

## **Introduction To: Attunement - Creative Energy Practice**

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### **Share Attunement in order to:**

- Deeply relax and restore energy
- Support the healing process
- Help facilitate transitions
- Deepen connection with the Source of life
- Provide support for others

### **What is Attunement?**

Attunement is an approach to healing based on the premise that the body is a dynamic, self-healing expression of a deeper spiritual self. Attunement brings the recipient into vital connection with a place of inner stillness and peace.

### **Attunement Technique:**

During an attunement a current of energy is shared, conducted through the hands of the practitioner and meeting that same energy in the one receiving. The endocrine system of ductless glands is given special emphasis. Enhancing the energy flow through these gateways and other areas promotes health and wellbeing at a fundamental level.

### **Purpose:**

The intent of this energy work is not primarily to heal our ailing bodies, but to assist in shifting the vibrational frequency of our personal fields into closer alignment with a larger planetary rhythm from which most of us become separated over time. Obviously this must include attention to all aspects of our makeup - body, mind, emotions, spirit.

### **Invitation:**

The hands of the attunement practitioner are hands of love, guiding the recipient toward an inner place of peace where the expression of the authentic self, or “deep body” (note below), can flourish. The ability to care for one another in this way is seen to be inherent, and training in the use of this creative power is available.

“The deep body is a complex patterning of organ pulses. It peals as a bell does, creating concentric rings that radiate outward. The body is such a pulsing organism, generating rings of fluxing membranes. The deep body, this self, pulsates forms of itself into existence and somatizes them; its rings are somatic patterns awaiting incarnation. The deep body is an expression of the biological, universal body as this has been conceived by all the major religions: Adam, the Christ, the Buddha, the Atman.” ~ Stanley Keleman.

### **Payment:**

By donation - sliding scale, according to personal means (\$10 - \$35). Donation receipt available, via The Ashland Institute.

### **Michael Cecil**

has practiced Attunement since 1957. He had a substantial clientele for many years in Canada and brings his experience to Ashland, where he now lives. Michael has taught this approach in more than 15 countries.

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