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Spirit Hugs

Are you stressed/depressed/lonely/overworked etc?
Have you had a tough day?

I created this system to **receive hugs from the Spirit World/all beings of light**. A hug cheers you up a little more.

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 Spirit Hugs attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Self Healing (Hugs):

Relax, close your eyes. State **“Spirit Hugs, Spirit Hugs, Spirit Hugs”** to yourself or out loud. Relax until you feel the energies etc have stopped.

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