



## **Energy Attunements from Kate Spencer**

An energy attunement is where a practitioner is assisting you to align (attune) with a different vibration, typically raising your vibration to more closely match the frequencies of what you want to achieve, attract and experience in your life.

Because everything is energy, these frequencies are always available to you, but working with someone that can assist you to move into the specific energetic vibration that you need can shortcut the process and help you to access positive shifts faster.

As an energy worker I have created various energy attunements that you can access and energetically download and activate, in order to help yourself to vibrate in accordance with different outcomes that you desire.

The process that I use to create attunements is as follows.

I make sure my space is clear and that I am in balance, I call on my guides and higher self for assistance. Then I tune into the collective consciousness and ask that the session that I am about to create will help whoever uses it in the best way possible, in the exact moment that they access it in the future. Then I set the intention to channel the specific attunement that I am creating, and ask what I need to do. I gather up all of the energetic ingredients / components and combine them into an energy ball that can be accessed with intention and an affirmation that is specific to that session.

## **Remote Energy Attunements – Instructions**

Find somewhere quiet where you won't be disturbed for a few minutes.

If you want to prepare the space you can smudge with sage, play some soft music or light a candle.

Make sure you have had some water, this helps to process energy.

Don't do any energy work if you've had alcohol or recreational drugs.

Check with a pendulum or simply tune into your gut feeling and ask if it's appropriate to complete an attunement right now. If you get a no, ask if there is a time window that you need to honour.

Then ask / work out when the time window might be.

Typically you may not want to do an attunement if you have something like a job interview, driving test or something similar on that same day – this is because integration can make you feel “different” to usual as your vibration starts to rise in its frequency.

Accessing the attunements is based on our combined intention and you using the specific affirmation for that session. By combined intention I mean that you want this attunement and I want you to have it too!

### **Downloading Attunement Without Recording**

Relax into a meditative state and ask your Higher Self to be in overall command.

Take some deep breaths and give permission for your energy system to receive what is in your highest good. Think or say the relevant affirmation 5 x times with intention, take a breath in between each affirmation.

Feel whatever comes up for you, and know that all is well.

When the download feels complete, usually after 3 – 5 minutes affirm

“This session is robust, complete and integrating perfectly for me across all time, space and dimension – and so it is, and so it is, and so it is.”

Come back to the now and click your fingers all around your aura to help you come back into the now time.

Integration can take up to 24 x hours, have extra water during this time.

### **Downloading Attunement With Recording**

Use the recording as a guided meditation, and your Higher Self to be in overall command.

Take some deep breaths and give permission for your energy system to receive what is in your highest good. When prompted to, think or say the relevant affirmation for the session you have chosen 5 x times with intention, take a breath in between each affirmation.

Feel whatever comes up for you, and know that all is well.

When the recording is complete, affirm that

“This session is robust, complete and integrating perfectly for me across all time, space and dimension – and so it is, and so it is, and so it is.”

Come back to the now and click your fingers all around your aura to help you come back into the now time.

Integration can take up to 24 x hours, have extra water during this time.