

# “Connect To Your Wellness”

## Beliefs of the Respiratory System

Below is a list of beliefs that may be stored in your body causing an imbalance in your ability to enjoy the breath of life through the respiratory system.

I know how to live in joy.

I deserve a life filled with joy.

I am worthy of joy in my life.

I welcome the opportunity to share joy with my family and friends.

I have the Creator's definition of forgiveness

I know how to forgive my father/mother/sister/brother/wife /husband. Etc.

I know how to forgive myself for the decisions I've made regarding my life.

I know how to live my life free of regrets.

I give my body permission to free itself from all of the negative affects of regrets.

I know how to live my day to day life without being the victim.

### 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.