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

Snoring Reiki

This system was created to **apply 8 hours of continuous virtual pressure to the SI2 acupressure point to reduce snoring in yourself or others**. Anti snore rings apply pressure to the SI (Small Intestine) 2 point. This has been proven to work for some people. Ideally use this system just before going to bed.

Do you/friends/family snore? *I do occasionally, apparently.

*Mum had to (the other night) turn my TV off, remove my specs etc.... I was totally crashed out & snoring loads :/

Do your clients fall asleep during a healing session, do they snore?

Do you/others have an afternoon nap & snore?

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

To Use:

Self/In-Person: Mentally or aloud state: **“Snoring Reiki Activated for (ME/RECIPIENT)”**

Distance: **“(RECIPIENT) will, at their bedtime receive a Snoring Reiki distance healing”**

OR

“(Recipient) Snoring Reiki”

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