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<http://www.lyndacward.com>  
[www.cyberward.org.uk](http://www.cyberward.org.uk)

### Target Pain Reiki



This system was created to **instantly charge & infuse ANY image of a Target with masses of pain reducing & healing energies**. These images can then be used:

1. Print off & charge image. Place image on problem area for a few minutes.
2. Using straytats website, buy & 'charge' temporary tattoos. Place on problem area.  
Etc....

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 Target Pain Reiki attunement sent to me by (Lynda Ward or Teachers Name)"**.

#### **To Use:**

Place image between your palms. Mentally or aloud state: **"Target Pain Reiki" x3**

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