

Age of Aquarius Attunement

instructions

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About the Age of Aquarius Attunement

We, as a planet, are currently transitioning from the Age of Pisces to the Age of Aquarius. While there is some debate on exactly when the switch will take place, a commonly mentioned date is 2012, or more specifically, 11/11/11 (2011). The Age of Pisces on the positive brought us our world religions, but it also brought us religious wars. The Age of Aquarius will usher in energies favoring technology, communication, and community. Many spiritual teachers believe this will lead us into a new era of global peace and cooperation.

From the Kundalini Research Institute website:

We are quickly approaching the long awaited transition to the Aquarian Age. Much has been written about this. In essence it is humanity's transition from adolescence to maturity. We leave behind the Piscean Era and enter into an age of global awareness, radiance, intuition and cooperation, an era that will usher in an age of equanimity and prosperity, accompanied by an evolution in our capacity to perceive, think, feel and sense. Such growth would mean that much would need to be left behind—old structures and ways of thinking, communicating and living will pass. Confusion, depression, and conflicts will increase as the old ways of holding power—politically, religiously, socially and personally—all fight their last fight. This period of testing and growth will last until 2038, when a new stewardship of this planet and our selves will be realized and peace will have an opportunity to prevail on Earth.

http://www.kriteachings.org/1000day/1000_yrs_and_beyond.htm

As we make this transition, life may seemingly get more difficult as the “old structures” are torn down to make way for new ones. You can see evidence of this in our financial system, which underwent a tremendous upheaval in 2008. It may be that things could get a little worse before they get better, so it's time to strap yourselves in for a wild ride!

The energies of this attunement are to help you weather this transition with greater ease and peace of mind. Use it whenever you are feeling overwhelmed by the world or needing additional grounding or centering even if things are “crazy” around you.

To Activate

Sit in a meditative posture. Chant the following mantra (words in bold, translations are underneath), or simply focus on the meaning of the words, imaging the Age of Aquarius energies (peace, cooperation, friendship, and intuition) entering your crown as you meditate:

Sat Siri Siri Akal

Truth, Projective Prosperity, Greatness • Great Undying One Who Knows No Death

Siri Akal Maha Akal

Great Undying One Who Knows No Death • Infinite Who is Deathless

Maha Akal Sat Nam

Infinite Who is Deathless • Truth as Identity, Identity of All That Is

Akal Murat Wahe Guru

Embodied Form, Image of the Infinite • Ecstatic Totality of God and Existence

For a full meditation using this mantra, go to:

http://www.kriteachings.org/1000day/1000_yrs_and_beyond.htm

To Attune Others

Connect to your higher self, and then the higher self of the recipient. You may optionally choose to repeat the mantra (above) to yourself as a centering prior to the attunement.

Whether in person or via distance, sense or visualize the positive qualities of the Age of Aquarius entering in through the crown chakra – peace, cooperation, friendship, and intuition.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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