

# Kundalini Reiki

Offered to you by Love Inspiration



Levels 1, 2 & 3

**KUNDALINI REIKI**  
LEVELS 1, 2 & 3

---



*Love Inspiration*

*Learn • Heal • Awaken*

---

**OUR DEEPEST GRATITUDE GOES TO:**

Mr Ole Gabrielson

&

All the Divine Beings who kindly brought through these Kundalini Energies

**MAY ALL BEINGS BE HAPPY  
AND INFINITELY FREE FROM SUFFERING**

---



# KUNDALINI REIKI

LEVELS 1, 2 & 3

---

## *Welcome!*

There are no prerequisites for this course, however please ensure that before you begin this Kundalini Reiki course you have activated (unlocked) the Kundalini Reiki Level 1-3 energies and attunements using the activation code & instructions on the next page.

*With love, we wish you well on your Kundalini Reiki journey!*

If you have not already done so, please feel free to [sign up for free Ascension Healing](#) to help you on your Kundalini journey.



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

### ACTIVATING (UNLOCKING) THE KUNDALINI REIKI LEVEL 1-3 ENERGIES:

Before opening up to these beautiful Kundalini Reiki Level 1-3 energies, it is very important that you firstly activate or 'unlock' the energies and attunements in this ebook. Once this is completed, you will then be ready to begin Kundalini Reiki!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



#### 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

#### 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the energies and attunements for Kundalini Reiki Levels 1-3. With the unique activation code 018444 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."**

#### 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

#### 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Suggested Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Kundalini Reiki Level 1-3 energies! May you enjoy these with much love & light and with an intention to benefit all beings.



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

---

### FOREWORD:

It is with much love & light that we welcome you to these Kundalini Reiki energies and to our new and exciting Kundalini Reiki ebook!

Throughout these pages, we will be introducing you to the entire suite of Kundalini Reiki teachings including how to do self-healing, meditation, receive the attunements and how you can also work with these energies to heal others (either in person or by distance). And all of these Kundalini Reiki practices, including the advanced practices can be completed within around 5 - 10 minutes!

It is with pleasure and honour that we share these Kundalini Reiki energies with you and we wish to welcome you here to the Kundalini Reiki Level 1-3 ebook which will cover all of the traditional teachings and levels within the Kundalini Reiki healing system as brought through by Mr Ole Gabrielson.

At the conclusion of this ebook, you will become a Kundalini Reiki Master Teacher and you will be able to teach the Kundalini Reiki healing system to others as you feel guided. We will cover this in much more details at the end of this course.

In addition to all this, as a Kundalini Reiki Master, you will also be given the opportunity to receive an advanced and very sophisticated set of Advanced Kundalini Healing energies from Love Inspiration which can help to expand your Kundalini healing channel even further.

These advanced Kundalini Healing energies were received by Love Inspiration during September 2014 and as described to us by our Guides, they help to build on and expand the Kundalini Healing Energies so that you can become a far more effective healing channel for the benefit of all.

We have chosen to offer these teachings in a separate ebook as we wanted to preserve the original set of Kundalini Reiki teachings and to avoid any confusion within our readers however Love Inspiration is very happy to offer these advanced Kundalini Healing levels with much love and for the benefit of all.

From our own experiences, these advanced Kundalini healing energies are indeed very special and will surely help to bring about a significant expansion and transformation from within. We sincerely hope that you will continue through these advanced Kundalini healing energies and may they help to bring much happiness, joy and love into your life and your healing practices.

For now though, please enjoy these Level 1, 2 and 3 Kundalini Reiki teachings - we are very excited that you are beginning your Kundalini Reiki journey with us and we truly and sincerely hope that these energies help to bring much love & light into your life, for the benefit of all!



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

### CONTENTS:

Content	Page
Dedication	I
Activation Note	II
Activating (Unlocking) The Kundalini Reiki Level 1-3 Energies	III
Foreward	IV
Contents	V
Outline of Kundalini Reiki & Our Kundalini Healing System	V
<hr/>	
Kundalini Reiki - Level One	1
Kundalini Reiki - Level Two	19
Kundalini Reiki - Level Three	26



### OUTLINE OF KUNDALINI REIKI & THE KUNDALINI HEALING SYSTEM:

Kundalini Reiki is now becoming one of the most popular and fastest growing forms of Reiki, being practiced by many thousands of people throughout the world.

Traditionally Kundalini Reiki is taught over three different levels with the third level being the Kundalini Reiki Master Level and the Kundalini Reiki Master Teacher Level all in one. And all of this can be learnt in just under two weeks!

Throughout this ebook, we will be taking you through each of these teachings, from Level One through to Level Three and in addition to this, as we mentioned in the foreword, we will also be offering you some further information about how you can expand your experiences with our very special series of Advanced Kundalini Healing energies.

With this, we hope that we can deepen your healing experiences, help you to become a far more effective channel and ultimately, help to share these beautiful teachings and energies for the benefit of all beings!

May you enjoy these traditional Kundalini Reiki teachings and may these beautiful energies help to provide you with the necessary platform to go more deeply into this Kundalini experience through the more advanced Kundalini healing levels.



## KUNDALINI REIKI

### LEVELS 1, 2 & 3

The following table shows a good summary of the entire suite of Kundalini healing energies available to you through Love Inspiration. Please note that this first ebook covers only the Kundalini Reiki aspects of this Kundalini healing system i.e. Levels 1, 2 & 3 in an attempt to preserve the full set of Kundalini Reiki teachings brought through by Mr Ole Gabrielson.

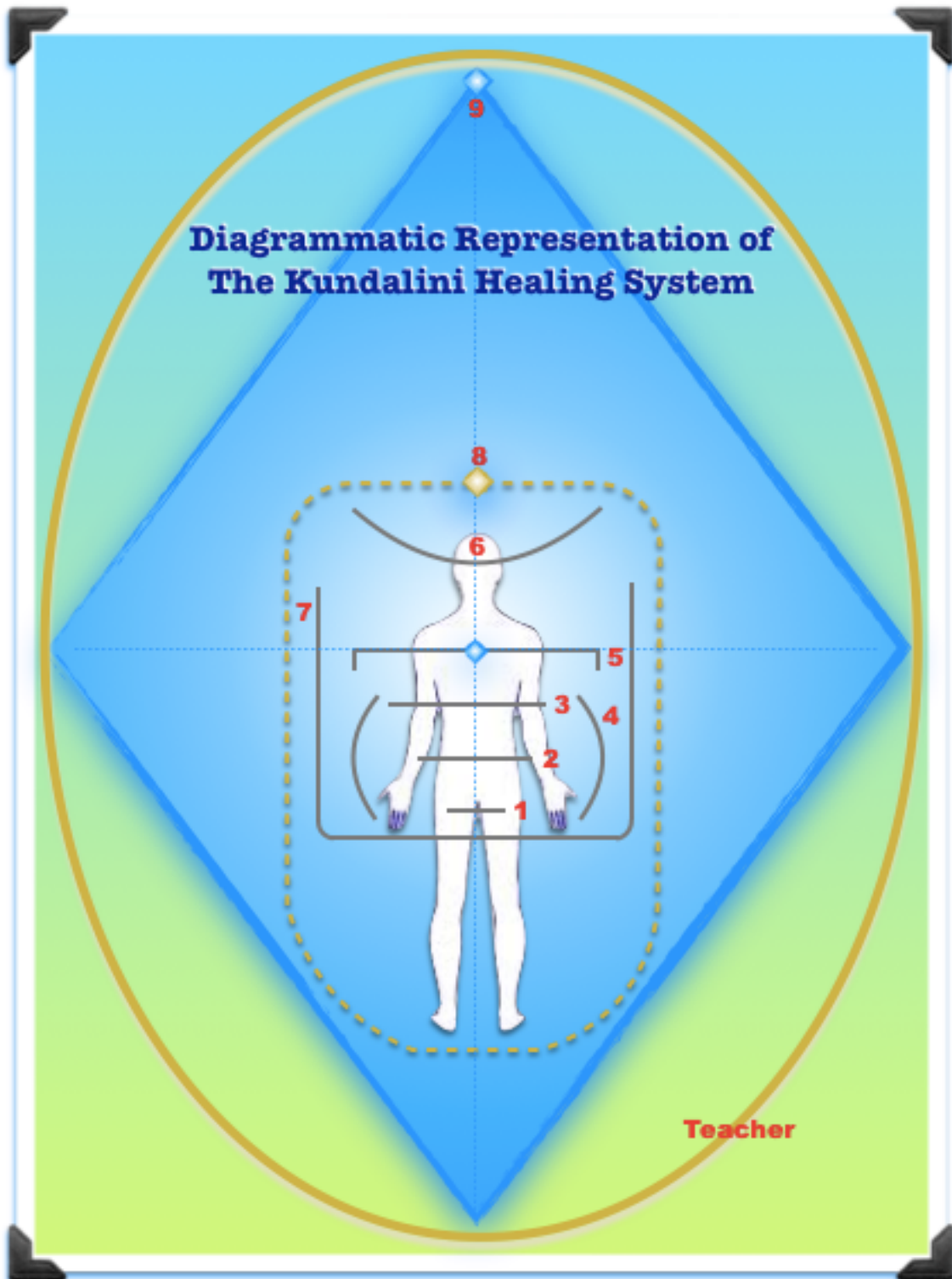
### Outline Of Kundalini Reiki & Advanced Kundalini Healing

NAME	LEVEL	DESCRIPTION	ATTUNEMENT TIMEFRAME
Kundalini Reiki	Level 1	Basic Healing Practices	-
Kundalini Reiki	Level 2	Self-Cleansing & Purification	After 48 hours from Level 1 attunement
Kundalini Reiki	Level 3	Kundalini Reiki Master Level	After 5 days from Level 2 attunement
Kundalini Fire	Level 4	Deep Kundalini Cleansing	After 11 days from Level 3 attunement
Kundalini Gold	Level 5	Working with Multiple Energies	After 11 days from Level 4 attunement
Kundalini Prism	Level 6	Third Eye Expansion	After 11 days from Level 5 attunement
Kundalini Equinox	Level 7	Consolidating & Encapsulating	After 21 days from Level 6 attunement
Kundalini Rheon	Level 8	Kundalini Expansion	After 3 days from Level 7 attunement
Kundalini Blue Diamond	Level 9	Advanced Kundalini Master Level	After 3 days from Level 8 attunement
<b>Advanced Kundalini Master Teacher</b>	<b>Level 10</b>	<b>Advanced Master Teacher Level</b>	<b>After 21 days from Level 9 attunement</b>

# KUNDALINI REIKI

LEVELS 1, 2 & 3

The full Kundalini Healing system can also be shown diagrammatically as follows:



As we look over this diagram, we can see the truly expansive nature of this entire Kundalini healing system and in particular during the later levels of this advanced Kundalini healing system. These practices really do allow for a very deep level of healing to be done, both in meditation and in our healing work for others. We hope you enjoy this beautiful healing system of love & light and we hope that it brings much happiness and love into your life!



# KUNDALINI REIKI

LEVELS 1, 2 & 3

---





## Love Inspiration

Learn • Heal • Awaken

---

## KUNDALINI REIKI

### LEVEL ONE

---

#### WE WARMLY AND HUMBLY WELCOME YOU TO KUNDALINI REIKI!

There will no doubt be many types of people who are interested in Kundalini Reiki as a way to heal and/or evolve their consciousness, for this is exactly what Kundalini Reiki allows us to do. It provides us with a system of energy based healing and meditation which genuinely gives our body, mind and soul exactly what it needs at any given time.

From our experiences, we wish to share that these truly are wonderful energies being introduced here in this course. They are very simple and easy to work with, either in meditation or healing and perhaps best of all, the learning process is a very straightforward one, making these teachings available to many different people.

Kundalini Reiki can be learnt by anyone regardless of previous experience and can be practiced easily and efficiently making it a great tool for those wishing to progress forwards on their meditative, spiritual and healing journeys. Often, we find that Kundalini Reiki is sought by those who have already taken some training with Usui Reiki however this is not a pre-requisite.

The energies that are being accessed through Kundalini Reiki are powerful and uplifting by nature and are always divinely guided which means that you can just sit and relax as the divine energies wash over you and do their work. In this way, the energies help us to heal, nourish and replenish as it helps us to bring more love, light and understanding into our state of being.

Kundalini Reiki is a synergy of:

☀ **Reiki** (divinely guided universal energy) &

☀ **Kundalini** (raw evolutionary force)

Making this beautiful healing system a truly unique and divine enriching experience for any level of practitioner.



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

### CONTENTS:

Content	Page
We warmly and humbly welcome you to Kundalini Reiki!	2
Contents	3
1. Understanding The Word 'Reiki'	4
2. Introducing Kundalini Reiki	5
3. How Is Kundalini Reiki Taught?	6
4. Learning Kundalini Reiki- Timeline	7
5. The Attunement Process	8
6. Learning Kundalini Reiki At Love Inspiration	8
7. Welcome To Level One - Kundalini Reiki	9
8. Receiving The Attunement For Level One	9
9. Instructions For Receiving Your Level One Attunement	10
10. The Self-Healing Practice For Kundalini Reiki	11
11. Bringing Kundalini Reiki Healing Into Other Areas Of Your Life	13
12. An Introduction To Using Kundalini Reiki To Help Others	14
13. Using Kundalini Reiki In A Hands-On Healing Session	15
14. Using Kundalini Reiki For Healing By Distance	16
15. Cleansing A Room, A House Or Location	17
16. Final Comments	18

### GET THE MOST CURRENT VERSION OF THE KUNDALINI REIKI EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout your attunements if you wish, please [visit our website](#) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on our website will always be the most current.



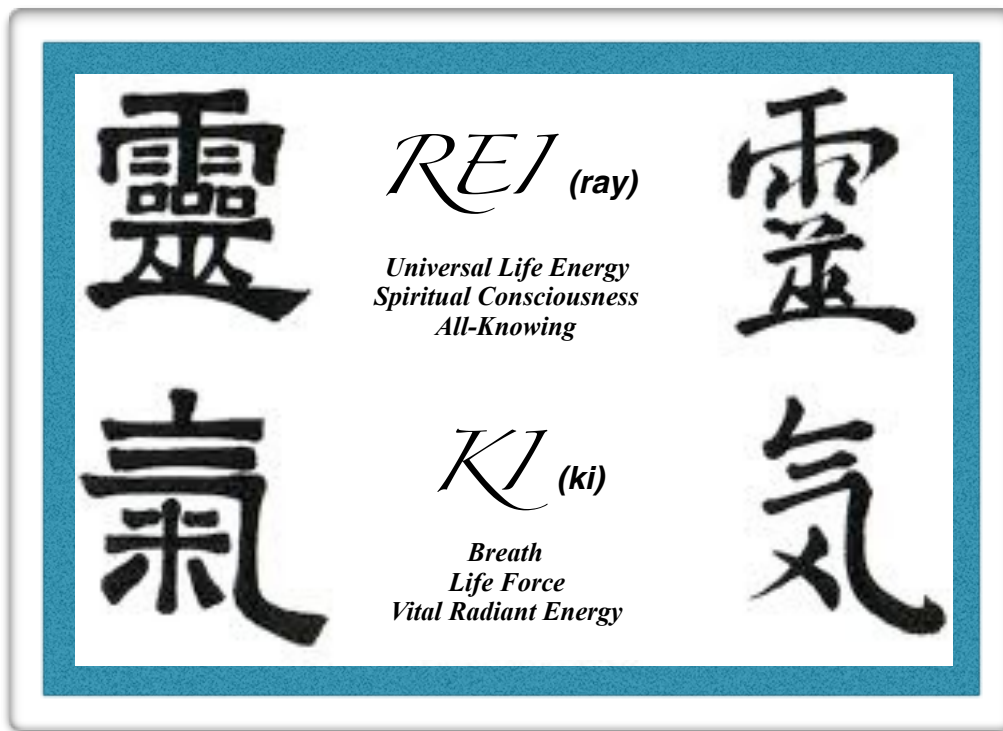
# KUNDALINI REIKI

LEVELS 1, 2 & 3

---

## 1. UNDERSTANDING THE WORD 'REIKI':

The word Reiki is a Japanese word which has been made famous by Dr Mikao Usui, a Japanese monk who lived in the 19<sup>th</sup> century. Dr Usui introduced the world to a system of hands-on healing and meditation which worked with universal energy or what is often translated as spiritually guided life force energy. This is precisely the meaning of the word Rei-Ki.



As you probably know, this system has now spread far and wide throughout the globe so that we can see millions and millions of practitioners benefitting from this beautiful universal gift of healing and love. We give thanks to Dr Mikao Usui and to all Reiki Masters who continue to bring this universal gift to this Earth!

Nowadays in the 20<sup>th</sup> and 21<sup>st</sup> centuries, in a similar way to Dr Mikao Usui, we are now starting to see more people bringing through different types of energy based healing systems through their strong spiritual devotion and dedication to helping others. Some of these newer energy based healing systems are then labelled as a sub-category within 'Reiki'.

Sadly however, there are still many Reiki Masters who believe that many of these newer types of energy based healing systems have no basis or are not authentic. In all cases, we would advise using one's own intuition in deciding whether any type of energy based healing practice is appropriate for them.

There are indeed many different types of energetic healing available to you; real, genuine and powerful vibrational practices designed to help with physical, mental and emotional health and wellbeing. These practices can help to bring us closer to happiness, joy, love, gratitude and compassion and can also help us to move closer towards states of inner peace and bliss.

---

### 2. INTRODUCING KUNDALINI REIKI:

The idea of awakening our Kundalini energy is definitely not a new concept. Often depicted as a coiled up serpent, our Kundalini energy is thought to be an extremely powerful source of energy which lies dormant at the base of our spine (Root Chakra).

It is believed that once a person reaches a certain stage of spiritual understanding, the Kundalini energies are awakened, allowing the energy to move upwards through all of our chakras and out through the top of the head (Crown Chakra) as it merges with the one-ness of all creation. An awakened Kundalini energy also helps through an advanced inner working of the mind and body.

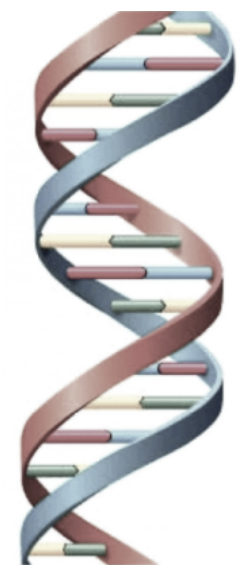
We can find many spiritual practices, throughout time, which have helped a practitioner work towards a safe awakening of their Kundalini energy. We classify Kundalini Reiki as one of these practices.

By working with divinely guided energies, it helps us to remove energetic blockages which act as barriers to the awakened Kundalini energy and also provides us with the love and understanding which is a crucial part of any spiritual development.

The teachings of Kundalini Reiki have come to us through the spiritual work of Mr Ole Gabrielson from Denmark. In the same way as Dr Mikao Usui brought us Usui Reiki, Mr Gabrielson has now brought us the divine healing energies of Kundalini Reiki.



*The Kundalini “Serpent”*



Mr Gabrielson is a master of meditation and he has helped thousands of people to find more inner peace and contentment in their lives. It is through his many hours of holy communion and meditation that he was able to connect with Master Kuthumi, described as one of the Ascended Masters and thus receive the teachings which are known as Kundalini Reiki.

Through the attunements and teachings given in this course, you are able to gain access to these healing frequencies directly and it is these frequencies which then enable you to bring in more light, love and healing into your personal meditations and healing sessions.

As we expand on these energies in the more advanced levels also, you will be guided through even more expansion and have access to many more Kundalini healing frequencies. We share all of these energies with you freely and with love - and we pray that it helps you to bring much healing and purity into your life.

## KUNDALINI REIKI

### LEVELS 1, 2 & 3

### 3. HOW IS KUNDALINI REIKI TAUGHT?

The teachings within Kundalini Reiki are given over three levels with attunements being required at each level of learning. Please refer to the below table for an outline of these three levels.

Kundalini Reiki		
Level	Advancement	Information
1	Basic Level	Hands on healing and distance healing
2	Advanced Level	Kundalini Reiki meditation
3	Master Level	Teaching level and additional types of Reiki: <ul style="list-style-type: none"><li>• Diamond Reiki</li><li>• Crystalline Reiki</li><li>• DNA Reiki</li><li>• Birth Trauma Reiki</li><li>• Location Reiki</li><li>• Past life Reiki</li></ul>

During the first level, the practitioner is taught how to do hands on healing which includes self healing, healing others and distance healing with the techniques typically taking around 5 minutes.

During the second level, after receiving the attunement, the practitioner is taught the very easy process of the Kundalini Reiki meditation. This helps to further cleanse, replenish and nourish our energy field in what is a relaxing and peaceful meditation technique.

During the third level, we introduce additional healing frequencies in what is referred to as Diamond Reiki, Crystalline Reiki, Past Life Reiki, DNA Reiki, Birth Trauma Reiki and Location Reiki.

The teachings at this third level explain how to now add to your healing abilities using these different energetic frequencies, be it through meditation, self healing or hands on healing / distance healing for others.

During the third level, you will also learn the process of giving attunements so that you become able to teach and pass on the Kundalini Reiki teachings i.e. Levels 1, 2 & 3. For those wishing to continue into the advanced Kundalini healing levels, you will also be given the opportunity to receive additional teachings during the advanced levels which show you how to amplify and simplify the attunement process through a connection to the Level 9 Kundalini Blue Diamond energies.

# KUNDALINI REIKI

## LEVELS 1, 2 & 3

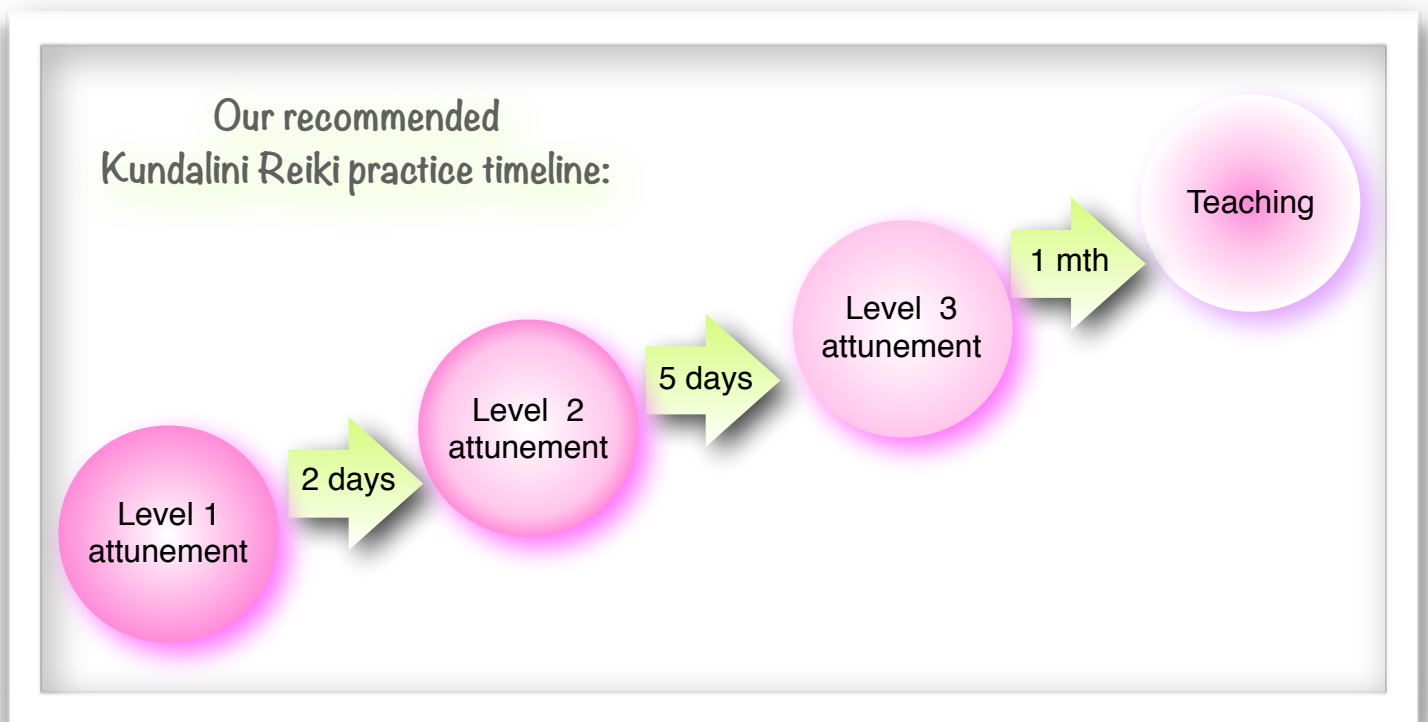
### 4. LEARNING KUNDALINI REIKI- TIMELINE:

Compared with other energy based healing systems, Kundalini Reiki can be learnt very quickly. The techniques being learnt are very simple and the energies being attuned in Levels 2 and 3 seem to build on from the previous level of learning. This then allows the recipient to be more effective in their divinely guided healing work.

Whatever the case may be for you, we strongly recommend that you allow a small amount of time in-between each attunement which allows for the energies to be integrated and assimilated within. The recommended time between Levels 1 and 2 is two days and between Levels 2 and 3 we suggest five days of 'energetic digestion' time to allow the energies to settle within your consciousness.

After receiving the Level 3 training, we recommend a practice period of at least one month before attuning anyone into Kundalini Reiki. In addition to this, you may start moving through the advanced Kundalini healing levels after a minimum of 11 days from your Level 3 attunement.

How quickly a person learns Kundalini Reiki however is entirely up to them. There is some practice to be done at each level so there may be some who may wish to move through the Kundalini Reiki system more slowly to allow some time for practice and to digest the energies that each level introduces. Whatever *feels* right for you is often the best option.



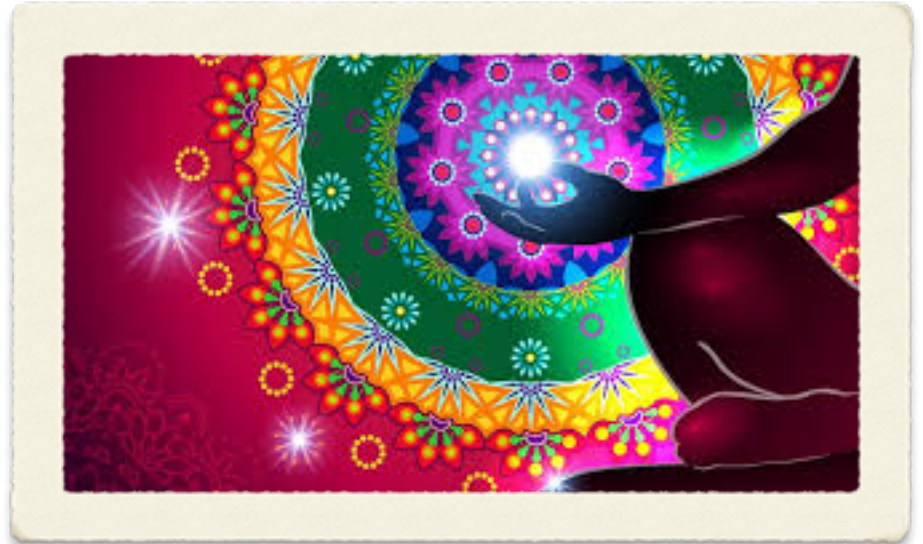
You will also notice here that this information only represents the Kundalini Reiki system and for those of you who are wishing to move into Level 4 and beyond, it is worthwhile pointing out here that you may receive your Level 4 Kundalini Healing attunement after a minimum of 11 days from your Level 3 Kundalini Reiki attunement.

## **5. THE ATTUNEMENT PROCESS:**

The attunement process for Kundalini Reiki is a very simple one and normally takes around 25 minutes to complete. The attunement process can either be received in person or by distance and it is necessary to receive three separate attunements, one for each level of learning.

The attunement is normally a very relaxing and enjoyable experience which helps to give the recipient access to the energies of Kundalini Reiki so that they can then begin to practice the healing techniques for themselves and for others.

From an energetic perspective, there is no difference whether you take an attunement by distance or in person. We believe there is absolutely no difference in the quality of the attunement or in your ability to access the Kundalini Reiki energies.



For more information on attunements please visit our FAQ section [The Attunement Process](#) on our website.



## **6. LEARNING KUNDALINI REIKI AT LOVE INSPIRATION:**

In order to reach as many people as possible, we have decided to make these teachings available online in this ebook format. As we have mentioned above, we believe there is no difference in the quality or intensity of energy transfer by taking the attunements by distance.

We have prepared this ebook in the same way as we would conduct a live class so you do not miss out on theoretical understanding of the techniques and practices.

This ebook provides you with precise and easy to follow instructions of each step of the Kundalini Reiki journey and also provide you with additional tips and techniques from us so that you can incorporate these teachings into other meditation and healing techniques.

We also offer our Advanced Kundalini Healing teachings in exactly the same way, via ebook and via distance learning. If you have any questions please feel free to check out the informative [FAQ pages](#) on the website.

We understand that information is a very important part in the learning process and we are very committed to educating and sharing information! We hope that you will gain clarity from these teachings and may these healing techniques, energies and practices bring much healing, love & joy into your life!



# KUNDALINI REIKI

## LEVELS 1, 2 & 3

---

### 7. WELCOME TO LEVEL ONE - KUNDALINI REIKI:

We thank you for choosing to learn with us and to explore this beautiful gift of Kundalini! You have made a wonderful choice and we hope that you get everything you are requiring and so much more from this wonderful system of healing & meditation.

In this first level, we will be introducing you to the concepts of self-healing, hands on healing, distance healing and also showing you how you can cleanse a particular area i.e. a house, a room, an office etc. These techniques can be used for both healing ourselves and others.

For those of you who are already practicing other forms of energy based healing such as Reiki, these new tools will complement and add to your healing repertoire so that you can heal a wider variety of issues and energetic imbalances within yourself and within others.

There are also many ways that you can 'play' with the different energies within these systems remembering that it is always best to set your intention clearly before /during any meditation or healing session. We will address this more in the Level 3 teachings.



### 8. RECEIVING THE ATTUNEMENT FOR LEVEL ONE:

As in most energy based healing systems, the attunements are probably the most important aspect of the teachings. By receiving this attunement, you gain access to the divine healing frequencies which are essential to the practical aspects of the teachings.

In the first level attunement, it is said that the Heart Chakra is expanded and the energy channels which run from the Crown Chakra to each of the Palm Chakras are also opened which allows the Kundalini Reiki energy to flow. The first level Kundalini Reiki attunement also helps to clear or cleanse the main energy channel running from the Crown Chakra to the Root Chakra in what is the preparation for the Level 2 and Level 3 attunements where the Kundalini flame is lit.

Please be reassured that taking the attunement is normally a very relaxing & nice experience and you may feel some energy moving during the process. Some may not feel anything at all and this is absolutely fine also.

Please note that in the days following the attunement, you may undergo what is called a [healing crisis](#). You may feel some different sensations as some of the old, unwanted energies clear away, shift or move. If you are clearing away lots of old energies i.e. through deep healing, then your body will need to work to clear these so as a result you may feel sluggish or tired. Others may feel some slight cold or flu symptoms as the energies clear. You can sometimes even get a few extra trips to the toilet if the energies are clearing in your lower chakras. (We work a lot with chakras in energy based healing so if you would like to know more about them, please visit our [Chakra FAQ's](#).)



There may also be some emotional clearing happening from the attunement and / or your healing practices so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest.



## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

