



The 'LOO Blues'

This is only my third system.

I wanted to create a system because I personally have had a problem for years.
It's an embarrassing subject to talk about, but is in every ones own interest.

To be very truthful I've had this problem for over 50 years (yes- half a century), a very long time to suffer. It all came to a head late last year, when I was admitted as an emergency to Hospital with suspected Appendicitis, very painful and not at all pleasant. When they X-Rayed me, it was put down to me being constipated (Impacted). Since then I have been on Senokot nightly and Movical four times a week. I really do want to come off this medication. I have adjusted my diet to contain much more fruit and fibre, as also last year I had a Gastric Band fitted and my meals are approximately a quarter of what a normal plate portion is, my plate is now tea plate size. So I need more help in that part of my life.

To receive the attunement:

Sit and relax. State when ready **“I am now ready to receive the LOO BLUES attunement sent to me by (Julie Ward or Teachers Name) on this (DAY, DATE & YEAR)”** say this a minimum of 3 times. And then just relax.

To Use:

Mentally think 3 times **“LOO BLUES”**.

Distance: say to yourself **“(RECIPIENT) will now receive a LOO BLUES distance healing”**

To pass on the attunement:

You need to be at least Reiki Master/Teacher Level. Then just ask your higher self to pass on the attunement.

i.e. **“Higher self I ask that (RECIPIENT) be attuned to the LOO BLUES attunement in it's entirety and at their convenience”**.

This system is FREE to all who call it in in my name: