



Infinite Energies

Treasure of Wellness

Kundalini Reiki Healing Course Level 1

Developed and Conducted by

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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.

Ascended Master Kuthumi's 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.

Mr Adrian Ng had significantly enhanced the contents taught in the original Kundalini Reiki Healing Courses.

Master Healer and Kundalini Reiki Master Trainer Abirami Suresh has done her extensive research through reading and healing experiences and updated the content for this manual.

Kundalini Reiki is not a belief system or philosophy. It is a Universal technique that enables people to have access to a powerful form of Universal healing energy that is activated through the Master to the student through transference, a process known as "Attunement".

Once students have received the Level 1 Attunement, they can do the following:

1. Give a Reiki energy treatment to themselves
2. Give a Reiki energy treatment to others, and other living things
3. Give distance healing to others, and other living things
4. Clear space (homes, offices, any indoor or outdoor areas) of negative energies to provide more balanced and positive energies
5. Clear past blockages, such as situations, uncomfortable relationship ties, past trauma, etc

The key aspect of Kundalini Reiki is that it involves opening and strengthening the energy channels of the body, enabling one to channel Kundalini Reiki healing energy

to yourself and others, just by intention. This is a very powerful healing course that 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. Abirami Suresh had adapted the original teachings of Kundalini Reiki, to include additional materials and knowledge from her personal experience as a Master Healer, to provide greater value to her students.

Abirami aims to teach his Kundalini Reiki Healing Courses, which are Universal, holistic and non-religious in nature, to as many people as possible, who wish to gain the benefits, either in their personal lives or as professional healers.

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.

What is Healing?

Healing occurs when we eliminate the underlying causal factors of physical symptoms. This is not done simply by focusing on the physical symptoms alone. In the field of Metaphysics, Energy Healers need to understand that physical manifestation of illness or wellness is a result rather than a causative factor.

Our physical body is the lowest level of body, in a series of energetic bodies that we

have. The other energetic bodies that we have are the Etheric Body, Astral Body and Mental Body. Figure 1 shows our 4 energetic bodies. Beyond these 4 energetic bodies are much higher level spiritual bodies. Together, all these form the basis of our Body-Mind-Spirit (also known as Body-Mind-Soul) connection, involving Subtle Energies.

Every aspect of the Body, Mind and Spirit/Soul has a distinct **vibrational frequency** that can be measured and altered. Similarly, every illness and disease has a distinct vibrational frequency. Each has a range of vibrational frequencies that are healthy and those that are unhealthy. The higher the vibrational frequencies, the more positive state and healthier is the person. When the frequencies fall to a low enough level, this tends to result in illness or disease.

Vibrational Medicine (also known as Vibrational Healing or Energy Healing) is the art and science of consciously bringing those vibrational frequencies back into harmonic alignment and balance through the use of vibratory tools, including energy healing, light, color, sound, crystals, etc. Once harmony is restored, and the vibrational frequency of the client rises to a healthy level, the illness or disease that he suffered will no longer have an effect on him. That is how the client is healed through this form of healing.

Depending on the vibrational frequency from which a healer operates, there are a variety of energy levels that healing can occur. One form is called “magnetic healing”, which involves hand-on healing or direct contact between the healer and the client. Acupuncture treatments fall under this category of healing that involves direct contact with the Acupuncture Meridians of the body. The Acupuncture Meridian System forms the “physical-etheric interface”. Bio-energetic information and vital Chi (also known as Qi) energy move from the etheric body to the cellular level of the physical body via this specialized meridian network.

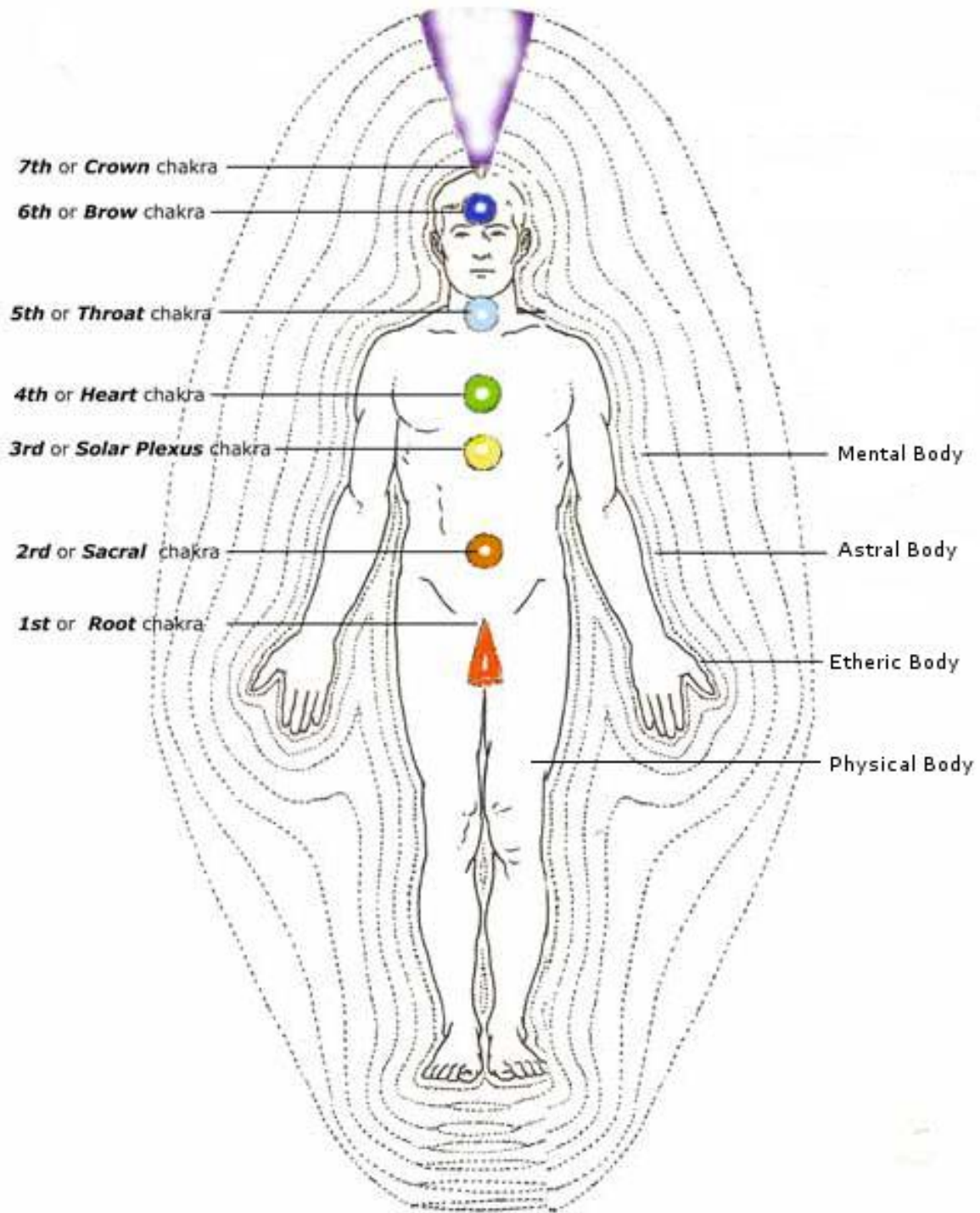


Figure 1: Energetic Bodies

Energy Healing effectively involves the healer serving as a “channel” or “conduit” to access Universal energy of very high vibrational frequencies, and sending these healing energies to the client to help heal his issues.

What is Distance Healing?

Hands-on healing involves direct contact, or very close proximity between the healer and the client for the transfer of healing energy. Distance Healing (also known as Remote Healing or Absent Healing) can also be carried out just as effectively, even if the healer and client are far apart in terms of physical distance. Reason is that the Universal healing energies are higher dimensional energies, which are able to be transferred without any physical medium.

A very simplified way to understand this is that a person has many energetic bodies that expand outwards from his physical body. At the outer most layers are levels of spiritual bodies that connect everyone together on a higher dimensional level. So, when we work with these higher dimensional Universal healing energies, we can send them to anyone regardless of physical distance, to carry out healing, just as effectively as hands-on healing.

What is Healing Crisis?

A great deal of purification and cleansing takes place when working with Kundalini Reiki as part of the healing process. As such, it is important for you to inform the client about the healing process. Care must be taken to describe the process in a way that is thorough, yet does not cause undue worry or concern. You want to avoid creating a self-fulfilling prophecy or the expectation of always being in some form of crisis, since this is most often not the case.

The flow of Kundalini Reiki energy through the physical and subtle energetic bodies encourages the gradual release of physical, emotional, mental, and spiritual "toxins" that have made their way into the cellular memory and built up in the energy system over time. Toxic buildup is the result of past experiences such as injuries, illnesses, and traumatic events as well as poor health habits and pollutants in this and other past lifetimes.

Much of the release experience is relatively gentle, does not take a great deal of time to work through the system, and passes almost without notice. Sometimes, however, the manifestations of the cleansing process are more noticeable and uncomfortable and may take several hours, days, or even weeks or months to work their way through the energy system.

The cleansing experience may also be heightened following a Kundalini Reiki attunement or a series of treatments, because both can greatly accelerate the clearing and healing process. This is called a "healing crisis". The effects may range from negligible to mild to major, depending on the issues that the client has.

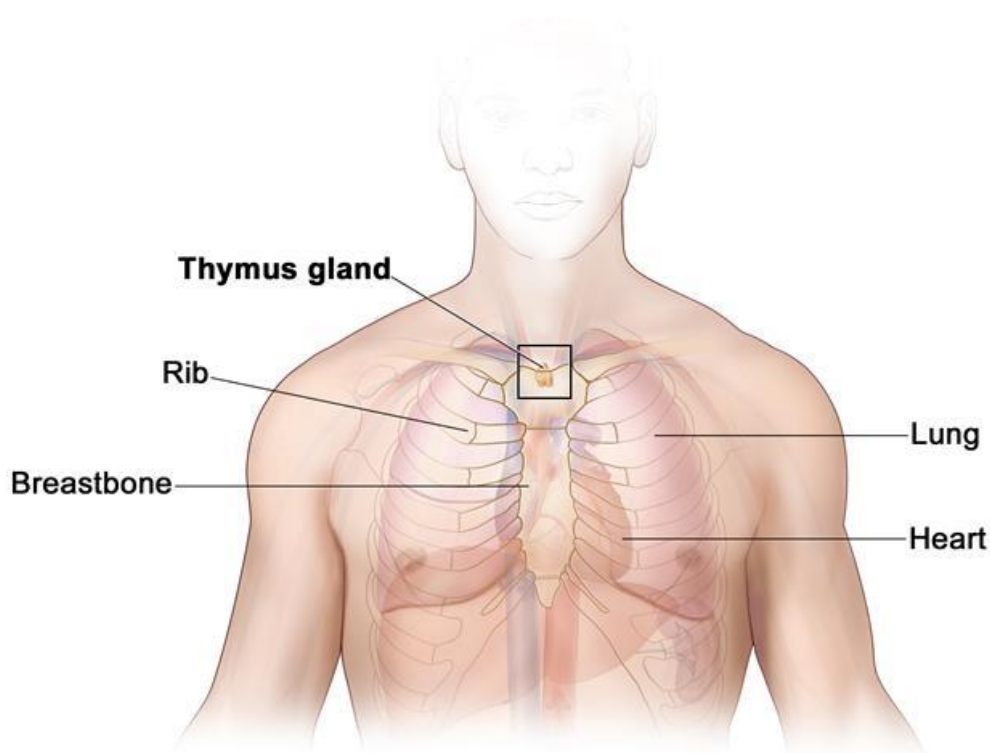
As toxins are released from all levels of your client's being, he may experience one or more of the following symptoms: flu-like symptoms, fever, headache, sore throat, coughing, aching joints and muscles, tingling sensations, nausea, constipation, and diarrhea. Temporary changes may also take place in his sleep habits such as needing to sleep more often and longer or being wide awake when he is normally asleep.

The best way to recover from a healing crisis is to drink more water, get enough rest, listen to the body's needs, and let the clearing, detoxification and purification of the body run its course. If the client feels that the symptoms of the healing crisis are too uncomfortable, please advise the client to visit a medical professional.

Improve and Strengthen the Immune System

Energy Healing can help to improve and strengthen the immune system by sending healing energy regularly to the thymus gland that forms part of the immune system. It is situated in the upper part of the chest, behind the breastbone. Its function is to transform lymphocytes (white blood cells developed in the bone marrow) into T-cells (cells developed in the thymus). These cells are then transported to various lymph glands, where they play an important part in fighting infections and diseases. Swelling of lymph glands and fever are a signal that immune cells are multiplying to fight off invaders of the body: bacteria, fungi, viruses or parasites.

Anatomy of the Thymus Gland



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Figure 2: Anatomy of the Thymus Gland

What is Universal Energy?

Through Science, it has been proven that matter is held together by energy. The whole Universe is an intelligent and delicate balance of energy and matter, from the smallest sub-atomic particles to the largest suns and galaxies.

An atom is made up of neutrons, protons and electrons, which together occupy only a very small part of the entire atom's space. The rest of the atom is simply empty space, where energy can exist and flow. Universal energy permeates everything in the Universe, regardless of their state or form. Universal energy has infinite uses, ranging from healing to powering highly advanced forms of transportation and technological devices.

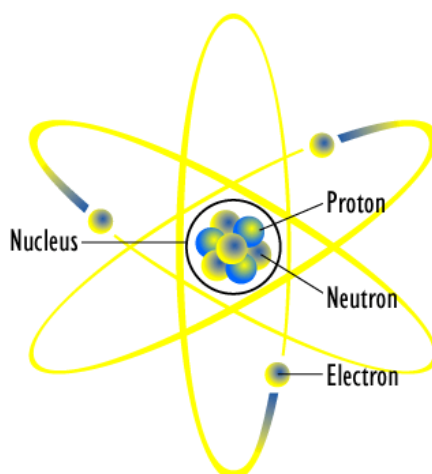


Figure 3: An atom

The following table shows the types of energies that we need for the functioning of our entire body. The type of energy that this healing course deals with, in particular, is **Subtle Energies**.

Types of Energies

Type	Source	Location	Function	Cause of illness / disease	Solutions
Metabolic Energy	Food: Fats, Sugars, Proteins, Nutrients, Water	Throughout cells of physical body	Fuel to power basic cellular processes	Poor nutrition, poor hydration	Improve diet
Bio-electrical Energy	Nerves, Muscles, Heart, Brain	Transmitted by flow of electrically charged ions	Carry information, communication, movement, processing	Poor circulation, lack of exercise, poor posture	Exercise, improve posture, breathing, yoga, spinal adjustments, Kundalini Reiki
Subtle Energies	Chi (also known as Qi, Ki or Prana)	Flows through acupuncture meridians	Support body functions, defend against illnesses and diseases	Blocked Chi, low levels of Chi, old pain, tension	Environmental defence, improve nutrition, Tai Chi, Qigong, acupuncture, Kundalini Reiki
	Etheric – Life Energy	Flows through chakras, connective tissue, etheric body	Body template, development and repair, growth	Under-developed chakras, blocked flow	Energy Work: Energy Healing, Vibrational Healing, Kundalini Reiki
	Astral	Astral body and Astral Chakras	Emotional energy processing	Negative emotions, suppressed emotions	Counselling, Emotional Therapy, Rebirthing, Kundalini Reiki Level 2 Enhanced Version
	Mental	Mental Body and Mental Chakras	Intellectual functioning, creativity	Mental blocks, Belief Systems, childhood issues/trauma	Therapy, self-help courses, Hypnotherapy, Kundalini Reiki Level 2 Enhanced Version
	Higher Spiritual	Causal and Higher Spiritual Bodies (8th Chakra and beyond)	Bring Soul Energy into physical form	Past Life issues, Belief Systems, Relationship with the Universe (or God/Source)	Meditation, religious practices, Spiritual Healing, Past Life Regression, QHHT, Kundalini Reiki Level 3 Enhanced Version

Table 1: Adapted from “Vibrational Medicine for the 21st Century” by Richard Gerber, MD

What is Kundalini?

The word “Kundalini” comes from the Sanskrit word, meaning “coiled”.

Awakening the Kundalini means that certain healing channels and chakras have been opened, and you have gained access to the Earth's energy which is a part of the Universal energy.

The Root Chakra, which is the energy centre located near the coccyx (commonly called the tailbone), acts as an entrance for the Kundalini energy.

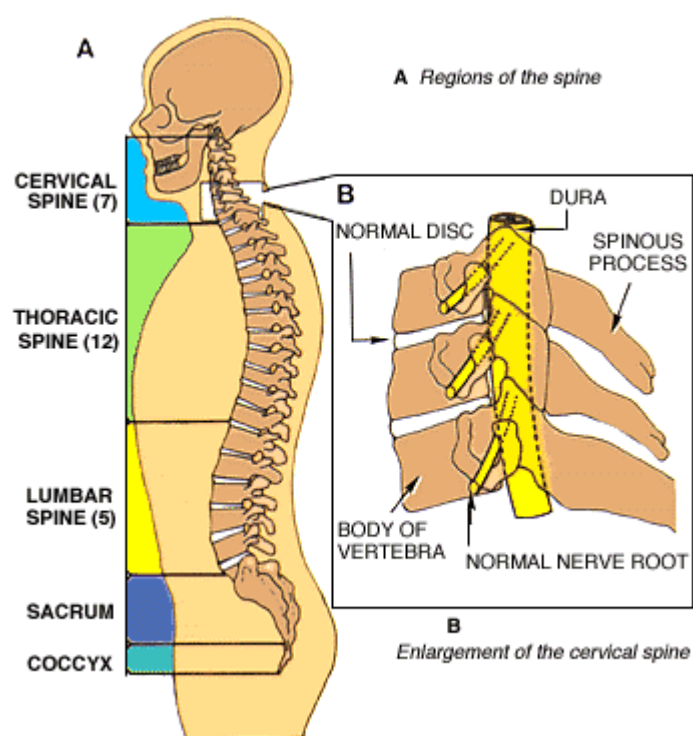


Figure 4: Referenced from Dr Joseph Maroon, MD, FACS.

The Kundalini energy is also referred to as "the Kundalini Fire." Hereafter, the energy runs all the way up through the body, through the main energy channel, and out of the Crown Chakra. This energy channel goes from the Root Chakra to the Crown Chakra on the top of the head.

An open Kundalini means that over a period of time, a complete cleansing of the chakras, the body parts and the energy channels is obtained.

Kundalini 1 Attunement

After Kundalini Reiki Level 1 Attunement, all of the blockages in the chakras are removed (except for the Root Chakra, which will be unblocked during Kundalini Reiki Level 2 Attunement). The main energy channel, from the Crown Chakra to the Root Chakra, is cleansed and prepared for the safe **Kundalini Awakening** that you will experience in **Kundalini Reiki Level 2**. The Heart Chakra becomes enlarged and the energy channel from the hands to the Crown Chakra is opened so that the Reiki energy can flow.

There are many chakras in the body. However, in this course, we are only concerned with the 7 main chakras outlined here in the diagram below. The next section describes the chakras in greater detail.

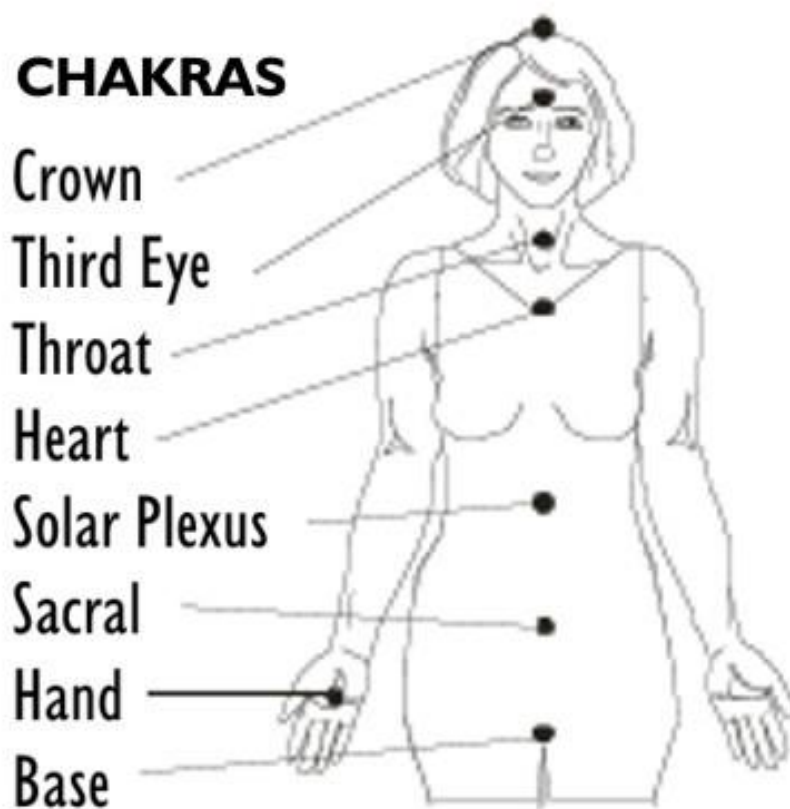


Figure 5: The 7 main chakras in the body

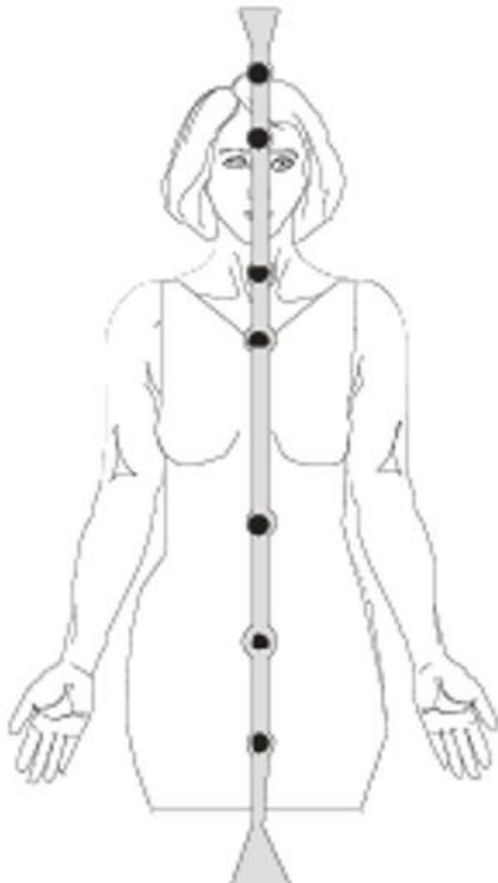


Figure 6: Before Kundalini Reiki Level 1 Attunement

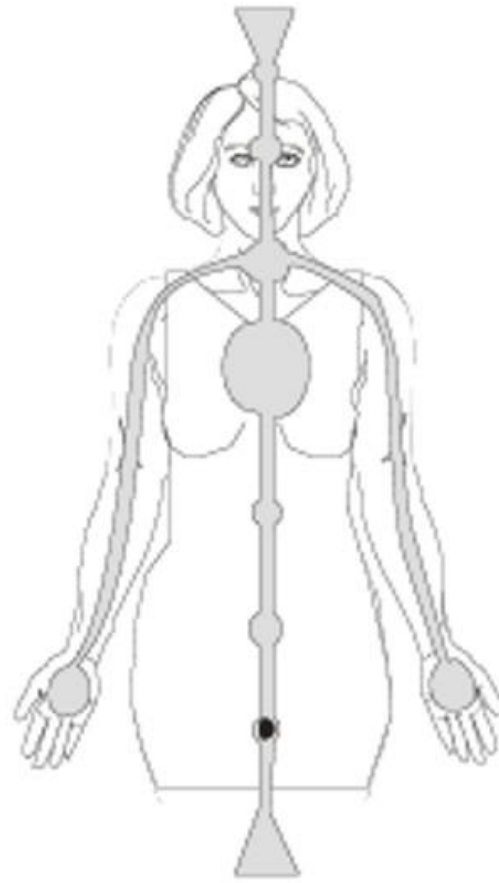


Figure 7: After Kundalini Reiki Level 1 Attunement

What is Chakra?

The word “Chakra” comes from the Sanskrit word, meaning “wheel”. If we are able to intuitively see a chakra, we could see a wheel of energy that is continuously rotating. The chakras are located in a straight vertical line that begins at the base of the spine (tailbone), and ends at the top of the head.

Each chakra vibrates at different speeds. The Root or 1st Chakra rotates at the slowest speed. The Crown or 7th Chakra rotates at the highest speed. Each chakra is identified by its own colour. The colours of the 7 chakras, starting from the Root or 1st Chakra, are Red, Orange, Yellow, Green, Blue, Indigo and Violet. They are effectively the 7 colours of the rainbow.

There is a diagram of the 7 Main Chakras with their respective colours in the last page of this set of course notes.

If the chakras are not balanced, or if the energies are blocked, it can feel like the body’s energy system has been slowed down. The person affected may feel listless, out of sorts, or depressed. Not only will physical body functions be affected, but emotions and thought/mental processes may also be affected. A negative attitude, such as fear, doubt, anger, etc, may develop.

When we are unbalanced in our chakras or energy centres, we feel that things in our life are not going well and our health suffers. These can apply to various aspects of our life, eg. love relationships, marriage, family, career, studies, wealth/money issues, etc. When our chakras are not in a good condition, our energetic **aura**, ie. the energy field around us, becomes negative, and we then attract negative people and situations into our life.

When our chakras or energy centres are balanced, energy can flow smoothly throughout our body, we feel more positive and have healthier bodies. Our energetic aura becomes positive, and we can then attract positive people and situations into our life.

As **Universal Law of Attraction** defines, “Like Attracts Like”, when we are in a positive state of energy, we will attract positive energies (in the form of good health, positive people and good situations). When we are in a negative state of energy, we will attract negative energies (in the form of poor health, negative people and bad situations). Hence, regular balancing and healing of the chakras and our energy system is essential for good health, overall well-being (emotionally and mentally) and much more positive and happier life.

The 7 Main Chakras

Crown Chakra (7th Chakra)	<i>I am connected to the Divine Source of the Universe. I am Light. I Trust.</i> This is the Crown Chakra that relates to consciousness as pure awareness. It is our connection to the Universe, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection and bliss.
3rd Eye Chakra (6th Chakra)	<i>My mind is open to new vision. I expand my awareness through my Higher Self.</i> This chakra is known as the 3rd Eye Chakra or Brow Chakra. It is related to the act of seeing, both physically and intuitively. As such, it opens our psychic faculties and our non-physical awareness. When healthy, it allows us to see the “big picture” clearly.
Throat Chakra (5th Chakra)	<i>I am aligned with my highest truth and communicate this with love and honour. My words echo softly within the Universe.</i> This is the chakra located in the throat and is thus related to communication, expression and creativity. Here, we experience the world symbolically through vibration, such as the vibration of sound representing language.
Heart Chakra (4th Chakra)	<i>My heart is open to receive the energy of Love. I radiate this essence. I walk my path with Ease and Grace.</i> This chakra is called the Heart Chakra, and is the middle chakra in a system of 7. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. When healthy, it allows us to love deeply and unconditionally, feel compassion, have a deep sense of peace and centredness.
Solar Plexus Chakra (3rd Chakra)	<i>My Will and Divine Will are One. I am connected to the abundant flow of the Universe and easily manifest my dreams.</i> This chakra is known as the Solar Plexus Chakra or Power Chakra, located in the solar plexus. It rules our personal power, will, autonomy, as well as our metabolism. When healthy, it brings us energy, effectiveness, spontaneity, and non-dominating power.
Sacral Chakra (2nd Chakra)	<i>I love all dimensions of Myself. I delight in weaving the creative tapestry that is my life.</i> This chakra, located in the area where the lower abdomen, lower back and sexual organs are. It is related to water element, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. When healthy, it brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.
Root Chakra (1st Chakra)	<i>I am connected with the energy of Mother Earth. My body, mind and Spirit are grounded, centred and purified.</i> Located at the base of the spine, this chakra forms our foundation. It represents Earth element, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. When healthy, it brings us health, prosperity, security and dynamic presence.

Preparation Before a Healing session

1. Ground yourself. There are different Grounding methods. One method is visualizing oneself as a tree with roots growing down deep into the Earth, and then pulling Earth energy up through these roots back into one's energy system all the way up and out of the Crown Chakra.
2. Surround yourself with White light, or use any other technique that you are already using.
3. Optional: Invite your healing Guides (non-physical spiritually advanced Beings in the Universe) to join you and work through you for the healing session.

Instructions for Healing Others

1. Lay your hands on the receiver's shoulders.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flowing, it will flow freely on its own accord. Just relax and enjoy the energy.
3. When 3-5 minutes have passed, you will feel the energy stop, or you may feel a sense of completion or closure. If you feel the need to continue for a longer period, you may do so, until the flow of energy stops.

That means that healing is complete. The healing energy will continue to work within the receiver for up to one hour after the treatment. In this way, the receiver will always receive the correct healing that is needed, no matter how severe or insignificant the need may be.

Remember that the energy will always flow to where it is needed.

4. **Disconnecting:**
This is an added protection, and is good to use when healing others or when doing Space Clearing. It is meant to ensure that you are properly disconnected from the energy of the other person or area, to avoid being affected by it. Do a slicing motion with your hand, like a fast "karate chop" in front of your body, while making the intention to cut off all energy connections with the person or area.

Instructions for Remote/Distance Healing

1. Visualize the receiver, or the receiver's name or names in the palm of your hand. If you prefer, you can also write the names on a piece of paper and hold between your hands.
2. Then place your palms together. You may wish to hold your hands with the palms facing each other, nearly touching but not quite, in order to feel the energy flowing between your palms more strongly. Experiment with the hand position that works best for you.
3. You can also simply intend "Reiki" and then "healing for (name)" rather than

visualizing or writing the person's name.

When 3-5 minutes have passed, you will feel the energy stop, or you may feel a sense of completion or closure. If you feel the need to continue for a longer period, you may do so, until the flow of energy stops.

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Receiving Healing and Psychic Information During a Healing Session

When doing healing, either for yourself or others, you may receive psychic information from the Universe to provide greater help in understanding the issues that need healing. The information could come in the form of images, visions, thoughts, feelings or physical sensations. For example, when you see an image of a bird flying when healing someone, it generally means that this person wishes to have freedom at this point of his life, so if he is able to have that freedom, his health and life would improve.

When healing someone, the healing energy flows through you first before flowing to the receiver, so you will also receive healing during the session. Hence, your healing effectiveness will be much higher, after you have done enough self healing over a period of time, before healing others.

As the healing energy flows through you first when you are healing someone, the psychic information that you receive may apply to your own issues or the person you are healing. When you are healing someone, you need to filter out the information you receive, so that it only applies to the person, in order for you to effectively help him. You can do this filtering by mentally thinking: **“If this information or sensation applies to me, please remove it, so that I can focus on (name of person you are healing)”**. If the information or sensation disappears, it means it represents your own issue, which need self healing.

Instructions for Self Healing

1. Simply intend "Reiki" and place your hands on yourself wherever you need.
2. Clear your thoughts and think to yourself "Reiki" to start the energy flow. Just let the energy flow. You don't have to concentrate on keeping the energy flow coming in, it will flow freely of its own accord. Just relax and enjoy the energy.
3. When 3-5 minutes have passed, you will feel the energy stop, or you may feel a sense of completion or closure. If you feel the need to continue for a longer period, you may do so, until the flow of energy stops.

That means that healing is complete. The healing energy will continue to work within your body for up to one hour after the treatment. In this way, you will always receive the correct healing that is needed, no matter how severe or insignificant the need may be.

Remember that the energy will always flow to where it is needed.
It is a good idea to perform a self-healing every day, or regularly.

For the following healings: Cleansing a room/house, Healing the Karmic band, and Situation/qualities healing, first intend "Reiki", and then follow with the healing intention for that particular healing as described below.

Space Clearing ie. Cleansing a Room, Home, Office, Indoor or Outdoor Area

This is carried out to cleanse an area of negative energies, that had accumulated as a result of negative emotions from the people in the area. For example, if people had been quarrelling or fighting often in an area, that area would contain negative energies. Such negative energies can affect anyone else who are later in that area. Prolonged time spent in an area with negative energies will result in your own energy and chakras affected negatively, bringing health and life problems to you.

You should use the Remote/Distance Healing method, but instead of thinking of a name you should instead think about the specific area eg. "my whole room", "my bedroom", "my office" or "Claire's room" and let the energy flow. This usually lasts 3-5 minutes.

You should cleanse your own home at least once every 14 days, or as often as you feel appropriate. Remember, it is not important how precisely you visualize the object in your palm; the intention to heal the object is enough to get the energy flowing to the right place.

Healing the Karmic band

There is always a Karmic band between those we hold closest and ourselves, or those we have once held close. These bands can sometimes weigh us down and

have negative influences on our physical body parts and energy. Very often, relationships grow stronger when healing the Karmic band. You should use this type of healing between yourself and those you hold dear, or have once held dear. For this you should use the Remote/Distance Healing method.

For example, if you wish to improve the relationship between yourself and your mother, you can visualise yourself and your mother together between your hands, and make the intention to heal your relationship with your mother, by thinking “my relationship with my mother”. Place your palms together and let the energy flow. If you are healing a relationship for someone else, eg. Robert’s relationship with his mother, then you can visualise Robert and his mother together between your hands, and make the intention to heal the relationship between Robert and his mother, by thinking “Robert’s relationship with his mother”. Place your palms together and let the energy flow.

When 3-5 minutes have passed, you will feel the energy stop, or you may feel a sense of completion or closure. If you feel the need to continue for a longer period, you may do so, until the flow of energy stops. That means that healing is complete.

Situation/Qualities Healing

You can also help heal a Situation or a personal Quality or character trait. An example of a Situation that can be healed is “war in Middle East” or “conflict in your office environment”. Examples of Qualities or character traits that can be healed are: jealousy, nervousness, anxiety, impatience, sorrow, anger, improving communication, your singing voice, etc. Think of the Quality or character Trait that you want to improve and heal, eg. “My anger” or “My impatience”. Healing techniques taught in **Kundalini Reiki Level 2 (Enhanced Version)** would be much more effective for healing emotional and mental issues.

Points to Note for Practitioners/Healers

1. Kundalini Reiki Healing is a complementary form of healing therapy, and is not meant to replace medical treatments. While you may receive valuable information about the client’s problems that you can share with him, advise him to visit medical professionals for actual diagnosis.
2. You cannot help everyone, so let your Higher Self or the Universe choose who you are meant to help. If you do not feel comfortable providing healing for someone who approaches you for healing, that could be your Higher Self’s guidance to you that you are not meant to heal this person. It could be because you are not the right person to do it, or it is not the right time for you to do it for this person.
3. Some people will come to you for healing, not wanting to change, but to attract

attention, drain or steal your energy, either intentionally or unconsciously. You should not feel obliged to provide healing for someone, who does not want to change and be healed.

4. Protect yourself by visualizing your entire body protected by a white and golden bubble of energy, when you carry out any healing work.
5. Be empathetic, but do not absorb the client's problems or become emotionally involved, for then, you lose your objectivity and effectiveness to heal.
6. Remember we are here to empower others, not to put them down or inflate our ego.
7. Love yourself and take good care of your personal well-being, in order for you to be connected to your true essence and your Higher Self. That will allow you to have greater access to the power and energies of the Universe, for you to carry out your healing work well.

References

Kundalini Reiki manual, by Alice Langholt and David Farkas

Kundalini Reiki manual, by Kate Drewer

"Vibrational Medicine, Third Edition" by Richard Gerber, M.D.

Kundalini Reiki manual, by Adrian Ng

For details of Abirami Suresh' s **Kundalini Reiki Level 2 and Level 3 (Master Level) Healing Courses**, please visit: www.infinitehealingenergies.com