

# Higher Self Attunement Method

I have been asked to describe the Higher Self Attunement Method, which I normally use for distance attunements.

It is a method from my fellow Dane, Ole Gabrielsen. It is quite similar to the “Chi-Ball” Attunement Method. The two methods work perfectly together. You can send with one method and receive by the other. That makes absolutely no problem. The method can be altered, I just show an example.

## Sending the attunement

Light a candle and just say to your Higher Self: “I ask my Higher Self” to send (Name of attunement) to (Name of receiver)”.

You can then normally feel that the energy starts up. You continue until the energy has worn off.



## Receiving the attunement

Light a candle and just say to your Higher Self: “I ask my Higher Self” to receive (Name of attunement) from (Name of receiver)”. To add security against negative energies, you should add something like this: “if it is good for me”, “if it is not harmful for my energy system” or “if it deserves a higher good”.

You can then normally feel that the energy starts up. You continue until the energy has worn off.

That’s all folks – like all the other Ole Gabrielsen systems it is quite simple – but effective.

Love & light  
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