LIFE  
IS BUILT OF INTEGRITY  
HONESTY KINDNESS  
DECENCY &  
BELIEF IN TRUTH  
JUSTICE HONOR  
LOVE RESPECT  
COMPASSION  
AND WORKING  
TOGETHER  
TO MAKE LIFE BETTER

# Attuning others



It is very simple to pass on the Kundalini Reiki attunements. You connect with the individual being attuned as well as Master Kuthumi and with direct and specific intention of the attunement to take place. You can only 'pass along' the attunements to others if you have been attuned yourself to the Master level.

You can attune one or several people at the same time in person or remotely/long distance. You can never do anything 'wrong' as long as your intention is pure. You are asking your guides and Master Kuthumi to connect with you and 'oversee' the process so there really is no way of doing it wrong!

## Example of an attunement in person:

- ∞ Open the space for the attunement to take place.
- ∞ Call upon your personal guides as well as Master Kuthumi, asking them to oversee the process. Ask the recipient(s) to do the same.
- ∞ To your higher self (spoken out loud or to yourself) – "I ask that (name(s)) may be attuned to Kundalini Reiki Level 1."
- ∞ Once you have stated the above, the attunement will begin and complete after about 25 minutes.

## Example of a remote/long distance attunement:

- ∞ Open the space for the attunement to take place.
- ∞ Call upon your personal guides as well as Master Kuthumi to oversee and facilitate the process.
- ∞ To your higher self (spoken out loud or to self) – "I ask that (name(s)) at (address) at (time) on (date) in his/her time zone be attuned to Kundalini Reiki Level 1."

**The above is the 'official' version of the attunement but you can also use your intention to make the attunement available for the whole day which will allow the student to receive at a time convenient for them.**



### **Additional Notes about attuning others:**

- ∞ It is recommended that children be no younger than 8 years old before attuning them to Kundalini Reiki and please make sure you obtain their parent/guardian consent beforehand.
- ∞ You may attune more than one person at a time.
- ∞ You may follow your own guidance and innate intuition when attuning others but please make sure you follow the above process to keep the integrity of the Kundalini Reiki attunement process.
- ∞ Make sure you and your recipient allow at least 25 minutes for the complete process in a quiet and relaxed space.
- ∞ When attuning to Kundalini Reiki Level 3 (master), all of the extra BONUS attunements/healing techniques are included, so it is not required to request the individual attunements, they will come automatically.
- ∞ It is suggested to allow at least 10 days in between attunements to allow for the integration of energy and the clearing process to follow a natural flow.
- ∞ When attuning people into Kundalini 2, it is a good idea to let the participants feel the area 40 cm over the head (crown chakra) before and after the attunement. You will be able to feel the difference between the inactive and active Kundalini Flame.

### **Attuning objects:**

- ∞ Crystals, jewelry and other objects can be attuned to the Reiki energy.
- ∞ For example, you could attune a piece of jewelry you wear, and from then on it will carry the Reiki energy for whenever you need a boost.
- ∞ Another example would be crystals you use for healing and energy sessions. Once attuned, they will hold the Reiki energy to be used when needed.



### **Example of attuning an object:**

- ∞ Out loud or to yourself (to your higher self) “I ask that this (object) be attuned as a reiki channel.”
- ∞ After about 30 seconds the process will be complete.



Once you have completed reading this manual and feel you are ready to begin receiving your attunement(s), please email me at [nicoljackson8@gmail.com](mailto:nicoljackson8@gmail.com) with your intent to receive your attunement(s).

We will schedule all 3 Kundalini Reiki Attunements which will be done remotely via distance.

You can also email me with any questions or concerns you may have in regards to the attunements.

Once your 3<sup>rd</sup> attunement is complete, you will receive a certificate of completion which will then allow you to attune others if you chose to.

Blessings and light,

*Nicol*

