

24 HR ATTUNEMENT Q & A

Do I need to come to you, be on zoom or otherwise communicate with you on the attunement day?

Can I communicate with you on the attunement day?

Will you communicate with me on the attunement day?

Will you communicate with me after the attunement?

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Do you stay awake for the whole 24 HRs?

How does the attunement work?

How and why do you work with people while they are doing other things?

What happens after the attunement during the One Month Integration period and the One Year Unfolding period?

If it takes a year to unfold, do I need to wait a year before I do another attunement?

Do I need to come to you, be on zoom or otherwise communicate with you on the attunement day?

NO, IT IS A REMOTE HEALING. The attunement is 24 hours of energy work following a specific protocol. Each hour is balancing a different area of your life which is being perpetually created by a particular stream of energy. You participate by receiving the energy work throughout the day, but this is done at a distance. You DO NOT need to come in person, be on zoom or otherwise communicate. You may proceed with your normal activities. You can choose the level to which you engage with the energetics throughout the day.

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Can I communicate with you on the attunement day?

YES. If there is anything you wish to communicate, while the attunement is underway, by all means please send me a message via text or email. I do check these throughout the day. [Return to questions](#)

Will you communicate with me on the attunement day?

NO. I do not typically communicate with participants during the attunement. Only on the rare occasions where cognition is essential to support the rebalancing. I am working with pure energetics. This requires my full attention at the quantum level which is beyond words, making verbal communication difficult. [Return to questions](#)

Will you communicate with me after the attunement?

I will not ordinarily have follow up communication with you specifically about the attunement. Regular clients receive a combination of 24 HR Attunements and private sessions. And for students, each training block includes a one on one training session to coincide with the training energetics received during the attunement. It is during these sessions that consciousness is brought to the shifting energy and how it relates to the personal work you are doing in your life.

The attunement protocol is working with the energetics of your whole life. They are complex and shifting every second of the 24 hours. I do not try to extract particular information about what the energy shifts translate to in your life. The entirety of this would be the story of your life, beginning to end, from every possible perspective. Personally, I think in pictures and

work in forms, thus words don't come easily for me. The energy must be humming along for me to have the bandwidth to translate into language. If you have a specific question though, you may email it to me and I will respond during the week following the attunement. [Return to questions](#)

How should I prepare for the attunement?

You do not need to do anything in particular to prepare. But, as we go into the attunement, if you have any areas of concern or places where you have a desire for change, let me know and we will weave these intentions into the day. The general holistic balancing will theoretically address all areas of imbalance, but in practice I have found it can be helpful to bring in focused intentions. At the very least, it is helpful for you to cognitively connect to the energetics. Thus, if there is anything in particular that you would like to highlight during the attunement, let me know. [Return to questions](#)

What should I do on the attunement day?

During the 24 hours of energy balancing simply stay open and aware of what is occurring within you and your life throughout the day. You may proceed with your normal routine of work, family and self-care. If you are able to take the day to simply be present with the process it can deepen your conscious awareness of the shifts occurring, but it is not necessary to receive the energetic benefits of the attunement.

It can be helpful to jot down any observations you have throughout the day, particularly anything unusual or striking and the time that it occurs. This can be an awareness, strong emotion, body sensations, thoughts of the past, an unusual idea or being drawn to something new. Each hour is balancing a different stream of energy influencing you and your life. The awareness you have during the balancing can be helpful to you as the energy unfolds over time. It is not in any way necessary for the shifts being set in motion but it can help to bring conscious awareness to your journey.

You choose your level of engagement. This can range from simple consciousness of the attunement occurring as you proceed with your day to a full day of transformative engagement. The 24 HR Attunement can be a highly supportive backdrop for diving into deeper, more focused personal work. You can journal throughout the day as you follow the 24 Life Component roadmap or another more personally structured protocol.

Participants will often plan significant life events on the attunement day. This could be an important business meeting, surgery or family occasion. During the attunement you are in a powerful field of energy that has been designed to preserve and optimize human life. It will envelop you with the energetic support to optimize these types of events. [Return to questions](#)

What happens if I do nothing and just proceed with my day?

You will receive the full energetic benefit of the balancing. [Return to questions](#)

What will I experience on the attunement day?

IT ALL DEPENDS ON YOU... There is a vast range of experience and awareness, for different individuals. Some people are not aware of the energy shifting while others are acutely aware all day. Most people fall somewhere in the middle. How this is felt pivots on your intuitive channels and sensory awareness. Each attunement is varied as well depending on your state of being on the day, the "stuff" that is up to be balanced and the highlighted focus for the month. Often, the day will be unusually smooth and synchronistic as the energy is shifting you towards and holding you in universal balance. This is the most common feedback I hear from people.

There are also times when an area of imbalance will surface into your awareness. These are usually old energies (emotions, beliefs that no longer serve, wounding...) that are clearing out. You may have unexpected contact from people in your life or from your past. You may have new opportunities and connections that show up. New ideas, innovative solutions or other aha types of moments may come to you throughout the day. I find it very telling and purposeful what presents on an attunement day. It is always significant and informs you about your life from a universal perspective. [Return to questions](#)

What do you experience and what do you do on the attunement day?

Every attunement is different. I can be immobilized by the energy or able to freely move about. Sometimes the greatest aspect of work for me is in the setup before the start at midnight or, post attunement as the work integrates. I am hypersensitive and empathic so I am feeling the whole life energy of all the participants. I need to process all of this sensory awareness which takes time beyond the 24 hours.

The mainframe of balancing the universals and the 24 Life Components is all automated (this took many years to establish). So I am monitoring everyone and manually addressing any particular area that someone is not automatically coming into balance. I am also addressing any specific imbalances that highlight during the day for individuals or the group as a whole. Sometimes I am channeling specific information coming through that needs to be communicated to facilitate the balancing process.

Each attunement has a highlighted topic area of balancing or creation that I am working with during the 24 hours. And the attunement is the backdrop for students to receive the training energetics. Thus, I am managing students working with various training blocks within the six year or 72 training block program. I work with a spreadsheet to keep track of all this.

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Do you stay awake for the whole 24 HRs?

Sometimes I am awake for the whole 24 hours, while other times I am able to rest. It is not exactly sleep but more of a deep journey state. I equate this with caring for an infant. If all the participants are smoothly moving through the preset path of balancing I can rest like one does with a sleeping baby next to them. But the moment something or someone needs my attention I am awakened to attend the need. [Return to questions](#)

How does the attunement work?

I am working with energy/consciousness models that take the form of the universals in life. They are in the shape of the platonic solids and encompassing sphere. These working models have been built into the fabric of reality through the living experience of hundreds of people. They are grounded in the core of the earth and movement through the preset pathway is generated by the earth's rotation (for the 24 hr cycle).

The 24 HR Attunement hones in and highlights the 24 Life Components. This is a mapping of the cube model of time on earth. It directly connects to the earth's rotation on its axis, your circadian rhythm and the day cycle. It differentiates each of the 24 streams of energy influencing the unfolding of your life over time. In viewing the microcosm of one of these streams, the body system for instance, the 24 signature is found in the DNA. 23 pairs of

chromosomes are visible while the 24th is purely energetic. Your DNA is like a written record of instructions providing your body's parameters within life. Each of the 24 Life Components is being governed by a similar stream determining the parameters.

Once you are set up to begin at midnight it's like being buckled in your seat on a roller coaster. The earth would have to stop rotating on its axis for the movement through the life components to stop. It is a well traveled path, I have brought groups through thousands of times which, like other experiences within humanity, or water in a canal, makes the journey smoother and easier with each pass through. [Return to questions](#)

How and why do you work with people while they are doing other things?

The attunement energetics were designed to be homogenous with your normal life flow. Historically people separated themselves from regular society to seek a path of enlightenment and this meant that only a small percentage of people had access to these types of teachings and support. Still today, many people need to take a break away from regular life to open to this kind of learning. This can be a beneficial thing to do, but it is not always available to people with active lives. And, as you know, the dense material world is not really separate from higher vibrations, the world of spirit and pure energetics. It is all here right now. We really don't need to go to the mountain top.

The objective in creating the 24 HR Attunement structure was to bring these high vibration energetics and teachings right into an individual's regular day to day life flow. This applies to the attunement day as well as the integration and unfolding of the energetics. Years were spent developing the energetics to be subtle and perfectly synchronized with your life flow. This makes the work accessible to anyone. But because of this, it can take some time to become familiar with the work and how it is shifting things within you and your life. Many times this is clearer with raised consciousness in retrospect.

Humanity has evolved and been shifting this dynamic as more spiritual teachings are available. The path of enlightenment is available to anyone and it doesn't require leaving family, career or other things behind. Only if these are misaligned with your true nature. Now, since the pandemic, it is

more important than ever that people evolve and raise their vibration, the survival and well being of humanity is dependent upon it. Thank you for being a part of the shift to a New(more evolved & higher vibration) Normal.

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What happens after the attunement during the One Month Integration period and the One Year Unfolding period?

The attunement day is setting up the shift to move you towards greater universal balance. At midnight, once the attunement is complete, the energy launches into motion moving through your life in a particular way over time. It takes one month for the shifts to integrate into your energy field and it takes one year for the transformation to fully unfold within your life.

The Integration: During the Integration period people will often notice a sense of movement as their energy field realigns. This will stimulate processing as old energy imbalances release, new balanced connections and opportunities come in and the basic elements making up your life shift into greater harmonic concordance. Some things you may experience are emotional releases, physical changes in your body, intuitive awareness coming in as well as shifting beliefs and ways of thinking about things in your life. You may find yourself expressing more authentically or experiencing changing dynamics in your relationships. This sense of rearrangement usually settles after a month as the attunement is fully absorbed into your energy field.

The Unfolding: Once the energy medicine is absorbed and you are in a more balanced state of being, the impact of this begins to unfold and ripple through your life as a whole. Many changes require time. A career shift or move for instance, may take months before it is complete and you are in a new position/location. Many changes involve a process that requires time such as healing a wound, moving through grief, developing intuition, or awakening to a new perspective and way of being in the world. The transformative effect of the 24 HR Attunement, like all major changes in life, necessitates a year cycle to be fully set in place. [Return to questions](#)

If it takes a year to unfold, do I need to wait a year before I do another 24 HR Attunement?

No. I typically recommend monthly 24 HR Attunements to maintain balance on your optimal path. Life can pull you off track and regular attunements will reinforce the changes you have already made to keep you centered,

grounded and moving forward in your evolution. There is also a cumulative effect with regular attunements that progresses you closer to universal balance. [Return to questions](#)