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<http://reiki30.weebly.com>

### **Chronic Pain Relief**

This system can be used for a wide variety of health conditions where there is chronic pain involved. Health problems such as: Ehlers Danlos Syndrome, Slipped/Herniated/Ruptured Disk, Fibromyalgia, Arthritis etc..... This system was created 'to give instant relief from Chronic Pain'.

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 Chronic Pain Relief attunement sent to me by (Lynda Ward or Teachers Name)**”.

#### **To Use:**

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

Mentally or aloud state: **Chronic Pain Relief** as often as needed

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

Mentally or aloud state: **Chronic Pain Relief** as often as needed

**Distance:** “(RECIPIENT) will now receive a Chronic Pain Relief 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