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<http://www.lyndacward.com>  
[www.cyberward.org.uk](http://www.cyberward.org.uk)  
<http://reiki30.weebly.com>

### **Weight Loss Reiki**

This system was created to **safely suppress the appetite for a 5 hour period, to aid weight loss**. This was as a result of an email query. This system will help prevent you/recipients from i.e. snacking between meals. It's important NOT to skip meals, but most of the problem tends to be snacking between meals. Having the crisps, chocolates 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 Weight Loss Reiki attunement sent to me by (Lynda Ward or Teachers Name)"**.

#### **To Use:**

##### **In Person:**

While working on client, mentally or aloud state: **"(RECIPIENT) Weight Loss Reiki Activated"**

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

Mentally or aloud state: **"Weight Loss Reiki Activated"**

**Distance:** **"(RECIPIENT) Weight Loss Reiki Activated"**

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