

Blissful Light

Blessing In The Storm Empowerment

Free Self Attunement

By Craig MacLennan

www.blissfullight.com

This attunement and manual are subject to copyright and other terms. This attunement is intended for **personal use**. Full use, disclaimer, and resell copyright and terms, which apply to this attunement and manual, can be found at the end of the manual.

All rights reserved.



The Blessing In The Storm Empowerment Self-Attunement aims to energetically support you during challenging times. It does this by aiming to remind you of your current blessings, take a wider view of your issue with new perspectives and focus on the interconnectivity of all beings.

Challenging times can be seen as everyday life's ups and downs. If you are experiencing significant challenges or trauma, feel vulnerable or unsafe or feel overwhelmed, you must seek medical care or professional assistance before considering energy healing. Energy healing is in no way a substitute for medical care and appropriate professional support.

During challenging times, it can feel consuming. However, it is essential to remind yourself that it will pass. Everything in life is impermanent. This means you are not permanently stuck in it, and it will change and come to an end. Spending time thinking about this can bring about a great sense of release.

There is a Buddhist saying that goes something like; If you can't change something, don't worry about it. If you can change something, don't worry about it. Worry, concern, and fear are a tremendous drain on your energies and energetic vitality when not appropriate.

Acceptance of the situation you find yourself in allows you to be kinder and more gentle with yourself. How this situation came about is the past, and it can no longer be changed. Accepting this allows you to redirect energies to where you are now. It may help you look for and find different positive perspectives.

Sometimes, lightworkers can be extremely hard on themselves. While looking at your role in any situation is important, forgiveness and acceptance are essential.

While no doubt the challenges you face are difficult and require action, you may find that they also bring about new opportunities. When you take a broad view, you will see that these opportunities may not have been possible any other way.

The truth is you can't prevent challenges. Spiritual development requires friction or challenges. The silver lining, though, is that it allows you to deeply feel, explore, make changes and value the blessings you already have.

When you are grateful for your blessings, you bring in an enormous amount of divine love and light energies. These energies free you from unnecessary suffering. They help you focus less on yourself (I and me) and reposition your focus on interconnectivity (we and us).

Compassion and empathy strengthen when you become less focused on yourself and more on others. These extremely powerful energies lift your spirits and make any situation less challenging. You may feel more supported by the universe and fully feel that you are one with all.

This attunement is safe and only connects with energies of light with your full consent. It includes no energies, symbols, or connections other than pure light benevolent energies.

It first raises your vibration, preventing any non-serving energetic influence. It creates a safe, energetic space to work with the energies.

The attunement is open-ended, which means that as you progress, grow, and move forward, the frequencies may increase to support your needs.

This benefit is that you will always receive the energies you need and not be restricted by what the attunement is programmed to provide, like in most attunements.

This is a significant advantage over other similar attunements.

Due to the open-ended nature of the energies, there is potential for new functions to reveal themselves to you that are specific to you and your needs.

Please be as flexible and creative as possible in using these energies to get the most out of them.

Step 1: Accepting 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.

Accepting your self-attunement is a straightforward process that aims to connect you with the attunement's energies.

The process requires a few minutes to 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 helpful.

Intention

The attunement process does not need to 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.

Spirit Guides, Angels, and Energy Beings

If you work with spirit guides, angels, or any other energy beings, it is essential not to give away your power.

Do not ask any being to directly assist with the acceptance of an attunement. Accepting an attunement is between you and the energies you want to access.

If you allow other beings to influence the attunement process, you risk the energies being changed or manipulated.

You are an immensely powerful energy being in your own right; you do not need another energy being to assist or facilitate spiritual practices.

Of course, asking for indirect energetic protection is fine, but don't allow a situation that may change energies, being given symbols that are not part of the attunement process, etc.

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 and 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 ambience and energy. If you choose to play music, try and ensure the volume is low and 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. For example, you may like to be seated or lying flat on a bed.

If you prefer to sit, ensure you choose a comfortable chair with 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, ensure that you support your neck and are comfortable. Don't worry if you drift off to sleep as long as you have set your intention before accepting the attunement.

You must be comfortable and relaxed, so your position 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 accept the limitless potential of the Blessing In The Storm Empowerment.

"

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 starting 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 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 embrace 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 may have perceived nothing.

This is entirely normal, and your attunement will be what is right for you, so please don't worry if you don't experience anything. So, how do I know if my attunement worked?

Remember, an attunement is only the first step. You must now 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 that 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 multiple attunements to accept, it usually is best to leave at least a day or so between accepting each attunement, and you may want to consider which attunement to accept first.

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

Step 2: Activating Your Self-Attunement

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 practice.

These qualities, equality, empathy, change, discovery, and accountability, build on the understanding that you are one with all and that there is no destination other than your path.

Your spiritual life purpose is ultimately to discover spiritual lessons. These discoveries are what not only makes you unique but also allow you to be in the flow. This flow is the universe's potential; anything is possible with intention.

Therefore, your anticipation and action always result in spiritual insights and discoveries, accelerating you forward.

Before you activate the energies, it is beneficial to prepare yourself and your environment. How you do this will be personal, and I encourage you to follow what feels best for you.

To activate the energies of this attunement, use intention and repeat the following statement, allowing the energies to run for a few minutes:

“

Blessing In The Storm ON!

”

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.

Spend some time perceiving if anything requires your attention, acceptance, or forgiveness or if there are any spiritual insights. Can you help others in any way, even if only by sending them love, blessings and positive thoughts? Allow compassion, love and joy to fill you while contemplating your blessings.

I recommend that you activate these energies consecutively for at least 21 days as part of your daily energy healing practices and when doing any specific energy healing and spiritual work.

You can then activate the energies when you feel you 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 that must be worked with regularly.

Using These Energies For Others

You can use these energies for others by adding '... for [NAME OF PERSON]!' after each intention statement used in this manual.

It is essential to gain consent before doing any energy healing. However, if you can't obtain explicit consent, the blog post Consent And Distant Energy Healing may be interesting.

Please ensure you adhere to the laws and requirements of your country or location.

Your intention is more important than the statements provided. Think about what you want to focus on or achieve, and the energies will activate in alignment with your intention.

Use any language you feel comfortable using. You can say the intention statements either out loud or in your head.

What Next?

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-provoking healing and self-development articles, support, and encouragement.

2. Read The Energy Healing Blog

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

[New To Attunements? Start Here](#)

[What Are Etheric Cords?](#)

[What Is 999 Energy?](#)

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

[What Are Imprints?](#)

[10 Types Of Energetic Blockages](#)

[What Is A Lightworker?](#)

[10 Chakras You Need To Know](#)

[What Is Space Clearing?](#)

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

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 focus on a specific goal or purpose. Here are some recommended attunement collections:

[Free Self Attunements](#)

[Craig's Top 10 Attunements](#)

[New Attunements](#)

[Advanced Attunements](#)

[Reiki Attunements](#)

[Niemakaiha Attunements](#)

[999 Energy Attunements](#)

[Chakra Attunements](#)

[Kundalini Attunements](#)

[Angel Attunements](#)

[Arcturain Attunements](#)

[Shamanic Attunements](#)

Blissful Light

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

Whether you are on an accelerated path of spiritual discovery, 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 your hard work, I am here to support you as you learn, grow, and discover. I offer all attunements, services, and support in a welcoming and encouraging environment.

If you haven't done so already, don't forget to [sign up for 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 with unique and supportive content specifically written to assist you in your healing and self-development journeys.

I don't believe in repeating the same old tired, and unhelpful information but instead write from my own experiences and perceptions to help you 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

Copyright And Terms

This attunement and manual are subject to copyright and other terms.

This attunement is sold and intended for personal use.

If you wish to resell this attunement, copyright and other terms apply.

Full use and resell copyright and terms, which apply to this attunement and manual, can be found on our [copyright and terms page](#).

However, the summary is as follows.

- This manual is copyright protected, and failure to follow these terms is copyright infringement.
- Craig MacLennan and Blissful Light have exclusive rights to provide, make available, promote, list, and advertise this attunement until **30 October 2024**. All rights are reserved.
- This attunement is **free of charge** and may not be sold for any amount. It must be given away freely.
- You **must not exchange the attunement for another attunement**.
- You **must not amend the manual in any way**. The manual must remain fully intact.
- You **must not translate the manual**.
- You **must not sell, post or publish the manual both offline and online** in any way.
- You **must not** include the attunement on any **membership website or any member-only discounted packages**.
- You **must not** include this attunement on any **online course websites** etc.
- You **must not copy any part of the product description** of the attunement. You must write your own unique product description.

-
- You must not reproduce or copy any part of the manual unless it strictly follows free use (**free use does not include commercial purposes such as product descriptions etc.**). Any editorial reference to content, no more than 50 words, must be fully referenced by including 'Craig MacLennan, www.blissfullight.com'. Please ensure that the web address is hyperlinked to <https://www.blissfullight.com>.

The full disclaimer and terms under which this attunement and manual are covered can be found on our [disclaimer and terms page](#). However, the summary is as follows.

This attunement is different from and not affiliated with any other energy healing systems from the past, present, and future.

This attunement is for entertainment purposes and does not guarantee any outcome; results will vary. As with all complementary and alternative therapies, none of the courses, attunements, treatments, teachings, or products listed on www.blissfullight.com or detailed in any communication or this manual is meant to substitute for proper medical diagnosis, treatment, or care from your Doctor.

Blissful Light and Craig MacLennan do not diagnose conditions, prescribe medication, or interfere with a Doctor's treatment. If you are currently taking medication prescribed by your Doctor/Medical Professional, do not stop taking it without your Doctor's/Medical Professional's advice. If you have any concerns regarding your medical condition, please speak with your Doctor. Blissful Light and Craig MacLennan do not accept responsibility if you choose to treat yourself using any information on www.blissfullight.com, this manual, or any communications.

Blissful Light and Craig MacLennan accepts no responsibility for any loss or damages caused as a direct or indirect result of the use or misuse of any information contained on www.blissfullight.com, this manual, email communications, or through courses, attunements, treatments, teachings, and products. Any health-related information contained on www.blissfullight.com, this manual, or any communication is provided for general information only and is not intended to substitute professional medical or healthcare advice.

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.

V1 | 231030