

# “Connect To Your Wellness”

## Beliefs of the Endocrine System

Below is a list of beliefs that may be stored in your body that may be causing an imbalance in your endocrine system.

- I know how to live without the fear of \_\_\_\_\_.
- I know what it feels like to be heard.
- I must save the world.
- I have to work myself into a frenzy
- I have to sacrifice my own happiness for the sake of others.
- I know how to live without the anger.
- I know how to live without depression
- I know how to live without regret.
- I know how to live my life without the need to help others all of the time.
- I am important.

### Disclaimer

Though I personally have experienced amazing results from my Thetahealing treatments, I am making no claims that you will have the same results. It is important to realize that Thetahealing as well as, other energy techniques used on your body, should not be used as substitutes for professional traditional medical treatment. It is also very important to continue with your traditional medical treatments with your doctors while receiving energy techniques to help the body shift and balance to a greater feeling of well-being.

Most of these beliefs are listed in the book "Healer's Wisdom" with permission from the author Valeria Moore.