

# **Nurturing Cow Attunement**

The *Nurturing Cow Attunement* is given by Goddess Hathor, the Cow Goddess.

The purpose of the Nurturing Cow Attunement is to instill into your being the qualities of nurturing.

**The Attunement may be used to integrate divine energies into your being and integrate structures in the subtle bodies by intending the energies of the Nurturing Cow Attunement to flow into another and can be used distantly by intent. To use the energy, visualise cow udders, and call in Goddess Hathor to facilitate the flow of the energies.**

**Cumulative effects are achieved by receiving this attunement more than once.**

**To receive this attunement do any preparations you wish then clearly state your intention to accept the attunement to Nurturing Cow Attunement.**

**Give thanks!**

**To send this attunement**

Use any attunement method with clear intent.

## Suggestion for passing on attunement

Request connection to Goddess Hathor. Ask her assistance sending all the energies of the Nurturing Cow Attunement to ----- name of student in -----their location.

**Give thanks!**

**Lineage**

**Goddess Hathor ~ Khalid AlNashmii ~ Aroon Kumar ~ Jean Myrner ~You**