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<http://www.lyndacward.com>

www.cyberward.org.uk

<http://reiki30.weebly.com>

Raise Life Force

This system was created to **instantly raise Life Force vibration, to heal yourself and others.** Life Force is also known as Prana, Chi etc..... It is what a lot of energy healing techniques work with/use etc..... Raising your vibrational level of Life Force, like in Quantum Touch enables you and the recipient to naturally match levels of vibration. Thus allowing better healing to occur.

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 Raise Life Force attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

At the start of ANY healing, mentally or aloud state: **Raise Life Force**

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