

Kundalini Reiki

The Manual

Introduction to Kundalini Reiki

Introduction to Reiki

Reiki, meaning 'universal life energy', is a form of energy healing which is now increasingly recognised for its ability to heal on all levels (physical, mental, emotional and spiritual) and promote total holistic well-being. It energises and heals the body, reduces stress and works in conjunction with other healthcare and medical treatments. Reiki is not a religion; rather it is a spiritual practice, which complements any faith as a hands-on healing practice.

A practitioner gains access to the specific frequencies of energy used in Reiki by receiving a series of attunements from a Reiki Master. During an attunement, different energy centres (chakras) and energy channels are opened and strengthened, which enables the Reiki practitioner to channel energy through their hands.

In recent years, Reiki has become extremely popular here in the West and, as a result, numerous 'non-traditional' styles have been created, many of which have been channelled from Archangels, Ascended Masters or other high spiritual beings. Although these are largely based on the original Usui Reiki (with Reiki masters adding new symbols, new or altered attunement procedures, additional levels, new methods to work with the Reiki, or including techniques from other modalities), there are also others such as Kundalini Reiki, where the energy is of a particular type not found in the Usui system. These styles of Reiki are good for specific objectives and types of treatment, are simple to use, and furthermore can be used in conjunction with other forms like Usui and Karuna Ki, for example.

What is Kundalini Reiki?

Kundalini Reiki is a very straightforward healing technique, which does not require intensive study or the use of complex procedures. A series of three attunements are given in order to open and strengthen the energy channels of your body, enabling the healing waves of Reiki energy to flow through you and cleanse your body from energy blockages. After receiving your first attunement you can begin using the healing energy immediately, and once further attunements are completed, your ability to channel will be considerably strengthened.

Kundalini is a Sanskrit word for the powerful creative force in the human body, which lies dormant in most people at the base of their spine. It refers to the state in which certain healing channels and chakras have been opened, thereby gaining access to the Earth's energy. The Base chakra, an energy centre located near the coccyx, serves as the entrance for the Kundalini energy (also known as the 'Kundalini Fire'). Upon entering the body, the energy runs along the main energy channel, before exiting through the Crown chakra. With an open Kundalini, a complete cleansing of the chakras, energy channels and body parts will be obtained over a period of time.

Although similar to the traditional Usui and Usui-based systems of Reiki in that it is a powerful tool for energetic healing, Kundalini Reiki has the advantage of reaching far beyond the traditional Reiki systems. In having your Kundalini awakened safely and instantaneously in this manner, your Reiki channelling capabilities will be greatly improved. Furthermore, this combination of Kundalini and Reiki energy works in synergy to promote spiritual healing and spiritual evolution towards enlightenment.

History of Kundalini Reiki

Kundalini Reiki, or Tummo as it is sometimes known, was discovered by Ole Gabrielsen, a Master of Meditation who has inspired many people throughout the world. His four meditation CD's are immensely popular best-sellers in his native country of Denmark, and have helped thousands of people to regain their peace and happiness.

Kundalini Reiki is the result of Mr. Gabrielsen's channelled experiences with Ascended Master Kuthumi, the Chohan of the Second Ray. Master Kuthumi is connected to the Crown chakra and the Temple of Love, Wisdom and Understanding. He is thought to come to those who seek world knowledge in this time of change and who wish to use that accumulated knowledge for the benefit of all. This Ascended Master's energies are being directed to heal the physical body and mind and to overcome the tendency towards intellectual arrogance. His expressed goal of Kundalini Activation leading to expanding states of Universal Consciousness, Peace, Light and Love is not a future promise but one of

immediate possibility.

For your Kundalini Reiki lineage, simply add your name to the end of the following list:

Kuthumi - Ole Gabrielsen - John Hicks - Martyn Pentecost - Pamela Jordan - Sheryl Carter

Additional Course Information

Kundalini Reiki is a very safe and gentle way to awaken Kundalini energy. When awakened via this method, there are no negative side effects from out-of-control Kundalini. The main energy channel running from the Base chakra to the Crown chakra is opened completely, thus preventing any build-up of pressure since the Kundalini energy is simply released through the Crown chakra.

A person who currently has, or has had problems in the past with wrong Kundalini awakening, or other problems with the Kundalini energy, can often be helped with Kundalini Reiki.

All students must begin with Kundalini Reiki 1, even though you may have previously received attunements from other systems. Kundalini Reiki 1-2-3 are taken as remote, long-distance courses. There is no difference in the quality of attunements whether done 'hands-on' or as a remote, long-distance attunement. Each attunement takes approximately 25 minutes. The second attunement should be at least 2 days after the first, and the third should be at least 5 days after the second.

If this is your first experience of receiving Reiki attunements, then the following preparation guidelines will be of interest. Prior to receiving an attunement it is advisable to take the phone off the hook and find somewhere quiet where you can sit undisturbed for at least half an hour. Turn off the lights or pull the curtains (allowing just a very weak light inside the room), and if you wish, light a few candles or incense and play some relaxing meditation-style music in the background. Sit down in a comfortable chair with your feet touching the floor and your hands resting on your legs with the palms facing upwards. Then close your eyes and breathe deeply and slowly several times - just relax and try not to think about anything other than the attunement process if you can help it. The most important thing is to be comfortable and enjoy your attunement.

Attunements can be experienced in many different ways, but most of the time they are felt as subtle sensations of energy. Sensations of heat or shivering, seeing colours, feeling a certain chakra, and experiencing deep inner peace and relaxation are all possibilities, as is experiencing nothing at all. Everyone's attunement will be different, but nonetheless perfect for that person. Remember that you are safe and protected during the entire process and that the Reiki healing energies you receive are a lifetime gift from the Divine.

The purpose of an attunement is to enable you to draw a more powerful stream of life-force energy through your being, which will clear blocks and release old patterns. As a result, following an attunement you may have a short period of cleansing reactions, which is often the case with the start of any natural healing method. This can include flu-like symptoms, sweating, increased urination, loose stools, vivid dreams, or indeed, no symptoms at all. It is best to drink plenty of water, give daily treatments to your own self and perhaps take some more rest than normal, in order to assist your cleansing and detoxification process.

Very occasionally someone may feel a bit spacey after an attunement, or find the stronger energy overwhelming. If this happens you should lay your hands on your own body or someone else's, and allow the energy to flow through you as this will balance the energy.

Brief Summary of the Kundalini Reiki Degree System

Kundalini Reiki 1 - During the first attunement the healing channels are opened to enable channelling of Reiki energy. At the same time, the body is prepared for the Kundalini awakening in Kundalini Reiki 2. The Crown, Heart and Hand chakras are all opened and then strengthened, thereby allowing healing of the attuned and of clients. You will learn how 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 - At this level, a Kundalini awakening takes place. The channels are strengthened and the main energy channel is opened safely. As a result, the 'Kundalini Fire' can now travel via the Base chakra to the Solar Plexus chakra, preparing the way for a full Kundalini awakening in the next level. You will learn a meditation, which will increase the power of the flame in the 'Kundalini Fire'. This is of great benefit, as all the chakras/energy systems light up and cleansing occurs.

Kundalini Reiki 3 (Kundalini Reiki Master) - The Throat, Solar Plexus, Sacral and Base chakras are opened and strengthened further. The 'Kundalini Fire' is also strengthened and flows up and out of the Crown chakra and a full rising of the Kundalini takes place. You will learn how to attune others, as well as objects such as crystals, so that they may act as Reiki channels. You will also be instructed on using the following extra, included attunements:

1. Balance All.
2. Diamond Reiki.
3. Crystalline Reiki.
4. DNA Reiki.
5. Birth Trauma Reiki.
6. Location Reiki.
7. Past Life Reiki.

Kundalini Reiki First Degree

In the Kundalini Reiki 1 attunement, most of the knots and blockages in the chakras are removed (with the exception of those in the Base chakra). The main energy channel, running from the Crown chakra to the Base chakra, is cleansed in preparation for the Kundalini awakening which will occur in Kundalini Reiki 2. This main energy channel is also known as the sushumna. During this first attunement, the Heart chakra is enlarged and the energy channels from the Palm chakras to the Crown chakra are opened to enable the Reiki energy to flow.

Hands-On Healing

Kundalini Reiki is extremely easy to use when giving a hands-on treatment. Unlike other Reiki techniques, Kundalini Reiki does not require any specific hand positions and for this reason it is perfect for use when channelling other forms of Reiki energy, particularly so for grounding purposes. However, it is not necessary to use it in conjunction with another form of Reiki in order to feel its benefits.

For an exclusive Kundalini treatment, ask your client to sit down on a comfortable chair and stand directly behind them. Place your hands gently on their shoulders and clear your mind of any stray thoughts. Once you are ready to channel, simply think to yourself “Kundalini Reiki” to begin the flow of energy. Although the energy will flow freely of its own accord, you can often help the flow by using visualisation to pull the energy up through either your feet or your Base chakra. Stay relaxed, and enjoy the feel of the energy/heat as it rises up through your arms and out via the palms of your hands. If you’ve previously been attuned to other types of Reiki, you will notice that Kundalini Reiki has a very distinct feel - it’s hotter and more physical.

Another significant difference when using Kundalini Reiki is that the energy will stop of its own accord after 3-5 minutes. This means that the healing session is complete and you can now remove your hands. The healing energy, however, will continue to flow around the client’s system for some time afterwards, and if desired, you can continue a treatment and consequently enhance the effects of the Kundalini Reiki by using a different style of Reiki or another therapy (which you are qualified to use). Keep in mind that the energy will always flow to wherever it is required, and the client will always receive the correct healing for their needs, no matter how severe or insignificant their ailment may be.

Distance Healing

Similarly to other types of Reiki, you can employ Kundalini Reiki for sending remote, long-distance healing. This is incredibly simple to do: just visualise the

client or their name in the palms of your hands. Once you've achieved a good image of them, place your palms together and clear your thoughts.

As before, think to yourself "Kundalini Reiki" to commence the energy flow, and visualise the energy rising up through your feet or Base chakra, and along your arms into the palms of your hands. Once again, when 3-5 minutes have passed you will notice the Reiki energy stops flowing, although it will still continue to work in the client.

Self-Healing

As is common practice with other styles of Reiki, it is advisable to perform self-healing every day. The distance method described above can be used for self-healing - just visualise yourself in the palms of your hands instead.

If you are already attuned to Usui Reiki, it is better to use the Hatsurei-ho technique to increase Reiki flow than a standalone self-treatment with Kundalini Reiki. The main reason for this being that Usui-style Reiki covers a wider band of energy vibrations and as a result has a wider reach and effect than Kundalini Reiki on its own.

Kundalini Reiki is an excellent choice for working on any issues with the lower chakras, grounding problems, or emotions and feelings such as shyness, daydreaming, or sexual issues.

If, for example, you wanted to work on a specific issue such as shyness, you could send it Kundalini Reiki energy either by visualisation or by writing your issue down and Reiki-ing the piece of paper with the intent of helping your shyness.

You could also work on this issue physically by placing your hands on your Throat chakra and asking the Kundalini Reiki energy to flow. The Third Eye (brow), Solar Plexus and Sacral chakras might benefit from this technique as well, since they deal with charisma, social interaction and self-image.

The best thing to do is to experiment with the different methods for self-healing and see what works best for you.

Space Clearing

You can also employ Kundalini Reiki as a very simple method for clearing a space of negative energy, such as a specific room or even the whole of your house. The distance healing method is used, but instead of thinking of a name or visualising a person in your palms, you should concentrate on thinking about the specific room or house, for example, "John's room/house". Try to visualise the space and once you have a clear picture of it in your mind's eye, start to shrink it

down steadily until the image fits into the palms of your hands. Then place your hands together and channel/visualise for 3-5 minutes. Don't worry if you find visualisation difficult, as it is not important how precisely you visualise the object in your palms. Keep in mind that your intention to heal an object is sufficient for the energy to flow to the right place.

It is a good idea to cleanse your own home once every 14 days using this method.

Healing Karmic Bonds

It is believed that karmic bonds exist between us and those we hold dearest (or once held dear). Sometimes these bonds are actually a burden and can have negative influences on our physical body and energy. It is clearly important to heal such bonds, and by doing so we can often heal our own emotional and physical traumas, at the same time as strengthening those relationships where karmic bonds are involved.

This can be achieved using the remote, long-distance healing method. For instance, if you would like to improve the relationship between you and your own father, then write "My relationship with my father" using your finger in the palm of your hand. As before, place your hands together and start the flow of energy. If you wish to heal a relationship on another person's behalf, then this time you should write "Sarah's relationship with her father", place your palms together and begin the energy flow.

Try to visualise those concerned when healing karmic bonds. You can also think about any problems that you or the people involved have experienced and direct the healing as appropriate. This procedure tends to last 3-5 minutes, but it's not unheard of for it to take a little while longer and perhaps even require repeat treatments.

Healing a Situation

Kundalini Reiki can be very beneficial in helping to heal situations, personal qualities or character traits. Basically, it can be used to heal any negative aspects of your own self or others, but bear in mind that it should only be used for the highest good of all concerned. Sometimes, there are certain things that ought not to be tampered with, so if you have any doubts about a particular healing treatment then trust your intuition and leave well alone.

If you wish to heal something about yourself such as nervousness, anxiety, jealousy, impatience, sorrow, anger, poor communication skills, toothache etc, then write on your palm or think to yourself "My anger", or for someone else "Karen's toothache".

While channelling the energy, visualise the negative trait becoming positive. For instance, if you have issues regarding anger, then imagine yourself in a rage and send healing to that anger, visualising yourself transforming into a calm and serene person.

Chakra Balancing:

This is not a normal part of the Kundalini Reiki Teaching but I think it will become invaluable in your treatments and help develop your intuition, so I have included a simple technique.

To do this the person you are balancing must be lying down on their back and you need to position yourself on their left hand side and you are going to work off body with your hands about 6" above them.

Start by placing your left hand palm down about 6" above the persons base chakra above the groin area and your right hand next to it, thinking "Kundalini Reiki" to get the energy flowing and close your eyes.

You are now going to slowly move your right hand towards the head keeping as relaxed as you can whilst sensing what you are feeling in your hands, when you are over the solar plexus chakra you should get a similar sensation to when you try and push two opposing magnets together and feel resistance.

Some will feel heat or cold or just a slight difference in the energy, you must respond to whatever you sense no matter how slight the change, this will improve with usage.

Now use your intention to send the energy down your left hand through the person and up your right hand. It might take a while to get the flow going but as soon as you feel it start to flow into your left hand then reverse the direction of the flow down your left arm and into your right.

Now start a seesaw effect going by simultaneously sending the energy down your left hand and in a relaxed way lower your hand a couple of inches and you should feel the right hand raise on its own, this is a combination of the energy and the persons aura. Reverse the flow as you gently lower your right hand and keep this going for about a minute.

Repeat on all the other chakras until you have finished the crown and that is it, all balanced.

A lot of powerful energy work is done of the body in the auras so please get used to the different feel of the energy when working above it, follow your intuition and be open to being led.

Just go with the flow and practice – practice and practice some more ok.

Kundalini Reiki Second Degree

During the Kundalini Reiki 2 attunement, a Kundalini awakening takes place. The channels are strengthened and the main energy channel is opened safely. As a result, the 'Kundalini Fire' can now travel via the Base chakra to the Solar Plexus chakra, preparing the way for a full Kundalini awakening in the final attunement.

Following the second attunement, the energy being channelled changes slightly as it becomes stronger and vibrates at a frequency considered to be in line with the 'Kundalini Fire'. In the same way that Usui Reiki is equivalent to QiGong, Kundalini Reiki is the equivalent of Kundalini Yoga. The latter uses the same energy vibrations, however, with the Kundalini Reiki you 'channel' energy as opposed to using or cultivating your own energy. What this means, is that rather than spending many years practising the yoga techniques in the hope of raising the flame, you can achieve the same result for healing purposes simply by receiving the Kundalini Reiki attunements. Remember, of course, that the energy is a gift from the Divine and it is not actually 'you' that is doing this.

Kundalini Reiki Meditation

You are now ready to participate in a specific meditation, which will enhance and strengthen the power of the flame in your 'Kundalini Fire'. This is of great benefit, as all the chakras/energy systems light up and cleansing occurs.

Find somewhere quiet where you can sit or lie down comfortably. Breathe deeply and relax your body for a few minutes until you feel calm and ready to continue. Then think "Kundalini Reiki Meditation" to commence the cleansing process. Relax and enjoy this energy, which will automatically stop around 5 minutes later.

It is advisable to practice this meditation once every day, in order to get the greatest results from your rinsing/cleansing process. When using this technique in Kundalini Reiki, you will only receive as much energy as you need and are able to handle. You will never be given more energy than you can manage at that time; this is equally true for self-healing and the healing of others.

As well as performing the Kundalini Reiki Meditation on a daily basis, please continue to practice all the healing procedures covered in the First Degree and note any observations regarding changes in the 'feel' of the energy.

Diagram 1: Before Kundalini Reiki 1 Attunement

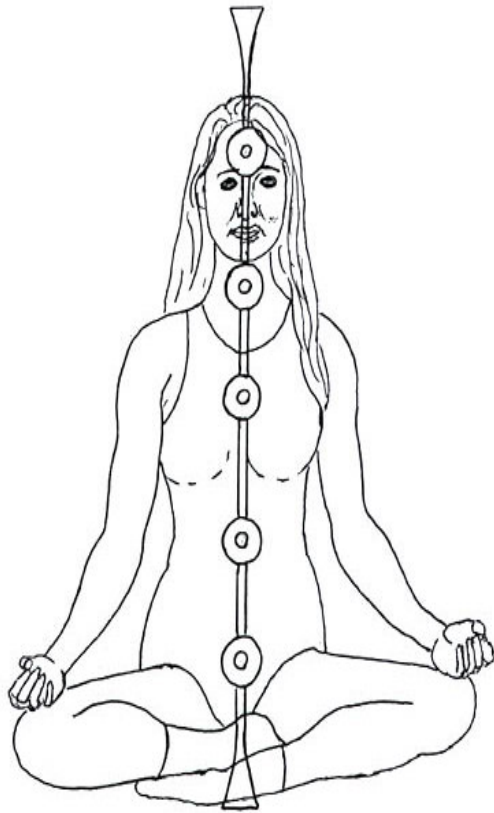


Diagram 2: After Kundalini Reiki 1 Attunement

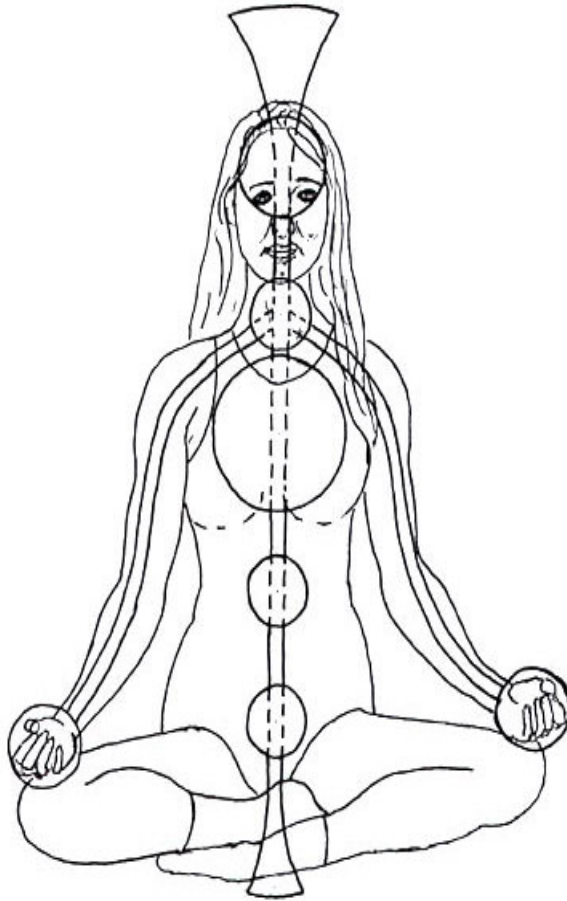


Diagram 3: After Kundalini Reiki 2 Attunement

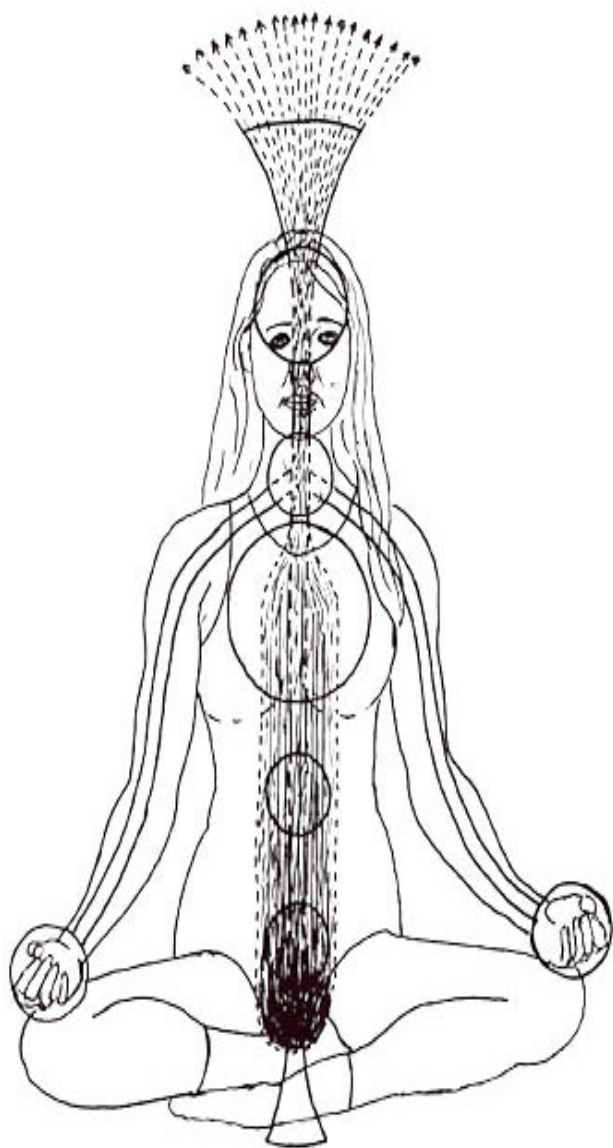
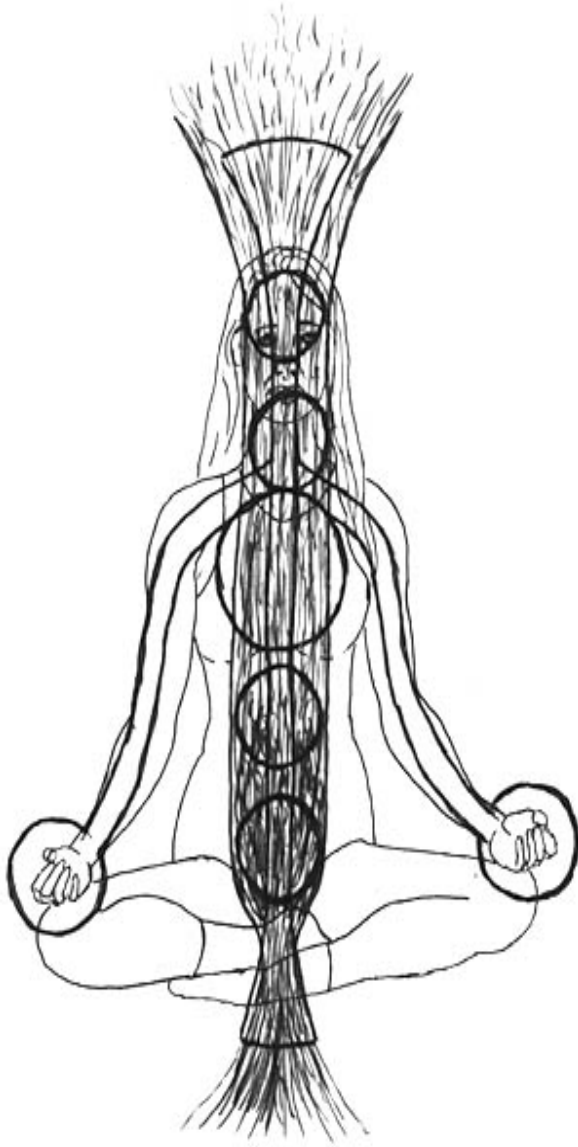


Diagram 4: After Kundalini Reiki 3 Attunement



Kundalini Reiki Third Degree

Once you have received your third and final attunement, you will have reached Kundalini Reiki Master level and be able to attune others. I will forward the additional notes on how to do this after your attunement.

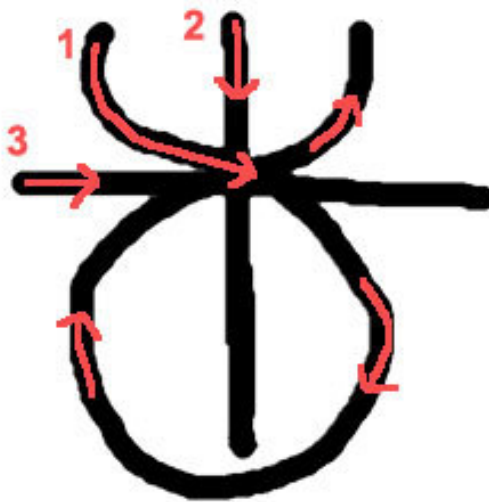
Kundalini Reiki has a specific vibration, which is associated with the lower chakras and the Earth Star (an energy centre located about 9 inches beneath our feet in a direct line with the Base chakra). It also correlates with the Basic

Self and areas such as Childhood, Karma and Past Lives. Kundalini Reiki is considered to be extremely beneficial when sending healing to these areas of your life/lives, and is suitable for using in meditations to heal the Inner Child, or heal others at a soul level. It can also be utilised in regressions for Birth Trauma, and to achieve Grace.

Kundalini Reiki Master Notes

Attunement Instructions

Kundalini Reiki attunements are very simple to pass on as you only need to memorise one symbol. This was channelled by my own Kundalini Reiki teacher, Martyn Pentecost, to aid students who have difficulty in connecting directly to the Kundalini energy. He recommends that as you become accustomed to the energy triggered by the symbol, you should try to learn to connect to the energy directly, rather than becoming reliant on using the symbol. Although it doesn't have a name, you can repeat the word "Kundalini" as a mantra three times after drawing/visualising it, if you find this helpful.



To begin the attunement process you should first relax in a quiet place and connect to the Kundalini Reiki energy by stating "Kundalini Reiki". Once you can feel the flow of energy, you may wish to call upon your higher self and guides to join you and ask for their assistance. Then draw or visualise the Kundalini symbol.

You can now state your intention to attune someone to Kundalini Reiki by saying

the following:

“I wish to send a Kundalini Reiki Attunement level (*number*) to (*name*) on (*date*) at (*time and time zone*). Let them be open to the energy for the highest good and greater purpose of all. We are all blessed by this process.”

Finally, seal the process with the Kundalini symbol and allow the energy to channel for 5 minutes, or until the flow stops. The attunement itself will then start, finishing after about 25 minutes.

When passing on Kundalini Reiki 3, all of the additional attunements are automatically included so there is no need to request these individually.

When initiating students into Kundalini Reiki 2, it is helpful to allow the participants to feel the area about 40cm over one another's heads before and after the attunement, as this will enable them to feel the difference between the active and inactive Kundalini flame.

Attuning Objects

Crystals and other objects can be attuned to the Reiki energy. For example, you could attune a piece of jewellery that you wear regularly, and from then on it will carry Reiki energy for whenever you need a boost. Objects need only be attuned once.

The procedure is very easy; just address your higher self and say:

“I ask that this (*object*) may be attuned as a Reiki channel.”

The process will be complete after approximately 30 seconds.

Extra Attunements

As mentioned previously, when you receive the Kundalini Reiki Master attunement you automatically receive seven additional attunements, which have very specific purposes and can be accessed as follows:

1. **Balance All** - this is for balancing the mind, body and soul, or in other words balancing all of the energy systems in the body. To use it, you can either put your hands together and think “Balance Reiki”, allowing the energy to flow until it stops of its own accord, or alternatively you can hold the tips of your fingers and thumbs together for 30 seconds. This commences the balancing of your complete energy system, which takes about an hour and should only be used once a day.
2. **Diamond Reiki** - during the attunement an etheric diamond was placed in the

Crown chakra, in order that all the Reiki energy flowing through the chakra will take on the diamond's properties. Diamond Reiki therefore enhances the power of the other Reiki types used with it. It possesses a strong energy, which will enlighten and heal everything in its path, provided that there are no underlying unresolved problems. As before, place your palms together and think "Diamond Reiki", letting the energy flow until it stops.

3. **Crystalline Reiki** - it is believed that we have small crystalline deposits around our bodies, which are exit points for the traumas we've experienced during our life. A crystal forms each time we put off dealing with a trauma (such as a broken leg, sorrow or remorse). In other words, if someone breaks their leg, a crystal will form to hold the memory of the pain and feelings associated with their trauma. These crystals can be easily dissolved and healed, provided there are no unresolved issues behind the trauma. A complete treatment requires two sessions, each lasting around 15 minutes. Crystalline Reiki is not suitable for distance healing, as both hands must be touching the client. However, when giving yourself a treatment, it is appropriate to use the distance healing method. Only one treatment is required per person.
4. **DNA Reiki** - this works to strengthen DNA molecules and heal negative inherited genetics, diseases and karmic issues etc. Noticeable results are usually seen after 3 weeks. This healing method is suitable for both hands-on and distance healing, and only one treatment is needed per person. Simply put your hands together and think "DNA Reiki"; the energy should stop after 3-5 minutes.
5. **Birth Trauma Reiki** - this deals with the issues created by the process of being born. Both hands-on and distance healing methods are suitable for releasing this trauma and, as before, only one treatment is required. Place your palms together and think "Birth Trauma Reiki"; the healing will take 3-5 minutes.
6. **Location Reiki** - in the same way that there are karmic bonds between people, there are also bonds between people, places and the Earth. Such bonds can weigh us down and sometimes can even influence our physical health. Location Reiki can be used to send healing to a specific location for cleansing, increasing positivity and protection. It can be used both hands-on and remotely, with only one treatment necessary per client. Again, put your hands together and think "Location Reiki"; the healing energy will stop after 3-5 minutes.
7. **Past Life Reiki** - this is ideal for use on past lives to resolve karmic influences. It can either be used directly with known lives, or allowed to flow freely. Both hands-on and distance healing can be carried out; simply place your palms together and think "Past Life Reiki". For a complete treatment, 3 sessions are required.

It is very important to remember that before treating anyone else, you must first heal yourself with Crystalline, DNA, Location, Past Life, and Birth Trauma Reiki treatments.

When treating a client using Kundalini Reiki 3, it is advisable to first do a situation healing. Then you can go on to use Birth Trauma healing, Location healing, Past Life healing, followed by DNA healing. Finally, provided that you are treating the client in person and they are able to come the next day or at a later time, you can also give them a Crystalline healing.

Kundalini Reiki Booster Attunements:

There are 6 booster attunements,

Kundalini Reiki levels 3 – 9 or Kundalini Reiki Booster attunements 1- 6 that you can pass on to others.

Personal note:

These attunements are all done individually and I have often seen them supplied in two groups of 3 but my personal thoughts are that they should all be supplied in one continual attunement process.

If they were not all necessary then they would not be there!

WHAT DO THESE BOOSTERS DO?

These Kundalini Reiki Boosters reinforce the Kundalini Attunements 1- 3 and widen and strengthen the chakra opening of your Hands and energy channels to allow even greater amounts of Kundalini Reiki to flow through you in a shorter space of time.

Another thing that these Boosters do is to strengthen that opening in the hands so they do not begin to shut down easily and so it does not reduce the flow with closing.

Please note it is advisable to give yourself these boosters from time to time to reinforce the flow.

How to pass on Kundalini Reiki Boosters Attunements 4-5-6 and 7-8-9:

It is very simple to pass on the Kundalini Reiki Boosters attunements.

You just ask your higher self for the attunements.

You can attune several people at the same time.

Example of the attunement: (to your higher self) "I ask that (name) may be

attuned at (time) on (date) in his/her time zone in Kundalini Reiki Booster Attunement (level)" The attunement will then start and stop after around 30 minutes.

Example of self attunement: (to your higher self) "I ask that I may be attuned now to Kundalini Reiki Booster Attunement (level)" The attunement will then start and stop after around 30 minutes.

It is recommended that a 5-day integrating period is left between the Kundalini Reiki Booster levels.

At this stage of the attunements I would recommend that you get the people you are attuning to either give you the attunements hands on, if you doing hands on attunements, or get them to send them to you distantly one attunement a day.

This has a two fold use, one it gives the person receiving the attunements safe practice at passing the attunements and secondly it will ensure that they have received the attunements properly themselves, as they can only give them back to you if they have firstly received them themselves.