

2. Life Energy Affirmations

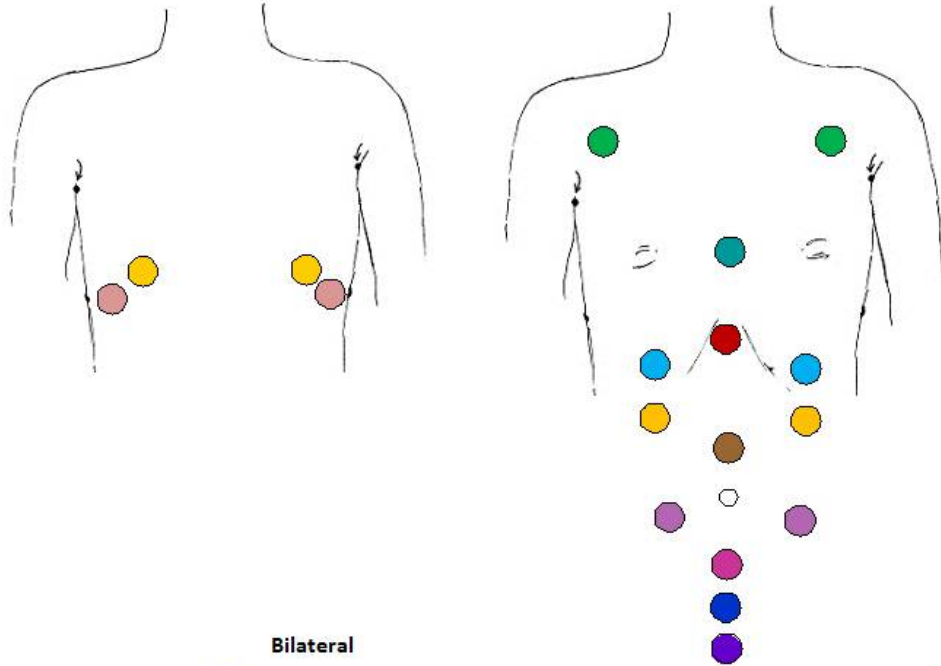
Testing Technique:

- 1) Test thymus point with client's hand. If weak this system of healing is needed.
- 2) Have the client hold their open palm on the side of their head, avoiding any hair contact. One side will test weak.
If the left hemisphere is weak: midline points are required
If the right hemisphere is weak, bilateral points are required, usually only needing to test one side.
- 3) Test each point with the client's hand until a weak point is found.
- 4) Have the client repeat the necessary affirmation out loud several times.
- 5) Retest. It should now be strong (if not, do more repeats).
- 6) Return to 1). If this is still weak, repeat the process to find the next level of stress. Continue until the thymus is no longer weak when tested.







Notes:

- a) There are usually several affirmations needed. The first ones tend to be superficial, current issues, the following affirmations are more fundamental.
- b) The more significant the emotions involved, the more internal resistance there will be. This MUST be stressed by you as perfectly normal.
The whole point is to change incorrect and life-damaging beliefs to the positive so that the client's energies can be restored to a healthy balance.
- c) A common response is that it doesn't feel like telling the truth, or, but I don't feel like that!
That is the whole point.
- d) Occasionally these affirmations only need to be used as a support during a session. It is worth checking whether the placement of any crystal/essence will reinforce the change or ease the changes needed in the body.
- e) The affirmations may be needed to be repeated for 'x' times a day, for 'y' days or weeks. If this is so, they need to be repeated in the order that they came up in the procedure.







Testing Points for Life Affirmations



Bilateral

	Lung	- 1st intercostal space
	Liver	- in line with nipple, just above the lower rib
	Gallbladder	- just below the ribcage apex
	Spleen (back)	- tip of the 11th rib
	Kidney (back)	- tip of 12th rib
	Large Intestine	- 6cms either side of the navel and 2cms below

Mid-line (all Central/Conception)

	CX	- level with the nipples (CV17)
	Heart	- tip of the zypoid process
	Stomach	- half way between zypoid process and the navel
	Thyroid (TW)	- one third of the way down between the navel and the pubic bone
	Small Intestine	- two thirds of the way down between the navel and the pubic bone
	Bladder	- just above the pubic bone

LIFE ENERGY AFFIRMATIONS

(John Diamond)

These are worded very precisely. Do not underestimate their power to heal. If you or your client says their own name i.e.

“Fred is humble
Fred is tolerant” etc

They are even more effective.

LUNG MERIDIAN

I am humble
I am tolerant
I am modest

LIVER MERIDIAN

I am happy
I have good fortune
I am cheerful

GALLBLADDER MERIDIAN

I reach out with love
I reach out with forgiveness

SPLEEN MERIDIAN

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

KIDNEY MERIDIAN

I am sexually secure
My sexual energies are balanced

LARGE INTESTINE MERIDIAN

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

CX MERIDIAN

I renounce my past
I am relaxed. My body is relaxed
I am generous

HEART MERIDIAN

I love
I forgive
There is forgiveness in my heart

STOMACH MERIDIAN

I am content
I am tranquil

TW MERIDIAN

I am light and buoyant
I am buoyed up with hope

SMALL INTESTINE MERIDIAN

I am full of joy
I am jumping with joy

BLADDER MERIDIAN

I am at peace
I am in harmony
Dissonances and conflicts within me have been resolved
I am balanced

THYMUS GLAND

I have love
I have faith
I have trust
I have gratitude
I have courage

My life energy is high
I am in the state of love

You could use these as a daily routine, running through all of them first thing in the morning and last thing at night.