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

Ethereal Heat Patch & Ethereal Cold Patch

2 similar systems which act like hot & cold therapy. Use when an ice pack/heat pack is needed.

ANYONE can call these in/use systems.

To attune others: You do need to be at least Reiki Master/Teacher Level.
Use your own preferred method to attune others.

To Receive Attunements:

Just relax and state “**I am now ready to receive the (Ethereal Heat Patch or Ethereal Cold Patch) attunement sent to me by (Lynda Ward or Teachers Name)**”.

To Use:

In Person:

Hands over problem area and mentally or aloud state: **Ethereal Heat Patch or Ethereal Cold Patch**

Self Healings:

Hands over problem area and mentally or aloud state: **Ethereal Heat Patch or Ethereal Cold Patch**

Distance: “(RECIPIENT) will now receive an (Ethereal Heat Patch/Ethereal Cold Patch) on their (BODY PART)”

I like to make my systems as simple as possible. Hope they are of benefit. Hope they aid you on your spiritual path.
Any feedback: email me wardlynda (at) ymail (dot) com

Namaste
Lynda