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### **ADHD Reiki**

This system was created partly as a result of a Facebook request from my bestest mate. This system was setup to **alleviate signs & symptoms of Attention Deficit Hyperactivity Disorder**.

3-5% of children globally are affected. 30-50% continue to have symptoms in adulthood. It is more common in boys. Genetics are a factor in about 75% of cases. Medication helps in about 80% of people affected. Those affected usually develop coping mechanisms as they mature, thus compensating for their previous ADHD.

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 ADHD Reiki attunement sent to me by (Lynda Ward or Teachers Name)”**.

#### **To Use:**

##### **In Person:**

While working on recipient, mentally or aloud state: **'ADHD Reiki'** as often as needed

##### **Self Healings:**

While working on yourself, mentally or aloud state: **'ADHD Reiki'** as often as needed

**Distance:** **“(RECIPIENT) will now receive an ADHD Reiki distance healing”**

I like to make my systems as simple as possible. Some of my systems can be experimented with, see what works best for you. Hope my systems are of benefit. Hope they aid you on your spiritual path.

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

Namaste  
Lynda