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My 5th System.

Visit: http://www.4shared.com/dir/8TO4AcgM/Mums_Systems.html

'Pain in the A's'

For all the 'Pain in the A's' – You know who & what is meant. Those people that drive you mad and you (but don't) want to shake and shout at. Everyone, I'm sure knows someone who this system applies to.

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 Pain in the A's attunement sent to me by (Julie Ward or Teachers Name)”**.

To Use:

Mentally or aloud state: Pain in the A's

In Person: Mentally or aloud state: Pain in the A's

Self Healings: Mentally or aloud state: Pain in the A's

Distance: **“(RECIPIENT) will now receive a Pain in the A's 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