

Check list of Suggested Preparations

1. Take special care in selecting your Reiki instructor. Talk to them before you take a class.
2. Schedule your session at least one week in advance. Eliminate (or reduce) intake of meat, fowl, or fish from your diet for three days before your session date.
3. Consider doing a water or juice fast for one to three days before the attunement.
4. Consume NO alcohol for at least three days before the attunement.
5. If you are on any medication, continue to take it as prescribed before and on the day of attunement.
6. Smokers should take care to smoke as little as possible for the day before the date and on the day of the attunement.
7. Avoid outside stimulation (TV, radio, computers, newspapers). Find periods of solitude.
8. Meditation and spending time with nature (walks, sitting beside streams, etc. are all appropriate forms of solitude. Be gentle with yourself.
9. Don't tackle any tasks that will deplete your energies. Drink plenty of water.
10. [Cleanse your aura](#) before your session.
11. Get a good night's rest the evening before your session.
12. In the morning, if you are not fasting, eat a light, healthy breakfast.
13. Meditate, Meditate, Meditate! I cannot stress this enough. The more connected to your higher self you are the better you can tap into energy healing. Here's a great video that helped me prior to my first attunement and after.

Tips for Effective Attunement

1. Daily prayers/ connection with your inner guidance is recommended during this period.
2. Again, Mediate, Mediate, Mediate
3. Be prepared for a 21-day cleansing period following the attunement process.
4. If you are under a doctor's care, you may wish to have him/her re-evaluate dosages of medicines being used after the 21-day purging/balancing period.
5. If you are traveling to a distant town for your attunement, be aware that you may not feel up to driving home.
6. Have an alternate plan to stay overnight at a motel.