

## Receiving the attunement:

Sit or lie down in a comfortable position. Mentally say once:

"I will now receive the **7 Chakra Source** attunement from Josip Valcicak."

Then start the music file "7 Chakra Source.mp3"

This will start the attunement and it will last for 12-15 minutes.

The attunement procedure is done, but I highly recommend that you keep your position for another 10-25 minutes (or more if you like).

This will give the increased flow of the energy a chance to more rapidly become distributed and absorbed into your energy system.

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