

SAY YES TO HEALING THOUGHTS EXERCISE

The way the suggestion is phrased is one of the most important things. These are general phrases that can be used. You may change any of the statements by simply being more specific. Just keep the same basic statement structure. On this page there are some exercises. Please see Disclaimer below.

Basic Protocol: For Pain

I have this pain.... Yes.
Can you remove this pain????? Yes.
Will you remove this pain????? Yes.
Please remove this pain????? Yes.
Thank you.

Basic Protocol: Emotion

I feel this way....Yes.
I forgive myself for feeling this way....Yes.
I know there are others responsible for making me feel this way....Yes.
I forgive those other people for making me feel this way.... Yes.
Thank you.

Basic Protocol: Fears

I am afraid of Yes.
I forgive myself for being afraid of Yes.
I forgive _____ for making me be afraid of it. Yes.
Please take this fear from my body. Yes.
Thank you.

On the next page we will look at ways of being specific vs. being general. The first statement is a general one and the second is a specific one.

Note: It is not necessary to use both statements together. The first statement is just giving you a basic way to structure a more specific treatment. When possible always be specific.

General Statement

Basic Protocol: For Pain

I have this painYes.
Can you remove this pain????? Yes.
Will you remove this pain????? Yes.
Please remove this pain????? Yes.
Thank you.

Being Specific

Basic protocol: For Pain

I have swelling and inflammation in my wrist. Yes.
Can you remove this swelling and inflammation in my wrist? Yes.
Will you remove this swelling and inflammation in my wrist? Yes.
Please remove this swelling and inflammation in my wrist. Yes.
Thank you.

As you can see the structure of the sentence remains the same, the only thing that has changed is the general vague suggestions. They are now simply more specific to the problem and that's all there is to it. This will work for all of the different protocols. Being specific is very important, that is why a facilitator must know how the human body works. The more you know about the body, the more specific you can be. But, you do not have to be a doctor to use it on yourself. Because when done to yourself there is a shortcut that you can use that will work just as good. That is called "Touch and Go Exercises" and it is part of "Say Yes to Healing Thoughts Exercise". It basically has to do with using a hand, either yours or someone else's as a focal point. Touch the area that seems to have the problem and then run this protocol.

Can you feel where my hand is??? Yes.
Right here where my hand is there are problems. Yes.
Can you correct these problems??? Yes.
Will you correct these problems??? Yes.
Please correct these problems.
Thank you.

(It's just that simple!)

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Disclaimer: Though "Say Yes to Healing Thoughts Exercise" is highly effective in promoting maximum health and healing through alternative holistic means it may not be sufficient intervention for some health related issues or concerns. Because "Say Yes to Healing Thoughts Exercise" may accelerate healing, please work closely with your physician to monitor your need for medications. Information contained in this document or the SSTT website is not given or intended to be a substitute or replacement for qualified medical advice, diagnosis, or treatment. The owner(s), developer(s), and maintainer(s) are not engaged in rendering professional or medical advice Please take responsibility for your own health!