

Notes for Solar Light Empowerment

The energy of the sun is a warm, high vibrant loving energy that is very beneficial in healing sessions. Solar light has 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.

Solar Light is excellent in help to overcome grief and sorrow and in help to shed light on a specific issue or situation.

You can use Solar 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 "Solar 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 "Solar 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 Solar 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 Solar Light Empowerment

1. Imagine/visualize that you are surrounded by Solar 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 Solar Light Empowerment the strongest possible the person can handle."

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 Solar Light Empowerment the strongest possible the person can handle."

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

Blessings

Ole Gabrielsen