

# Ashati Energy Activations

1. General Information
2. Distance
3. Order
4. Instructions

## 1. General Information

### What is an Energy Activation?

An energy activation (also known as an attunement) is a profound healing and spiritual experience, during which a qualified Ashati teacher energetically expands your chakra system and establishes a new connection to specific frequencies of healing energy, which you can then channel during healings on yourself and others.

All the Ashati system's energy activations are about awakening a dormant energetic connection that naturally exists within your being. It is not about introducing something "foreign", but rather about unlocking a potential within you. Energy activations are central to obtaining the energy healing abilities described in each course, and to progressively reaching higher levels of awareness, intuition and higher senses potential.

This journey is also directed by what we call the higher-self, which represents a bigger and higher part of your consciousness. It is therefore completely safe and will tremendously help you further your energetic and therefore spiritual development.

*Energy activations should be followed by daily self-healings for 21 days as described in the course manual. This deeply transformative 21-day period of self-healing, clearing and integration is at the core of this work and its many reported benefits. Some tiredness and other occasional light symptoms may be experienced during the 21-day integration periods. These are however temporary and part of a natural process which is connected to the integration of changes and energies, the release of unnecessary physical, emotional, mental or even higher vibrational energies, and the development of chakras and energy channels.*

### What Will I Feel?

While most people feel strong energies during an activation, the ability to feel energy ultimately depends on many factors, including your current level of energetic development and sensitivity to energy, as well as the existence and effects of repressed emotions, limiting beliefs or other blockages. The energy shift, along with the healing and personal development process offered by each level of training, will however naturally occur regardless of your level of conscious awareness of it, and regardless of how much you felt during a particular energy activation. Additionally, the further you advance on this journey of energetic development, the more easily and clearly you will be able to feel the energies.

*Please remember to be gentle with yourself while you integrate these changes, and take your time to review the content within your Ashati account as this will often be useful during this self-healing period to better understand what may be happening. It is also a good idea to keep a short diary of any significant thoughts, emotions or realisations that come to you so that you can later reflect on your own personal journey.*

## 2. Distance

Energy can be explained by understanding the existence of and the interactions between the different energetic dimensions that create matter, our universe and consciousness as we experience it. As it is not physical, energy can flow beyond physical space. Activations may therefore be received in person or over distance, even if your Ashati teacher is on the other side of the world. The process and effectiveness is identical in both methods.

### 3. Order

If you wish to continue your personal development, you may immediately register for the next recommended course to give yourself plenty of time to go through all the content before scheduling the next energy activation.

- **Book only 1 distance energy activation per day.**
- **It is required to leave at least 21 days between the same type of energy activations.**  
*For example: leave 21 days between the Ashati 1 and Ashati 2 energy activations.  
However, no wait time is required between Ashati 1 and Alsemia 1.*
- **Leave 21 days between the Ashati 3 and Ascension 1 energy activations.**
- **Leave 21 days between the Ascension 5 and Alsemia 4 energy activations.**
- **Leave 7 days between each Kundalini Reiki energy activation.**
- **Please check each level for specific requirements.**

### Individual Levels

<b>ASHATI</b> <i>Mind</i>	OR	<b>ALSEMIA</b> <i>Body</i>	OR	<b>OTHER</b> <i>Complementary</i>	OR	<b>SPECIAL SKILLS</b> <i>Complementary</i>
<i>Recommended 1st</i>						
Ashati 1		Alsemia 1		Reiki 1-3		Higher Senses
Ashati 2		Alsemia 2		Seichem 1-3		
Ashati 3		Alsemia 3		Golden Dragon 1-3 Kundalini Reiki 1-9		<i>Ashati 3 required before:</i> Soul Rescue Ashati Teacher
<b>ASCENSION (advanced)</b> <i>Spirit</i>			<b>ALSEMIA (advanced)</b> <i>Consciousness</i>			
<i>Ashati 3 required before:</i>			<i>Ascension 5 and Alsemia 3 required before:</i>			
Ascension 1			Alsemia 4			
Ascension 2			Alsemia 5			
Ascension 3			Alsemia 6			
Ascension 4			Alsemia 7			
Ascension 5			Alsemia 8			
			Alsemia 9			
			Alsemia 10			
			Alsemia 11			
			Alsemia 12			
			Alsemia 13			

## 4. Instructions

### Receiving an Energy Activation over Distance.

#### BEFORE

- Book your energy activation time with your Ashati Teacher.
- Allocate 30 minutes to receive your energy activation at the scheduled time.
- Make sure that you will not be disturbed during this period.
- You can play some relaxing music if you wish or download the optional guided audio meditation track for: "Receiving your Ashati Energy Activation" (available within your Ashati account under the section "Energy Activation Instructions").

#### DURING

- **At the scheduled time, sit comfortably in a quiet room alone.**
- Close your eyes and take a few moments to relax your body and clear your thoughts.
- In your mind, simply intend to welcome and open to the energies.
- After approximately 30 minutes, or whenever you feel ready, you can open your eyes and gently go back to your day or perform a first self-healing as described in your manual.
- It is normal to sometimes fall asleep while receiving an energy activation. However, the effectiveness is the same.

#### AFTER

- **Drink plenty of water and try to rest as much as possible for the rest of the day.**
- Perform daily self-healings during the 21-day integration period as described in your manual.

#### Ashati Facebook Group

[www.facebook.com/groups/302648186482373/](https://www.facebook.com/groups/302648186482373/)

- Share your feedback and experiences
- Exchange support, healings and messages