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### **Hypnosis Reiki**

This system was created to: enter & leave the hypnotic state at will for the use of self hypnosis.

This system was **created to make it possible for those who receive attunement to do self hypnosis**. Hypnosis & Reiki are a great combination. Hypnosis can help with pain relief, weight loss, phobia's etc.... For a short time now I have been researching hypnosis further and I wanted to create a Reiki system based on it.

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

### **To Use:**

**To enter hypnotic state:** Mentally or aloud state “Enter Hypnotic State” 3 times  
Relax for a few minutes to go in deeper.

While in hypnotic state, state your desired outcome etc. Keep it brief.

\* **To leave hypnotic state:** Mentally or aloud state “Leave Hypnotic State” 3 times

\* Take your time in coming out of Hypnotic State. You may feel a little 'fuzzy' in the head for a minute or so, I did when I first used system.

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