



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

Tinnitus Relief

I created this system partly as a result of an email query. I also have the occasional 'ringing in the ears'. This system was created to give relief.

Do you hear weird noises in your ears?
Do you get the ringing in the ears?
Etc

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 Tinnitus Relief attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

In Person:

Have hands over the ears and mentally or aloud state: **Tinnitus Relief** at least 3 times

Self Healings:

Have hands over the ears and mentally or aloud state: **Tinnitus Relief** at least 3 times

Distance: **“(RECIPIENT) will now receive a Tinnitus Relief distance healing”**

I like to make my systems as simple as possible. Hope they are of benefit. Hope they aid you on your spiritual path.
Any feedback: email me wardlynda (at) ymail (dot) com

Namaste
Lynda