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<http://www.lyndacward.com>
<http://reiki30.weebly.com>

Magnet Reiki

This system is used for magnetising liquids, such as water for improved health. Drinking magnetised water reportedly has many benefits and has been used by Russians and Japanese, among others for years. Regularly drink magnetised water/soft drinks etc for the healing benefits.

Some info from just one website:

The use of magnetized water in the treatment of chronic disease is still in the infancy stage of investigation. Magnetism is widely used in medical diagnostics, including Magnetic Resonance Scanning devices for detection of a variety of internal organ dysfunction, including cancer. There is very little doubt that our cells react like a tiny magnet throughout the body's universe. Disturbance of this balance may bring on dysfunction of the body that current tests and investigative tools are simply not sensitive enough to measure.

It will be decades before the science of magnetized water is fully understood. Those in mainstream medicine may discount magnetized water as "quackery". Those in the forefront of magnetic research paints a different story. If one understands and accepts that each of our cells possess a small magnetic field, as many research studies are now supporting, the logical conclusion that magnetic water has the ability to affect our cells must be taken seriously. In the end, the truth probably lies somewhere in between - magnetized water is not a magic panacea or cure-all. It is also not a total quackery and most likely will turn out to be a health-enhancing medium. It enhances our health in at least two ways. First, magnetized water increase the alkalinity of water. An alkaline pH balances the biological terrain as our body is bathed in a pro-cancer acid environment from a modern day meat heavy diet and pollution. Magnetized water also leads to a reduction in the cluster size of water molecules, leading to better absorption of water into the cell.

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 Magnet Reiki attunement sent to me by (Lynda Ward or Teachers Name)"**.

To Use:

Hold a glass/bottle of water/drink etc in between your palms. Mentally or aloud state: **Magnetise** 3 times. For larger amounts (i.e. 1.5 litre) of water/soft drink etc, repeat a few times.

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