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<http://www.lyndacward.com>
<http://reiki30.weebly.com>

Anti-Inflammatory

I wanted to create a system that will help reduce swelling, thus alleviating the pain & discomfort also caused by the i.e. swollen knee/ankle etc..... I myself have swollen knees, have had this problem for at least several months now.

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 Anti-Inflammatory attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

In Person:

Have hands over problem area. Mentally or aloud, state **“Anti-Inflammatory”**

Self Healings:

Have hands over problem area. Mentally or aloud, state **“Anti-Inflammatory”**

Distance: **“(RECIPIENT(S)) will now receive an Anti-Inflammatory 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