

Optimising Structural and Neurological Functioning

1. My nervous system is maintaining optimum cranio-sacral respiration at all times.
2. My nervous system is maintaining my tensegrity matrix (or the sum total of all structural components in my body) in perfect form, balance, harmony, flexibility and strength at all times.
3. My nervous system is continuously maintaining the optimum efficiency, task distribution and routing of all neurological processes.
4. My nervous system is maintaining correct tagging (or labeling) of incoming signals at all times.
5. My nervous system is maintaining all sensory end organs (comprising pain, pressure, chemo-, temperature and stretch receptors) at their optimum levels of sensitivity at all times.
6. My nervous system is perfectly receiving, interpreting and acting upon all incoming signals at all times.
7. My nervous system is maintaining perfect communication between all parts of my Central Nervous System at all times.
8. My nervous system is skillfully using inhibitory pathways to increase or reduce incoming and outgoing messages when needed.
9. My nervous system is maintaining all outgoing nerves, messages and end organs in their optimum state at all times.
10. My nervous system is maintaining my enteric nervous system, (which controls gastrointestinal motility, secretory activity, vascular activity and inflammation) in optimum condition at all times.
11. My nervous system is maintaining continuous optimum balance between my Sympathetic and Parasympathetic nervous systems.

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

