
Mastering Self Attunements



Ole Gabrielsen

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By Ole Gabrielsen

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Aknowledgement

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Introduction

I have written this little book in the hope that it will be just enough to inspire you to experiment with self attunements on your own. It is not meant to be a complete guide. You will experience the completeness of mastering your own self attunements, through your own experiments and formats, by trying out different methods and perhaps even discovering new ones for yourself. You will be receiving the knowledge of my dedicated experimentation over many past years, this will be extremely useful for you to jump-start your own experience.

I am assuming that you are not a complete beginner and that you most likely have at least 1 or 2 attunements already. If this is not the case, I would suggest that you experience with at least a couple before immersing yourself into the material of this book. Without some first-hand knowledge and experience of what an attunement really is, it may be a bit more difficult to understand the concepts described herein.

Please also be aware that there will be no traditional Usui teachings in this book. The information detailed is strictly based on my own observations.

I hope that you will enjoy the information and I wish you a great journey!

Ole Gabrielsen,
26 May 2011.

Defining An Attunement

What is an attunement?

An attunement is a procedure where a person (or spirit guide) passes on a specific energy structure/signature to another persons energy body and/or energy centers (chakras). This enables the receiver to become a permanent channel for that specific energy.

The best known attunements are Reiki attunements. As you most likely know, Reiki is an ancient healing art that was (re) discovered by a Japanese monk called Mikao Usui. He received attunement from spirit after he had fasted for about 3 weeks on a mountain. After a spiritual encounter, he found that he could heal ailments just by placing his hands on a place of concern.

Usui's spiritual encounter had left an "imprint" (attunement) in his spiritual bodies and chakras, which made him a permanent channel for the energy we today call Reiki (meaning universal life force).

How to Pass on Attunements and Self Attune

Passing on attunements as a teacher and self attuning is based on the same principles, so what I am going to teach you applies to both.

I have tried many methods passing on attunements over the years. There are what I call 'mass attunements', where you can pass on a specific attunement in 'one go' to more than one person. Then there is the 'one-to-one' method, where you concentrate on one person at a time.

What I found to be the most effective method during the past years was for me to do it on a one-to-one basis.

For example, if there are 3 people and you send the attunement in one go to all 3 people simultaneously, these 3 people will have to share the whole energy. This means that each person will receive 33% of the energy each. They will still benefit, but it would not be as strong as passing on an attunement to one person at a time.

Yes, it will take more time and energy but the end result will be much better – so take your time and do it properly. You will also get better feedback and happier students.

Self Attunement Example - Attuning to The Energy of Rose Quartz

Instead of explaining all the theory first, let's try out a self attunement! Don't worry if you do not immediately understand all the steps - I will fill in the blanks afterwards.

For this example, you will need 1 x Quartz point and a raw/tumbled stone, preferably a Rose quartz.



Firstly, the crystal needs to be cleansed and charged for optimum performance. Here is the fastest and most effective way (in my opinion) to do this:

1. Take a stone and crystal point in each hand.
2. Use the quartz point and move it up and down (like the movement of a pendulum) above the tumbled stone for ½-1 minute. If you are sensitive to energy you will notice that suddenly you get a lighter feeling...or like an "ahhh" feeling. This means that the stone releases stagnant energy.



3. After this cleansing step, it's time to charge the stone. Now rotate the quartz point above the tumbled stone clockwise for approximately 20 rounds (the speed could be 3 rounds per second). This will charge up the stone.



4. The stone is now ready to use!

You will notice that once a stone has been energetically cleansed and charged this way, it will be much easier to clean in the future. The energy of the stone is also able to keep 'fresh and pure' for a longer period of time before it needs cleansing again.

The Self Attunement Procedure

1. Sit with the stone for 3-5 minutes and let the energy of the Rose Quartz fill you.
2. Attune to the energy of the stone by speaking aloud or mentally saying once: "I now attune to the rose quartz energy in this stone."
3. Sit and relax for 12-15 minutes, while receiving the attunement.
4. Done!

You can test the energy by laying your hands on your chest or stomach and mentally say , "Rose Quartz" once to start the energy.

When you have practised attuning to gemstones for a few times, you might want to try and attune to the energies of the Ascended Masters, Angels, Archangels etc.

Preparation Before Sending/Taking Down Attunements

I think we are all familiar with the sentence, “what you send out, will come back to you”. This rule also applies to passing on attunements.

We can all with a little practice, connect to the energy we like and then attune to it. Although it will be much easier for you to in the beginning, to use a physical item like a Rose Quartz or another stone.

The process is to take the stone in your hand and just sit with it. This will build up the rose quartz energy in your energy field. After a certain point (maybe after 5 minutes) you can start the attunement procedure. There will be a huge difference, from just stating “I now attune to this rose quartz” and to build up the energy first and THEN attune.

Let us say you have attuned to the Rose Quartz energy and you would like to share the attunement with a friend. You can do 2 things: You can immediately pass it on (via a simple technique I will show you later) or you could prepare a bit before sending it off.

There are several ways to prepare...

One way could be that you imagine that you are surrounded by the energy of the attunement energy itself. For example, if it is the Rose quartz energy, you just imagine that you are surrounded with this energy (you actually do not need the physical stone for this) and you just build this energy up...and when you feel it is sufficient, you just send it off. If you are not yet sensitive to energy, you can just wait for about 5 minutes, before sending off the energy.

Another way is that you could imagine that the energy field is slowly filled with Life Force energy for 3-5 minutes...and when you feel ready, just send off the attunements.

Please feel free to experiment...try one without preparation and try one with preparation... and if you are just slightly sensitive to energy, you will definitely feel a difference.

Practice Makes Perfect

Like all other skills the more you practice, the better you will become in self attuning and passing on attunements.

Lets say that you would like to have your house decorated – you want to have a really beautiful painting on your wall. You have 2 painters to choose from. The first has just graduated from decorating school and he is relatively cheap. Then there's the other painter, he has painted walls for 15 years, so he has a lot of experience. You notice though that he charges at least double in price. Which one would you choose?

Personally, I would prefer to maybe wait an extra month and save up some more money and then go with the painter who has the most experience. Of course there are exceptions, but what I am pointing out here is that practice does make perfect! If its about painting, driving or self attuning and passing on attunements – it takes practice to become better.

Usually, I find that most people want to treat Reiki as a McDonald's. For example, like if you go to Tokyo and you order a cheese burger, you know what you are going to get. If you go to Canada and order a cheese burger, it will be the same... in Sweden, Germany, Denmark...it will still be the same.

Some people also think this way about Reiki, they wonder 'should they go to 'this' or 'that' for attunements', 'its the same'. But it is not the same. There is real big difference, depending on the teachers energy level and practice. It's just the way it is. Different people, different energy levels.

So do not expect Reiki to be like a McDonald's – because Reiki is as individual as each person.

Although I see this as a good thing!

Each teacher adds a different “flavour” to the energy. Some people need the energies of one teacher and other people need the energy of another teacher. This is why I think it is good practice to see so many different energy systems out there and so many different systems to choose from, all depending on who you are and what you need at that moment.

This is also one of the reasons why I have written this book. To make those who feel inspired to do so, capable of self attuning and passing on attunements. We are all unique and we all have some something different to offer the world - in one way or another.

When you have self attuned for one year, you will increase your individual power – try and compare after 2-5 years. You will be so much stronger.

That is also why I sometimes get the question, “If we can self attune and do our own attunements, why do we need teachers to do it for us?”. The answer to this, is that the teacher is there to “jump-start” other people. Because if you have taken self attunements for 1-10 years (or more), you will be able to jump-start others, therefore they would not need to spend as much time to reach a higher energy level. There will also be people who do not wish to self attune, but will simply become healers.

Making Your Own Healing Systems

Let us now put all the theory into practice and create a sample healing system. Let us build on the Rose Quartz example and make it into a system that you can pass on.

On top of a piece of paper write the name of the system – you can name it whatever you like. Let us call this one “Rose Quartz Reiki” just for fun...

Next define the system:

- To be used like Reiki.
- Energy can be activated just by thinking “Rose Quartz”.

This is actually enough for this simple system.

Next, we want to prepare some notes to accompany the system. *Please view appendix III in the back of this book for a sample manual for this system.*

That’s it! The system is done and it's now ready to be passed on.

You could add more definitions to the system. For example “Every time the user points to a location, a non-physical etheric Rose Quartz stone will be placed. It will dissolve again after 10 minutes.”

You can also draw a symbol and then connect the energy to it by defining: "Energy can be activated by drawing or mentally projecting this symbol."

Passing on Attunements – Different Methods

There are many ways to pass on attunements. I have found that the less complicated you do it, the better the result will become.

The most important step when performing an attunement is the preparation process. Do not pass on attunements if you feel exhausted or tired. It's better to wait a day, than to perform an only "average" attunement. As a preparation to passing on attunements I often rest (not sleep) 5-10 minutes on my couch to recharge. I close my eyes and completely relax.

Here are some examples on passing on attunements:

The first is the "original version" which I did in the beginning:

1. Imagine/visualize that you are surrounded by life force, that is slowly becoming stronger and stronger. The force field is becoming brighter and brighter. Do this for 2-5 minutes.
2. Say directly to the accumulated life force: "Life force will be generated continuously and you will not fade until I am done with this attunement."
3. Say mentally or out loud: (to your higher self) "I ask that (name) may be attuned at (time) on (date) in his/her time zone for (attunement name)."

The attunement will then start and stop after around 10-15 minutes, depending on the energy and receiver.

Here are some other methods:

“Real life” Attunements

This method could be used for a live class.

1. Relax and recharge. In this step you can connect with the energy of your choice or sit with a gem stone. When you have rested for probably 5-10 minutes, proceed to step 2.
2. State mentally or out loud once: “(attunement name) for (name)”. If there is more than one person, continue with each name in the group. The attunement will then start and after around 10-15 minutes, it will stop.

Via distance/email

This method could be used for a distance attunement, example via email.

I recommend that you do this one-time statement: “Every time I perform an attunement via email, it is “queued” so that the receiver can call it in any time he/she likes.”

1. In this step you can connect with the energy of your choice or sit with a gem stone. After 3-5 minutes proceed to step 2.
2. State mentally or loud once: “(Attunement name) queued for (name)”. If more than one email, continue with each.

Tip: A good practice is to disconnect after each attunement (see a later chapter.)

You should provide the receiver with a method on how to receive the attunement. You could use something like this in your email:

Receiving the attunement:

1. Sit or lie down in a comfortable position. Mentally say once: "I will now receive the (attunement name) from (insert your name here)." This will start the attunement and it will last for 12-15 minutes.

2. 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.

Notice that I recommend that the receiver keep the position for another 10-25 minutes. This is also recommended in live classes, but is not always necessary to have a successful attunement.

I must mention that I like the "queue" method best above the others – also when I do "live" attunements. Why? Let me tell you via a little parable:

Imagine that you have internet and you are going to send a large file to your friend. You have a super high speed internet but your friend has a slower modem connection. You have the possibility to send this file directly to your friends computer.

You start sending the file and because the recipient has a slow connection, the transmission will also be slow, because you will have to stay in this “sending mode” until the whole file is received by your friend.

Imagine then that you tell your friend, that you will upload the file to a server (a “space on the internet” where you can store/share files) and then your friend will be able to download the file whenever he likes. You upload the file in only a few seconds, because the server is super fast and your done 5-10 seconds later.

By preparing the attunement directly to the receiver, you are using the first method – by queuing, you are “uploading” the attunement in a few seconds and without staying connected to the recipient for more than a few seconds.

So where is the attunement “stored” when using the queue method? I have made a definition that says “Every time I queue an attunement, it will be stored temporary in creator source until the recipient calls it in.”

When I talk about “creator source”, I refer to God or All That Is...it could refer to the Great Central Sun. For me it's a very safe place to store an attunement in “waiting position”.

This also reminds me about a question I got recently:

“Will the power of the attunement fade when it's queued?”

This is a good question and honestly I have not been experimenting much with this. I usually recommend students to call in the attunement as soon as possible. Maybe within 1-2 days, because then I know it's “fresh”. I have also prepared attunements for students that have successfully “downloaded” them weeks after they where prepared, so it *is* possible to have a longer storing of the attunements.

Audio Attunements

Another interesting way of passing on attunements is as an Audio Attunement.

An audio attunement is a mp3 file with sound/music that has received the energy structure/signature of a specific attunement, example Reiki. When you play the file, the listener receives the attunement in much the same way as if it were passed on the “regular” way.

Preparing a music file as an attunement is fairly easy if you know a bit about computers.

First of all, find a relaxing music file with the duration of 5-15 minutes. Have it visible on your computer desktop. I like to have it in a folder with that file only.

Then make this definition: “Whenever a person is listening to this mp3 file, he/she will receive the attunement I have prepared.”

Next prepare like you would prepare for an “ordinary” attunement. When you feel ready to send off the attunement, say the following: “(Attunement name) into mp3 file”. Sit and wait ½-1 minute in a relaxed state.

The mp3 attunement file is now ready.

If you are going to pass on the mp3 attunement, you will surely need to also pass on a few notes about the system and how to receive the attunement. Please refer to Appendix I in the back of this book for full sample instructions.

Neutralizing an Attunement

From time to time, I have had people emailing me, asking if it is possible to undo an attunement. It might be that they have received an attunement from a teacher and they have had negative experiences in that process which continues to bother them.

It's very easy do undo an attunement. You can just say the following once:

“The (attunement name) will now be neutralized and will work no more.”

This usually does the trick almost immediately.

The Importance of Disconnecting

When performing a healing session (or passing on an attunement), you connect on a spiritual level to the person you are sending healing to. It is important to cut these etheric threads that are created. If you do not do this, it will be possible to stay energetically connected to that person. This could result in the draining of your energy.

All you have to do when finished with the healing (or any counselling in general), is to make a fast "karate chop" in front of you, while saying something like "Cut all threads!" Do this 1-3 times.

Often after doing this, you will most likely feel a relief.

Frequently Asked Questions

Q: Should I ask my higher self to perform the attunement or should I just “send it off” by intention?

A: You can do both. What I like to do is to send it via intention. I feel that that is the most direct way, but try both and see how it works for you...

Q: Are self attunements preferable above attunements from others.

A: It depends on how much energy practice you have already done – also it depends on who you are. Some people will find it extremely easy to build up the energy the first time they try and then others might need a little “push”. But generally if you are just starting out, you might want to try out a few attunements from one or more teachers, just to get the basics and the feel for it...and after that you might want to experiment with self attunements.

Q: WHAT SHOULD I EXPECT FROM AN ATTUNEMENT AND HOW DO I RECEIVE IT?

A: The best thing to do is not to expect anything. Just sit or lay down and receive the attunement by following the instructions you have received.

Q: *Can anyone learn to heal?*

A: Anyone open to healing can learn it.

Q: *Will I feel the energy?*

A: Mostly students feel the effects of either the self attunement or when performing healing sessions. It is of course an advantage if you are somehow sensitive to energy. I have had students who had never had any attunements or energy experience who felt the energy very well the first time.

Q: *What will energy feel like?*

A: It can be felt like warmth, a light breeze, buzzing in hands and/or in the body, tingling sensations in hands, feeling very serene, peaceful etc.

Q: *To charge or not to charge money for performing healings and attunements?*

A: I do not believe that energy has a price and that is why I do not believe that we can charge for energy. However we can charge for the TIME we use. You use a lot of your own energy in this process, which you then have to replenish with food, for example. What people pay you for is for your time and experience. Time in preparing the attunement, sending the attunement, writing emails, support after the attunement etc.

Also think about the painters. You are paying more to the experienced painter because he has experience...and how did he get that experience? By using his time perfecting his skills. In the end it's up to you, but personally I think it's totally OK to charge for the precious work you do, whether it's painting, healing or passing on attunements.

Q: What if I am not sensitive to energy?

A: The best advice is to test it on someone else and then get their feedback. Just because you are not sensitive to the energy, does not mean that the energy is not there. I have talked to people that were not sensitive to energy but have received really good feedback from those they offered healing to. Eventually, it is my experience that all, sooner or later can learn to feel energy, in one way or another.

Q: Any other advice you can give?

A: Yes, I have two final words of advice:

1. Don't generalise energy or people – we are all different!
2. If in doubt, experiment!

Good Luck!

About the Author

Ole is currently living in Denmark with his wife and 3 children. He has been teaching in healing since the beginning of the 90's, both locally but mostly worldwide. He founded many healing modalities, where Kundalini Reiki, Gold Reiki and Full Spectrum Light are some of the most popular. For more information about current projects, please visit:

www.olegabrielsen.com

Appendix I

A sample manual, great for beginners.

Please feel free to share, edit and use for your own students.

Beginning Reiki Manual

First decide how you will play back the mp3 file. Will it be through a computer or will it be listened to by an mp3 player? Both can be used.

The attunement (which you only need to take once) should be received when alone. Make sure that you sit or lie down in a comfortable position. Also make sure that you will not be disturbed (unplug the phone, turn off your cellphone etc.).

When you are ready, start the mp3 and listen to it until it stops. Keep your position for another 10 minutes and the attunement is done! Although it is OK to relax for more than 10 minutes.

Did you feel anything? If yes, excellent! If no, don't despair. Usually most people will learn to feel the energy with practice. Also it's good to practice on others so you can get their feedback.

After this short session you have received the Reiki attunement and you are ready to practice!

Your First Healing Session

Your first healing session will be a mini "self healing". This is where you will send healing to yourself.

Find a place where you will not be disturbed. You can sit on a chair or lie down on your couch.

- First I want you to place your hands on your stomach. Now think the word "Reiki". This will start the energy instantly. Keep your hands there for 3-5 minutes (or as long as you like).

- Next I want you to place your hands over your eyes and keep this position again for 3-5 minutes. Any exact hand position is not important.

- Last place your hands on the middle of your chest for 3-5 minutes (also called the Heart Chakra)

- End the mini healing session by rubbing your hands, rise up and become "wide awake".

How did it go? Did you feel anything? Hopefully you had a great experience!

Remember that this was only an example. You can place your hands on any place of concern, either on the skin or 1-2" above. Also do not "try" too hard to either feel the energy or move/project it. It will flow automatically once started by thinking "Reiki".

Healing another person

After the self healing you might want to try out healing a friend or partner. You will use the same technique as in the self healing.

- Make sure your friend is comfortable either sitting or lying down.
- Place your hands on the stomach. Think the word "Reiki". This will start the energy instantly. Keep your hands there for 3-5 minutes (or as long as you like).
- Next place your hands above the eyes for 3-5 minutes.
- Lastly, place your hands on (or 1-2" above) the middle of your friend's chest for 3-5 minutes.

- End the session by rubbing your hands and when your friend is ready, let him/her tell you about any experiences he/she had during the session.

Again please remember that this was a sample session. You can extend it any time by including more hand positions, example like the feet, the top of the head, any places of concern etc.

Also you might let your intuition lead you. Sometimes a spot only needs 1 minute and you will feel somehow prompted to move on. At other times you might spend more than 5 minutes on 1 spot.

Serene music is also nice to play when performing healing sessions.

Passing on Reiki attunements

You can pass on the gift of Reiki to others. Here's how to do it:

- Sit on a chair and have the receiver sit on an opposite chair in front of you.

- Place your hands on your stomach and think the word "Reiki". Sit for about 3 minutes and

then mentally (or aloud) say "(name of receiver) will now receive the Reiki attunement".

This will start the attunement procedure and you can take away your hands from your stomach. The attunement will now automatically go to the receiver and you can just relax in the meantime. The process will last for about 10-15 minutes there after the attunement procedure is done. You have passed on your first attunement!

I hope that this mini course has inspired you to use the gift of healing, which is always at your hands! I would love to hear about your experiences and remember if you have any questions, please just email!

Good luck!

Blessings

(Your name)

Appendix II

Cleansing rooms with a clear quartz crystal point

1. Stand in one side/corner of the room. Move the crystal with up-and-down motions like you were painting the air in the room. (The crystal should not be rotated). Make sure the whole room is "painted".
2. When you feel done (usually after 1-2 minutes) proceed to the next room. Repeat step 1.

Also cleanse and charge 1 or several tumbled rose quartz and place in each room.

I further want to mention that old televisions in bedrooms (or other rooms for that sake) are big NO NO's. The older the TV is (the "non LCD" ones), the harder it is to cleanse and they emit more negative energy. I was doing a cleansing in a house and I came to the bedroom and I just felt this really bad vibe. I began cleansing the room, but felt like a strong "resistance". I scanned the room and noticed an old TV. I moved over to it and immediately I could feel that the bad vibe was coming from it, even though it was not turned on! These old tellies have the ability to "gather bad energy" through the years so I strongly suggested that it was taken out of the house. It was removed and after that it was pretty easy to cleanse the room.

Appendix III

Here's an example of notes that you can distribute with your own founded healing system. Please feel free to edit and use any of the words in this sample manual.

Rose Quartz Reiki

Also called "the love stone". Rose Quartz is associated with the Heart chakra and with love in all it's aspects: Self-love, motherly love, love for others etc. Caring and Protective.

It has a great balancing effect and is especially suited for healing all issues related to the heart chakra.

Rose Quartz Reiki is excellent as a hands on healing system, either alone or in conjunction with other healing systems. Works perfectly together with any Reiki system!

Healing

A healing method:

1. Place your hands on the person. If you are performing a distance healing, you can cup your hands together and imagine the person inside this cup.
2. Say mentally or loud: "Rose Quartz."

3. Let the energy run. When you feel that the energy is not running any more or you somehow get a feeling that you are done, end the session. The healing energy will however, continue to work in the patient. It is also possible that the energy will continue to flow through you hands...and that you might be guided to place your hands on different parts of the body. Just keep on healing if you feel prompted to do so.

After healing a person, it's highly recommended that you:-

1. 'Disconnect' from the receiver.
2. Do a short grounding exercise.

Disconnect

When performing a healing session, you connect to the person you are sending healing to. It is important to cut these etheric threads that are created. If you do not do this, it is possible to stay connected to that person. This could result in draining of your energy.

All you have to do when finished with the healing, is to make a fast "karate chop" in front of you, while saying something like "Cut all threads!" Do this 1-3 times.

Often after doing this, you will most likely feel a relief.

Grounding

After cutting threads, do a grounding exercise. If you have outside access, stand on the ground bare feet and mentally say: "I now ground!" Stand for 2-5 minutes. If you do not have access to the ground or it's just too cold, just imagine that you are standing on the ground.

This is an important exercise to do to balance yourself after a healing session...because if you have accumulated too much energy in your body it could result in a headache. If you have too little energy, it could result in tiredness. Grounding will either relieve you from being over energized or give you new energy.

Passing on the Rose Quartz Attunement

Here's a simple example on how to pass on any attunement:

1. Relax and recharge. When you have rested for probably 5-10 minutes, proceed to step 2.
2. State mentally or out loud once: "Rose Quartz attunement queued for (name)".

Blessings

(Your name)

Appendix IV

Another healing example, using prayer. Please feel free to edit and use

Healing With Prayer

The person could sit on a chair or preferable laying down on a massage table. Consider a blanket if the person is laying down.

Start the healing session by saying a prayer like this:

I call in my Angelic guardians and the appropriate Archangels. I ask that we will be protected during this session and that we will receive the guidance we need.

I ask that that or those Ascended Masters, Angels and Archangels that are needed in this session will come now and give (name) the healing he/she needs. Thank you!

The healing will start and if you are sensitive to energy you will most likely feel it and that there will be a huge energy lift.

Let the energy run. Relax and observe. If you are prompted you can place your hands on shoulders or feet and start the energy of your choice (example Reiki, Rose Quartz Reiki or another modality).

Ask your Angelic guardians to tell you when the session is finished. It could be 5, 10, 15 minutes or something else. The way you might feel that the session has ended could be like a sigh and then the feeling of completeness.

Gently tell the receiver that the session is over. It's OK for the receiver to just lay there and absorb the energy. Some will get up fast and others need to “awake” slowly.

Ask what they experienced and also tell them if you noticed anything during the session.

The above example can also be used as a self healing.