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8 Hours of Healers Sleep

Are you a Lightworker?
Do you use ANY form of energy healing (Qigong, Reiki, Quantum Touch etc)?
Do you struggle with sleeping after doing energy work?

This system was created as a result of a Facebook comment. Original system name was going to be 'Healers Sleep Elephant Tranquillizer'. This system was created to give '**8 hours of heavy duty, refreshing sleep for us healers**'. Activate just prior to going to bed.

ANY healer 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 8 Hours of Healers Sleep attunement sent to me by (Lynda Ward or Teachers Name)**”.

To Use:

Self Healings:

Mentally or aloud state once: **8 Hours of Healers Sleep**

Distance: “(RECIPIENT) will now receive 8 Hours of Healers Sleep”

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