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<http://www.lyndacward.com>

<http://reiki30.weebly.com>

PMS (Premenstrual Syndrome) Relief

This is a system just for the girls/ladies.

PMS is a condition occurring two to fourteen days before the onset of menstrual bleeding and involving physical and emotional symptoms that include:

menstrual pains, cramps, fluid retention, nervousness, weight gain, headache, mood swings, bloating, food cravings & irritability. Use at the first sign of 'coming on'. Use as required.

ANYONE (girls/ladies only) 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 PMS Relief attunement sent to me by (Lynda Ward or Teachers Name)”.

To Use:

Self Healings:

While doing a self healing, think: **“PMS Relief”** as often as needed

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: email me: wardlynda (at) ymail (dot) com

Namaste

Lynda