



BLISSFUL LIGHT

BY CRAIG MACLENNAN

ATTUNEMENT REMOVAL DYNAMIC EMPOWERMENT

FREE SELF ATTUNEMENT

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www.blissfullight.com

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You do not need an attunement to remove an attunement. You can remove an attunement by intention following the guidance in this manual or the [How To Remove An Attunement](#) blog post without the need to attune to this attunement. However, clients have requested that I create an attunement to remove an attunement that reflects this information.

Attunements are permanent, in that they do not require additional top-up attunements - one attunement is all that is needed. You need to activate the energies regularly to strengthen the connection, but only one attunement is required to remember or 'connect' with the energies. It is for this reason that energy healing practitioners say that [attunements are permanent](#). However, this does not mean that you are permanently 'connected' with the energies if you decide you no longer want the attunement. You can deattune or remove the attunement at any time. The process of removing an attunement is simple and straightforward. It does not require anything further than a [firm intention](#) to remove the attunement.

It is essential to be aware that attunement removal does not remove the energy, but it does remove the 'connection', symbols, attachments etc. You are an energy being who is one with all; you can't delete or remove a part of yourself when you are one with all. You can, however, choose not to 'connect' with that energy etc. There are no mistakes, only learning opportunities. So if you regret attuning to an attunement, try and question why you attuned in the first place, what energies attracted you, what your [expectations](#) were etc. Learn from this and gain [enlightenment](#).

WHY REMOVE AN ATTUNEMENT?

[Attunements](#) aim to offer energetic support. This may be in the short or long term. If you have worked with an attunement and no longer wish to work with the energies any further, you may want to practice some energy healing spring cleaning. I recommend that you [review your energy healing practices](#) regularly, including your attunements.

Energy healing is a journey, and you may find that you reach a place where you no longer feel that specific attunements are in your alignment. This is fine as you will have changed and energetically progressed since you attuned yourself. If an attunement, for any reason, is no longer in your highest good, you may want to remove the attunement.

Unfortunately, [not all attunements are created equal](#) or are from the light. Sometimes with time, you may realise through your intuition or investigation, that the energies of the attunement are not of the light or the [attunement founders practices](#) are not of the light. You may choose to remove these attunements. This is an essential consideration as if an attunement founder is not working with light; this may be their spiritual practices or even their integrity, you are associating with these energies. Again, I would recommend that you review your attunements regularly.

The Attunement Removal Dynamic Empowerment Self Attunement is safe and only connects with energies of light with your full consent. It does not include any energies, symbols or other connections other than pure light benevolent energies.

The Attunement Removal Dynamic Empowerment Self Attunement works by first raising your vibration, which prevents any non-serving energetic influence, and creates a safe, energetic space to work with the energies.

YOUR ATTUNEMENT

HOW TO ACCEPT YOUR ATTUNEMENT

You attune yourself to self attunements. Your self attunement has already been prepared and placed in the etheric realms for you to accept whenever you are ready to do so. You do not need to request that your attunement be prepared.

Accepting your self attunement is a straightforward process that aims to connect you with the energies of the attunement. The process requires a few minutes, where you can clear your mind, be calm, relax and have no distractions. How you achieve this space will be as unique as you are; however, the following suggestions may be useful.

Intention

The attunement process need not be complicated. The most important thing is to set your [intention](#) to accept the attunement and have [realistic expectations](#). As long as you wholeheartedly want to accept the attunement and follow the intention statement below, you will receive your attunement.

Create Sacred Space

Creating a calm, peaceful and private space to accept your attunement is recommended to allow for clear intention to accept the attunement, but also make the experience as enjoyable as possible.

Choose a space where you will not be interrupted for about half an hour. Don't forget to switch off any devices that may distract or interrupt you such as mobiles, landlines, computers etc.

You may want to dim the lights as harsh light may be distracting. If you choose to light candles or burn incense, ensure that they are in a safe position.

You may like to play gentle, relaxing music to add to the ambience and energy of the space. If you choose to play music, try and ensure the volume is low and that there are no lyrics. Lyrics will pull you out of your relaxed state, which you want to avoid.

Body Position

Consider the position your body is in when accepting your attunement. You may like to either be seated or lying flat on a bed.

If you prefer to sit, then ensure you choose a comfortable chair that has good back and neck support. You may also like to place your hands on each thigh with your palms facing upwards, although always ensure your hands are in the most comfortable position for you.

If you prefer to lie down on a bed, try and ensure that you support your neck and you are comfortable. Don't worry if you drift off to sleep as long as you have set your intention beforehand to accept the attunement.

It is essential that you are comfortable and relaxed, so the position you are in is a personal choice.

Accepting Your Attunement

When you are ready and comfortable, set your intention to accept the attunement (feel like you really want to accept the attunement) and please state the following:

“

I will now connect with the Attunement Removal Dynamic Empowerment Self Attunement and ask that I will receive the strongest energies that I can handle.

”

Set your intention to accept the attunement and relax and enjoy the experience, which will last between 5 - 10 minutes.

If you are visual, you may like to visualise the energies start to fill your being from the inside out. The more you connect with the energies, the brighter your being glows and reaches out of you. Picture yourself shining like a star.

When the attunement is complete, you may feel it come to an end, or you might fall asleep during the attunement and wake up later. If your attunement is shorter or longer than this, don't worry and try and go with the experience. The attunement will be what you need at that moment.

Post Attunement

You are a unique being, which means that your attunement will be unique to you at that time. With this in mind, try not to compare your attunement to others or judge your experience. Sensations, energies and experiences are all subjective and unique to your current perspective.

You may have felt subtle vibrations, warmth and possibly heard ringing in your ears, while some will have perceived nothing at all. This is entirely normal, and your attunement will be what is right for you, so if you don't experience anything, please don't worry. How do I know if my attunement worked?

Remember, an attunement is only the first step. It is now essential that you activate and use the energies as often as you can, at least daily or as instructed in the manual, in the beginning.

If you have any doubts if you accepted the attunement correctly, you may be interested in reading [How Do I Know If My Attunement Worked?](#)

You may also find the [10 Ways To Get The Most Out Of Your Distant Attunements](#) of interest.

If you have purchased multiple attunements, it [usually is best to leave at least a day or so between accepting each attunement](#).

You can not attune others to these energies. If someone wants to be attuned to the Attunement Removal Dynamic Empowerment Self Attunement, they must follow the instructions in this manual and attune themselves.

ACTIVATE THE ENERGIES

HOW TO WORK WITH THE ENERGIES

The [five core qualities of energy healing](#) and spiritual development underpin this attunement. These essential core qualities often determine the outcome and effectiveness of any energy healing practices. To get the most out of any energy healing and spiritual practices, I highly recommend that you start by understanding these core qualities.

Once you have accepted your attunement and before you activate the energies, it is beneficial to prepare yourself and your environment. The way you do this will be personal, and I would encourage you to follow what feels best for you. However, a structure can be important. You may find the [How To Structure Energy Healing Treatments](#) article of interest. It gives guidance on how to create a sacred and safe space for your energy healing work.

To activate all the energies of this attunement [use intention](#), think about the attunement you want to remove and repeat the following statement, allowing the energies to run for a few minutes:

“

I remove the [NAME THE ATTUNEMENT AND ANY LEVELS], including all symbols, connections, lineages and associations NOW!

”

It usually is best to activate these energies when in a state of rest or meditation. While in a calm and relaxed space, activate the energies and allow them to run. Try not to control the outcome or force energies to do something. Just let them flow. While the energies are flowing, spend some time perceiving if anything requires your attention or if there are any spiritual insights.

Although one activation is usually all that is required, repeated activations help to rewrite any practice habits or associations, especially when you are used to regularly working with the

attunement you have deattuned. I recommend that you activate these energies for at least 21 days consecutively as part of your daily energy healing practices.

I find that it is also helpful to give thanks to the energies, founder or for any discoveries or enlightenment you may have gained. If the attunement was negative, then perhaps give thanks for the insights and any discoveries. Remember, all experiences are beneficial if you gain insights and [enlightenment](#).

Like all spiritual practices, it requires a lot of hard work and time, and you must actively work with the energies, practice regularly and be open and flexible. [Attunements are energetic support tools, so need to be worked with regularly](#).

Using these energies for others

If working with others, they will need to attune themselves to this attunement or follow the instructions without the need for attunement.

Your intention is more important than the statements provided. Think about what you want to focus on or achieve and feel it with emotion, and the energies will activate in alignment with your intention. Please [use any language](#) you feel most comfortable in using. You can say the intention statements either out loud or in your head.

WHAT NEXT?

YOUR NEXT STEPS

Attunements are wonderful, energetic tools that may help you discover, heal and move forward. However, the journey doesn't end here. It is important to keep questioning, discovering and moving forward as you grow.

1. SUBSCRIBE TO OUR NEWSLETTER

[Subscribe to our newsletter](#) for informative, thought stimulating healing and self-development articles, support, and encouragement. Join our international community who question, discover, and grow.

2. READ THE ENERGY HEALING BLOG

[Blissful Light's blog](#) is packed with blog posts and articles about energy healing, self-development, and learning to create the life you want. The blog contains articles that cater for complete beginners right up to advanced practitioners. To help you get started, I have highlighted some of the most popular blog posts below.

[7 Ways To Keep Your Home Energetically Clear](#)

[How To Choose A Distant Attunement](#)

[What Are Maintenance Attunements?](#)

[Top 10 Tarot Decks](#)

[10 Ways To Cut Etheric Cords And Prevent Them From Returning](#)

[Symbols In Energy Healing And Reiki](#)

[Forgiveness And The Thymus Chakra](#)

[10 Attunements For Professional Energy Healers](#)

[Are Attunements Permanent?](#)

[How To Use Multiple Attunements In A Treatment](#)

[What Is Spiritual Stagnation?](#)

[10 Ways To Increase Your Vitality Now!](#)

[3 Questions To Ask For Powerful Self Reflection](#)

[5 Unexpected Attunements For Spiritual Growth](#)

[3 Healing Tips I Wish I Knew When I Started](#)

[How Do You Know If You Are Ungrounded?](#)

[A Lightworkers Role In Uncertain Times](#)

3. KEEP LEARNING AND GROWING

All the attunements that I create raise your vibration to boost vitality and well-being. Additional functions are added to this to focus on a specific goal or purpose. Here are some recommended attunements:

Recommended Attunements:

[Angels Of Energy Healing Connection Maintenance Attunement](#)

[Attunement Lineage Clearing Maintenance Attunement](#)

[Imprint Removal Maintenance Attunement](#)

[Inner Shamanic Warrior Maintenance Attunement](#)

[Magic Spell Removal Maintenance Attunement](#)

[Post Attunement Maintenance Attunement](#)

[Post Spell Removal Purification Dynamic Empowerment](#)

[Ritual Reversal Maintenance Attunement](#)

[Soul Retrieval Maintenance Attunement](#)

[Space Clearing Maintenance Attunement](#)

Free Self-attunements:

[Balance, Calm, And Focus Empowerment](#)

[Compassion Activation Empowerment](#)

[Energetic Protection Now Empowerment](#)

[Negative Energy Clear And Cleanse Empowerment](#)

Dynamic Connections Attunements Series:

[Dynamic 999 Energy Connections Maintenance Attunement](#)

[Dynamic Arcturian
Connections Maintenance
Attunement](#)

[Dynamic Ascended Master
Connections Maintenance
Attunement](#)

[Dynamic Ethereal Crystal
Connection Maintenance
Attunement](#)

[Dynamic Violet Flame
Connections Maintenance
Attunement](#)

**Dynamic Empowerment
Series:**

[Achievement And
Prosperity Dynamic
Empowerment](#)

[Angelic Selenite Protection
Dynamic Empowerment](#)

[Aura Purification Dynamic
Empowerment](#)

[Aura Strengthening
Dynamic Empowerment](#)

[Butterfly Transmutation
Manifestation Dynamic
Empowerment](#)

[Carnelian Protective Shield
Dynamic Empowerment](#)

[Chakra Purification
Dynamic Empowerment](#)

[Chakra Strengthening
Dynamic Empowerment](#)

[Dream Manifestation
Dynamic Empowerment](#)

[Ethereic Cord Safeguard
Dynamic Empowerment](#)

[Healing Alignment
Purification Dynamic
Empowerment](#)

[Herkimer Diamond
Dynamic Empowerment
Reiki](#)

[Home Protection Dynamic
Empowerment Reiki](#)

[Inappropriate Fear
Removal Dynamic
Empowerment](#)

[Joyful Fairy Abundance
Dynamic Empowerment
Reiki](#)

[Kundalini Purification
Dynamic Empowerment](#)

[Kundalini Safeguard
Dynamic Empowerment](#)

[Meridian Purification
Dynamic Empowerment](#)

[Money High Integration
Dynamic Empowerment](#)

[Negativity Safeguard
Dynamic Empowerment](#)

[Protective Flame Of
Archangel Michael
Dynamic Empowerment](#)

[Psychic Third Eye Dynamic
Empowerment Reiki](#)

**Maintenance Attunement
Series:**

[Abundance Maintenance
Attunement](#)

[Akashic Records
Maintenance Attunement](#)

[Ancestral Clearing
Maintenance Attunement](#)

[Angelic Connections
Maintenance Attunement](#)

[Archangel Michael
Connection Maintenance
Attunement](#)

[Arcturian Cords Of
Attachment Removal
Maintenance Attunement](#)

[Aura Maintenance
Attunement](#)

[Blockages Clearing
Maintenance Attunement](#)

[Chakra Maintenance Attunement](#)

[Divine Cosmic Womb Unity Maintenance Attunement](#)

[Emotional Maintenance Attunement](#)

[Energy Channel Expansion Maintenance Attunement](#)

[Energy Vampire Protection Maintenance Attunement](#)

[Entity Clearing Maintenance Attunement](#)

[Ethereic Cord Maintenance Attunement](#)

[Grounding Maintenance Attunement](#)

[High Vibration Maintenance Attunement](#)

[Intuition Maintenance Attunement](#)

[Karma Clearing Maintenance Attunement](#)

[Kundalini Maintenance Attunement](#)

[Mental Maintenance Attunement](#)

[Meridian Maintenance Attunement](#)

[Past Life Clearing Maintenance Attunement](#)

[Protection Maintenance Attunement](#)

[Protective Shield Maintenance Attunement](#)

[Sacred Etheric Crystal Atlantean Cross Connection Maintenance Attunement](#)

[Sacred Etheric Pyramid Connection Maintenance Attunement](#)

[Sacred Etheric Star Tetrahedron Connection Maintenance Attunement](#)

[Shaman Activation Maintenance Attunement](#)

[Shamanic Inner Child Maintenance Attunement](#)

[Spiritual Sight Maintenance Attunement](#)

[Starseed Lineage Maintenance Attunement](#)

[Stellar Gateway Maintenance Attunement](#)

[Subconscious Clearing Maintenance Attunement](#)

[Telepathy Activation Maintenance Attunement](#)

[Third Eye Chakra Activation Maintenance Attunement](#)

[Violet Flame Enlightenment Maintenance Attunement](#)

Other Attunements:

[999 DNA Activation](#)

[999 Seichim](#)

[Arcturian Third Eye Activation Attunement](#)

[Aura 999 High Integration](#)

[Blissful Light Reiki](#)

[Blissful Light Seichim](#)

[Chakra 999 High Integration](#)

[Dragon Sekhem](#)

[Kundalini 999 High Integration](#)

[Kundalini Seichim](#)

[Life Force 999 High Integration](#)

[Meridian 999 High Integration](#)

BLISSFUL LIGHT

SUPPORTING YOUR SELF-DEVELOPMENT

Blissful Light specialises in supporting your self-empowerment and personal development goals. I provide courses and energy healing tools such as attunements to assist and support you as you develop, grow, and seek wholeness in a welcoming and caring environment.

Whether you are on an accelerated path of spiritual discovery or are curious or just starting, I know how challenging each step can be. You may have lots of questions, be confused over what steps to take or are overcoming personal hurdles. While I believe all change occurs due to the hard work you put in, I am here to support you as you learn, grow, and discover. All products, services, and support are offered in a welcoming and encouraging environment.

If you haven't done so already don't forget to [sign up to my newsletter](#) which aims to assist your healing and self-development by providing relevant and unique blog posts, subscriber-only sales, and access to a supportive international community.

Blissful Light's [energy healing blog](#) is packed full of unique and supportive content specifically written to assist you in your healing and self-development journeys. I don't believe in just repeating the same old tired and unhelpful information but instead write from my own experiences and perceptions to help you to discover, grow, and question.

If you have any questions, please do not hesitate to [contact me directly](#).

I wish you many discoveries.

Craig MacLennan

Founder of Blissful Light

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[Healing](#), which may be referred to on www.blissfullight.com, this manual, communications etc., means the process of trying to bring back your energies and energy bodies into alignment with your truth. It does not promise or allude to any immediate or possible healing in the sense of a miracle. Healing may require change, growth, and alignment, both in your inner and outer worlds, which may require considerable time, commitment and focus and still does not guarantee any outcome.

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