



Reiki30 aka Reiki Grand Master Lynda Ward RH, INHA

I.T.S. AKA Improve Tendon Strength



No Pre-Requisites

Anyone can receive/call in this attunement

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

My 5th system. I created this system to help with strengthening of the bodies tendons. If you/others have lax/weaker tendons, use this system.

To receive attunement: Just relax and state “I am now ready to receive the Improve Tendon 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.T.S.” or “Improve Tendon 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 Tendon Strength attunement in it's entirety and at their convenience”.