

# OM Empowerment

*instructions*

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## About the OM Empowerment

The OM Empowerment is part of a series of mantra empowerments that tap into the vibrational frequency of a particular mantra. OM (or Aum) is the mantra of primordial vibration – the sound that created the universe. OM is God in sound form. By meditating on OM, you connect to God. You uplift the consciousness and bring yourself that much closer to enlightenment.

*Let Om be the bow, mind the arrow, and Higher Consciousness the target.  
Those who want enlightenment should reflect on the sound and the meaning of Om.  
When the arrow is released from the bow it goes straight to the target.*  
-Dhyana Bindu Upanishad

## To Activate

Sit in a meditative posture. Chant the mantra “OM” out loud or in your mind. Visualize the energy coming in through the crown of the head. You can also use the OM symbol below as you would any Reiki symbol, in regular Reiki sessions:



## To Attune Others

Connect to your higher self, and then the higher self of the recipient. Chant OM mentally or out loud.

Use your traditional attunement method if in person to send the OM symbol into the crown chakra.

Via distance, imagine the person in front of you as you visualize the OM symbol entering the crown of the recipient.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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Thank you.

### **Additional Attunements**

More Reiki attunements and systems are available at Element Energy Center:

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