



Ethereal Herbology

A Reiki system that makes use of **all the herbs/plants** etc. Infuse liquids/create tinctures etc..... Use this system during in person or distance healings.

FREE System

ANYONE can call in or use this system. To attune others you need to be at least Reiki Master/Teacher level and therefore more experienced with energy work.

To Receive Attunement:

Relax and state, mentally or aloud: "I am now ready to receive the Ethereal Herbology attunement sent to me by (Lynda Ward or Teachers Name)"

To Activate:

Look at area/item etc and think (Herb/Plant Name).

Place, i.e. (Mentally or aloud say) - "Place (Herb/Plant Name) on (My/Recipients Body Part Or Chakra)".

Some of the herbs that you've now been attuned to:

Garlic / Chives / Rosemary / Lavender / Tea Tree / Mullein / Slippery Elm / Feverfew / Catnip / Catmint / Clove / Arnica / Aloe Vera / Alfalfa / Angelica / Calendula / Meadowsweet / Golden Seal / Milk Thistle / Myrrh / Sage / St John's Wort / Senna / Vervain / White Willow

To Pass On Attunement:

Choose you're own preferred method to pass attunement on to others.