



© Reiki Grand Master Lynda Ward RH, INHA
<http://reiki30.weebly.com>

STRESS BUSTER



I created this system because everyone, inc pets/animals gets stressed at some point in their lives. Whether it be from work, home life, exams, new home or vet visits etc. This system can be used in times of stress.

ANYONE can call this in/use system.

To attune others: You do need to be at least Reiki Master/Teacher Level.

To Receive Attunement:

Just relax and state “I am now ready to receive the **Stress Buster** attunement sent to me by (Lynda Ward or Teachers Name)”.

To Use:

Mentally or aloud state, once – as often as required “Stress Buster”

In Person: Mentally or aloud state, once – as often as required “Stress Buster”

Self Healings: Mentally or aloud state, once – as often as required “Stress Buster”

Distance: “(RECIPIENT(S))/(PETS/ANIMALS NAME + TYPE OF PET) will now receive a Stress Buster Distance Healing”