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<http://www.lyndacward.com>
www.cyberward.org.uk
<http://reiki30.weebly.com>

Karma Cleansing

This system was created to **cleans** yours/others **Spiritual Karma**. Spiritual Karma pertains to your Soul. It is who and what you are. Karmic Cleansing can uplift and awaken you physically, emotionally, mentally and spiritually. It will clear the blocks that may be preventing you from gaining the best of your potential in life. Or from achieving total well-being through peace of heart and mind or good health.

This system was created as a result of an email request.

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 Karma Cleansing attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

While working on yourself/others, mentally or aloud state: **Karma Cleansing** as often as needed

Distance: **“(RECIPIENT) now receives a Karma Cleansing”**

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