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

### **Yearly Grief Relief**

This system was created to **ease the yearly grief felt on anniversaries of lost loved ones, human or animal.**

Do you struggle, get depressed etc on the anniversaries of lost loved ones/pets?

I, myself find 2 days tough. My dog Tommy died on 14<sup>th</sup> Aug. 2000 and my Gran (Dad's side) died on 16<sup>th</sup> Dec. 1994. The latter, ruining Christmases ever since.

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 Yearly Grief Relief attunement sent to me by (Lynda Ward or Teachers Name)”**.

### **To Use:**

While working on yourself/others, mentally or aloud state: **Yearly Grief Relief** as often as needed

**Distance:** **“(RECIPIENT) will now receive a Yearly Grief Relief 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