



Infinite Energies

Treasure of Wellness

Kundalini Reiki Healing Course Level 2

Developed and Conducted by

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Kundalini Reiki Master Trainer

Introduction

Kundalini Reiki is a powerful healing energy that is based on Universal energy. Kundalini Reiki is a Reiki modality, which was first developed by Mr. Ole Gabrielsen, a Master of Meditation. Kundalini Reiki is a direct result of Mr. Gabrielsen's many hours of meditative contact with Master Kuthumi, an Ascended Master.

Ascended Master Kuthumi comes to those who seek world knowledge in this time of change, and assists them in using that accumulated knowledge for the good of all. Kundalini Reiki energy is directed to heal the physical body and mind and to overcome the tendency towards intellectual arrogance.

His expressed goal of Kundalini Activation leading to expanding states of Universal Consciousness, Peace, Light and Love is one of immediate possibility for those who mindfully practise the Kundalini Reiki system.

Kundalini Reiki is a great blessing and we are very grateful to Mr. Gabrielsen and Ascended Master Kuthumi for this wonderful gift.

This is a very powerful healing course and helps to enable positive transformation in people's health and lives, for people who are willing to practise or experience the Kundalini Reiki healing after this course.

Master Healer Abirami Suresh had revised and significantly enhanced the contents taught in the original Kundalini Reiki Level 2 Healing Course. Abirami Suresh's **Kundalini Reiki Level 2 Healing Course** provides students with more comprehensive knowledge and techniques to deal with mental and emotional issues that many people are experiencing, by combining Kundalini Reiki Level 2 energy. In addition, Abirami Suresh's Kundalini Reiki Level 2 Healing Course also covers spiritual causes of mental and emotional issues, that not many people are familiar with.

Background of Abirami Suresh

She is the Founder and Director of **Infinite energies** and is a Writer, Master Healer, and a Kundalini Reiki Master Trainer. After years of feeling weird sense of not belonging to earth, searching of soul purpose and fulfilment, she had found her role in this life time to be a healer and teacher of healing. She chose to answer her inner calling.

She aims to connect and reach out to all who are seeking help in resolving difficult health/life issues and seeking guidance in leading happier, healthier and more purposeful lives. Quoted: "When we Heal ourselves, we Heal the World."

Her Universal life plan is to help and heal people of their health and life issues, as well as provide practical and effective life guidance that work in the current fast-changing times. Life on Earth will be increasingly challenging, especially for people with unresolved health and life issues, and she is tasked by the Universe to assist as many people as possible with the transition. She is also tasked with helping and guiding people with the potential and desire to help other people and Earth, so that they can remember their pre-planned life purpose/mission and fulfill them well.

Kundalini 2 Attunement

After Kundalini Reiki Level 2 Attunement, the Kundalini is awakened and the main energy channel opens gently and alighting the "Kundalini Fire".

The Kundalini reaches the Solar Plexus chakra, preparing for the full Kundalini rising in Kundalini Reiki 3 (Master) Level.

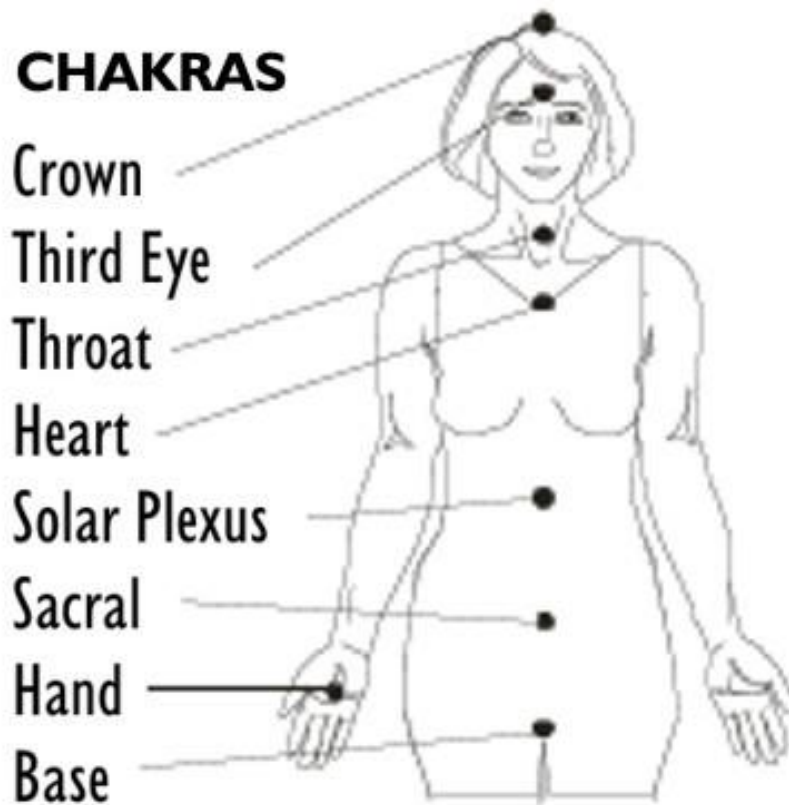


Figure 1: The 7 Main Chakras in the body

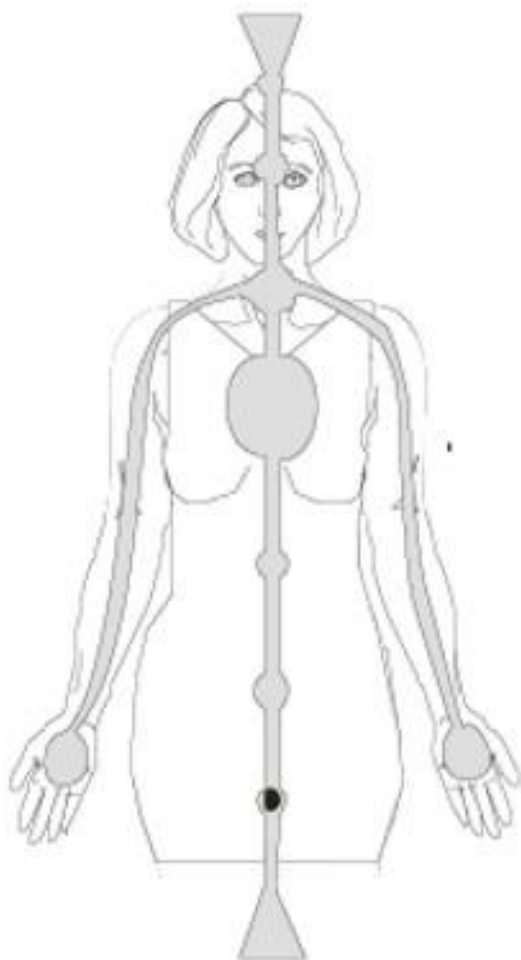


Figure 2: After Kundalini Reiki 1 Attunement

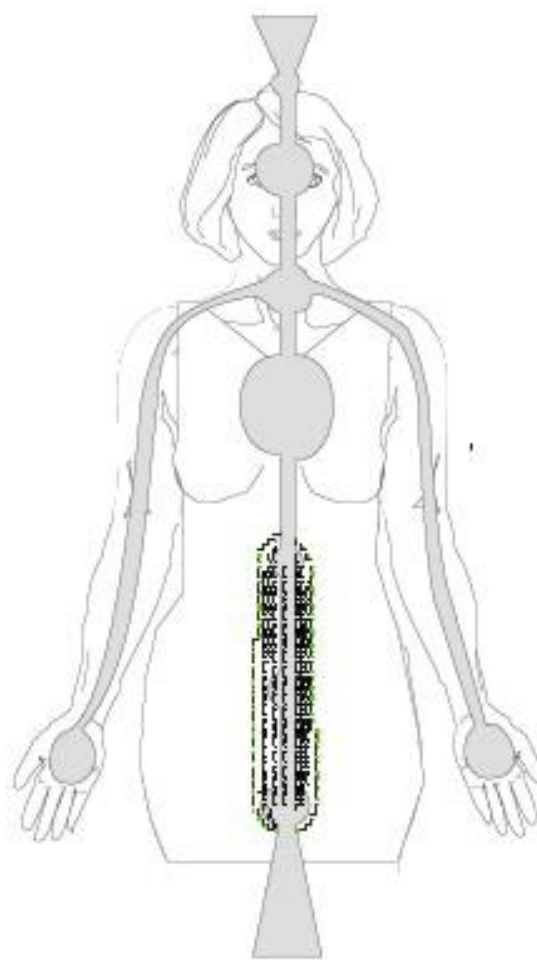


Figure 3: After Kundalini Reiki 2 Attunement

Healing Procedure

From now on, when you are healing you should think "Kundalini Reiki" to activate the Kundalini Reiki Level 2 Healing Energy. Now you are also using your "Kundalini Fire" as part of the healing energy.

Kundalini Reiki Meditation (full contents on pages 6-10)

Now you can take part in a specific meditation that helps the process of rinsing/cleansing your energy system. You can do it daily for the greatest effect, and it would only take about 5 minutes.

It is actually a specific self-healing process and will enhance and strengthen your Kundalini Fire energy.

Steps to activate the process:

1. Sit or lie down with your eyes closed.
2. Think "Kundalini Reiki Meditation" to activate.
3. You do not have to concentrate or meditate on it during this process, but rather just relax. You may place your hands on your body, with palms facing each other, or with your palms up. The key point to note is to find a position that makes you feel most comfortable.
4. The process will stop automatically after about 5 minutes later. You can then open your eyes when you feel ready to.
5. If you wish to continue with your other meditation routines after this, you may do so.

Preparation for Kundalini Reiki Level 3 (Master) Healing Course

(For details of what will be covered in Kundalini Reiki Level 3 Healing Course, please visit: <https://www.infinitehealingenergies.com/2019/09/course-details-and-syllabus.html>)

You are advised to carry out the following daily steps for at least a week:

1. Kundalini Reiki Meditation to cleanse your energy system.
2. Use Kundalini Reiki 2 Healing Energy on each of your lower chakras, for at least 5 minutes each.
 - a. Root/Base Chakra
 - b. Sacral Chakra
 - c. Solar Plexus Chakra

Kundalini Reiki Meditation

Breathe in deeply, breathe out expelling tension and stress. As you breathe in, breathe in the Universal energy, fill yourself with light, with energy. As you breathe out, breathe out all stress, all tension. As you breathe in, focus on the top of your head and as you breathe out release any tension in your forehead and skull. Breathe in focusing on your face, as you breathe out, release your eyes, your cheeks, your jaw, your ears, release and relax your entire head and face. Now move down to your neck and release all stress and tension from your neck and back muscles, as you breathe out you are getting more and more relaxed, more and more released. Focus on your shoulders and release any tension in your shoulders, your upper back, your middle back and your lower back. Now focus on your chest, release deep in your chest, your lungs, your diaphragm, your stomach, all the organs in the stomach and torso area, release everything. As you breathe into your groin and reproductive organs, release any tension, any stress. Now bring your awareness to your upper arms, your elbows, your lower arms, your wrists, hands and fingers and release all stress and tension. Take a deep breath and release your legs, your thighs, your knees, ankles, feet and toes. Now simply breathe deeply in and out, breathing in vital energy and light, breathing out toxins and stress and tension. As you breathe normally feel your body for any last areas of stress and tension and release them as you exhale.

This meditation is to strengthen your connection with the Kundalini Reiki energy and connect you deeper to that healing energy. Every time you listen to this meditation, you will be healed and nurtured and your chakras strengthened. As you breathe in, call forth a pure white light that encloses you and surrounds you during this meditation. This white light creates a sacred place and a healing space for you.

Now imagine a beautiful golden mist of Reiki energy showering over you from the crown of your head down through all your chakras and out the soles of your feet. Breathe deeply into this light and allow yourself to be restored. As you exhale release the old patterns and habits that no longer serve you, as you inhale, inhale the golden light of healing and restoration.

As you breathe deeply, bring your awareness to a place about 24 inches below your feet. This is your Tap Root Chakra. This is a place of pure potential. Scan this area with your awareness and see if there is anything that needs to be cleared out. Surrender anything in this energetic space that is not of your highest potential and is not nurturing you. As you release into the light, we ask for that space to be infused with beautiful rich dark loam earth energy. This is your energetic womb below the earth where you can plant seeds of your projects and desires and your life purpose, allowing them to be surrendered and to come up in your awareness when they are ready, flowering in full expression. There is a lot of earth spirit energy here working with you to manifest all your needs and desires. You deserve to receive it in great abundance and in true potential. So take a deep breath and allow this chakra to be open and free flowing.

Moving up the energy channel, widening the channel, to a space about 12 inches below your feet. These are your Earth Star Chakras. These chakra are visualised as small stars acting as platforms holding you very grounded on earth. We ask that these be cleaned with sapphire light, and that they are anchored to the very core of Mother Earth with two specific vibrations of energy: the crystalline core energy and the lava fire energy. Both are contained in the core and heart of Mother Earth. See or feel the multiple strands of crystalline and lava light rise up from the core of the earth through all of the Earth's layers and anchor themselves at these platforms. The crystalline energy creates at higher and higher frequencies within your body while the lava energy makes you walk in fire in truth, in life, in purification on your path. Accept and blend with these two energies totally connected to the core of Mother Earth.

Take another deep breath, move your attention up the channel and widen the channel to your Feet Chakras. They are dark black, the colour of true potential. Allow yourself to see all the colours held within this darkness, this void. When you walk on your journey you allow yourself to let go and destroy everything that hold spaces and is no longer serving your highest good. Allow yourself to move in cycles with the lunar phases, using the waning phase of the moon to release and the waxing of the moon to add or manifest. Allow yourself to be in your power as a person here on earth.

Take a deep breath, move your attention further up the channel, widening the channel to your Knee Chakras. These are your movement centres and are a brown tan colour. Sense if you need to add more movement to your life. High frequency energies are often anchored here on earth through movement and breath. Put your hands on your knees and think **"Divine Heart Movement Attunement"**. Do this now. This will allow all the sacred energies pouring through the crown chakra to be anchored down and move in the rhythm of your mind, your body, your spirit and your emotions. Allow all your energy bodies to move at just the right time and the right space. Anytime you feel your focus is moving too forward into the future or too much into the past, you can activate this attunement and know that you are in alignment with yourself in the present moment.

Take a deep breath, move your attention up the channel and widen it to your Root Chakra. This is a ruby red place of connection, abundance and security here on earth. Know deep within that you are completely supported on your life mission. As you exhale, allow yourself to release any names, limiting belief systems or separations you place externally or internally. As you inhale allow this pure place to be filled with ruby light. This ruby light wants you to walk in truth, the truth of divine abundance and prosperity. Know that as you give you will receive. Please give to yourself first and hold space and energy for yourself. Take guided action one step at a time. Connect in the ruby light, connect from the heart. Now cut all cords no longer for your highest good, blessing the connections and releasing them with love. When you are feeling a lack of abundance or support you can activate the Starbucks

Attunement by holding your hands out in front of you, do this now palms to the sky, and thinking **"Starbucks Attunement"**. Feel the waves of abundance coming to you now.

Take a deep breath, move your attention up the channel and widen it to your Sacral Chakra. This is a beautiful orange colour which allows your creativity and expression, sacred sexuality and divine love. Feel here the unity of male and female, feel the unity of oneness. Feel your Unity Attunement by placing both hands on your stomach and thinking **"Unity Attunement"**. Healing becoming one as all is one. Breathe in the orange colour and feel your creativity come to life.

Now take a deep breath, move your attention up the channel and widen the channel to the Solar Plexus Chakra. A wonderful sun, solar yellow energy. As you breath out, surrender all ego agendas, attachments, beliefs and plans to the light for it is only the true divine will that is to unfold within the rhythm of your soul. Take a deep breath and exhale the ego, allowing any negative consciousness to be taken to the light through your breath, exhaling to the universe. Place your hands on your solar plexus and think **"Divine Will Attunement"**. Keep yourself surrounded by yellow light and ask for help from your higher self, inspired and in true power with the strength of a spiritual warrior.

Take a deep breath, move your attention up the channel, widen the channel to your Heart Chakra. Your Heart Chakra will be gently moving and opening to about three times its size over the next thirty days and to infinity. Allow this emerald green colour to hold yourself in love, to be love. As you learn to work with this energy, to let it go out into the world and hold people in that space you will know you are truly blessed. You are truly loved. Allow the loving source energy to come into this space allowing the connection to the higher self here. You are working for your Higher Self and for your soul. Know that love is the only thing that is real and accept this blessing and grace from source. Be filled, be overflowing, and be abundant with love. Take a deep breath and on the exhale release any grief, any relationship issues, struggles to connect with people, struggles to be understood, release it all to the universe. For love casts out all fear. Allow yourself to be loved, and hold this space for you each day, growing in love and light.

Take a deep breath, move your attention up the channel, widening the channel to a space behind your sternum. This is your High Heart or Soul Purpose Chakra. It may be many colours, it may be one. Can you sense what colour your purpose chakra is? Allow it to go out in front of your chest straight ahead into the world. Your life purpose is sacred and you know that you do not need to do anyone else's job. This creates abundance. Accept that all you have to do is your job. You are completely supported. Know this and have a confidence that you will carry out your highest purpose exactly as it is intended for your highest good.

Take a deep breath move your attention up your channel, widen the channel to your turquoise blue Throat Chakra. Allow yourself to express yourself in whatever form

that takes, whether it is through movement, thought, art, voice, the written word, you allow yourself to explore and be talented. You are expression, you embody expression, radiate expression and you demonstrate expression. Infuse any form of expression with love and know that you are unique and your expression of your truth counts. Breathe in the turquoise blue cleansing colour and breath out any blocks any untruths. Be authentic, be truthful, be honest, be free to say and create from deep within you. Take a deep breath, move your attention up the channel, widen the channel to your third eye chakra. This chakra's deep indigo colour is connected to the higher realms of consciousness. You are becoming more and more intuitive in rhythm with your soul development. Allow this area to expand gently and easily as you use the guidance for yourself first, and then others if you are called upon to do so. This is your centre of intuition, your inner voice and guide, your connection to your higher self. If you feel you are not balanced, you are too grounded or you are too in the clouds, you can balance yourself through this chakra. By thinking the phrase "**Balance Attunement**" you will help to process the energies coming through and anchoring in the world.

Take a deep breath, move your attention up the channel, widen the channel to your crown chakra. Anchor in the golden light of universal source energy and bring it down through the crown chakra all the way down through each chakra past your feet to your moment of self. You know you are connected to Source. You know that you are supported. Allow yourself to feel your Higher Self and call it in every day to be in total alignment with source. Answer the call, trust your inner guidance, and manifest it here on earth.

Know that as you place your hands in prayer position you can activate the Reiki energy. Feel this energy however you perceive it, every experience is unique as you are unique. Allow yourself to heal your entire aura and anchor this healing in infinity, to be in the fullest and best way now.

Take a deep breath and allow the energy to rise up from the earth, the crystalline and the lava, up through your energy bodies from the feet to your knees, root, sacral, solar plexus, heart, throat, third eye and up to your crown.... Going beyond and spraying down upon you in a wonderful shower of earth energy. Feel the vital earth energy surrounding you, filling your body completely, vibrating in Mother Earth. Be a strong spiritual warrior now holding space for you first by filling yourself completely. You are full of vital earth energy. You are a bright light of manifestation, abundance and vitality. You allow this connection to grow every day. Surrender to source and allow the fullest expression of your life purpose to unfold step by step in truth and love.

As we end this meditation if you are going to sleep you will drift off protected and healed by Source and by the earth itself. If you are to return back to everyday life, you will have access to this energy by just thinking and activating your key phrase "Kundalini Reiki". Know the sooner you ask, the sooner you will be surrounded in this



beautiful light. I give great thanks to the Reiki energy in gratefulness and love. Namaste.

Energetic Bodies

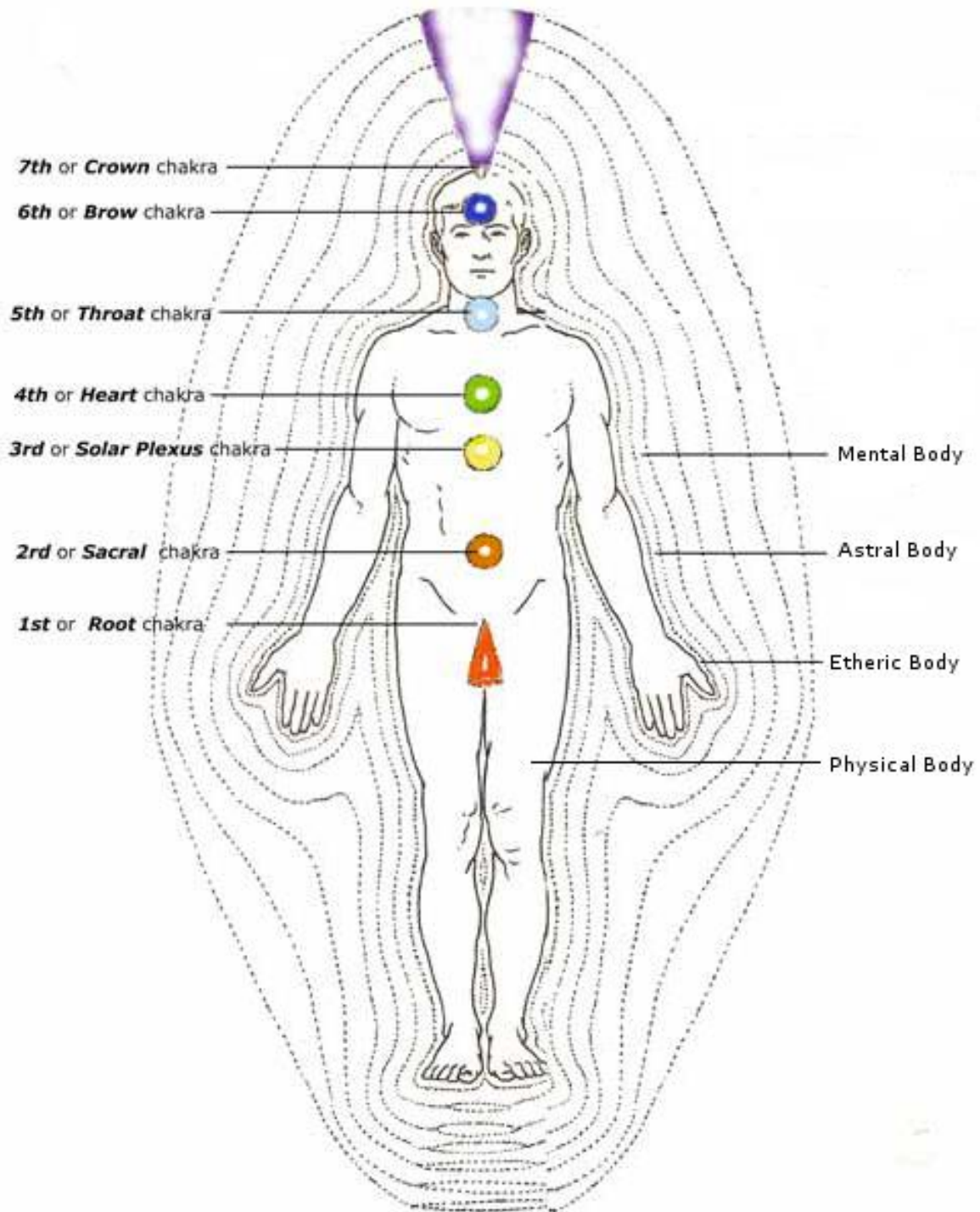


Figure 4: Energetic Bodies

Etheric Body

Due to the holographic energy template that is associated with the Physical Body, the Etheric Body is a body that looks quite similar to the physical body, over which it is superimposed. The Etheric Body is tightly connected to the Physical Body, as it carries information which guides the cellular growth of the physical structure of the body. The Physical Body is so energetically connected and dependent upon the Etheric Body for cellular guidance that the Physical Body cannot exist without the Etheric Body. If the Etheric energy field becomes distorted, physical disease soon follows. Many illnesses begin first in the Etheric Body and are then later manifested in the Physical Body.

With Kundalini Reiki Level 1 healing energy, you are already capable of carrying out healing on problems in the Etheric Body, and hence prevent or reduce the chances of physical illnesses being manifested in the Physical Body. With Kundalini Reiki Level 2 healing energy, you have even greater healing strength in dealing with issues in the Etheric Body.

Astral Body

The Astral Body, sometimes referred to as the Emotional Body, is considered to be the seat of human emotions, which also include sensual desires, longings, moods, feelings and fears. Our emotions have a deeper and more subtle origin than is currently recognized by modern science. In the last few decades, medical science has begun to recognize the relationships between emotional stress and physical illness.

Unlike the Etheric Body, which supports and energizes the Physical Body, the Astral Body also functions as a vehicle of consciousness which can exist separately, yet connected to the Physical Body. During Astral Projection (also known as Astral Travel), Out-Of-Body-Experience (OOBE) or Near Death Experience (NDE), the Astral Body leaves the Physical Body shell, and travels outside the Physical Body, while still connected to the Physical Body by a silver cord. As long as the silver cord is not severed, the Astral Body will be able to return to the Physical Body, and the person returning to his normal state of consciousness.

During our sleep, our Astral Body frequently leaves our Physical Body to travel to the other dimensions/realms, and returns to our Physical Body when we are ready to

wake up from our sleep. Reason is: unlike our Physical Body which needs to 'shut down' and sleep, our Astral Body does not have this need, and instead prefers to be active in other dimensions/realms when our Physical Body is not active during sleep.

The Astral Body is also the Energy Body that can get left behind as "Ghost", if the person did not die peacefully. More of this will be covered in the later Section on "Entities, Ghosts and Spirits".

Mental Body

The Mental Body is composed of matter of a higher frequency than the Physical Body and Astral Body, and is the vehicle through which the self manifests and expresses the concrete intellect. For energy of the Mental realm to have its effects upon the Physical Body, there must need to be a Cascade effect, ie. the Mental Body will have its effect on the Astral Body, which in turn affects changes in the Etheric Body, which finally affects changes on the Physical Body.

If the Mental Body is functioning properly, it allows a person to think clearly and to focus his mental energies to appropriate directions with force and clarity. Healing a person at the Mental Body level is stronger and produces longer lasting results than healing at either the Astral or Etheric Body levels. Hence, there is a lot of emphasis on mastering the mind, as what happens to our Mental Body has very powerful effects on our Physical Body/Life.

Importance of Balancing Our Energy Bodies

To achieve ultimate union, integration and balance, we must learn to balance all our Energy Bodies (Physical, Etheric, Astral, Mental and Spiritual). Healing of the Spiritual Body will be covered in Kundalini Reiki Level 3 (Master) Healing Course.

The ideal is to greatly respect and take good care of all our Energy Bodies. What happens mostly is that we tend to over-identify with one or two of our Energy Bodies, while neglecting the rest.

Some people *feel* life as their main function.

Some people *think* about life and are less concerned with their feelings.

Some people are so involved with their Spiritual Body that they don't take care of their Physical Body, or may not even care about their thoughts or feelings.

Some people are so caught up in their Physical Body that they are completely cut off

from their Spiritual Body, and even intellectual pursuits or thoughts.

When there is over-identification or under-identification with any of our Energy Bodies, imbalance results, and the energy flowing down from the Universe (Source) does not flow properly or efficiently. If this imbalance continues over time, it will ultimately manifest as disease or illness in one of our Energy Bodies. Our Physical Body usually ends up being the mirror of the imbalance. Holistic Healing skills such as Kundalini Reiki, helps a great deal in addressing the problems in the various Energy Bodies, even before the Physical Body has the problem.

Why Negative Emotions Are Difficult to Treat

One of the unique properties of the Astral realm is that emotionally charged thoughts have a life of their own. At the Astral energetic level, certain thoughts, either conscious or unconscious, may exist as distinct energy fields or thought-forms with unique shapes, colours and characteristics. Some thoughts, especially those that are charged with intense emotions, can have a separate identity apart from their creator.

The energetic substance that makes up human thoughts and feelings has a magnetic property, that attracts other substances in harmony with it, as well as repelling matter which is not in harmony with it. This is in line with the Universal Law of Attraction, which states that "Like Attracts Like".

The difficulty in treating many emotional illnesses and problems, lies in the fact that emotions which cause these problems tend to magnetically attract more emotions of its own kind. This magnetic action is what makes it very difficult to get rid of the negative emotions.

For example, for a person who is having worries about having a major illness eg. Cancer, his "Worry" emotions, which are a form of strong negative energy, are attracting more energies that are similar to such emotions. As a result, he feels so filled with worries that he cannot seem to get rid of, because unless something is done to heal and change this situation, he will keep on attracting more negative energies that cause him to feel worried or worse, intense "Fear", which has the lowest frequency (ie. most negative emotion).

Besides his strong negative emotions at his Astral Body level, he is also having strong and intense negative thoughts of "having Cancer" at his Mental Body level. This powerful negative combination, if left unhealed at the Astral and Mental Body levels, can result in "having Cancer" becoming manifested in his Physical Body.

Note: to the human mind, the thought of “not wanting something” is the same as “wanting something”. In this example, although the person is thinking: “he does not want to have Cancer”, but in his Mental Body, it is interpreted as “since he is thinking of Cancer, that is what he wants, so that is what he will attract”. This is in line with Universal Law of Attraction. This is the really challenging Universal operating logic of our Mental Body that many people struggle with, on a daily basis. They may think that they do not want to have something, yet that is the very thing that they are attracting into their lives. Until they learn to master how their mind operates.

Hence, an Astral Body that is focused on negative emotions often causes us to be on an emotional roller coaster, or feeling being out of control.

Healing Negative Emotions and Thoughts

We can learn to use our personal power and Will to pull ourselves out of a negative focus. This can be done through Attitudinal Healing, because it is our thoughts that are creating our feelings. *Remember that our Mental Body affects our Astral/Emotional Body.* This can be difficult to do if we have a purely emotional focus, because we are so used to accessing just our Astral/Emotional Body, and are not able to use our Mental Body properly.

Attitudinal Healing involves dealing with the lessons of having a healthy and balanced Inner Child, developing self-love and self-worth, learning to own your personal power at all times, learning to re-program the subconscious mind, psychic/energy self-defence, having positive human relationships, proper care of the Physical Body and mastery of the Astral/Emotional Body.

The following sections cover useful techniques that can be used to heal negative emotions and thoughts.

Healing Our Inner Child

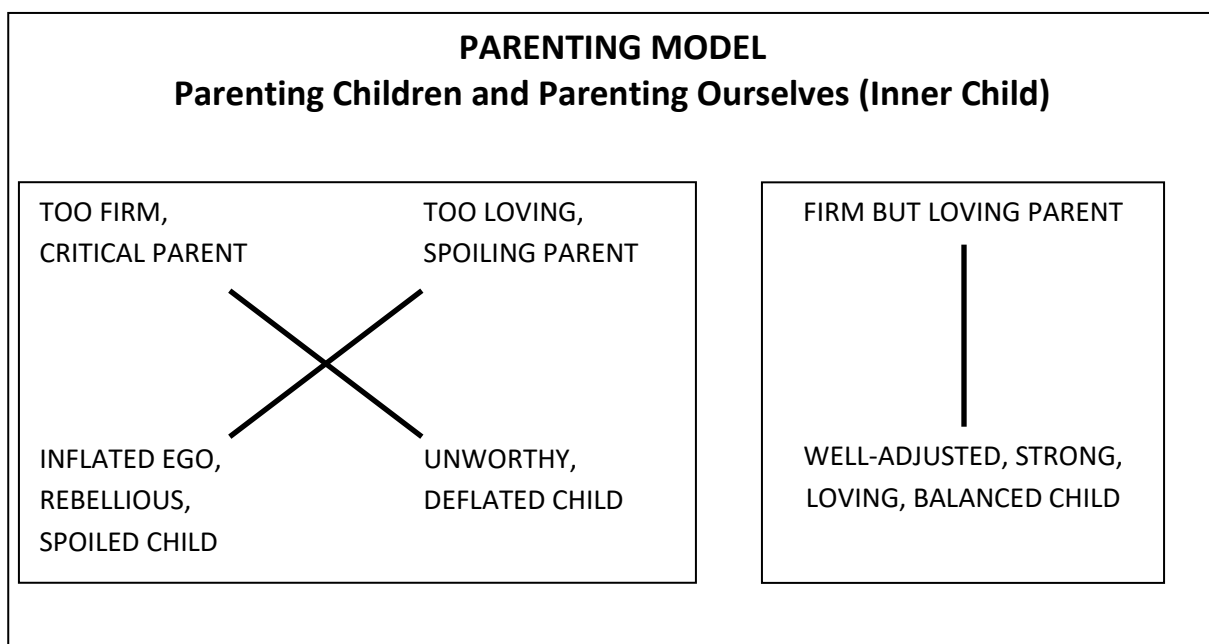


Figure 5: Parenting Model for Inner Child and Real External Child

We all have a relationship to ourselves. This aspect of ourselves is called our “Inner Child”. As Figure 5 illustrates, there are two ways of parenting our Inner Child or a real external child – the spiritual way or the more common egotistical way. The spiritual and positive way of parenting is to be firm but loving, maintaining balance, i.e. be a Balanced Parent.

The more common but negative way of parenting is to be too firm or too permissive. Learning to raise our Inner Child within us properly is one of the most important skills you can possibly learn. Raising an emotionally balanced Inner Child, helps us to have a more balanced and positive mindset towards our lives as well as helps us to be better parents to real children.

When we are being too critical of ourselves, what is really happening is “child abuse” of our Inner Child. If your Inner Parent has been abusive towards your Inner Child, you need to stop such actions and be protective and more loving towards your Inner Child. If your Inner Parent has been too permissive/spoiling towards your Inner Child, resulting in you going wayward and out of control in your life, you need to step in and bring things to a balanced situation.

Steps to Self-Heal Your Inner Child with Kundalini Reiki:

1. You can either sit or lie down.
2. Preparation steps for Kundalini Reiki.
3. Activate Kundalini Reiki energy.
4. Place your hand(s) over your Solar Plexus chakra.
5. Be aware of your Inner Parenting issues.
6. Visualise your '**Inner Critical Parent**', '**Inner Permissive Parent**', '**Inner Balanced Parent**' as well as '**Inner Child**' in your mind. Hold a dialogue with these aspects of yourself:
 - a. Talk to your '**Inner Child**' to ask how he is feeling and doing. Let your '**Inner Child**' talk back to you as you imagine how he would respond.
 - b. Let your '**Inner Critical Parent**' and '**Inner Permissive Parent**' join in the dialogue, to hear what they have to say.
 - c. Let your '**Inner Balanced Parent**' speak.
 - d. The outcome of the dialogue should end with the '**Inner Critical Parent**' and/or '**Inner Permissive Parent**' recognizing their faults and letting the '**Inner Balanced Parent**' take full charge of looking after your '**Inner Child**'. And your '**Inner Child**' needs to feel assured and good about the outcome of the dialogue.
7. Make a mental or verbal Affirmation: "I am now firm and loving towards myself". You can add additional positive affirmations if you need. *Feel* the affirmations deeply. Let the Kundalini Reiki energy continue to flow for at least 5 minutes.
8. You end the self-healing session.

Notes:

1. The above technique for healing your Inner Child needs frequent practice to be more deeply in touch with the various aspects of yourself, for a meaningful inner dialogue. Do not be discouraged if you are not able to carry out a meaningful dialogue in the beginning. The more in touch you are with your inner aspects, it will become much easier. You can practise writing a daily/regular journal to help you get in touch with your inner self.
2. As you get more familiar with your 'Inner Parent' and 'Inner Child', you can even add your '**Higher Self**' to the inner dialogue process. Your '**Higher Self**' is your Higher Consciousness, or better known as 'Soul'. Being able to reach the stage of communicating with your 'Higher Self' is an important step of spiritual growth, as you can access deep answers about your life, as well as receive healing from your 'Higher Self'.

Steps to Heal Others' Inner Child with Kundalini Reiki:

1. Discuss with the person about his emotional issues that need healing, as well as his Inner Parenting issues.
2. Agree with him on the issue to heal and work on for the session. The session would be more effective if there is sufficient focus on each issue at a time. However, similar issues can be grouped together to address during the session, eg. all issues relating to fears, or all issues relating lack of confidence, etc.
3. Ask him to list down any positive affirmations that he would like to close the healing session with.
4. Preparation steps for Kundalini Reiki.
5. Activate Kundalini Reiki energy.
6. The person can either sit down or lie down.
7. There are different ways/positions to carry out the healing process:
 - a. If the person is lying down, you place your hand(s) over the person's Solar Plexus chakra.
 - b. If the person is sitting down, you can place one of your hands on his shoulders, while you sit by his side to carry out the session.
 - c. You can also do Distant Healing method of carrying out the session. This method is generally more comfortable for the healer, as compared to above position (b).
8. Ask the person to visualise his '**Inner Critical Parent**', '**Inner Permissive Parent**', '**Inner Balanced Parent**' as well as '**Inner Child**' in his mind. You then facilitate the dialogue with these aspects of the person:
 - a. Ask how is his '**Inner Child**' feeling and doing. Let his '**Inner Child**' talk as he would imagine how his '**Inner Child**' would respond.
 - b. Ask his '**Inner Critical Parent**' and '**Inner Permissive Parent**' to join in the dialogue, to hear what they have to say.
 - c. Ask his '**Inner Balanced Parent**' to speak.
 - d. The outcome of the dialogue should end with his '**Inner Critical Parent**' and/or '**Inner Permissive Parent**' recognizing their faults and letting his '**Inner Balanced Parent**' take full charge of looking after his '**Inner Child**'. And his '**Inner Child**' needs to feel assured and good about the outcome of the dialogue.
9. Say out the Affirmation: "You are now firm and loving towards yourself". You can add additional positive affirmations that the person has requested for in Step (3). Ask him to *feel* the affirmations deeply. Let the Kundalini Reiki energy continue to flow for at least 5 minutes.
10. Disconnect from the person. You end the healing session.

Emotional Guidance Scale

Note: The following Emotional Guidance Scale has been adapted from Esther and Jerry Hicks' "Ask and It is Given: The Teachings of Abraham™" book, for the purpose of this course.

Positive Range

- ↑ UNCONDITIONAL LOVE **(Highest Frequency = Most Positive Emotion)**
 - Bliss
 - Joy/Knowledge/Empowerment/Freedom/Appreciation
 - Passion
 - Conditional Love
 - Enthusiasm/Eagerness/Happiness
 - Positive Expectation/Belief
 - Optimism
 - Hopefulness
- ↑ Contentment **(High Frequency = Least Positive Emotion)**

Negative Range

- ↓ Boredom **(Low Frequency = Least Negative Emotion)**
 - Pessimism
 - Frustration/Irritation/Impatience
 - Overwhelmed
 - Disappointment
 - Doubt
 - Sadness
 - Worry
 - Blame
 - Discouragement
 - Anger
 - Revenge
 - Hatred/Rage
 - Jealousy
 - Insecurity/Guilt/Unworthiness
 - Grief/Depression/Despair/Powerlessness
- ↓ FEAR **(Lowest Frequency = Most Negative Emotion)**

If something happened in your life that made you feel terrible, you would probably feel that nothing sounds good, and nothing feels good. You may feel you are stuck in a hopeless situation, and with each thought of your situation and feelings, you feel worse. This is a state of emotion called “Depression”.

People with emotional problems normally do not start off immediately with Depression. They would begin by feeling certain negative emotions higher up in the Negative Range, eg. “Worry” or “Sadness”. Then, if their emotions are not healed at this stage, which can last for months, the negative emotions continue to gain momentum, and attract stronger and more negative emotional energies to the person’s energy field.

The person would then move on to feeling stronger negative emotions, such as feeling “Anger”, “Hatred” or “Rage” towards the people or situation, whom he feels are the cause of his problems. These negative emotions continue to attract much stronger negative emotional energies to the person’s energy field, which results in him feeling extremely powerful and negative emotions of “Depression”, “Grief”, “Despair” and “Powerlessness”.

At this critical stage, if his emotions are still not healed, and is left to struggle on his own, he can eventually feel that all his problems are beyond hope, and being suffocated by such powerful and negative emotions, he may then start to feel suicidal, to end all his problems.

As explained in the earlier section “Why Negative Emotions Are Difficult to Treat”, emotional energies attract similar emotional energies. This is what causes the downward spiraling effect, as a person who started off with negative emotions, if left unhealed, then attracts similar or more negative emotional energies, creating a vicious cycle. This process of falling into “Depression” often takes years or months for many people, but if the intensity of the negative emotions is very strong, a person can fall into Depression in a matter of weeks, from the start of his problems.

Moving Up the Emotional Guidance Scale

For a person in a state of Depression, he has very powerful and extremely negative emotional energies in his energy field (Astral and Mental Bodies). At this point, his vibrational frequency would be extremely low, and so would not be able to attract very high frequency (very positive) emotional energies and thoughts into his energy field. This is because of the very large difference in terms of frequencies. Hence, it is

unrealistic for a person suffering from Depression to suddenly recover and start feeling “Bliss” or “Joy” in a couple of healing sessions. More healing sessions, more time and more effort would be needed, from both the healer and person affected.

To heal a person in Depression, he has to move up the Emotional Guidance Scale. This is also called “shifting frequencies”, because it involves shifting from very low frequencies to low frequencies, then further shifting up to higher frequencies. In terms of emotions, it would be moving up from extremely negative emotions (such as “Depression” or “Despair”) to negative emotions (such as “Anger” or “Worry”), and then moving up higher to less negative emotions (such as “Frustration” or “Pessimism”).

Once a person has been healed sufficiently to reach this stage of feeling less negative emotions, he would already be able to function more normally in his daily life. When a person is in a state of Depression, very often, he would be so troubled by his emotions and thoughts that he may not even be able to function properly anymore in his daily life. He may choose to lie in bed the whole day, or refuse to eat or leave his house, or meet people anymore.

Further healing can then help the person to move up the Emotional Guidance Scale to “Hopefulness” and “Optimism”. This whole healing process can normally take weeks or even months, with regular weekly healing sessions, depending on how determined and cooperative the person is, in wanting to be healed. It is critical for the person to make an effort to work with the healer to consciously climb up the Emotional Guidance Scale, with each healing session as well as between the healing sessions.

A person in Depression can choose to continue thinking of very negative thoughts or put in enough effort to think of less negative thoughts, as a way of climbing up and feeling better. Many people who fail to recover from Depression despite healing sessions, are stuck at this part where they choose to continue thinking of very negative thoughts. For example, a person is in Depression because of being in massive financial debts. He can choose to continue to think that his situation would never improve, as he has no way of paying off his debts. In that case, he would be stuck in his state of Depression.

However, if he is determined to be healed, and with the healer’s efforts to help clear his negative emotional energies, and he puts in conscious effort to think less negative thoughts, and shift his thoughts to thinking “yes, his debts are huge, but not impossible to pay off, but it would take a lot of hard work to at least pay off the



monthly minimum repayment amounts, and in the meantime, he would need to take on additional jobs to increase his repayment ability". Then, his vibrational frequency would start to rise, and he will start to feel less negative emotions instead of extremely negatively emotions of "Depression" and "Hopelessness".

Then, he can attract higher and higher frequency emotional energies, which enable him to further move up the Emotional Guidance Scale. This is how a person who was in a state of Depression can be healed completely.

Modified “The Red Ladder” technique

Note: The procedure below is adapted from the original procedure given in “Soul Psychology” book by Dr Joshua David Stone, to incorporate Kundalini Reiki, as well as the modified “Emotional Guidance Scale” to greatly enhance the healing effects.

Steps to Self-Heal:

1. Preparation steps for Kundalini Reiki.
2. Activate Kundalini Reiki energy.
3. You can either sit or lie down. Focus on your breath for a few minutes.
4. Place your hand(s) over your Solar Plexus chakra.
5. Visualise a red ladder, which symbolizes your Will, as a tool to climb up and out of the grip of your negative emotions.
6. Start at the bottom, and climb up slowly, step by step.
7. With each step upwards, leave behind all your negative emotions that you **had** been feeling. These negative emotions should be found in the Emotional Guidance Scale, in an earlier section. *Use the past tense “had” to emphasise to your mind that you are now putting your past emotional problems behind you.*
8. Feel yourself growing stronger and stronger, and more and more Light-filled as you ascend the red ladder.
9. With each step, you can repeat a positive affirmation, eg. “I am free”, or “I am loved”, etc. *Feel the affirmations deeply.*
10. Use your mental strength to help balance the pull of your negative emotions. *Your negative emotions may feel so heavy in you, that you may find it hard to climb up the red ladder and feel yourself feeling lighter and better. This is where you need practice to train your mind that you can carry out Steps 7-10.*
11. When you have reached the top of the red ladder, take a deep breath. Feel the new cleansed space within you and all the possibilities that surround you.
12. Step off the red ladder knowing that you have reached a new level of wellness or Being. Use the Emotional Guidance Scale to gauge the possible level of wellness that can be reached. Aim for a realistic level that can serve as motivation for further healing progress.
13. You end the self-healing session.

Steps to Heal Others:

1. Discuss with the person about his emotional issues that need healing.
2. Ask the person to list down any positive affirmations that he would like to use during the healing session.
3. Preparation steps for Kundalini Reiki.
4. Activate Kundalini Reiki energy.
5. The person can either sit down or lie down. Ask him to focus on his breath for a few minutes.
6. There are different ways/positions to carry out the healing process:
 - a. If the person is lying down, you place your hand(s) over the person's Solar Plexus chakra.
 - b. If the person is sitting down, you can place one of your hands on his shoulders, while you sit by his side to carry out the session.
 - c. You can also do Distant Healing method of carrying out the session. This method is generally more comfortable for the healer, as compared to above position (b).
7. Ask him to visualise a red ladder, which symbolizes his Will, as a tool to climb up and out of the grip of his negative emotions.
8. Ask him to start at the bottom, and climb up slowly, step by step.
9. Ask him to: With each step upwards, leave behind all his negative emotions that he **had** been feeling. These negative emotions should be found in the Emotional Guidance Scale, in an earlier section. *Use the past tense "had" to emphasise to his mind that he is now putting his past emotional problems behind him.*
10. Ask him to feel himself growing stronger and stronger, and more and more Light-filled as he ascends the red ladder.
11. Ask him to: With each step, he is to say out a positive affirmation that he has requested for, eg. "I am free", or "I am loved", etc. Ask him to *feel* the affirmations deeply.
12. Ask him to: Use his mental strength to help balance the pull of his negative emotions. *His negative emotions may feel so heavy in him, that he may find it hard to climb up the red ladder and feel himself feeling lighter and better.* Assure him that he can feel lighter and better with each step upwards. *To do this effectively, the person needs practice to train his mind so that he can carry out Steps 9-12.*
13. Ask him to tell you when he has reached the top of the red ladder. Then ask him to take a deep breath. Ask him to feel the new cleansed space within him and all the possibilities that surround him.
14. Ask him to: Step off the red ladder knowing that he has reached a new



level of wellness or Being. Use the Emotional Guidance Scale to gauge the possible level of wellness that can be reached. Aim for a realistic level that can serve as motivation for further healing progress.

15. Disconnect from the person. You end the healing session.

Spiritual Causes of Emotional and Mental Issues

This section covers highly complex reasons for some people's emotional and mental issues that cannot be healed with various forms of therapies (medical or energy healing). It involves Psychic Attacks, Spirit Attachments and Possessions. These are spiritual causes that not many healers, therapists, counsellors and people in general are aware of, or are familiar with. Because of the complex and often risky nature of such problems, not many healers are prepared for or are equipped to deal with them, and would often choose to refer them to professional healers who specialize in such issues. If you encounter such cases, as described in the following sections, unless you are confident of handling them, you are advised to refer them to Master Healer, Abirami Suresh.

This entire spiritual subject which involves a great deal of Universal knowledge, is beyond the scope of this course. However, sufficient useful information would be covered in the following sections, as having enough awareness is often the first step towards healing a person with such issues. As more and more people are experiencing such complex emotional and mental problems currently, it is useful for more people to know what could be actually causing the problems.

A number of people who suffer from severe emotional and mental issues that are the result of such spiritual causes are wrongly diagnosed as having mental problems, and end up being sent to mental institutions for psychiatric treatments. Unfortunately, for such cases, that would still not help to heal their issues. Of course, there are also many people with genuine mental disorders that are not the result of spiritual causes as described here.

Entities, Ghosts and Spirits

Many diverse lifeforms and Beings exist in the Universe. There are many types of energetic Entities on Earth, which have no physical bodies, but exist simply as energies. Earth is just one of many 3rd dimensional planets in the Universe. Human beings are just one lifeform on Earth. In reality, a human being is an eternal soul (that exists forever) within a Physical Body that has a temporary lifespan.

This section will only cover the most common Entity: Ghost. Many people tend to use the term "Ghost" and "Spirit" interchangeably. However, we set the distinction between the two terms in the following explanations.

Upon death in each lifetime, if a person dies peacefully and "successfully", his soul

and all his energies will leave the 3rd dimensional Earth realm, and return to the higher realm, which people call their Spiritual “Home”, “Heaven” or any other names (depending on individual beliefs). His state of existence is then called “Spirit”.

However, in cases of trauma or incidents which resulted in the person not being able to have a peaceful state of mind during his final moments of his life, he could fail to “die successfully”. Some examples: a person died of a sudden accident, or died terribly in a war, or was murdered, or simply had too much grief and could not bear to leave behind his loved ones upon death.

Because of his unstable emotional state upon death, his Physical Body would die, but instead of all his energetic bodies returning to the higher realm, his Astral/Emotional Body would be left on the 3rd dimensional Earth realm as a “Ghost” (also called “Earthbound Soul” or “Lost Soul”). Ghosts can end up stuck in the Earth realm for hundreds and thousands of years, until they are helped to return to the higher realm, for subsequent reincarnation. Help can come from people with the spiritual abilities to re-open the ‘door’ for them to return to the higher realm.

Ghosts retain very little memories of their lives, and are often focused on their final memories of their last lives. Because of this, if they had very negative emotions upon death, eg. Hatred, Anger or Longing for a loved one, they often retain those emotions as Ghosts. And Ghosts are effectively only the Astral/Emotional Body that is left of their previous human lifeform, so they operate purely with their emotions. Since their Mental Body is no longer present, they no longer have the mental intellect of their previous human lifeform.

Spirit Attachment and Possession

The terms “Spirit Attachment” and “Possession” are sometimes used by people to describe the same thing, but in this section, a distinction is made. Depending on what the Ghosts had experienced during their final moments of their last lives, some of them cannot let go of their Physical experience after death. They then look for living persons to attach themselves to, to continue having some form of Physical experience, that they miss having. Some Ghosts have unresolved issues with certain people who are still alive, eg. because of Hatred, Anger, or ‘Undying Love’, they may attach themselves to these people.

If the Ghost attaches itself to a person’s energy field, chakra, organ or a part of his body, it is termed as “Spirit Attachment”. If the Ghost had entered the person’s body, and had taken control of his thinking (mind) and behaviour, it is termed as

“Possession”.

Psychic Attack

A Psychic Attack refers to an external energy that has a negative impact on our sense of well-being. Our well-being includes our physical, emotional, mental and spiritual functioning, and generally denotes a sense of harmony and balance in our lives. It can come from living persons or Spiritual Entities that are not humans.

In this section, we will only cover the more common form of Psychic Attack, that comes from living persons, who may also be Energy/Psychic Vampires.

Psychic Attacks can come from people, who are consciously or unconsciously sending those attacks. Thoughts are forms of energy that can be sent from a person to another person, just like how you can send Kundalini Reiki healing energy via distant healing to another person to help heal him. When you send positive energy and thoughts to another person, he benefits from receiving the positive energy.

In the same way, if a person sends negative thoughts or negative energy to another person, the other person is effectively under a Psychic Attack, as the negative energy he receives is causing harm to his energy field. The stronger the negative energy, the more serious the damage caused to the victim.

Note: At this point, we would like to highlight that anyone who sends Psychic Attacks to another person, either consciously or unconsciously, is subject to karmic consequences. We strongly discourage anyone from carrying out Psychic Attacks, and instead encourage people to resolve conflicts in positive ways.

Energy Vampire (or Psychic Vampire)

We will just use the term “Energy Vampire”, for simplicity. Energy Vampires can operate consciously or unconsciously. Unlike vampires in movies who suck blood, Energy Vampires suck our life force or energy. When they suck your energy, you will end up feeling very drained and feeling negative emotions. Energy Vampires will appear as extremely negative in terms of their emotions and mindset. Most people who experience negative emotions normally feel tired and lack of energy, and need some form of healing to feel better and re-energised. For Energy Vampires, who are able to drain the energy from others to energise themselves, they can appear very healthy in terms of their health and energy level, despite their extreme negativity.

Many people would have some experience with Energy Vampires in their lives. These Energy Vampires could be your parent, spouse, lover, relative, boss, colleague, etc. When you have some form of contact, with an Energy Vampire, which can be as simple as just having a conversation, you can end up feeling drained of

energy and feeling negative emotions by the end of the contact. If you have frequent contact with an Energy Vampire, eg. someone who lives with you, or someone you need to deal with at work/school daily, you are at high risk of being seriously drained of energy. That can result in you having major health or emotional issues, if you are not able to protect your energy from being stolen and drained.

Psychic/Energy Defence

Below are some useful advice to protect yourself from most common forms of Psychic Attacks, Spirit Attachments and Energy Vampires.

1. First and foremost, keep yourself in a positive emotional state, as much as you can. Due to pressures of life, it may not always be possible to feel positive all the time, but do Self-healing on your own emotional and mental state with the techniques covered in this course, whenever you feel the need to. It will help clear your negative emotions and thoughts.
2. Do not allow yourself to sink too low down in the Emotional Guidance Scale, as that will result in your vibrational frequency becoming too low. That will cause your energy field to become extremely negative, and that can attract Ghosts with similarly negative energies.
3. Do regular Self-Healing with Kundalini Reiki energy on all your chakras to cleanse your energy field of negative energies. Negative energies in your energy field can attract even more negative energies from your environment.
4. Do Kundalini Reiki Meditation regularly, to strengthen your energy field. A strongly positive energy field is like a powerful energy shield that protects you.
5. If you can, avoid or reduce contact with Energy Vampires. Energy Vampires will naturally look for people to draw energy from. You can choose not to be a victim.
6. Resolve conflicts with people as positively as possible. This will reduce the chances of them sending Psychic Attacks to you.
7. If you come across a place (eg. an outdoor area or house or building, etc), that you somehow do not feel comfortable in, but you cannot pinpoint the exact reason why, then trust your intuition, and leave the place immediately. You can send Kundalini Reiki energy to the place, via distant healing method, to help improve the energy there, if you feel comfortable to.
8. Spend time outdoors in Nature, eg. by the sea, as the naturally positive energies there can help you to feel better and more positive.

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For details of Abirami Suresh’ s **Kundalini Reiki Level 1 and Level 3 (Master Level) Healing Courses**, please visit: www.infinitehealingenergies.com