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Theta Entrainment

My newest Reiki system. That helps you to quickly and easily tune in & synchronize your brainwaves to the Theta range for healing and MANY other benefits (just Google search i.e.: Theta Brain Wave Benefits).

DON'T use while driving etc.. ANYONE can call this in/use system. To attune others you DO need to be at least Reiki Master/Teacher Level.

Ideally when in Theta: Close your eyes. Also you can then ask 'The Source/All That Is' to help with healing, addictions, psychic abilities etc. Do this quietly to yourself.

To receive attunement: Just relax and state "I am now ready to receive the Theta Entrainment attunement sent to me by (Lynda Ward or Teachers Name)".

To activate:

In Person: think (mentally or aloud) "Theta" about 3 times & you will both go into Theta range.

OR

Think (mentally or aloud) "(RECIPIENT) will now be in Theta range for (15/20/25/30) minutes"

Distance Healings: think (mentally or aloud) "(ALL THESE RECIPIENTS/RECIPIENT) will now, or at a more convenient time be in the Theta range for (15/20/25/30) minutes"

Self healings/Meditation: think (mentally or aloud) "Theta" about 3 times. You will then be in Theta range for duration of the self healing/meditation.

To pass on attunement: Use your own preferred method.