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Dream Totem

This system was created to **discover, during your dreams what your current Animal Totem is.** Your Animal Totems can change from time to time. Use this system just before bedtime. Make a mental note of what you see in your dreams regarding Animals. You can then i.e. Google search '(ANIMAL) totem meaning' to find out what it means for you. My current Animal Totem is the Zebra.

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 Dream Totem attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Just before your bedtime, mentally or aloud state: **Dream Totem**

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