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Attunement through inter-personal resonance Scientific evidence from numerous studies from multiple disciplines compiled by James Oschman (2015) is part of a growing evidence for our ability to exchange information about our inner states with each other directly (body to body and brain to brain) through measurable frequencies of the electromagnetic spectrum.

What is Embodied Attunement? Why is it Important in ...

It can help you work out what you need physically - and emotionally. The emotions are always felt in and

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body. Sometimes your moods are subtle, on the hazy horizon of your felt-sense, but learning what they feel like in your body is a first step on making the changes that you want to make for a healthier, more satisfying life.

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Attunement is the practice of opening thought and feeling to the source of wisdom and love which is within all people, increasing the flow of life-giving energy through the body, into the world. Attunement is an energy medicine practice and a consciousness practice. So it is both the shared generation of life energy between two people, promoting health and wellbeing, and also a daily practice of spiritual centering and flow.

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Attunement - Healing From Within
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Attunement allows a person to tap into the powerful pulse of universal creative energy—the cosmic Aum that brings peace. Om Shanti. They tune into the drumbeat of the universe. Now that drumbeat is constantly moving into the energy field of their physical body and their feeling realm.

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Once given, an attunement is located in one of seven positions on the body. Each spire has different attunements and each attunement grants the person with it (referred to as an attuned) different abilities. It is commonly believed that attunements are given by the goddess Selys or by one of her six Visages.

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