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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.