



Energies Affirmations

According to Sequence of Chi Kung for Meridian system Practice

<i>Metal:</i>	I am strong
<i>Earth:</i>	I am trusting
<i>Fire 1:</i>	I am accepting
<i>Water:</i>	I am wise
<i>Fire 2:</i>	I am safe (“Hee” sound with Triple Warmer movement)
<i>Wood:</i>	I am kind
Closing:	All is well with my soul (Circle at or below belly button)