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<http://reiki30.weebly.com>

Senior Moments Reiki

This system was created to **send masses of Reiki to those that have Senior Moments**. My parents are both in their 60's and have MANY Senior Moments. As I still live with parents I see this type of problem on a daily basis.

Senior Moments become common in those over 55 years old.

Do your parents, friends & relatives have Senior Moments?
Are they getting more forgetful, annoying etc as they get older?

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

To Use:

In Person:

While working on Recipient, mentally or aloud state: **Senior Moments Reiki**

Self Healings:

Mentally or aloud state: **Senior Moments Reiki**

Distance: **“(RECIPIENT) will now receive a Senior Moments 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