

Clearing Energies that are compromising Health

1. My nervous system is clearing out and protecting me from any and all energies that are causing me trouble.
2. My nervous system is attracting positive health-optimising energies at all times.
3. My nervous system is ignoring and/or clearing out all early cultural influences and training that are causing me trouble.
4. My nervous system is clearing out all miasms (or inherited illness-causing “taints”).
5. My nervous system is clearing out all past experience, even from past lives, that is causing me trouble.

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.