

# **“Connect To Your Wellness”**

## **Beliefs of The Lymph System**

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

I matter

I am important.

I know how to take care of myself

I know how to nurture myself.

I know how to take in the breath of life.

I know how to interact with others.

I know how to say “no” when I want to.

I know how to say “no” when I need to.

I know how to set up boundaries for myself.

I know what it feels like when people respect my boundaries.

### **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.