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<http://reiki30.weebly.com>

### **168 Hours of Healing**

I created this system due to personally being very swamped a lot of the time with multiple projects and jobs. I currently: own my own home biz, work p/t at a local computer centre, I'm an Internet Marketer, of course I'm also a Reiki Grand Master and I am currently doing Physio etc. So I don't have much chance at the moment to do distance/in person healings etc. Are you in a similar situation?

This system sends continuous distance Reiki to the Recipient for 168 hours (7 days – 1 full week).

ANYONE can call this in/use system.

**To attune others:** You do need to be at least Reiki Master/Teacher Level.  
Use your own preferred method to attune others.

#### **To Receive Attunement:**

Just relax and state “**I am now ready to receive the 168 Hours of Healing attunement sent to me by (Lynda Ward or Teachers Name)**”.

#### **To Use:**

**Distance:** “(RECIPIENT or I) will now receive 168 Hours of Healing”

I like to make my systems as simple as possible. Hope they are of benefit. Hope they aid you on your spiritual path.

**Any feedback:** email me wardlynda (at) ymail (dot) com

Namaste  
Lynda