

General Healing Intentions

1. My nervous system perfectly regulates my body at all times.
2. My nervous system has complete and continuous access to and perfect awareness of all tissues, systems and cells of my body.
3. My nervous system has complete and continuous access to all help required for the perfect regulation of my body.
4. My nervous continuously maintains all body-regulating templates and setpoints at optimum values.
5. My nervous system notices and corrects all problems right away.
6. My nervous system doesn't miss a thing.

Praise and Gratitude

Praise and gratitude is essential for healing. We suggest that praise and gratitude outnumber complaint and blame by at least 4 to 1. Generally the best way to express praise and gratitude is to keep it short and put as much enthusiasm in it as possible. Praise and gratitude should be directed at both oneself and others.

Visualizations and Affirmations for Neuromodulation Technique Patients.

Say (silently or out loud) or write these to help you get well. While saying or writing these you can also feel and visualize them if you like. We may suggest certain ones based on what we are currently treating for you.