



© Reiki Grand Master Lynda Ward RH, INHA
<http://reiki30.weebly.com>

EASE TREMOR



I created this system because I myself suffer from Benign Essential Tremor. My neighbour also suffers from Parkinson's Disease. Use this system to ease your/others tremor.

ANYONE can call this in/use system.

To attune others: You do need to be at least Reiki Master/Teacher Level.

To Receive Attunement:

Just relax and state “I am now ready to receive the **Ease Tremor attunement sent to me by (Lynda Ward or Teachers Name)**”.

To Use:

Mentally or aloud state 3 times: **Ease Tremor**

In Person: Mentally or aloud state 3 times **Ease Tremor**

Self Healings: Mentally or aloud state 3 times **Ease Tremor**

Distance: “(RECIPIENT(S)) will now receive an **Ease Tremor Distance Healing**”