

## Energy Healing Breath Technique

Begin by placing your tongue on the roof of your mouth resting it gently. Breathe in and out through your nose until you begin to feel relaxed. Now go through each meridian in turn, saying with conviction the positive affirmations for each. It is helpful, although not essential, to touch the test points for the particular meridian at the time you say the affirmation. Say them in the order you find comfortable finishing with the affirmation for the thymus gland. You may say them to yourself or out loud and at the same time visualize the associated positive feeling.

Allow your breath to flow on it's own. Say each affirmation 3 times, with three successive breaths, and continue until you end with the thymus affirmation. As you do the final affirmation you may wish to tap your thymus area for reinforcement. Think of your energy being balanced and flowing smoothly and lovingly into all of your organs. Imagine them all working in complete harmony for the total enrichment of you health and well-being. Close with the affirmation, "My life energy is high. I am in the state of love".

### Daily Affirmation Program

I have love,  
Faith  
Trust  
Gratitude  
And Courage.

Thymus

I am humble.  
I am tolerant.  
I am modest.  
I am happy.

Lung

I am cheerful.  
I reach out with love.

Liver

I have faith and confidence in my future.  
I am secure.

Spleen

My sexual energies are balanced.

Kidney

I am basically clean and good.  
I am worthy of being loved.

Large Intestines.

I renounce the past.

