

The 9 Phases Mind Focus Affirmations
Healing Promise of Qi by Roger Jahnke

1. *Discovering Qi, I connect deeply with nature and become aware of a powerful new way of perceiving and being.*
2. *Gathering Qi, I access and purposefully draw upon the forces of nature for healing and empowerment.*
3. *Circulating Qi, I deliver potent restorative resources to strengthen and fuel my organs, glands, and tissues.*
4. *Purifying Qi, I restore inner harmony by cleansing and dispelling spent, toxic, and unneeded Qi, and by opening to the inflow of fresh, natural life force and power.*
5. *Directing Qi, I transmit empowering resources to specific areas to accelerate healing and to restore balance and harmony.*
6. *Conserving Qi, I protect my inner essence and accumulate the subtle ingredients for refining the inner elixir.*
7. *Storing Qi, I create, maximize, and sustain an inner reserve of potential to optimize my health, life and being.*
8. *Transforming Qi, I am changed deeply, expressing my eternal nature and unlimited potential.*
9. *Dissolving in Qi, I merge with the boundless universal field of being.*