

# “Connect To Your Wellness”

## Beliefs of the Muscles

Below is a list of beliefs that may be stored in every muscle of your body that may be causing an imbalance in the flow of energy in this system of the body.

I know how to be flexible.

It is okay to be strong.

It is okay for a woman to be strong.

It is safe for me to pursue my dreams.

I always have to be right.

It is safe for me to be who I want to be.

I have the Creator's definition of what it feels like to rest.

I have the Creator's definition of how to relax.

I have to learn the hard way.

It's hard for me to learn.

### 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.