

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

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.