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### **Newborn Reiki**

This system was created to **envelop any newborn baby (premature or not) with masses of Reiki energy**. To get them started the best way possible. Use as soon as possible. Reiki is hugely beneficial for babies.

I, myself was apparently a little early/premature. Folks put that towards my health problems growing up. There has always been some questions over how early though. It would come up in my regular 'height & weight checks' etc.... that I had while growing up (up to the age of 16).

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

### **To Use:**

**In-Person:** While working on baby, mentally or aloud state (as often as required)  
“Newborn Reiki”

**Distance:** “(PARENT'S NAMES newborn/BABIES NAME) will now receive a  
Newborn Reiki distance healing”

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