

# “Connect To Your Wellness”

## Beliefs of the Nervous System

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

I fear my financial future.

I fear my future.

I am depressed.

I feel powerless in every situation.

I know that no one can help me.

I am all alone.

I feel helpless.

I am unimportant.

I am so confused all of the time.

I feel totally overwhelmed by trying to live in the present moment.

### 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.