



© Reiki Grand Master Julie Ward  
My 4<sup>th</sup> System.

Visit: [http://www.4shared.com/dir/8TO4AcgM/Mums\\_Systems.html](http://www.4shared.com/dir/8TO4AcgM/Mums_Systems.html)

### **'M M & C' aka M.E./M.S./Crohn's Disease**

I created this system to alleviate the symptoms associated with M.E., M.S. and Crohn's Disease. As I know a few sufferers myself and can see how debilitating they can be. Hopefully with the help of this attunement, the symptoms can be alleviated for other sufferers.

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 M M & C attunement sent to me by (Julie Ward or Teachers Name)"**.

#### **To Use:**

Mentally or aloud state: 'M M & C'

**In Person:** Mentally or aloud state: 'M M & C'

**Self Healings:** Mentally or aloud state: 'M M & C'

**Distance:** "(RECIPIENT) will now receive an 'M M & C' 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:** leave with my daughter Lynda - wardlynda (at) ymail (dot) com

Namaste  
Julie