

Attunement

Spiritual Alignment for

Awakening Inspired Living

You are a spiritual being having a human experience. **Attunement** is a spiritual alignment practice that increases your experience of your inner Spirit—the invisible, animating life energy that flows through every being. Increasing balance, health, wellbeing and wholeness all flow naturally from this. For many people, this connection has been clouded in various ways over time, resulting in experiences of stress, conflict and dis-ease in the body.

You are here to lead a fulfilling life in which purpose, meaning, order & beauty flow through your body, mind and heart. This awareness builds inner strength and confidence, and a deep knowing inside you that all is well. This is the inspired living **Attunement** helps awaken in you.

Regular Attunement enables

- * Expansion of the connection with your inner Spirit.
- * Relaxation and renewal in your life
- * Increasing confidence and inner strength
- * A deeper sense of inner wellbeing and resilience
- * Stronger quality and pace of healing in your body
- * Graceful life changes
- * Enfolding of a person or situation about which you care

What people say about Attunement:

- * *It was a very relaxing and joyful experience*
- * *I'm full of vibrant energies and have a sense of being home*
- * *A deepening experience of knowing, feeling and experiencing a depth of love I did not know was there and I've noticed it never stops*
- * *I feel more grounded*
- * *I'm not so "in my head" now*



Sharing an individual attunement

Technique

Attunement is a non-touch technique in which a radiant energy current is directed to specific areas of the body. The primary focus is the endocrine glands. These glands connect spiritual and physical dimensions of the body. **Attunement** amplifies the flow of energy between these dimensions.

An **Attunement** is a shared experience between the giver and receiver & usually takes 20—30 minutes. In this space of agreement, harmony and accord, the attunement current builds allowing the presence of inner Spirit to increase.

This increase invites you to enter a place of deep stillness and peace in which you shift focus from external circumstances and allow balance and wholeness to be restored. Aligning more fully with your inner Spirit, you sense "being on track". You discover for yourself, from the inside out, what that track is, where it is taking you and you open to the potential of becoming all that you can be.

Each endocrine gland is intimately connected with one of the major chakras. **Attunement** can also be used to balance these energy centres as well as other anatomical systems—eg long bone, lymphatic, nervous system etc.

About Us

The Emissaries (SA) Inc is a not-for-profit association, affiliated with Emissaries of Divine Light International.

We offer programs in practical spirituality for awakening inspired living. We know that within each of us is a radiant being awaiting full expression. Our programs encourage that natural emergence. See our website for full program details

We also operate the Riverdell Spiritual Centre, a conference and retreat centre for small groups based near Gawler, SA.



Group Attunements each Sunday
Riverdell Spiritual Centre

Enjoy Attunement At

Riverdell Spiritual Centre

- * Individual Attunements by appointment
Fee by Donation
- * Group Attunements at Riverdell Worship Times
10am—11am each Sunday.
No Fee Applies

Contact details below

Gawler

Christine Spencer—Attunement and Reflexology.
Fee applies.
Contact: 0412 813 700

Greenock

Cynthia Helbig—Attunement and Bowen therapy.
Fee applies
Contact: 0409 908 235

Adelaide

Jonathan MacIntyre Fee applies.
Contact: 0408 034 584

Bega, NSW

Cheyne Morris. Fee applies.
Contact (02) 6492 4831 or 0424 015 917

Training in Attunement is available:

- * Personal use with family and friends
 - * Practitioner level—more detailed
- Please contact us if you're interested

Riverdell Spiritual Centre

Clifford Road, Hillier, SA 5116
Map available

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www.riverdellspiritualcentre.org.au

www.attunementlifeenergy.org.au

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Inspired
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The Emissaries