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

### **Autism Reiki**

This system was created for all those that score high on Autism Spectrum tests (those that **may have** an Autism Spectrum Disorder) or have actually been diagnosed with Autism/Aspergers. Autism Spectrum Disorders such as Autism/Aspergers/PDD-NOS/Rett Syndrome etc are all psychological conditions characterized by widespread abnormalities of social interactions and communication, as well as restricted interests and repetitive behaviour. Being a Spectrum thing, every sufferer is different. Reiki helps a great deal for relaxation/de-stressing/sleep problems/anxieties & fears/tight muscles/headaches/stomach pains etc.....

Autism/Aspergers are known as children's illnesses. Some adults however remain undiagnosed. **See next page for just some of the internet research I did into Autism Spectrum Disorders.**

I ALWAYS score high on the Autism online test (my score of 33 (32-50) is in the Autistic/Aspergers range (15-17 is normal)). My family etc have always said that I've had problems, though Autism etc was ruled out when I was a kid. 4 other people + in a room and I start to feel uneasy/weird/awkward – I just stay in a corner, when possible etc/been painfully shy forever. I struggle in Dr's waiting rooms, watching panto's etc..... I don't intermingle much.

Are you socially awkward?  
Do you have poor communication?  
Do you have a lack of emotional control?  
Do you struggle making friends?  
Do you struggle with small talk?  
Are you either painfully shy or outgoing?  
Etc.....

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

**To Use:**  
**Self Healings:**  
While doing a healing, mentally or aloud state (as often as needed): **Autism Reiki**

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

## Internet Research – Re: Autism Spectrum Disorders

See: <http://tinyurl.com/6476kla>

There are various reasons why individuals with ASD may reach adulthood without being diagnosed, indicated both van der Gaag and Bram Sizoo, M.D., another Radboud University Nijmegen professor and ASD expert. These disorders are generally considered children's illnesses, not those of adults. The DSM-IV diagnostic criteria for ASD apply to children, not adults. Furthermore, the separation of child and adult psychiatry may make it difficult for adults with ASD to find someone to diagnose and treat their condition. Intelligence can mask or compensate for symptoms. ASD unsociability can mimic social anxiety disorder.

See: <http://tinyurl.com/6znk5zg>

"We always knew there were people out there undiagnosed," says John Bruce, manager of charity the Northamptonshire Society for Autism (NSA), "but we are astounded by the numbers coming through. The numbers needing our service have more than tripled. It is clear that the scale of the problem [nationally] has not been recognised."

—

Some celebrities such as:

Dan Aykroyd  
Bill Gates  
Woody Allen  
Bob Dylan  
Michael Palin  
Isaac Newton  
Alfred Hitchcock  
Albert Einstein  
Michael Jackson  
Etc.....

Have been diagnosed with/thought to have Aspergers etc.

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

This system is for: my Godson and his brother. Love ya both ta bits. xxxxxxxxxxxxxxx