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### **Rapid Healing Empowerment**

I created this system to: greatly increase the power and speed of my body to heal itself in every way, just by stating 'Rapid Healing'. This is a system that can only be used for self healings.

ANYONE can call this in/use system.

You do need to be at least Reiki Master/Teacher Level to pass on empowerment/attune others.  
Use your own preferred method to pass on empowerment/attune others.

#### **To Receive Empowerment:**

Just relax and state **“I am now ready to receive the Rapid Healing Empowerment sent to me by (Lynda Ward or Teachers Name)”**.

#### **To Use:**

##### **Self Healings:**

Mentally or aloud state: **“Rapid Healing”** as required

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