

## Pulse Reiki

Ole Gabrielsen describes this attunement as follows: "A completely new Reiki modality where the Reiki energy pulses with 7.83hz, which is the same as the Schumann Resonance...or Earth's pulse. When Reiki is pulsed in this manner it works much faster and you will find that stagnated energy and stubborn blocks are much easier to remove!"

No manual was written for this attunement

Lineage:

Ole Gabrielsen > Yamile Jana > Alasdair Bothwell Gordon > you

Receiving the attunement:

1. Sit or lie down in a comfortable position, where you will be free from distractions. Then say: "I will now receive the Pulse Reiki attunement from Alasdair." The attunement will begin and will last approximately 12-15 minutes.
2. Once the attunement process is complete, it is recommended that you remain in your position for an additional 10-25 minutes (or more, if you would like). This will provide the increased flow of the energy with the opportunity to spread and be absorbed into your energy system quicker.

Enjoy the energies!