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Endorphin Release

Endorphins are a painkilling substance (similar to opioids) made by the body in response to pain. Endorphins have properties similar to Morphine. Use this system to reduce pain, stress etc as often as needed.

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 Endorphin Release attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

In Person:

Have hands over problem area and/or just mentally or aloud state: **Endorphin Release** as often as needed

Self Healings:

Have hands over problem area and/or just mentally or aloud state: **Endorphin Release** as often as needed

Distance: **“(RECIPIENT) will now receive an Endorphin Release 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) gmail (dot) com

Namaste
Lynda