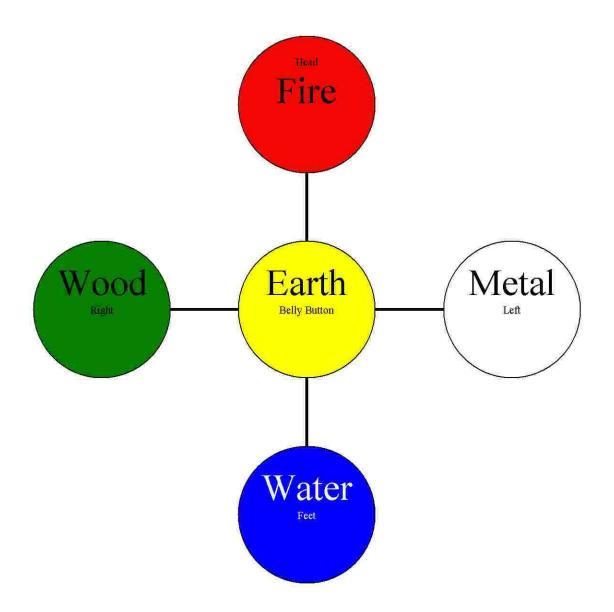
## Three Treasures Tai Chi Association, Inc www.threetreasures.org



## **Energies Affirmations According to Sequence of Chi Kung for Meridian system Practice**

Metal: I am strong
Earth: I am trusting
Fire 1: I am accepting
Water: I am wise

Fire 2: I am safe ("Hee" sound with Triple Warmer movement)

Wood: I am kind

Closing: All is well with my soul (Circle at or below belly button)