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<http://www.lyndacward.com>
www.cyberward.org.uk

Extreme Anger Reduction

This system was created to **instantly reduce the extreme anger associated with Bipolar Disorder, to help sufferers calm down.** This system was created as a result of an email request.

Do you know someone who suffers from Bipolar Disorder?

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 Extreme Anger Reduction attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Distance: **“(RECIPIENT) will now receive an Extreme Anger Reduction 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