



Reiki Grand Master Julie Ward

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

Arthritis O & R

I created this system because I suffer with Osteo-Arthritis and can sympathise with all the pain and discomfort this causes. I have Osteo in all my major joints, but not my Knees which were replaced in 2007. My left is however still a problem.

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 problem and state to yourself "Arthritis O & R"

Self Healings

Hands over problem and state to yourself "Arthritis O & R"

Distance

"(RECIPIENT) will now receive an Arthritis O & R 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