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<http://www.lyndacward.com>
<http://reiki30.weebly.com>

Weight Gain

This system was created to 'Eliminate the fear of gaining weight'.

“Anorexia isn't a choice, recovery is”

Anorexia is an eating disorder characterized by refusal to maintain a healthy body weight and an obsessive fear of gaining weight. It is often coupled with a distorted self image.

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I was Anorexic as a kid. I had to go to MANY clinic appointments while growing up to deal with my weight. I, physically couldn't stomach much. I do remember my Mum especially staying with me in the kitchen at meal times. I wasn't allowed to leave the table until most of the small portion was gone. They would re-heat it in the microwave loads. I would then 'throw up'. It was tough growing up.

Finally at age 28, just before getting fixed braces I gained 2 stone in a week. Dealing with my weight has been a life long struggle, but I'm now REALLY happy with my weight.

While at Senior School I was 3½ stone. Now at 32 years old I'm 11½ stone.

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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 Weight Gain attunement sent to me by (Lynda Ward or Teachers Name)”**.

To Use:

Mentally or aloud state 3 times: **Weight Gain**

Distance: “(RECIPIENT) will now receive a Weight Gain distance healing”

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