

Notes for Kundalini Reiki 2

1. Healing

From now on, when you are healing you should think "Kundalini Reiki". Now you are also using your "Kundalini fire" as the healing energy.

2. Kundalini Reiki Meditation

Now you can take part in a specific meditation that helps the rinsing/cleansing process. The meditation takes about 5 minutes. It will enhance and strengthen your Kundalini fire/energy. By doing this, all of the chakras and the energy channels light up and are now ready for the cleansing.

Here are the instructions for the meditation:

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

You should use this meditation every day (max. once a day!), to get the greatest effect from your rinsing/cleansing process.

When you use this technique in Kundalini Reiki, you will only ever receive as much energy as you can manage and need, and no more. You will never be given more energy than you can manage. This is also relevant for meditation, self-healing, and the healing of others.

Good luck and enjoy!