



**BLISSFUL LIGHT**

BY CRAIG MACLENNAN

# COMPASSION ACTIVATION EMPOWERMENT

**FREE SELF ATTUNEMENT**

BY CRAIG MACLENNAN

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

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# COMPASSION ACTIVATION EMPOWERMENT

## COMPASSION FOR YOURSELF AND OTHERS

The Compassion Activation Empowerment Self Attunement aims to stimulate and activate compassionate, loving energies both for yourself and for others.

One of the more difficult subjects to tackle in energy healing is compassion for self. You may be incredibly giving of your energy, time and commitment towards others, but are unable to show the same to yourself.

Compassion for self is essential for well-being, vitality, healing and being able to move forward in life. Relationships may become more difficult and challenging as you are unable to value yourself, which tends to cause an energetic imbalance in relationships.

Lack of compassion for self and others may lead to divisive views, actions and thoughts. This, in turn, may cause energetic separation and stagnation, resulting in sudden changes, often quite painful until spiritual lessons are learnt and balance restored. Intolerance, lack of empathy and separation of the knowledge we are all one result from a lack of compassion for self. When you are divided from the one, you are not whole, and intolerance and separation occurs.

Energetically it may result in [spiritual stagnation](#), [egotism](#), descension and dense energetic consequences.

The Compassion Activation Empowerment Self Attunement aims to try and alleviate this by growing and fostering a strong sense of compassion for yourself. The more you cultivate compassion for self, the more you reduce energetic stagnation and can make a positive impact on the world around you.

The attunement is open-ended, which means that as you progress, grow and move forward, the frequencies may increase to support your needs at that time. The benefit of this is that you will always receive the energies that 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. I encourage you to be as flexible and creative as you can in using these energies to get the most out of them.

## COMPASSION ACTIVATION EMPOWERMENT

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.

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](#) and repeat the following statement, allowing the energies to run for a few minutes:

“

Compassion Activation 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. While the energies are flowing, spend some time perceiving if anything requires your attention or if there are any spiritual insights.

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.](#)

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**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. If you can't obtain direct consent, you may find the blog post [Consent And Distant Energy Healing](#) interesting.

**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 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 chi ball 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 Compassion Activation 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 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 Compassion Activation 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.

[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?](#)



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[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:**

[Archangel Sandalphon Connection Maintenance Attunement](#)

[Archangel Zadkiel Connection Maintenance Attunement](#)

[Divine Cosmic Womb Unity Maintenance Attunement](#)

[Divine Unity Blessings Maintenance Attunement](#)

[Heart Chakra Activation Maintenance Attunement](#)

[Shamanic Inner Child Maintenance Attunement](#)

[Thymus Chakra Activation Maintenance Attunement](#)

#### **Free Self-attunements:**

[Balance, Calm, And Focus 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](#)

[Etheric Cord Safeguard  
Dynamic Empowerment](#)

[Healing Alignment  
Purification Dynamic  
Empowerment](#)

[Herkimer Diamond  
Dynamic Empowerment  
Reiki](#)

[Inappropriate Fear  
Removal Dynamic  
Empowerment](#)

[Joyful Fairy Abundance  
Dynamic Empowerment  
Reiki](#)

[Kundalini Purification  
Dynamic Empowerment](#)

[Kundalini Safeguard  
Dynamic Empowerment](#)

[Money High Integration  
Dynamic Empowerment](#)

[Negativity Safeguard  
Dynamic Empowerment](#)

[Post Spell Removal  
Purification 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](#)

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

[Angels Of Shamanism  
Connection Maintenance  
Attunement](#)

[Archangel Michael  
Connection Maintenance  
Attunement](#)

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

[Attunement Lineage  
Clearing Maintenance  
Attunement](#)

[Aura Maintenance  
Attunement](#)

[Blockages Clearing  
Maintenance Attunement](#)

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[Chakra Maintenance Attunement](#)

[Emotional Maintenance Attunement](#)

[Energy Channel Expansion Maintenance Attunement](#)

[Etheric Cord Maintenance Attunement](#)

[Grounding Maintenance Attunement](#)

[High Vibration Maintenance Attunement](#)

[Imprint Removal Maintenance Attunement](#)

[Inner Shamanic Warrior Maintenance Attunement](#)

[Karma Clearing Maintenance Attunement](#)

[Kundalini Maintenance Attunement](#)

[Magic Spell Removal Maintenance Attunement](#)

[Meridian Maintenance Attunement](#)

[Past Life Clearing Maintenance Attunement](#)

[Post Attunement Maintenance Attunement](#)

[Protection Maintenance Attunement](#)

[Protective Shield Maintenance Attunement](#)

[Sacred Etheric Pyramid Connection Maintenance Attunement](#)

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

[Shaman Activation Maintenance Attunement](#)

[Soul Retrieval Maintenance Attunement](#)

[Space Clearing Maintenance Attunement](#)

[Starseed Lineage Maintenance Attunement](#)

[Stellar Gateway Maintenance Attunement](#)

[Subconscious Clearing Maintenance Attunement](#)

[Telepathy Activation Maintenance Attunement](#)

[Third Eye Chakra Activation Maintenance Attunement](#)

[Trauma Clearing Maintenance Attunement](#)

[Violet Flame Enlightenment Maintenance Attunement](#)

**Other Attunements:**

[999 DNA Activation](#)

[999 Seichim](#)

[Apollo 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](#)

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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 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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