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

Bullying Reiki

This system was created to **send masses of Reiki, Love & Light to victims of bullying**. I was bullied as a kid, (physically & mentally & by both boys & girls). I know a few others that were also bullied while at school etc... Bullying can also occur in your work environment 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 Bullying Reiki attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

In Person:

While doing a healing, mentally or aloud state: **Bullying Reiki**

Self Healings:

While doing a healing, mentally or aloud state: **Bullying Reiki**

Distance: **“(RECIPIENT) will now receive a Bullying Reiki distance healing”**

I like to make my systems as simple as possible. Some of my systems can be experimented with, see what works best for you. Hope my systems are of benefit. Hope they aid you on your spiritual path.

Any feedback: email me: wardlynda (at) ymail (dot) com

Namaste
Lynda