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

Meditation Reiki

This system was created to **stimulate natural production of Serotonin, Melatonin & D.M.T. during 30 minutes meditation**. Stimulation of these helps relieve stress, helps with ADHD/OCD/over-eating, helps with sleeping etc..... Meditation is very beneficial for your overall health.

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 Meditation Reiki attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Relax, close your eyes. State **“Meditation Reiki”** slowly, 3 times. Then just go with the flow.

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