

# Ultimate Workshop Attunements



## White Light



Expels negative energy. Protective. Great for room purification or for any area with negative/stagnant energy.

## Solar Angels



Solar Angels comes from the Sun and are connected to heart chakra. The energy is transformative and heals at the cellular level because the energy of the Sun is full spectrum light. Helps rejuvenate and heal, especially the physical body. Use this energy especially when going through some processes. Excellent to finish any healing session or procedure with the energy of the Solar Angels.

## Gold Reiki



Transmutes fear and darkness into light and joy! Gold Light is the strongest light of transformation in the physical universe! You can use Gold Reiki as ordinary Reiki, alone or as a combination.



## 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 it's 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.

## Telos Energy System

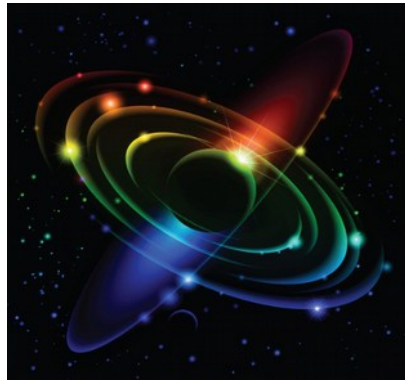


Telos is an ancient Lemurian city that exists right beneath Mount Shasta. It's a real city in the physical realm, with over 1 million inhabitants that are living in peace and prosperity.

The city of Telos has a very special frequency of love. This energy is very beneficial in healing sessions!

With the Telos Healing System, 5 programmed stones are used and placed in a special “grid” on and around a person. The stones will automatically connect to each other and start broadcasting the love frequency to the body. This is very relaxing and often results in healing on a deep level!

## Planets



**Planet Saturn** (Crown Chakra)

**Planet Jupiter** (Third Eye Chakra)

**Planet Mercury** (Throat Chakra)

**Planet Venus** (Heart Chakra)

**Planet Sun** (Solar Plexus Chakra)

**Planet Moon** (Hara Chakra)

**Planet Mars** (Root Chakra)

**Planet Uranus:** A dynamic energy. Uranus is a planet of sudden changes, originality, revolutions, inventions, humanitarian ideals.

**Planet Neptune:** A healing energy. Neptune is a planet of sophisticated energy, empathy, dreams, art.

**Planet Pluto:** A transformative energy. Pluto is a planet of intense transformation, digs under the surface to bring to the light and renew.

# Gemstone Essences



**Amethyst Essence:** Clear visions - gives birth to new ideas. Associated with the Crown chakra. Transforming/transmutes negative energy. Has a calming effect on the mind. Promotes a sense of peace, calmness, serenity and well being. Releases tension. Speed recovery.

**Azurite Essence:** Associated with the Third Eye Chakra.

**Carnelian Essence:** Associated with the Hara Chakra.

**Citrine Essence:** Associated with the Solar Plexus Chakra.

**Emerald Essence:** The main property of the Emerald Essence is physical and emotional healing. It has a great balancing effect and is especially suited for healing all issues related to the heart chakra and the eyes.

**Lepidolite Essence:** Lepidolite contains Lithium, which traditionally is used to treat bipolar disorder and depression. With its calming and soothing energy, Lepidolite is excellent for stress relief, mood disorders, when feeling anxious or depressed.

**Moonstone Essence:** Self-love, releases anger, helps to relax, unlocking personal potential, connects to the divine feminine power, fertility, wisdom and love stone. When worked together with Sunstone, it creates harmony, connecting to the energy of the Moon and the Sun.

**Morganite Essence:** Morganite, also known as "pink beryl", "rose beryl", "pink emerald", and "cesian (or caesian) beryl". Stone of Divine Love!

**Red Jasper Essence:** Energy can be used for the root chakra and all issues related to it.

**Muscovite Mica:** The energy of Muscovite Mica has for centuries been used with the intention to rejuvenate, heal and youthen the body. Mica is found in large quantities around the globe, helping Earth to cleanse and heal the environment. Many people have discovered Mica's ability to cleanse water and make water easier to absorb at the cellular level. It appears to "thin" water. Hydrating the cells of the body is an important step in maintaining a great health.

**Rhodonite Essence:** A key essence for the Rhodonite energy is "It is safe to love." Promotes self love and love for others. Helps us to see that it does not matter what other people think of us. Learn that giving is receiving. Learn to love without the fear of getting

hurt. A good "relationship stone". Helps us overcome fear of rejection. Recognize love in others. Self worth.

**Rose Quartz Essence:** Also called "the love stone". Rose Quartz is associated with the Heart chakra and with love in all it's aspects: Self-love, motherly love, love for others etc. Care. Protective.

**Sodalite Essence:** Sodalite encourages you to stand your ground. Associated with the throat chakra. A perfect stone for communication, singing and speaking your truth.

**Strawberry Quartz:** The energy of Strawberry Quartz works gentle. It does not "target" any specific chakra but rather wraps a "love blanket" around you. It soothes and brings comfort with it's compassing love. Great against grief and sorrow.

**Sunstone Essence:** Vitality, creativity, progress in life, personal power, joy, connected to the sacral and solar plexus chakras to boost confidence, abundance and prosperity stone. When worked together with Moonstone, it creates harmony, connecting to the energy of the Sun and the Moon.

**Unakite Essence:** The Unakite energy help us to accept the physical life and it's lessons. Encourage us to go on. Help us to learn to live life to the fullest. Promotes stability in life. Grounding.



# Ethereal Crystals



It is possible to give a powerful crystal healing, WITHOUT crystals. Via the Ethereal Crystal Attunement you gain access to a specific crystal's energy and can channel it by intention. These ethereal crystals are much stronger than those found on earth.

You can place them on the body, example just by pointing at a certain area of the body while thinking the name of the specific stone. The stone will disappear when the energy is no longer needed.

Furthermore, you can create powerful gem elixirs in seconds and increase the strength in certain gemstones by at least 400 %!

An Ethereal Crystal healing can stand alone or be combined with other healing methods, such as Reiki. You are also taught distance healing and how to pass on Ethereal Crystals.

## **Ethereal Crystals I contain the following gemstones:**

Amber, Amethyst, Aquamarine, Aventurine, Pink Beryl (Morganite), Blue Lace Agate, Botswana Agate, Green Calcite, Carnelian, Chrysocolla, Citrine, Clear Quartz, Diamond, Single Terminated Clear Quartz Crystal, Emerald, Hematite, Red Jasper, Malachite, Rose Quartz, Ruby, Sodalite, Turquoise.

## **Ethereal Crystals II contain the following gemstones:**

Alexandrite, Amazonite, Azurite, Bloodstone, Gold Calcite, Fire Opal, Fluorite, Red Garnet, Jade, Lapis Lazuli, Moldavite, Moonstone, Peridot, Pyrite, Blue Sapphire, Yellow Sapphire, Black Tourmaline, Violet Tourmaline, Pink Tourmaline, Double Terminated Clear Quartz Crystal.

## **Ethereal Crystals III contain the following gemstones:**

Charoite, Sugilite, Rhodochrosite, Pyrite Sun, African Jade, Snowflake Obsidian, Apache Tears (obsidian), Moqui Marbles, Boji Stones, Tekite, Chalcedony, Larimar (Atlantis Stone), Labradorite, Kunzite, Heliotrope, Kyanite, Apophyllite, Ruby-Zoisite, Tanzanite.



# Archangels



**Archangel Michael:** Means “He who is like God”. Protection, space clearing, spirit releasement.

**Archangel Gabriel:** Means "God is my strenght". Art, communication, for all artists, writing, child conception and fertility.

**Archangel Jophiel:** Means “Beauty of God”. Known as “patron of artists”. Artistic projects and artists, beautiful thoughts, creativity.

**Archangel Metatron:** Clearing of negative thoughts and thought forms. Instilling peace of mind. Cleansing and purification of rooms and areas.

**Archangel Raphael:** Means “God heals” or “God had healed”. Healing humans and animals, guidance and support for healers.

**Archangel Zadkiel:** Means “The righteousness of God”. Benevolence, mercy, compassion, physical and emotional healing, memory enhancement, studies, tests, help to forgive yourself or someone else.

**Archangel Uriel:** Means “Light of God”. Help us to cope with stressful situations. Finding our peace in life's storms. A great comforter and helper to remind us, that “everything is going to be ok.” Shine his light in the darkness and light up our life's path. Great energy when working with children.

*Tip after receiving the attunement: You can make an “anti stress” elixir with Uriel's energy: Find a little bottle and fill it with oil or water. Hold the bottle in your hands and think “Uriel”. Hold the bottle in your hands for about 20 seconds and the elixir is done. To use, simply put a few drops under your tongue or in a glass of water.*





## Ascended Masters



**Saint Germain:** Protection, Courage, direction, healing, inspiration, connected to the crown chakra. The energy helps to open up to higher wisdom, to gain access to higher realms and release tension.

**Goddess Eir:** In Norse mythology, Eir (Old Norse “help, mercy”) is a goddess and/or valkyrie associated with medical skill. Eir is offering a wonderful loving energy, that is able to heal even very stubborn blockages. Her energy (connected to the third eye chakra) also strengthens the intuition and is good for protection.

**El Morya:** connected to the throat chakra. The energy helps to strengthen communication, to “stand your ground” and to say what you really mean.

**Hilarion:** Connected to the heart chakra. The energy helps centering and balancing your energy.

**Kuthumi:** Focus, dedication to life purpose, relaxation, calming, “anti-stress”, connected to the solar plexus chakra.

**Lanto:** connected to the hara chakra. The energy helps to strengthen creativity, boost libido and as an anti-procrastination energy.

**Buddha:** Inner peace, joy, spiritual growth and understanding. Connected to the root chakra. The energy helps to strengthen and stabilize the physical body.

**Kuan Yin:** Compassion, giving and receiving love, mercy, kindness, gentleness and sweetness towards self and others.

**Maitreya:** Joy, laughter, sense of humor, peace, compassion.

**Serapis Bay:** Personal and global peace, helps healing the emotional body, ascension, overcoming addictions and cravings, artists and creative endeavours, clear communication with God.

**Jesus:** Divine guidance and direction, forgiveness, healing, spirit releasement.

**Lady Nada** - Helps to heal the inner wounded child.

**Ragoczy** - Helping you with esoteric learning and spiritual teaching.

**Maha Chohan** - means "the Great Lord". Also known as The Comforter as he brings comfort to all life. Helping us to learn patience, persistence, discipline and how to discern what is real and what is not.

**Pallas Athena** - Also known as the Goddess of Wisdom and Truth. Helps us to find and express the truth in ourselves.

**Paul the Venetian** - Helping us with being creative in all aspects of our lives - inspiring artists.

**Lady Portia** - is the Goddess Of Justice" - assists you to bring the masculine and feminine into balance. Helps you to see the beauty in all things and in any situation you are experiencing.



# Ethereal Flowers



Learn how to make powerful flower remedies in seconds!

Through attunement you gain access to a specific flower's energy and can channel it by intention. These are the same flowers that are used in the Bach Flower Essences.

## **In level 1 you are attuned to the following flowers:**

Agrimony: Mental torture behind a cheerful face.

Aspen: Fear of unknown things.

Beech: Intolerance.

Centauray: Have difficulty in saying no and are anxious to please.

Cerato: Doubt your own ability to judge situations.

Cherry Plum: Fear of losing control of the mind.

Chestnut Bud: Refuses to learn by experience.

Chicory: Are overly possessive. The care for others is self-centered and manipulative.

Clematis: Dreamy, absent-minded, lack of interest in present.

Crab Apple: The cleansing remedy, have a poor self-image.

Elm: Overwhelmed by responsibility.

Gentian: Easily discouraged.

Gorse: Hopelessness and despair, pessimistic.

Heather: Obsessed with own troubles and experiences, dislike being alone.

Holly: Hatred, envy, jealousy, suspicion.

Honeysuckle: Living in the past, nostalgic, feeling homesick.

Hornbeam: 'Monday morning' feeling, tiredness at the thought of doing something, procrastination.

Impatiens: Impatience, easily irritated.

Larch: Lack of self-confidence.

You will learn how to make a remedy, prepare a remedy for another person and pass on the Ethereal Flowers attunements.

**In level 2 you are attuned to the following flowers:**

- Mimulus: Fear of known things.
- Mustard: Deep gloom for no reason.
- Oak: Are driven by a strong sense of duty and struggle on although exhausted.
- Olive: Fatigued, feel exhausted.
- Pine: Guilt Blame yourself for other people's mistakes.
- Red Chestnut: Over-concerned for others.
- Rock Rose: Scared, terror, fright.
- Rock Water: Are inflexible, self-denial, rigidity and self-repression.
- Scleranthus: Suffer from indecision.
- Star Of Bethlehem: Grief or shock.
- Sweet Chestnut: Extreme mental anguish.
- Vervain: Over-enthusiasm.
- Vine: Dominance and inflexibility.
- Walnut: Protection from change and unwanted influences, assists in adjustment to transition or change.
- Water Violet: Pride and aloofness.
- White Chestnut: Persistent unwanted thoughts.
- Wild Oat: Uncertainty over one's direction in life.
- Wild Rose: Drifting, resignation, apathy.
- Willow: Self-pity and resentment.

In this level you will further learn how to make a "rescue remedy".



# Kundalini Reiki



By opening/strengthening the energy channels of the body, it is possible to channel healing Reiki energy to yourself and others, just by intention.

## What is Reiki?

Reiki means “Universal life energy”. You can have access to Reiki via “attunement”.

During attunement, different energy centres (Chakras) and energy channels are opened/strengthened. This way you can have access to this energy and channel it through your hands. You can then “switch on” the energy, just by intention. Reiki can also be used on animals, plants, water etc. Furthermore, it is possible to accelerate your personal development process drastically by opening the Kundalini.

## What is Kundalini?

Basically, Kundalini means that certain healing channels and chakras have been opened, and you have thereby gained access to the Earth’s energy. The Root chakra, which is the energy centre located near the coccyx, acts as an entrance for the Kundalini energy. 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. A person who has, or has had problems with wrong Kundalini awakening, or other problems with the Kundalini energy, can most often be helped with Kundalini Reiki. All who are interested in learning Kundalini Reiki must begin with Kundalini Reiki 1, even though you may have attunements from other systems.

**Kundalini Reiki 1** : The first attunement opens the healing channels to allow channelling of Reiki energy. At the same time you are prepared for the Kundalini awakening in Kundalini Reiki 2. The Crown, Heart and hand chakras are opened/strengthened. You are taught to perform a complete healing treatment and to heal remotely from a distance. Kundalini Reiki 1 is the equivalent of the USUI Reiki 1-2-3 attunements.

**Kundalini Reiki 2** : The Reiki channels are strengthened. The Kundalini awakening,

where the main energy channel opens gently and surely, alighting the Kundalini “fire”, reaches the minimum Solar Plexus chakra, preparing for the full Kundalini rising in Kundalini Reiki 3. You are also taught a specific meditation. When you perform this meditation, you increase for a short time, the power of the flame in the Kundalini fire/energy. In this way, all the chakras/energy systems are enlightened and a cleansing takes place.

**Kundalini Reiki 3 (Kundalini Reiki Master):** The previous attunements are strengthened and the Throat, Solar Plexus, Hara and Root Chakras are opened. The Kundalini “fire” is strengthened and reaches up and out of the Crown chakra - full rising of the Kundalini takes place. Extra included attunements: 1 - Balance, 2 - Diamond Reiki, 3 - Crystalline Reiki, 4 - DNA Reiki, 5 - Birth trauma Reiki, 6 - Location Reiki, 7 - Past Life Reiki. You are also taught to pass on Kundalini Reiki 1-2-3.



## New Usui Reiki 1-4



Mikao Usui, a significant late-19-century figure, was a man of extraordinary spiritual aspirations and abilities. His story about Reiki starts in Japan.

There is information since the ancient times that introduced the use of Universal Energy (“rei” – universal, “ki” – energy) to us. Spiritual teachers around the world (from China, India, Tibet Rome...) used Reiki to heal both spiritual and physical problems. However, that knowledge was “forgotten” for a long time because it was reserved for privileged spiritual leaders only.

Having the insight into that knowledge, Mikao Usui devoted a considerable part of his life to exploring how Reiki might be reused. His spiritual journey took him towards Mount Kurama in Japan, where he spent 21 days meditating and fasting. He had a vision in which he saw Reiki symbols and found out the way how to spread Reiki, i.e. he received the attunement.

Thanks to his systematization and foundation of the whole concept, today we know how to attune others (align them with Life Energy) or perform the healing (channeling Universal Energy).

Course levels:

**Level 1:** Will open (or re-attune) you to Reiki, the universal life-force energy.

**Level 2:** Will strengthen your connection to the Reiki energy. You will further receive and become attuned to the 3 common Reiki symbols Cho Ku Rei, Sei Hei Ki and Hon Sha Ze Sho Nen.

**Level 3 (Master):** Will further strengthen your connection to the Reiki energy. You will further receive and become attuned to the master symbol: Dai Ko Mio.

**Level 4 (Master Teacher):** Will further strengthen your connection to the Reiki energy. After this level, you are suitable to pass on the New Usui Reik attunements.

*You will not receive knowledge on how to use the symbols, hand positions, Reiki history etc, because I presume that you know this already. If not, there are plenty of books and online resources to cover that.*



## How to manually activate the kundalini



I will show you, step by step, how to manually perform a kundalini activation!

To have an awakened Kundalini means that your body is able to absorb and transform the life force energy that earth emits. You are like a rechargeable battery and the earth is a battery charger, constantly providing you with life force.

If the battery does not function properly, the charger will not be able to charge up the battery to its full capacity. Clearing the connection to Earth, the chakras and the main energy channel (also called the Sushumna) will return the natural flow to the energy system. This stronger energy flow in the body will also help the itself to clear stagnated energy and blocks. Further, any Kundalini related issues will be solved.

# How to perform the Ultimate Healing & Rejuvenation Session



This is the most extensive session I have ever offered to clients!

In the Ultimate Healing Workshop, I will show you, step by step, how to perform this advanced session!

## **Overview of the session:**

- Disconnection of Etheric Threads
- Cleansing & healing of the 14 main meridians
- Cleansing, Healing & Activation of the Kundalini Cleansing,
- Healing & Activation of the 7 Chakras
- Cleansing & healing of the blood and all the 79 organs (including the skin)
- Cleansing & healing of the DNA
- Rejuvenation & youthening the body by Infusing the energy of Gold & Muscovite Mica into the Kundalini channel, the 14 meridians, 7 Chakras, blood, DNA and the 79 organs (including the skin).

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## **Disconnection of Etheric Threads**

Cutting the etheric threads that are created in life is important. If you do not do this, staying connected to person's or events is possible. This could result in the draining of your energy. I will cut any Etheric threads on your behalf.

## **14 main meridian cleansing & healing**

Meridians are a network of channels, that distribute life force energy throughout the body. There are 12 Paired Meridians and 2 Single Meridians. A block in a meridian can cause a problem physically, mentally and spiritually. The 14 meridians are cleansed and healed one by one.

## **Cleansing, Healing & Activation of the Kundalini**

To have an awakened Kundalini means that your body is able to absorb and transform the energy that earth emits.

You could say that you are a rechargeable battery and the earth is a battery charger. If the battery does not function properly, the charger will not be able to charge up the battery to its full capacity.

A stronger energy flow in the body will also help the itself to clear stagnated energy and blocks.

## **Cleansing, Healing & Activation of the 7 Chakras**

It's important that each one of the chakras is activated in order to operate optimally.

A non-activated chakra is like in an empty "shell", not functioning 100 percent to its potential. After the activation, the chakra "blossoms" so to speak. This process occurs slowly over 12-24 hours.

## **Cleansing & healing of the blood and all the 79 organs (including the skin)**

Blood & Organs are healed one by one. View a complete list here:

<http://olegabrielsen.com/attma/ListOfOrgans.pdf>

## **Cleansing & healing of the DNA**

Cleansing and healing the DNA on a spiritual level.

## **Rejuvenation & Youthening**

Rejuvenation & youthening the body by Infusing the energy of Gold & Muscovite Mica into the Kundalini channel, the meridians, Chakras, DNA, blood and the 79 organs (including the skin).

The energy of Gold and Muscovite Mica (a mineral) has for centuries been used with the intention to rejuvenate, heal and youthen the body.

## Gold Energy Attunement



A bit different from the Gold Reiki attunement: Gold Energy is more physical and works on a physical level - its the energy of gold. Gold Reiki is more spiritual and works more on a spiritual level.

## Lifeforce Attunement



Fresh and powerful energy! I like to use this energy at the end of healing sessions, to help the body integrate the new energies. Can also be used to energize water.