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<http://www.lyndacward.com>  
[www.cyberward.org.uk](http://www.cyberward.org.uk)  
<http://reiki30.weebly.com>

### Healing Bubble

This system was created to **envelop yourself, others or animals in a Reiki & Life Force filled bubble. For this to start instant & long lasting healing of ANY problem.**

**Do you suffer/does someone you know suffer from?:**

Stress  
The Common Cold, Flu etc.....  
Disabilities (such as Autism, ADHD, Ehlers-Danlos etc.....)  
Syndromes (such as Ehlers-Danlos, Chronic Fatigue, Bipolar etc.....)  
Etc.....

**Is a pet/animal ill in ANY way?**

Use this system to help.

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 Healing Bubble attunement sent to me by (Lynda Ward or Teachers Name)”**.

**To Use:**

While working on yourself/client, mentally or aloud state: **Healing Bubble**

**Distance:** “(RECIPIENT) will now receive a Healing Bubble”

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