

Universal Hug

SELF-ATTUNEMENT



by

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New Earth Energies 2022

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*If you wish to translate this manual, please contact me first,
newearth-energies@outlook.com*

*This manual is to be passed on freely to students and it must remain intact with acknowledgement to
New Earth Energies.*

*Many thanks
Amanda*

*There are many more great attunements and empowerments
on my site*

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Disclaimer

Please note that this self- attunement/ empowerment as with any other energy systems is complimentary and will work in conjunction with any Western Medicine/Treatment you may be receiving, BUT should never be take the place of a licensed medical practitioner.

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Universal Hug Self-attunement

From time to time we could use a big hug to help us on our way. The energies of this self-attunement connect you with divine love and light and wrap around you like a big comforting, supportive hug from Sacred Source.

The energies are perfect for a pick me up when you are feeling a little overwhelmed or low in spirits. The energies are comforting and filled with unconditional love and light, helping you feel reassured, cared for and loved.

The energies are soothing and nurturing helping to remind you that all is well, you are not alone, relax and allow the Universe to surround you in its love and take care of you.

Uses of Universal Hug Self-attunement

Use these energies anytime you want a hug!

- When you feel lonely*
- When you feel isolated*
- When you feel overwhelmed*
- When you feel anxious*
- When you feel grief*
- When you feel sadness*

The energies will provide a gentle boost of loving energy, like a big hug surrounding you and enveloping you.

To Receive Universal Hug Self- Attunement

Make yourself comfortable and do any preparations that you would normally do for receiving an attunement.

The energies for this self-attunement are already set in the ethereal realms and come from unlimited source energy.

When you are ready, connect with your higher self and source energy and then state your intention,

“I (state your name) am now ready to receive Universal Hug self-attunement from Source set by Amanda Hadley of New Earth Energies, I ask to receive the strongest possible energies for me.”

The attunement will begin and will take approx. 15-20 minutes.

When you feel that the energies slow down and stop the attunement is complete and you can slowly open your eyes.

Remember to ground yourself after receiving energies.

Once you have received your self-attunement, it is important to activate the energies by using them! You can now call in these energies whenever you wish.

How to Activate the Energies

Once you have received your self-attunement from Source **Universal Hug** self-attunement is easy to activate. Your intention is key to activating so you can choose any words that feel best for you, then place your hands in *Gassho*, prayer position and state your intention,

“Universal Hug activate now”x3

This will activate the energies and they will run for as long as needed.



I hope that you find this self-attunement useful and beneficial.

I wish you much peace and light on your journey,

Namaste,

Amanda

Reiki Master

New Earth Energies

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If you have any health concerns at all, please seek professional medical advice first.

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This Self-Attunement is an original energy system and is not affiliated with any other systems or attunements that may exist now or in the future.

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Reiki Attunements and Systems channelled by Amanda Hadley

(These are not free self-attunements)

*Chakra Cleansing Empowerment
Peace Reiki
Sole Wolf Journey Reiki
Comfort Blanket Reiki
Thinking Outside the Box Reiki
Negative Thoughts Flush
Energy Vampire Protection
Pet Bereavement Reiki
True Voice Reiki
Responsibility Reiki
Rose Quartz Self-love Flush
Seahorse Empowerment Reiki
Haematite Protection Reiki
Deep Sleep Empowerment
Tree of Life Reiki Empowerment
Celestial Golden Starfish Empowerment
Power Animal Reiki System
Fresh Morning Air Reiki
Etheric Cord Removal Reiki
Attachment Release Reiki
Remembering Your Divine Self
Abundance Awakening Attunement
Jet Stone Empowerment
Celtic Dragon Reiki
Intention Amplifier Empowerment
Dragon's Fire Reiki
Abundance Acceptance Empowerment
Giraffe Power Animal Empowerment
Polar Bear Power Animal Empowerment
Squirrel Power Animal Empowerment
Mindfulness Reiki
Grounding to Gaia Empowerment
Selenite Crystal Empowerment
Pax Goddess of Peace Empowerment
Energy Protection of Archangel Michael
Letting Go of Resistance Reiki
Light of Love Reiki Empowerment*

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Spirit Guide Connection Empowerment
Journey of the Albatross Empowerment
Infinite Oneness Reiki Attunement
Crystal Waters Reiki
Anxiety Flush Reiki
Home Protection Reiki
Magickal Stone Reiki
Sacred Source Vibration
Sleep Protection Reiki
Expanding Gratitude Reiki Empowerment
Crystal Diamond Light Empowerment
Warmth of the Sun Reiki Empowerment
Dragon Lightworker Energy Empowerment
Higher Heart Chakra Flush
Olive Branch Empowerment
Residual Negative Energies Shield Empowerment
Energetic Alignment Attunement
Self-Confidence Empowerment
999 Frequency Unconditional Love Attunement
Light of Spring Reiki Empowerment
Affirmation Reiki Empowerment
Gentleness of Goddess Quan Yin Empowerment
Power of the Phoenix Attunement
Crystal Kundalini Reiki
Etheric Lavender Essence Empowerment
Selenite Aura Cleanse Empowerment
Tiger's Eye Golden Ray of Confidence Empowerment
Sunrise Reiki Empowerment
Celtic Soul Reiki
Etheric Passion Flower Essence Empowerment
Protection of the Eye of Horus Empowerment
999 Frequency Enhanced Healer Empowerment
Creative Block Breaker Empowerment
Overcoming Overwhelm Empowerment
Inner Child Alignment
Shamanic Prayer Tree Empowerment
Celtic Oak Empowerment
Etheric Rose Essence Empowerment
Infinity Reiki Empowerment
Elemental Dragons Empowerment

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Root Chakra Abundance Alignment
Unlimited Abundance Activation Programme
Butterfly Maiden of Transformation Empowerment
Palm Chakras Clearing and Activation Empowerment
The Lotus Flower of Quan Yin Attunement
Archangel Michael's Kyanite Sword Attunement
Advanced Healer Activation Programme
Lightworker Care Empowerment
Empath Clear and Protect Empowerment
Septarian Dragon's Stone Empowerment
Spirit Keepers of the Four Directions Empowerment
Etheric 528hz Love Frequency Vibration
Soul Star Chakra Activation
Etheric 396hz Awakening Frequency Vibration
Whale Song Empowerment
Fire Dragon of Protection Empowerment
Etheric 639hz Heart Healing Vibration
Quan Yin's Orb of Love and Compassion
The Violet Flame of Transmutation
Celtic Alder Empowerment
Divine Guidance Reiki Empowerment
Etheric 417hz Positive Energy Vibration
The Divine Feminine Activation
High Vibrational Healing Reiki
Etheric 741hz Self-Expression Vibration
Dragon Seichim
Yin and Yang Balance Reiki
Etheric 852hz Intuition Expansion Vibration
Dreamcatcher Sleep Protection Attunement
The Bodhi Tree Empowerment
Etheric 936hz Complete Oneness Vibration
Personal Power Activation Programme
Golden Dragon Healing Attunement
Banish Winter Blues Attunement
Positivity Flush

For a full list of attunements available please check out my website.

<https://newearthenergies.org/new-earth-energies-systems/>

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