

Notes for Lunar Light II Empowerment

The energy of the moon, is a high vibrant loving energy that is, like the energy of the sun, very beneficial in healing sessions. Lunar light has many excellent properties. The most important here is emotional healing.

Its energies help with all feminine aspects of life. It promotes peace of mind, calmness and balance. It cleanses and protects from negative energies. It's further great for use in meditation.

Lunar Light is excellent in help to deal with the subconscious mind and issues related to it.

Lunar Light and Solar Light is a great combination and acts like Yin and Yang. Yin is the Moon, the feminine and Yang is the Sun, the masculine.

You can use Lunar Light as ordinary Reiki, alone or as a combination.

Healing

Here are some simple examples for how to heal a person:

1. Lay your hands on the person's shoulders.
2. Think "Lunar Light" 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 of its own accord...just relax and enjoy the energy.
3. When 3-5 minutes have passed you might feel the energy stop. That means that healing is complete. The energy will though continue to work in the person.

In this way the person will always receive the correct healing that they need, no matter how severe or insignificant the ailment may be.

Here are the instructions for remote, long distance healing:

1. Visualize the person, or the person's name in the palm of your hand. Then place your palms together.
2. Think "Lunar Light" to start the energy flow.
3. When 3-5 minutes have passed you might feel the energy stop. That means that healing is complete.

The same method can be used for self-healing. For a stronger healing session, start by doing step one below, where you imagine that you are surrounded by

Lunar Light. Then begin the healing session with step one above. This applies to hands on healing as well as distance healing.

How to pass on the Lunar Light II Empowerment

1. Imagine/visualize that you are surrounded by Lunar Light, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.

2. Say mentally or loud: (to your higher self) "I ask that (name) may be attuned for the Lunar Light Empowerment."

Or if you are preparing the attunement in advance: "I ask that (name) may be attuned at (time) on (date) in his/her time zone for the Lunar Light Empowerment."

3. The attunement will then start and after around 10 minutes, it will stop.

Blessings

Ole Gabrielsen