

Allowing  
Abundance  
Attunement

instructions

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## About the Allowing Abundance Attunement

The Allowing Abundance Attunement is a simple energetic healing meant to open up the recipient to letting the flow of abundance in. It works to gently clear any blocks or resistance a person might have to letting good into their lives.

Sometimes, when a person is having financial issues, the problem is not that they aren't talented or capable. They may even be trying to think positively or affirm their wealth with gratitude practice.

No amount of positive thinking, however, will work if a person believes they should not be happy deep down inside. We often get these feelings of unworthiness from growing up in dysfunctional family environments as well as past life issues.

This attunement will not instantly solve financial problems but will empower the recipient to make better choices and move forward in their lives for increased abundance down the line. The more blocks a person has, the longer it takes, but don't give up – keep using the energy! It will make a difference!

## Using the Allowing Abundance Attunement

Once attuned, there is a simple process that can be used to access the energy. Sit or lie comfortably. Breathe in and out deeply with the intention of breathing in the “allowing abundance” energy.

On the in-breath, affirm to yourself silently:

**I am worthy of love and abundance in my life.**

On the out-breath, affirm silently:

**I am letting go of any feelings of unworthiness or unforgiveness.**

Do this for as long as you like as often as you wish.

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## Sharing the Attunement

You can attune (or re-attune) yourself or another at any time by invoking Archangel Michael:

**St. Michael, please attune me to the Allowing Abundance energy.**

You can also use any other attunement method you are already familiar with, but “St. Michael” must be invoked in the process.

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.

## Additional Resources & Attunements

**More Reiki attunements and courses are available at Element Energy Center ([www.elementenergy.com](http://www.elementenergy.com)). A new free attunement is added regularly.**

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