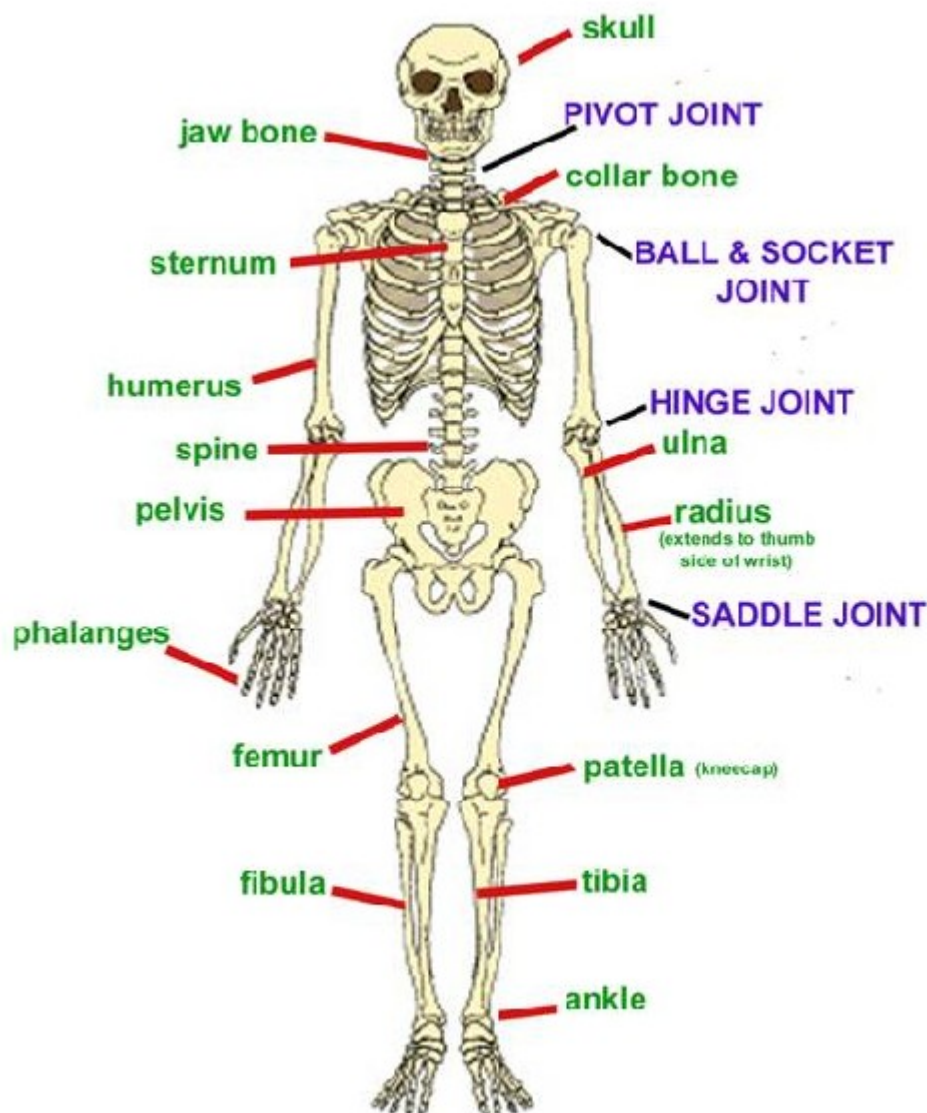


Founder: Lynda Ward (Reiki30) - My 1<sup>st</sup> ever system

Visit: <http://reiki30.weebly.com>

## Joint Pain Management



**A Reiki system for easing joint pain.**

**A FREE system, and always remain a FREE attunement. Due to this being my 1<sup>st</sup> system ever :-)**

**Founder:** Lynda Ward  
**Lineage:** Lynda Ward – YOU

A Reiki modality created to ease any kind of joint pain 24 hours a day, 7 days a week.

I set up this system due to having joint problems myself. I have had shoulder problems for over 10 years (shoulders prone to easily dislocating) and have had knee problems since birth (born with disfigured knees).

This is the 1<sup>st</sup> ever system that I have set up, therefore any feedback would be greatly appreciated. Email:  
wardlynda@ymail.com

**To receive attunement:**

“I am now ready to receive the Joint Pain Management attunement sent to me by (Lynda Ward or Teacher's name)”

Activating isn't really needed as I created this system to provide 24/7 pain management. But if you feel you would like to re-activate energy:

**To activate, simply state silently or aloud:**

'Joint Pain Management'

**To pass on attunement:**

Use whichever method you prefer. I personally use the 'Intention method', but it's up to you if you want to use Chi Ball etc.