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Pain Relief

Reiki, in itself works to alleviate pain by triggering the body's healing abilities etc. This system was created to further reduce pain. By using Usui Reiki + this system for pain relief, it acts as a double hit of healing. Instead of taking pain killers, try this system. I myself don't like taking pain killers, they just make me feel queasy. Use this system as often as needed.

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 Pain Relief attunement sent to me by (Lynda Ward or Teachers Name)"**.

To Use:

In Person:

Think or say **"Pain Relief for (RECIPIENTS BODY PART)"**
Or just think **"Pain Relief"** when working on a problem area.

Self Healings:

Think or say **"Pain Relief for my (BODY PART)"**
Or just think **"Pain Relief"** when working on a problem area.

Distance: **"(RECIPIENT) will now receive a Pain Relief 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