



Reiki30 aka Reiki Grand Master Lynda Ward RH, INHA

## **I.M.S. AKA Improve Muscle Strength**

No Pre-Requisites

Anyone can receive/use this attunement

**How I prefer to work:** Free/Energy Exchange/Donation

My newest system. I created this system to help with strengthening of the bodies muscles. I created this system after being referred myself for Physio sessions, as I have dodgy Quad muscles. If you/others have lax/weaker muscles, use this system.

**To receive attunement:** Just relax and state “I am now ready to receive the Improve Muscle Strength attunement sent to me by (Lynda Ward or your Teacher's name)”.

**To use – In person healings/distance healings/self healings:**  
Mentally think 3 times, as often as needed “I.M.S.” or “Improve Muscle Strength”.

**To pass on attunement you need to be Reiki Master/Teacher Level. Then just ask your Higher Self to pass on attunement.**

“Higher Self. I ask that (name of recipient) may be attuned to the Improve Muscle Strength attunement in it's entirety and at their convenience”.