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

### Reiki Hug

This system was created to **send a Reiki Charged 'Virtual' Hug to those you care about, human or animal.** A simple hug has been shown to improve overall mood, increase nerve activity, and a host of other beneficial effects.

Has a friend had a rough, stressful day?  
Is a friend going through a breakup/divorce/illness/tough time in general etc?  
Do they live some distance away?  
Are your pets staying in Kennels while you're away on holiday etc?  
Do you just want to 'send a hug' to loved ones/pets?

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

### To Use:

**Distance:** **“(RECIPIENT) will now receive a Reiki Hug from me”**

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