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Knock Out Reiki

This system was created to give 7-8 hours of restful & refreshing sleep. This system is useful for those that suffer from lack of/no sleep. Use this system just prior to going to bed for best results.

I myself have had several sleepless nights lately and have always had a few problems sleeping. Probably related to my EDS (Ehlers Danlos Syndrome).

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

To Use:

Self Healings:

Before bed, mentally or aloud state: “Knock Out Reiki” 3 times

Distance: “(RECIPIENT) will, at their bedtime receive a Knock Out Reiki distance healing”

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