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<http://www.lyndacward.com>
www.cyberward.org.uk

Power Nap To Recharge

This system was created to help you to **have a Power Nap (about 20 minutes) to 'recharge your batteries'**.

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 Power Nap To Recharge attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Close your eyes. Mentally or aloud state 3 times: **Power Nap To Recharge**

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

I'm now (as of 17/7/2012) a Reverend through the Universal Life Church