

“Connect To Your Wellness”

Beliefs of the Skin

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

I get easily irritated.

I know what it feels like to feel secure.

I know how to get attention without seeking negative ways.

I know that it is possible to live my day- to- day life without feeling impatient.

I know how to live my day- to- day life without being bored.

I know how to live my life without the need to struggle all of the time.

I know how to feel comfortable in my human body.

I know how to live my life releasing unresolved anger and resentment.

I know what it feels like to have my inner body relaxed.

I know what it feels like to live without criticizing myself constantly.

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.