



**BLISSFUL LIGHT**

BY CRAIG MACLENNAN

# BALANCE, CALM AND FOCUS EMPOWERMENT

**FREE SELF ATTUNEMENT**

BY CRAIG MACLENNAN

[www.blissfullight.com](http://www.blissfullight.com)

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# BALANCE, CALM AND FOCUS EMPOWERMENT

## REDUCE FEELING OVERWHELMED AND FOCUS

The Balance, Calm And Focus Empowerment free self attunement ([What Are Attunements?](#)) aims to balance your energy bodies and leave you feeling calm, soothed and focused when feeling overwhelmed.

When you feel stressed and overwhelmed, you may find that your energy bodies are unbalanced, leading to feeling ungrounded and unable to focus. The Balance, Calm And Focus Empowerment aims to bring you back into energetic balance and reduce the feelings of being overwhelmed. It aims to bring in soothing and calming energies with the intention of increasing focus.

While this empowerment aims to soothe and focus you, you may still be required to make changes in your life to maintain better energetic balance ([What Does Healing Really Mean?](#)). However, this empowerment may give you the energetic support that that may require.

**This empowerment is not a replacement for proper medical care. If you are suffering from anxiety, depression or any medical condition, you must first seek medical care before considering this empowerment or any energy healing.**

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# HOW TO USE THE ENERGIES

## YOUR INTENTION IS ALL THAT IS REQUIRED

Before you activate the energies, it is beneficial to prepare yourself and the environment for the healing. 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 the energies, use intention and repeat the following statement, allowing the energies to run for a few minutes:

“

Focus ON!

”

It is usually 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 the energies to do something. Just let them flow.

I recommend that you activate these energies for at least 21 days consecutively as part of your daily energy healing practices. You can then activate the energies when you feel you particularly need them or incorporate them consistently into your daily energy healing practices.

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**

You can use these energies for others by adding '... for [NAME OF PERSON]!' after the intention statement above. Always [ensure that you have consent](#) before doing energy healing on others.

**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.

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# YOUR SELF ATTUNEMENT

## HOW TO ACCEPT YOUR SELF 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 Self 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 Balance, Calm And Focus 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.

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## 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 intend to accept 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 Balance, Calm And Focus Empowerment Self Attunement, they must follow the instructions in this manual and attune themselves.**

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# 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.

[How To Choose A Distant Attunement](#)

[What Are Maintenance Attunements?](#)

[Energy Healing: Expectations Vs Reality](#)

[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?](#)



[What Is 999 Frequency Energy?](#)

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

[Are Twin Flames Always Romantic?](#)

[What Is Spiritual Stagnation?](#)

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

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

[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.

#### **Free self attunements:**

[Compassion Activation Empowerment](#)

[Energetic Protection Now Empowerment](#)

[Negative Energy Clear And Cleanse Empowerment](#)

#### **Maintenance Attunement Series:**

[Abundance Maintenance Attunement](#)

[Akashic Records Maintenance Attunement](#)

[Ancestral Clearing Maintenance Attunement](#)

[Archangel Michael Connection Maintenance Attunement](#)

[Archangel Raguel Connection Maintenance Attunement](#)

[Attunement Lineage Clearing Maintenance Attunement](#)

[Aura Maintenance Attunement](#)

[Blockages Clearing Maintenance Attunement](#)

[Chakra Maintenance Attunement](#)

[Earth Star Chakra Activation Maintenance Attunement](#)

[Energy Channel Expansion Maintenance Attunement](#)

[Energy Vampire Protection Maintenance Attunement](#)

[Entity Clearing Maintenance Attunement](#)

[Etheric Cord Maintenance Attunement](#)

[Etheric Libraries Maintenance Attunement](#)

[Grounding Maintenance Attunement](#)

[High Vibration Maintenance Attunement](#)

[Imprint Removal Maintenance Attunement](#)

[Karma Clearing Maintenance Attunement](#)

[Kundalini Maintenance Attunement](#)

[Magic Spell Removal Maintenance Attunement](#)

[Mental Maintenance Attunement](#)

[Meridian Maintenance Attunement](#)

[Negative Energy Clearing Maintenance Attunement](#)

[Negative Frequencies Protection Maintenance Attunement](#)

[Negative Intentions Maintenance Attunement](#)

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[Past Events Maintenance Attunement](#)

[Past Life Clearing Maintenance Attunement](#)

[Protective Concealment Maintenance Attunement](#)

[Protective Shield Maintenance Attunement](#)

[Remote Viewing Protection Maintenance Attunement](#)

[Ritual Reversal Maintenance Attunement](#)

[Soul Family Connection Maintenance Attunement](#)

[Soul Retrieval Maintenance Attunement](#)

[Spiritual Name Maintenance Attunement](#)

[Starseed Lineage Maintenance Attunement](#)

[Stellar Gateway Maintenance Attunement](#)

[Subconscious Clearing Maintenance Attunement](#)

[Trauma Clearing Maintenance Attunement](#)

**Other Attunements:**

[999 DNA Activation](#)

[999 Seichim](#)

[Apollo Seichim](#)

[Arcturian Third Eye Activation Attunement](#)

[Blissful Light Reiki](#)

[Blissful Light Seichim](#)

[Bumblebee Jasper Inspiration Empowerment](#)

[Dragon Sekhem](#)

[Kundalini Seichim](#)

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[Quan Yin 999](#)

[Quantum Quattro Realignment Empowerment](#)

[Rock Of Gibraltar Empowerment](#)

[Shamballa 528](#)

[Shamballa 721](#)

[Shamballa 999](#)

[Shamballa Earth Star Chakra](#)

[Shamballa Third Eye Activation](#)

[Siri Nyoka Renewal Empowerment](#)

[Violet Flame Opal Transmutation Empowerment](#)

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# 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](http://www.blissfullight.com), this manual, communications etc., means the process of trying to bring back one's energies and energy bodies into alignment with one's truth ([What Does Healing Really Mean?](#)). 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 one's inner and outer worlds, which may require considerable time, commitment and focus and still does not guarantee any outcome.

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