



**Reiki Grand Master Julie Ward**

<http://tinyurl.com/38axdms>

### Anti-GYMites

Are you Obese, have joint problems or severely disabled?

This system could be for you. I can't do gym work cos of Osteo-Arthritis in all my major joints apart from my knees. I have tried once but the equipment was unsuitable for me.

ANYONE can call in/use this system

**To attune others:** You do need to be at least Master/Teacher level.  
Use your preferred method to attune others

#### **To Use:**

##### **In Person**

Hands over area where possible and think "Anti-Gymites"

##### **Self Healings**

Hands over area where possible and think "Anti-Gymites"

##### **Distance**

"(RECIPIENT) will now receive an Anti-Gymites 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.

Feedback: email my daughter Lynda at – wardlynda (at) ymail (dot) com

Namaste  
Julie