

Menopause Reiki

1 - 3 Levels



Founded by

Maria João Sereno (Brigitt)

(Mahanada Dhyanaadhara)

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Menopause is a term used to describe the permanent cessation of the primary functions of the human ovaries: the ripening and release of ova and the release of hormones that cause both the creation of the uterine lining and the subsequent shedding of the uterine lining (a.k.a. the menses or the period). Menopause typically (but not always) occurs in women in midlife, during their late 40s or early 50s, and signals the end of the fertile phase of a woman's life.

The transition from reproductive to non-reproductive is the result of a reduction in female hormonal production by the ovaries. This transition is normally not sudden or abrupt, tends to occur over a period of years, and is a natural consequence of aging. However, for some women, the accompanying signs and effects that can occur during the menopause transition years can significantly disrupt their daily activities and sense of well-being. In addition, women who have some sort of functional disorder affecting the reproductive system (e.g., endometriosis, polycystic ovary syndrome, cancer of the reproductive organs) can go into menopause at a younger age than the normal timeframe. The functional disorders often significantly speed up the menopausal process and create more significant health problems, both physical and emotional, for the affected woman.

The word "menopause" literally means the "end of monthly cycles" from the Greek word pausis (cessation) and the root men (month), because the word "menopause" was created to describe this change in human females, where the end of fertility is traditionally indicated by the permanent stopping of monthly menstruation or menses. However, menopause also exists in some other animals, many of which do not have monthly menstruation; in this case, the term means a natural end

to fertility that occurs before the end of the natural lifespan.

The date of menopause in human females is formally medically defined as the time of the last menstrual period (or menstrual flow of any amount, however small), in those women who have not had a hysterectomy. Women who have their uterus removed but retain their ovaries do not immediately go into menopause, even though their periods cease. Adult women who have their ovaries removed however, go immediately into surgical menopause, no matter how young they are.



Menopause is an unavoidable change that every woman will experience, assuming she reaches middle age and beyond. It is helpful if women are able to learn what to expect and what options are available to assist the transition, if that becomes necessary. Menopause has a wide starting range, but can usually be expected in the age range of 42-58. An early menopause can be related to cigarette smoking, higher body mass index, racial and ethnic factors, illnesses, chemotherapy, radiation and the surgical removal of the uterus and/or both ovaries.

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Menopause can be officially declared (in an adult woman who is not pregnant, is not lactating, and who has an intact uterus) when there has been amenorrhea (absence of any menstruation) for one complete year. However, there are many signs and effects that lead up to this point, many of which may extend well beyond it too. These include: irregular menses, vasomotor instability (hot flashes and night sweats), atrophy of genitourinary tissue, increased stress, breast tenderness, vaginal dryness, forgetfulness, mood changes, and in certain cases osteoporosis and/or heart disease. These effects are related to the hormonal changes a woman's body is going through, and they affect each woman to a different extent. The only sign or effect that all women universally have in common is that by the end of the menopause transition every woman will have a complete cessation of menses.



Age

In the Western world, the most typical age range for menopause (last period from natural causes) is between the ages of 40 and 61 and the average age for last period is 51 years. The average age of natural menopause (in Australia) is 51.7 years, although this varies considerably from one individual to another. In some countries however, such as India and the Philippines, the median age of natural menopause is considerably earlier, at 44 years.

Premature menopause

In rare cases, a woman's ovaries stop working at a very early age, ranging anywhere from the age of puberty to age 40, and this is known as premature ovarian failure (POF). Spontaneous premature ovarian failure affects 1% of women by age 40, and 0.1% of women by age 30. POF is not considered to be due to the normal effects of aging. Some known causes of premature ovarian failure include autoimmune disorders, thyroid disease, diabetes mellitus, chemotherapy, being a carrier of the fragile X syndrome gene, and radiotherapy. However, in the majority of spontaneous cases of premature ovarian failure, the cause is unknown, i.e. it is generally idiopathic.

POF is diagnosed or confirmed by high blood levels of follicle stimulating hormone (FSH) and luteinizing hormone (LH) on at least 3 occasions at least 4 weeks apart. Rates of premature menopause have been found to be significantly higher in fraternal and identical twins; approximately 5% of twins reach menopause before the age of 40. The reasons for this are not completely understood. Transplants of ovarian tissue between identical twins have been successful in restoring fertility.

Clinically speaking, menopause is tied to a specific date. Assuming the woman still has a uterus, menopause is defined as the day after her final episode of menstrual flow finishes. This date is fixed retrospectively, once 12 months have gone by with no menstrual flow at all. At this point a woman is considered to be a year into postmenopause, is considered to be infertile, and no longer needs to take into consideration the possibility of pregnancy.

In common parlance, however, the word "menopause" usually refers not to one day, but to the whole of the menopause transition years. This span of time is also commonly called the change of life, the change, or the climacteric and more recently is known as "perimenopause", (literally meaning "around menopause").

The word menopause is also often used in popular parlance to mean all the years of postmenopause.



Perimenopause

Perimenopause is the term used to describe the menopause transition years. In women who have a uterus, perimenopause describes the years before and after the final period (although it is only possible to determine in retrospect which episode of flow was indeed the final period). As a medical convenience, perimenopause is technically defined as the time from which menses start to become irregular and FSH levels have increased, until the time when it is known that periods have ceased completely. However, the hormonal changes are gradual, both in onset and in termination, and therefore the various possible perimenopause effects often start before and continue after this neatly-defined time slot.

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During perimenopause, the ovarian production of the estrogens and progesterone becomes more irregular, often with wide and unpredictable fluctuations in levels. During this period, fertility diminishes, but is not considered to reach zero until the official date of menopause. The official date is determined retroactively, once 12 months have passed after the last appearance of menstrual blood.

Signs and effects of the menopause transition can begin as early as age 35, although most women become aware of the transition in their mid to late 40s, often many years after the actual beginning of the perimenopausal window. The duration of perimenopause with noticeable bodily effects can be as brief as a few years, but it is not unusual for the duration to last ten or more years. The actual duration and severity of perimenopause effects for any individual woman currently cannot be predicted in advance. Even during the process, the course of an individual woman's perimenopause can be difficult if not impossible to predict.

During the perimenopause years, many women undergo noticeable and clinically observable physical changes resulting from hormonal fluctuations. The most well-known of these is the "hot flash" or "hot flush", a sudden temporary increase in body temperature. The "flash" sensation in a "hot flash" occurs as the body temperature soars upward, reaching a peak very rapidly. The "hot" sensation in a "hot flash" is not the initial temperature rise; instead, it is a reaction to the slowness of the body's return to a more normal temperature range.

In some cases hot flashes can be so strong that they raise the body temperature multiple degrees in a very short period of time; this extreme temperature differential

can cause the sufferer to feel weak and break out in heavy sweating. Despite the discomfort to the woman, hot flashes are not considered harmful by physicians. In most cases, flashes can be treated to ease extreme discomfort, using prescription medications such as hormone replacement therapy (HRT) or SSRI medications, as well as by using over-the-counter plant estrogens and herbal remedies. Many women choose not to treat hot flashes through pharmacology, and instead rely on dressing in ways to dissipate heat quickly (natural fibers, loose clothing, easily removable layers of lightweight garments) as well as mechanical means to aid the body in removing excess heat such as fans, drinking ice water, and staying in cool rooms.

Other common effects encountered during the perimenopausal period include mood changes, insomnia, fatigue, and memory problems.

Menopause may, in some women, bring about a sense of loss related to the end of fertility. In addition this change often occurs at a time of life when other stressors may be present in the life of a woman:

- Having to deal with caring for, and/or the death of, elderly parents*
- The so-called "empty-nest syndrome" when children leave home*
- The birth of grandchildren, which places people of "middle age" into a new category of "older people" (especially in those cultures where being older is a state that is not venerated but looked down on)*



Recent research shows that melatonin supplementation in perimenopausal women can produce a significant improvement in thyroid function and gonadotropin levels, as well as restoring fertility and menstruation and preventing the depression associated with the menopause.

Premenopause

Premenopause is a word used to describe the years leading up to the last period, when the levels of reproductive hormones are already becoming lower and more erratic, and the effects of hormone withdrawal may be present.

Postmenopause

The term postmenopause is applied to women who have not experienced a menstrual bleed for a minimum of 12 months, assuming that they do still have a uterus, and are not pregnant or lactating. In women without a uterus, menopause or postmenopause is identified by a very high FSH level. Thus postmenopause is all of the time in a woman's life that take place after her last period, or more accurately, all of the time that follows the point when her ovaries become inactive.

A woman who still has her uterus (and who is neither pregnant nor lactating) can be declared to be in postmenopause once she has gone 12 full months with no flow at all, not even any spotting. When she reaches that point, she is one year into postmenopause.

The reason for this delay in declaring a woman postmenopausal is because periods are usually extremely erratic at this time of life, and therefore a reasonably

long stretch of time is necessary to be sure that the cycling has actually ceased completely.

At this point a woman is considered infertile, and no longer needs to factor in the possibility of becoming pregnant. However the possibility of becoming pregnant has usually been very low (but not zero) for a number of years before this point is reached.

In women who have no uterus, and therefore have no periods, post-menopause can be determined by a blood test which can reveal the very high levels of Follicle Stimulating Hormone (FSH) that are typical of post-menopausal women.

A woman's reproductive hormone levels continue to drop and fluctuate for some time into post-menopause, so any hormone withdrawal symptoms that a woman may be experiencing do not necessarily stop right away, but may take quite some time, even several years, to disappear completely.



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Indications and signs

During the menopause transition years, as the body responds to the rapidly fluctuating and dropping levels of natural hormones, a number of effects may appear. Not every woman experiences bothersome levels of these effects; the range of effects and the degree to which they appear is very variable from person to person.

Effects that are due to low estrogen levels (for example vaginal atrophy and skin drying) will continue after the menopause transition years are over; however, many effects that are caused by the extreme fluctuations in hormone levels (for example hot flashes and mood changes) usually disappear or improve significantly once the perimenopause transition is completely over. All the various possible perimenopause effects are caused by an overall drop, as well as dramatic but erratic fluctuations, in the absolute levels and relative levels of estrogens and progesterone. Some of the effects, such as formication (crawling, itching, or tingling skin sensations), may be associated directly with hormone withdrawal.

Both users and non-users of hormone replacement therapy identify lack of energy as the most frequent and distressing effect. Other effects can include vasomotor symptoms such as hot flashes and palpitations, psychological effects such as depression, anxiety, irritability, mood swings, memory problems and lack of concentration, and atrophic effects such as vaginal dryness and urgency of urination.

The average woman also has increasingly erratic menstrual periods, due to skipped ovulations. Typically, the timing of the flow becomes unpredictable. In addition the duration of the flow may be considerably

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shorter or longer than normal, and the flow itself may be significantly heavier or lighter than was previously the case, including sometimes long episodes of spotting. Early in the process it is not uncommon to have some 2-week cycles. Further into the process it is common to skip periods for months at a time, and these skipped periods may be followed by a heavier period. The number of skipped periods in a row often increases as the time of last period approaches. At the point when a woman of menopausal age has had no periods or spotting for 12 months, she is considered to be one year into post-menopause.

Vascular instability

- Hot flashes or hot flushes, including night sweats and, in a few people, cold flashes*
- Possible but contentious increased risk of atherosclerosis*
- Migraine*
- Rapid heartbeat*

Urogenital atrophy, also known as vaginal atrophy

- Thinning of the membranes of the vulva, the vagina, the cervix, and also the outer urinary tract, along with considerable shrinking and loss in elasticity of all of the outer and inner genital areas.*
- Itching*
- Dryness*
- Bleeding*
- Watery discharge*
- Urinary frequency*
- Urinary incontinence*
- Urinary urgency*

- *Increased susceptibility to inflammation and infection, for example vaginal candidiasis, and urinary tract infections*

Skeletal

- *Back pain*
- *Joint pain, Muscle pain*
- *Osteopenia and the risk of osteoporosis gradually developing over time*

Skin, soft tissue

- *Breast atrophy*
- *breast tenderness +/- swelling*
- *Decreased elasticity of the skin*
- *Formication (itching, tingling, burning, pins and needles, or sensation of ants crawling on or under the skin)*
- *Skin thinning and becoming drier*

Psychological

- *Depression and/or anxiety*
- *Fatigue*
- *Irritability*
- *Memory loss, and problems with concentration*
- *Mood disturbance*
- *Sleep disturbances, poor quality sleep, light sleep, insomnia and sleepiness*

Sexual

- *Dyspareunia or painful intercourse*
- *Decreased libido*
- *Problems reaching orgasm*
- *Vaginal dryness and vaginal atrophy*



Menopause Reiki will help you with

- ❖ *Relief all symptoms of menopause:*
- ❖ *Hot flashes*
- ❖ *Palpitations*
- ❖ *Depression*
- ❖ *Anxiety*
- ❖ *Irritability*
- ❖ *Mood swings*
- ❖ *Memory problems*
- ❖ *Lack of concentration*
- ❖ *Sleep disturbances*
- ❖ *Sense of loss*
- ❖ *Back pain*
- ❖ *Joint pain or muscle pain*
- ❖ *Decreased libido...*

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Working with Menopause Reiki

This energy can be used during an application of Reiki or separately.

To work on others, you need to active this energy at first.

Ground yourself, before working with this energy.

You can do a daily self-treatment, to relief the symptoms of menopause or increase your connection with this energy.

After receive the first level attunement, you need to activate this energy everyday and do a daily self-treatment, until receive all the 3 attunements.

You can not work on others with the first level, only after receiving all 3 levels attunements.

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You may receive the second level attunement, one week after receive the first level attunement.

After you receive the third level, you can attune others.

Detoxification symptoms can be expected.

Whenever you need to activate this energy, think or say:

Menopause Reiki Active to me now!

Whenever you need to give healing energy to another person (hands-on or at distance), think or say:

Menopause Reiki active to...(say the name of the person)!

Everytime you send this energy to another person, you need to visualize all the appliance hands-on from the beginning to the end.

(see the picture hands positions to anothers)

Hands positions to self-appliance



Hands positions to work on others



Pass the attunement in presence

- ❖ *Ground yourself.*
- ❖ *Ask for Protection to God and all your Guides;*
- ❖ *Active Menopause Reiki;*
- ❖ *Put you hands in the Crown Chakra of the Student and say:*

I ask that ... (name of the student) to be attuned with the 1º level of Menopause Reiki, with all perfection.

Or

I ask that...(name of the student) to be attuned with the 2º level of Menopause Reiki, with all perfection.

Or

I ask that...(name of the student) to be attuned with the 3º level of Menopause Reiki, with all perfection.

- ❖ *Give thanks to God, and all your Guides.*

(don´t forget to wait 1 week, between attunements)



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Pass the Attunement at Distance:

- ❖ *Sits down or lie down in a comfortable position;*
- ❖ *Do grounding;*
- ❖ *Active Menopause Reiki;*

Say: I ask the ... (name of the person), to be attuned with 1º level of Menopause Reiki, with all perfection. Thank you.

Or

I ask that...(name of the student) to be attuned with the 2º level of Menopause Reiki, with all perfection.

Or

I ask that...(name of the student) to be attuned with the 3º level of Menopause Reiki, with all perfection.

- ❖ *Give thanks to God, and all your Guides.*

(don't forget to wait 1 week, between attunements)



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To Receive the Attunement:

- ❖ *Sits down or lie down in a comfortable position;*
- ❖ *Do grounding;*
- ❖ *Ask for Protection to God, and all your Guides.*
- ❖ *Think or say: Now, I receive Menopause Reiki, 1^o level attunement, sent by ...(name of the Master), with all perfection. Thank you!*

Or

- ❖ *Think or say: Now, I receive Menopause Reiki, 2^o level attunement, sent by ...(name of the Master), with all perfection. Thank you!*

Or

- ❖ *Think or say: Now, I receive Menopause Reiki, 3^o level attunement, sent by ...(name of the Master), with all perfection. Thank you!*
- ❖ *Let the energy flow for +/- 45 minutes.*
- ❖ *Give thanks to your God, and all your Guides.*

(don't forget to wait 1 week, between attunements)



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*Maria João Sereno (Brigitt)
(VMG Mahanada Dhyanadhara)
Multiple Reiki Master/Teacher
Vajra Master gTummo*

Founder of:

- ✦ Aphrodite Shining Star
- ✦ The Magician Empowerment
- ✦ Sacred Silver Moon
- ✦ The Musk Essence Empowerment
- ✦ Nine Wonders
- ✦ Kamadeva & Rati Love Empowerment
- ✦ Kadesh Love Empowerment
- ✦ Cornucopia Empowerment
- ✦ Gold Energy Empowerment
- ✦ Herkimer Diamond Light
- ✦ The Shining Lights of the Goddess Frigg
- ✦ Planetary Angels Collection
- ✦ Aradia Queen of Witches Empowerment

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- ✦ Goddess Ixcacao The Mayan Goddess of Chocolat Empowerment
- ✦ Aphrodite Shining Star 2010
- ✦ Brighid Celtic Goddess of Fire
- ✦ Goddess Pomona Empowerment
- ✦ Goddess's of Pleasure & Bliss – Voluptas & Hedone
- ✦ Celtic Signs Collection
- ✦ Goddess Hebe The Goddess of Youth & Immortality
- ✦ Goddess Bona Dea The Goddess of Fertility, Healing, Virginity and Women
- ✦ Agarwood Energy Empowerment
- ✦ Goddess Harmonia The Goddess of Harmony & Concord
- ✦ The Giving Birth Stones Energy Empowerment
- ✦ Goddess Fama The Goddess of Fame & Rumors
- ✦ Goddess Fortune The Goddess of Luck, Fate & Fortune
- ✦ Goddess Nike The Winged Goddess of Victory
- ✦ Goddess Albunea The Healing & Prophetess Goddess
- ✦ Goddess Malaviskh The Love Goddess Protective of the Brides
- ✦ Goddess Anna Perenna The Goddess of Long-Life, Renewal, Health and Plenty
- ✦ Goddess Acca Larentia
- ✦ Goddess Abeona – The Goddess of Outward Journeys & Child's Protection
- ✦ Goddess Malidthu The Goddess of Love, Fertility, Childbirth & Myrrh-Tree
- ✦ The Camenae Goddess's The Healing & Prophetess Goddess's
- ✦ Goddess Druantia Lady of the Oak
- ✦ Goddess Hygieia - Goddess of Good Health, Cleanliness, and Sanitation
- ✦ Goddess Elishat - Goddess of Cleverness, Determination & Beauty
- ✦ Coco Chanel Fashion Energy System
- ✦ Rose of Jericho Energy System
- ✦ Rosetta Stone Energy
- ✦ Petalite Crystals Energy System
- ✦ Lithium Quartz Energy System
- ✦ Larimar Stone Energy System
- ✦ Quantum Quattro Energy
- ✦ Pargacite Energy System
- ✦ Goddess Moneta - Goddess of the Good Counsel & Money
- ✦ The Egregore of the Nine Muses
- ✦ Madam Lenormand Empowerment
- ✦ Goddess Munthukh – The Goddess of Elegance, Love & Health
- ✦ Goddess Caia Caecilia – The Roman Goddess of Fire, Hearth, Healing & Women
- ✦ Frankincense Empowerment
- ✦ Ylang-Ylang Empowerment
- ✦ Sea-horse Energy System
- ✦ Myrrh Empowerment
- ✦ Nostradamus Energy System
- ✦ The Shroud of Turim Energy System
- ✦ Lalita Tripura Sundari – The Red Goddess
- ✦ Jasmine Empowerment

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- ✦ The Secret Garden of the Geishas
- ✦ Goddess Ba Chua Xu – Lady of the Realm
- ✦ Viviane Lady of the Lake
- ✦ Raising Lights of Petra
- ✦ Casanova Love Empowerment
- ✦ Kamasutra Empowerment
- ✦ The Shining Light of the Queen Marie Antoinette
- ✦ Florence Nightingale – The Lady with the Lamp Empowerment
- ✦ Lake Manasarovar Empowerment
- ✦ Cagliostro Empowerment
- ✦ The Power of Hatshepsut
- ✦ Goddess Kamakhya – The Renowned Source of Fulfillment and Desire
- ✦ The Sacred Knowledge of the Goddess Seshat
- ✦ John Dee Empowerment
- ✦ The Magic Power of the God Heka
- ✦ Carnival of Brazil Empowerment
- ✦ Hermes Trismegistus Empowerment
- ✦ The Power of the Amazons
- ✦ The Emerald Tablet Empowerment
- ✦ The Sparkling Light of Flirting
- ✦ Protection Magic of the God Bes
- ✦ Queen Nefertari – The Light of Egypt
- ✦ The Breath of Life of the God Shu
- ✦ Radha – Krishna – A Love Eternal
- ✦ Goddess Manisha Light
- ✦ Beauty Spa Energy
- ✦ Gargoyles Protection Empowerment
- ✦ The Egregore of the Healing Goddesses
- ✦ Prosperity Light of the Goddess Euthenia
- ✦ Aglaea Beauty Light
- ✦ Fortuna Virilis Empowerment
- ✦ The Four Stages of Enlightenment Energy
- ✦ Midas Touch Golden Energy
- ✦ Ragaraja The Wisdom King Energy
- ✦ Xochipilli – The Flower Prince Energy
- ✦ The Magic Light of Ibejis
- ✦ EKEKO – The God of Abundance & Prosperity
- ✦ Oxossi – Green Healing Ray
- ✦ Ahimsa Reiki
- ✦ Enchanted Energy of Morgan Le Fay
- ✦ Ginkgo Biloba Healing Energy

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- ✦ Babalú-Ayé Healing Energy
- ✦ Fu Dogs Energy Protection
- ✦ The Dagda – Lord of Heavens Energy
- ✦ Saint Rita of Cascia Energy
- ✦ Carnival of Venice Empowerment
- ✦ Aphrodite Shining Star 2011
- ✦ Damiana Healing Energy
- ✦ The Three Wise Monkeys Empowerment
- ✦ Cinnamon Healing Energy
- ✦ Anti-Wrinkles Glowing Energy
- ✦ Godai Reiki
- ✦ Paradise Reiki
- ✦ Maitri Reiki
- ✦ Ashtamangala Reiki
- ✦ Jet Lag Relief Energy
- ✦ The Noble Eighthfold Path Energy
- ✦ Amrita Reiki
- ✦ The Endless Knot Empowerment
- ✦ Brahnavihāra Reiki
- ✦ The Three Stars Empowerment
- ✦ The Clown Empowerment
- ✦ Aladin and the Enchanted Lamp Empowerment
- ✦ The Five Strengths Reiki
- ✦ African Violet Protection Energy
- ✦ Bach Flower Energy Collection – 1. For Fears
- ✦ Bach Flower Energy Collection – 2. For uncertainty
- ✦ Bach Flower Energy Collection - 3. For insufficient interest in present circumstances
- ✦ Bach Flower Energy Collection – 4. For loneliness
- ✦ Bach Flower Energy Collection – 5. For over-sensitivity to influence and ideas
- ✦ Bach Flower Energy Collection – 6. For despondency or despair
- ✦ Bach Flower Energy Collection – 7. For over-care for welfare of others
- ✦ Budai Empowerment
- ✦ Kairos Empowerment
- ✦ Santa Claus Empowerment
- ✦ Goddess Philyra Empowerment
- ✦ Marici Goddess of Heavens & Light
- ✦ Flower Essence Saint-Germain Collection– Abundancia Energy
- ✦ Flower Essence Saint- Germain Collection - Saint-Germain Energy

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- ✦ Daikoku's Jewel Empowerment
- ✦ Sex Magic Power Energy
- ✦ The Three Pure Ones Reiki
- ✦ Menopause Reiki

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