

Energy Focus Exercise with Affirmations

When you are ready get comfortable, either sitting or standing, take a few deep breaths and relax. Then do the following short affirmation exercise which will help you focus your attention inside yourself and above your head - to connect with energy. Use your right hand and place it on the left side of your body with your attention focused on your left hand while silently saying each affirmation 7X's, raising and internalizing your attention as your left hand moves. Using the exact words is not important, say what feels right to you. This exercise will help to focus and awaken your inner energy before you do energy healing work, you can also use it for focus before meditating.



Place right hand
near bottom of
your stomach

Affirmation

Please may
I have pure
knowledge



Place right hand
near middle of
your stomach

Affirmation

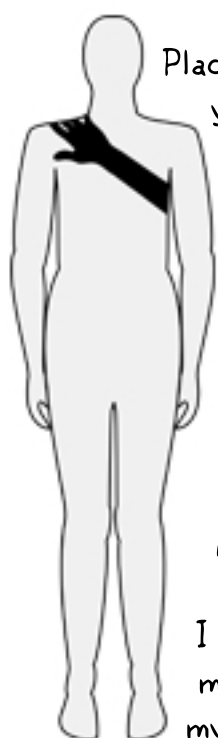
I am my own
master, I am
my own teacher



Place right hand
on your heart

Affirmation

I am the
spirit

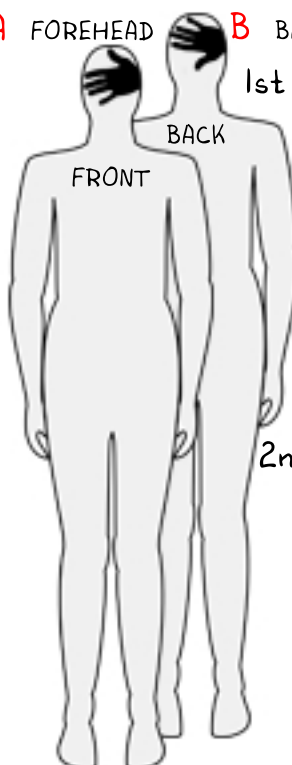


Place right hand on
your neck where
it meets your
shoulder

Affirmation

I am my own
master, I am
my own teacher

A FOREHEAD B BACK OF HEAD



1st Place right hand
on your forehead
pressing hard

Affirmation (A)

I forgive everyone

2nd Place right hand
on the back
of your head

Affirmation (B)

I forgive myself



Place your
right hand
on top of
your head
with your
palm down

Affirmation

I am that
I am