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<http://www.lyndacward.com>

### **Best Friend Reiki**

This system was created to send **love, light, healing energies & protection to your best friend(s).**

**“Friends are kisses blown to us by Angels”. - Author Unknown**

**“Friendship is the only rose without thorns”. - Madeleine de Scudéry**

We all have that special someone, maybe 2 or 3 others. True best friend(s). We want the absolute best for our best friends. They are the family we make for ourselves. We truly understand & accept each other for who we are. We stick together & we are there for each other no matter what.

**This system is for Ann & Angie. I've known Ann for over 22 years – we grew up together :) I've known Angie for over 7 years. I love you both to bits ;) xxxxxxxxxxxxxxxx**

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 Best Friend Reiki attunement sent to me by (Lynda Ward or Teachers Name)”**.

**To Use:**

**In Person:**

While working on your Best Friend, mentally or aloud state (as often as required): **“Best Friend Reiki”**

**Distance:** **“(BEST FRIENDS NAME) will now receive a Best Friend Reiki distance session”**

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