



© Rev. RGM Lynda Ward RH, INHA
<http://www.lyndacward.com>
www.cyberward.org.uk

Thermotherapy/Cryotherapy Reiki

This PDF includes 2 systems, Thermotherapy/Cryotherapy Reiki. Each system enables you to emit a hot/cold healing energy from your hands.

After an injury a cold compress may be needed. Other times a heat pad may be of more use. Use these systems for those occasions.

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(s):

Just relax and state **“I am now ready to receive the Thermotherapy/Cryotherapy Reiki attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Place hands on problem area (for duration of healing). Mentally or aloud state: **“Healing Heat”** or **“Healing Cold”**. Then just relax for a few minutes.

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

I'm now (as of 17/7/2012) a Reverend through the Universal Life Church