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Body Detox

I created this system after having an a-ha moment. This system once activated will eliminate toxins from the body, human or animal. Toxins build up so fast and come from many sources i.e. food, lifestyle etc... This system will leave you feeling more energized & healthy.

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 Body Detox attunement sent to me by (Lynda Ward or Teachers Name)"**.

To Use:

In Person:

Mentally or aloud state: **"Body Detox"**

Self Healings:

Mentally or aloud state: **"Body Detox"**

Distance: **"(RECIPIENT) will now receive a Body Detox 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