

Full Spectrum Light Attunement



Full Spectrum Light: FSL consists, like a rainbow, of all frequencies from infrared through near-ultraviolet and is therefore able to heal on many levels. Sunlight is considered full spectrum and FSL works like it, with its many excellent properties. The most important is healing and regeneration. Its energies also promote joy, happiness, peace of mind, calmness and balance. It cleanses and protects from negative energies. It's further great for use in meditation. FSL can be used as a hands on healing, like Reiki..

Testing the energy after you have received the attunement

Find a place where you will not be disturbed. You can sit in a chair or lie on a couch.

- First, place your hands on your stomach. Now think the word "Full Spectrum Light." This will start the energy instantly. Keep your hands there for three to five minutes (or as long as you like).

- Next, place your hands over your eyes and keep this position again for three to five minutes.

- Lastly, place your hands in the middle of your chest (heart chakra) for three to five minutes.

- End the mini healing session by rubbing your hands, rising up, and becoming “wide awake.”

Remember that this is only an example. You can place your hands on any place of concern, either on the skin or one to two inches above.

Also, do not “try” too hard to either feel the energy or move/project it. It will flow automatically once you have started the energy.

Healing Another Person

After the self-healing, you might want to try out healing a friend or partner. You can use the same technique as in the self-healing.

- Make sure your friend is comfortable, either sitting or lying down.
- Place your hands on your friend’s stomach. Think the word “Full Spectrum Light” to start the energy. Keep your hands there for three to five minutes (or as long as you like).
- Next, place your hands above your friend’s eyes for three to five minutes.
- Lastly, place your hands in (or one to two inches above) the middle of your friend’s chest for three to five minutes.
- End the session by rubbing your hands, and when your friend is ready, let him/her tell you about any experiences he/she had during the session.

Again, please remember that this is a sample session. You can extend it anytime by including more hand positions, for example, on the feet, at the top of the head, any places of concern, etc. Let your intuition lead you. Sometimes a spot only needs one minute, and you will feel somehow prompted to move on. At other times you might spend more than five minutes on one spot. Serene music is also nice to play when performing healing sessions.

For distant healing, simply cup your hands together and imagine the person inside this cup. Then start the energy flow.

After healing a person, it’s highly recommended that you “disconnect” from the receiver and then perform a short grounding exercise.

Disconnect

When performing a healing session, you connect to the person you are sending healing to. Cutting the etheric threads that are created is important. If you do not do this, staying connected to that person is possible. This could result in the draining of your energy.

All you have to do when finished with the healing is to make a fast “karate chop” in front of you, while saying something like “Cut all threads!” Do this one to three times. Often after doing this, you will most likely feel a relief.

Grounding

After cutting threads, it’s good to do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say, “I now ground!” Stand for two to five minutes. If you do not have access to the ground or it’s just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session, because if you have accumulated too much energy in your body, it could result in a headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being overenergized or give you new energy.

Passing on attunements

Have the receiver preferably sitting on a chair, with hands in prayer position.

Hold the receiver’s hands and think “Full Spectrum Light Attunement”. Hold this position until you feel a sense of completeness.

Then you are done and can proceed to the next, if there are more receivers.

For distant attunements simply imagine that you are holding the receiver’s hands.

When you are done, use the *disconnect* and *grounding* exercises explained in this manual.