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

Regain Full Body Awareness

This system was created **to regain the full body awareness we all had as children**. We were all born with full body awareness, but get taught (over time) to ignore the signals from our bodies. You can regain that awareness. A way to find out what's 'normal for you' and detecting discomfort/stresses/problems etc earlier. It will take time to detect your bodies signals once again.

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 Regain Full Body Awareness attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

While working on yourself/others, mentally or aloud state: **Regain Full Body Awareness** (as often as needed). Then pay close attention to your bodies signals.

Distance: **“(RECIPIENT) will now Regain Full Body Awareness”**. Then get recipient to pay close attention to their bodies signals.

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