



One-Minute Energy Tune-Up

Krystalya Marie'

***Power Symbols
for a
Healthy Immune System ©
Sample Pack***

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Our number one defense system against anything entering our body that is foreign to us is our immune system. There are many ways to build your immune system to keep it strong and healthy so that it is able to fight the foreign things that enter it as we go throughout our busy days. The following is a set of symbols that I recommend that you use everyday to keep your immune system strong and healthy.

Introduction

I typically fly more than 50,000 air miles per year. In addition I attend a lot of public functions. It is important to me to be able to maintain peak performing energy when I travel and it is especially important that I am able to remain healthy.

The worst part of travel was that I always seemed to pick up a cold or other virus. Although I focused positive thoughts on being totally and completely healthy, it was still a struggle, even though the effects were less than before I corrected my thinking and focus.

As I began to receive the various healing symbols I decided to ask for symbols to be used for the purposes of keeping me healthy all of the time. The set of symbols in this package include symbols that I use on a daily basis to keep me healthy. Additional immune building symbols are available that increase the strength of the immune system and train the DNA to recognize and work to fight against viruses, including biochemical viruses, and manmade viruses.

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To Learn more about the full immune building system go here now:

<http://www.EmpoweredSpirit.com/ImmuneBuilderSystem.htm>

In addition if you are looking for a total virus and cold defense system including building your immune system go here now:

<http://www.EmpoweredSpirit.com/VirusDefenseSystem.htm>

This report explains when and how to use the various symbols so that you stay healthy at all times and so that your immune system is able to fight off viruses and bacterial infections. It also includes information for identifying your non-supportive beliefs that may be causing specific health problems. Some examples of these beliefs might be 1) I get a cold every winter, 2) I always get sick during the holidays, 3) When I travel I always pick up a bug, 4) I know I'm going to get the flu, because everyone I'm around has it.

Although the symbols and affirmations work on their own, by using the 'Straight Path to Core Beliefs' process and the Belief Transformation process included in this report you will achieve more permanent change in any area of your life that you work on.

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Using Symbols to Invoke Healing

The symbols are energy medicine and when they are in your energy field they invoke healing. There are several recommended ways to use them, and many others way that people find them useful. I recommend that you try the ideas suggested below and any other method that you are intuitively drawn to do.

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so. Continue to hold the symbol until you sense that you are “complete.”
3. Visualize the symbol until you feel complete.
4. Place the symbol with the image against your skin anywhere on your body that feels appropriate. Some people put the symbols on top of their head under a hat, or tape them to their body.
5. Carry the symbols in your pocket.
6. Place the symbols under your pillow or inside of your pillow case, while you sleep.
7. Energize your water with the images by taping the symbol on your water bottle with the image facing inward toward the water.

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Using Affirmations with the Symbols

To create a quicker more lasting effect repeat several affirmations that relate to the effect you desire to achieve with the symbol (see suggested affirmations included with each symbol). Be sure to reword the affirmations into your own words, making sure that they are strong positive statements.

You will notice that the list of affirmations start at I desire and build from there. This is done because it is almost impossible for your subconscious to shift to the end result immediately. By using statements like:

1) I desire to love myself totally and completely; 2) I deserve to love myself totally and completely; 3) I am able to love myself totally and completely; before going to the final affirmation of I love myself totally and completely, your subconscious is guided down a path of small steps making it far more likely to believe the final affirmation.

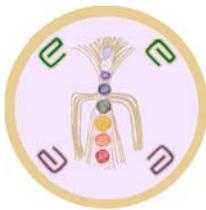
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Chakra Opening & Balancing Symbol©

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut that energy center down.



The chakra opening and balancing symbol automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 spark plugs the car would not run very well, yet most of us go through life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person. I recommend that you use the Chakra Opening and Balancing symbol before using any other symbol so that your energy system is opened and balanced. Having your energy system opened and balanced helps to facilitate the healing process and the process of absorbing other symbol energy.

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Suggested Affirmations:

1. I desire to remove all blocks from my energy field.
2. I deserve to remove all blocks from my energy field.
3. I am able to remove all blocks from my energy field.
4. I easily remove all blocks from my energy field.
5. All blocks from my energy field have been removed.
6. (Your Name) your energy field is clear
7. (Your Name) my energy field is clear
8. I desire to open and balance my energy field.
9. I deserve to open and balance my energy field.
10. I am able to easily open and balance my energy field.
11. I love having my energy field open and balanced.
12. I love how great I feel when my energy field is opened and balanced.
13. (Your Name) I love having my energy field opened and balanced.
14. (Your Name) you love having your energy field opened and balanced.
15. I desire to have my energy field protected from negative energy.
16. I deserve to have my energy field protected from negative energy.
17. My energy field is protected from negative energy.
18. (Your Name) my energy field is protected from negative energy.
19. (Your Name) your energy field is protected from negative energy.
20. I desire to have my energy field open to positive loving energy.
21. I deserve to have my energy field open to positive loving energy.
22. My energy field is open to positive loving energy.
23. (Your Name) my energy field is open to positive loving energy.
24. (Your Name) your energy field is open to positive loving energy.

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Love & Trust Symbol©

The 'Love & Trust Symbol©' is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.



happening.

From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

One example of the effectiveness of this symbol was when a friend called me and asked for help when a family member's young son darted beneath the wheel of the car she was driving, and died. I began a process, from a distance, of soul recovery for each person that had been involved to help him or her through the horrible experience.

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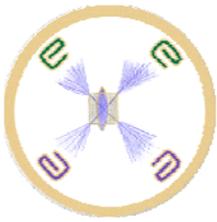
I was then guided to give the parents a copy of this symbol. Since time was of the essence and I didn't have a way to get it to them quickly, I had my friend's husband, who is an artist, draw the image and give it to the parents.

I was told that they found that the symbol had helped them a great deal to get through this experience. A year and a half later, the parents gave birth to another child.

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Thymus Symbol©



The Thymus Gland is important because of its relationship to our desire to stay healthy and our will to live.

When a person's Thymus Gland is shutdown they will be weak when making any of the following statements. You can check the strength of these statements with self administered applied kinesiology:

- ♥ | desire to live a long life
- ♥ | desire to be healthy
- ♥ | am totally and completely healthy
- ♥ My body is totally and completely healthy
- ♥ Life is worth living
- ♥ | love my life

For details on how to do 'applied kinesiology' you can download a special report on Self Administered Applied Kinesiology by going to:
<http://www.empoweredsprite.com/FreeReports.htm>

I am not speaking here about a conscious belief that you have a strong will to live or not, what I am speaking of is your subconscious belief, which is governed by your mind chatter and thoughts.

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Using the Thymus Symbol provided will make your will to live and be healthy stronger, keeping your entire body much healthier.

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Suggested Affirmations

1. I desire to live a long and healthy life.
2. I deserve to live a long and healthy life.
3. I am able to live a long and healthy life.
4. I am living a long & healthy life.
5. I love living a long & healthy life.
6. (Your Name) you are living a long & healthy life.
7. (Your Name) I am living a long & healthy life.
8. I am happy to be alive.
9. My life is filled with joy and happiness.
10. I am healthy.
11. I am totally and completely healthy.
12. I love being totally and completely healthy.
13. (Your Name) you are totally and completely healthy.
14. (Your Name) I am totally and completely healthy
15. Life is worth living.
16. (Your Name) my life is worth living.
17. (Your Name) your life is worth living.
18. Life is wonderful.
19. My life is wonderful.
20. (Your Name) your life is wonderful.
21. (Your Name) my life is wonderful.
22. My life is filled with love.
23. (Your Name) your life is filled with love.
24. (Your Name) my life is filled with love.
25. My life is filled with joy.
26. (Your Name) your life is filled with joy.
27. (Your Name) my life is filled with joy.

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28. I love life.
29. I love my life.
30. (Your Name) I love life.
31. (Your Name) you love life.
32. (Your Name) I love my life.
33. (Your Name) you love your life.
34. I desire to have a strong immune system.
35. I deserve to have a strong immune system.
36. My immune system is strong.
37. I love and enjoy having a strong immune system.
38. (Your Name) I enjoy having a strong immune system.
39. (Your Name) you enjoy having a strong immune system.
40. (Your Name) my immune system is strong.
41. (Your Name) your immune system is strong.
42. I desire to have a healthy immune system.
43. I deserve to have a healthy immune system.
44. My immune system is healthy.
45. I love and enjoy having a healthy immune system.
46. (Your Name) I enjoy having a healthy immune system.
47. (Your Name) you enjoy having a healthy immune system.
48. (Your Name) my immune system is healthy.
49. (Your Name) your immune system is healthy.

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Disclaimer:

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