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<http://www.lyndacward.com>
<http://reiki30.weebly.com>

3rd Eye Development

This system works on the 3rd Eye Chakra. It opens & further develops the 3rd Eye. The more this system is used (over a period of time), the more developed your 3rd Eye will become. Over time you may, for example: start to see the universal energies, become more Psychic, see auras etc.....
Use this system during meditations. Just think of the system name 3 times.

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 3rd Eye Development attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

When meditating, mentally or aloud state: **3rd Eye Development (3 times)**

How to meditate:

Make sure you will not be disturbed. Get into a comfortable position. Relax, you may find listening to meditation type music helps. Close your eyes. Any thoughts that come into your head, disregard them. Clear your mind. When your breathing has changed, slowed – you're there. Think **“3rd Eye Development, 3rd Eye Development, 3rd Eye Development”**. Go with the flow. You may see colours, silhouettes, lights etc.....

After meditation make a note of what you saw, felt, experienced etc.....

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