

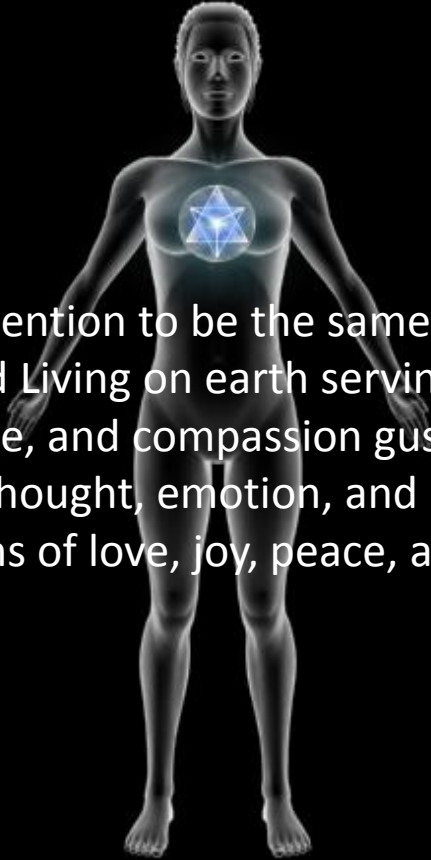


HealingPAQ Self Healing Class Material

Breath (Ya-Hu) / Prayer Circulation Start with Heart



Heaven



I synchronize my intention to be the same as divine intention.
God I am your child Living on earth serving you and I. Please
allow love, joy, peace, and compassion gush through my heart
and I filter every thought, emotion, and physical challenge
through the lens of love, joy, peace, and compassion

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on the heart
- Welcome every thought, emotion, and physical challenge that arise. Instead of denying, suppressing, riding, and spinning with them just accept them, hold, hug, and squeeze them. Wish them fair well and release them to divine



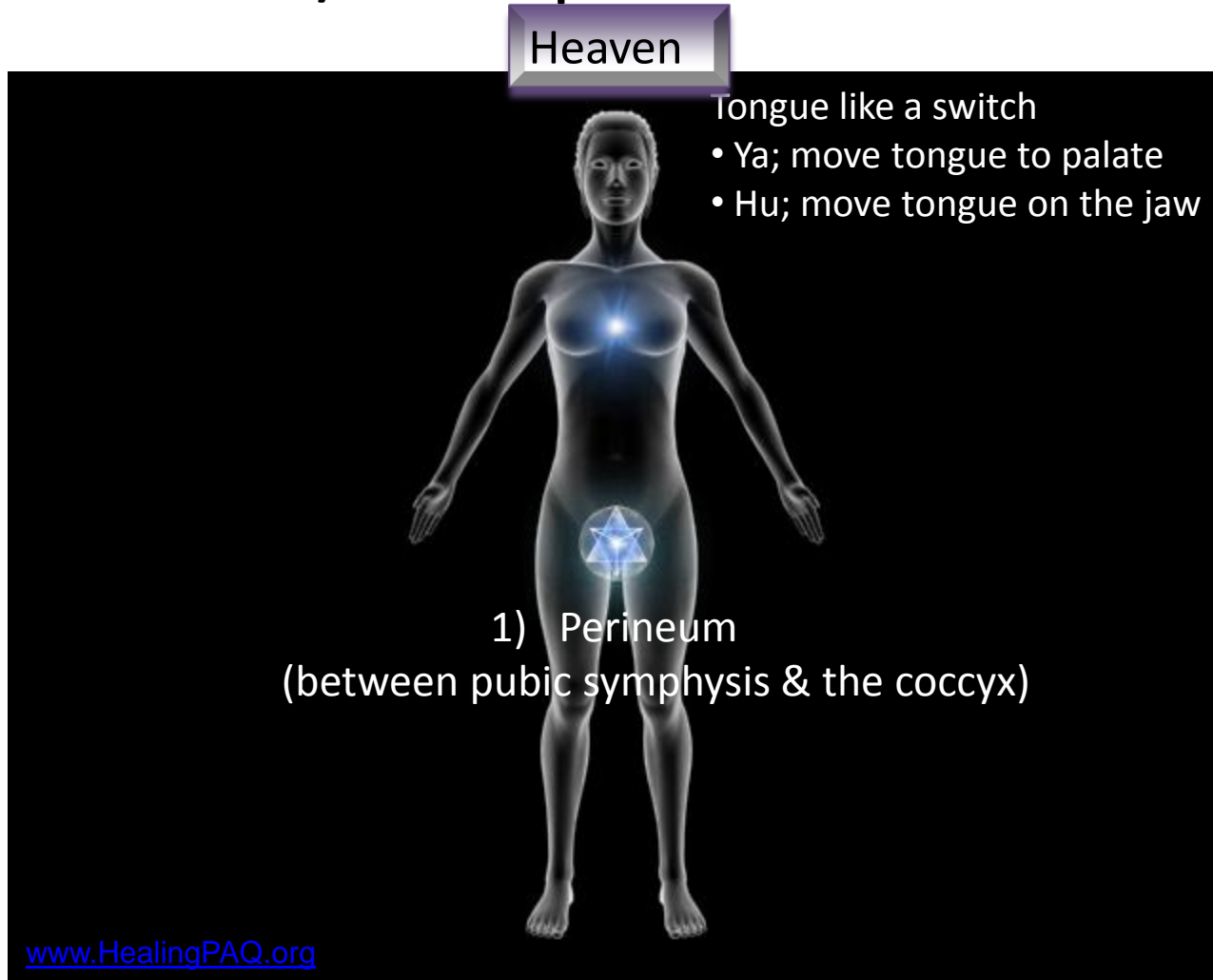
Rejuvenating & Recharging Heart / Soul

- God request for healing energy for limbic system, center of nervous system, cortex, temporal lobe, pleasure center, liver, gall bladder, kidney, sternum for quality of blood, and heart/soul acupuncture meridian lines
- Request for assistance from archangel Gabriel, archangel Michael, archangel Raphael, and archangel Uriel

Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Governing Channel



Note:

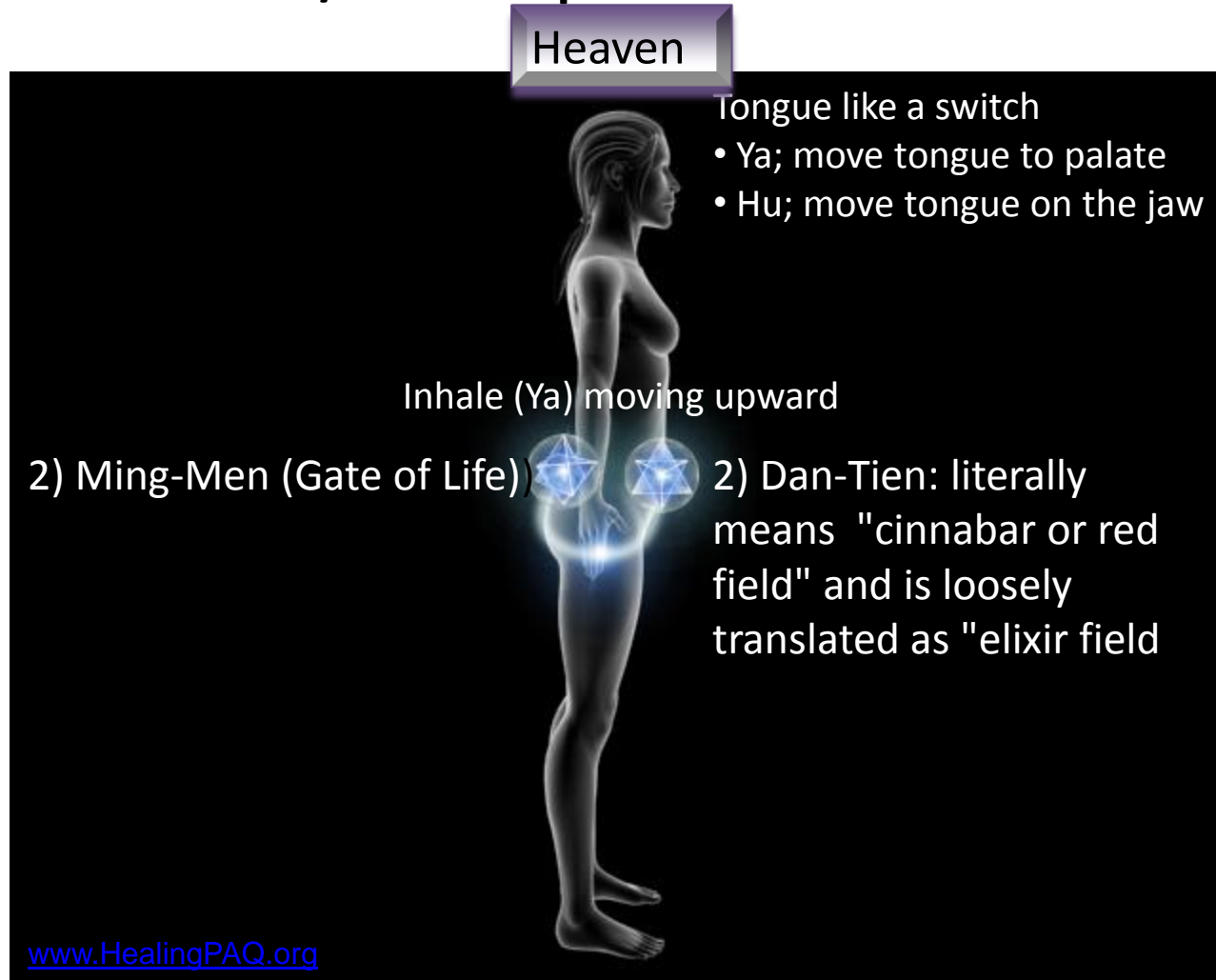
- Inhale and Exhale (Ya-Hu) on every point
 - Inhale (Ya) when moving Upward from point to point
 - Flow like water from point to point
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Earth

Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Governing Channel



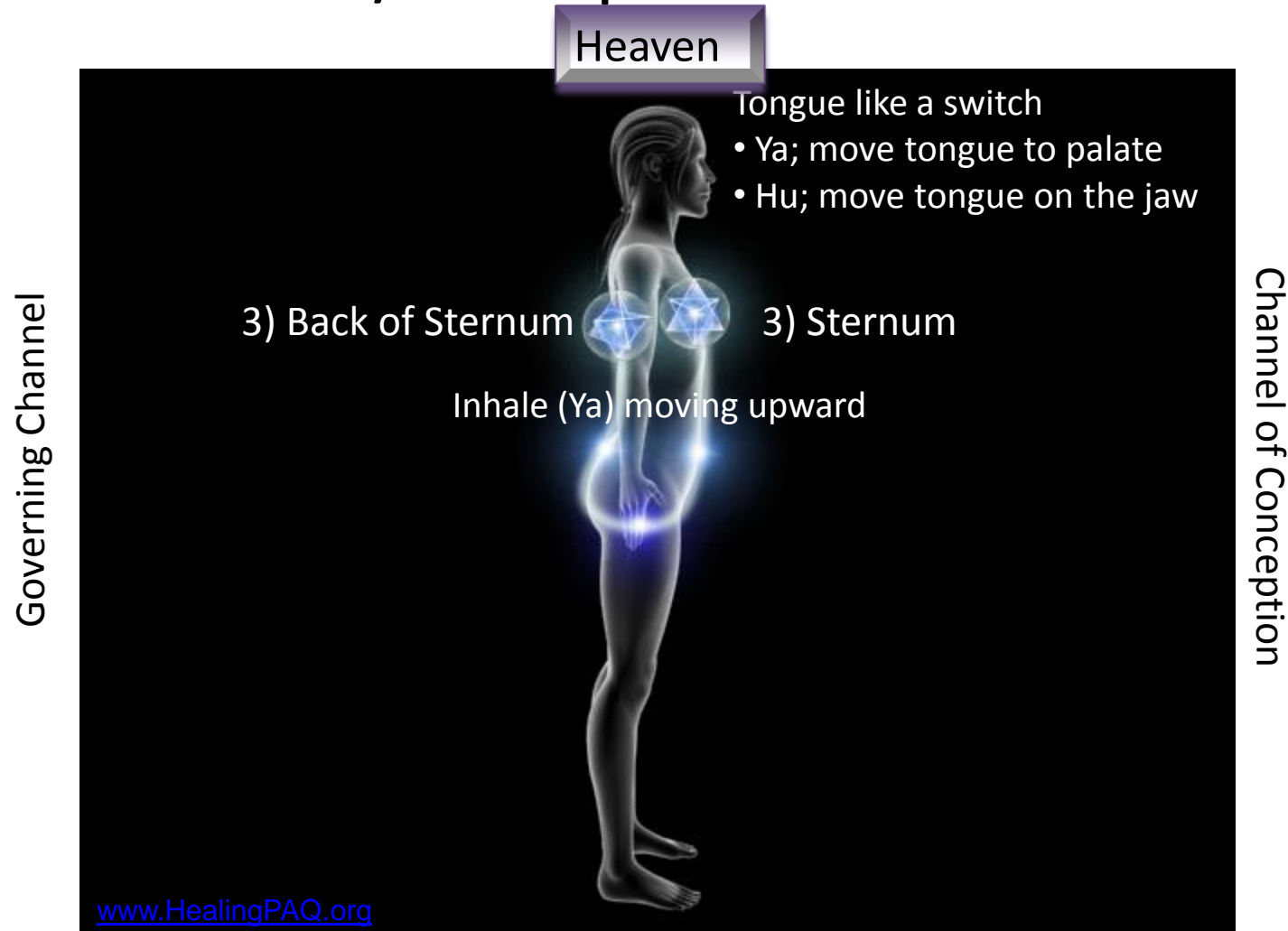
Channel of Conception

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Inhale (Ya) when moving Upward from point to point
- Flow like water from point to point

Earth

Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Note:

- Inhale and Exhale (Ya-Hu) on every point
- Inhale (Ya) when moving Upward from point to point
- Flow like water from point to point

Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Heaven

Governing Channel

4) Base of Skull

4) Throat

Inhale (Ya) moving upward

Channel of Conception



Tongue like a switch

- Ya; move tongue to palate
- Hu; move tongue on the jaw

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Inhale (Ya) when moving Upward from point to point
- Flow like water from point to point

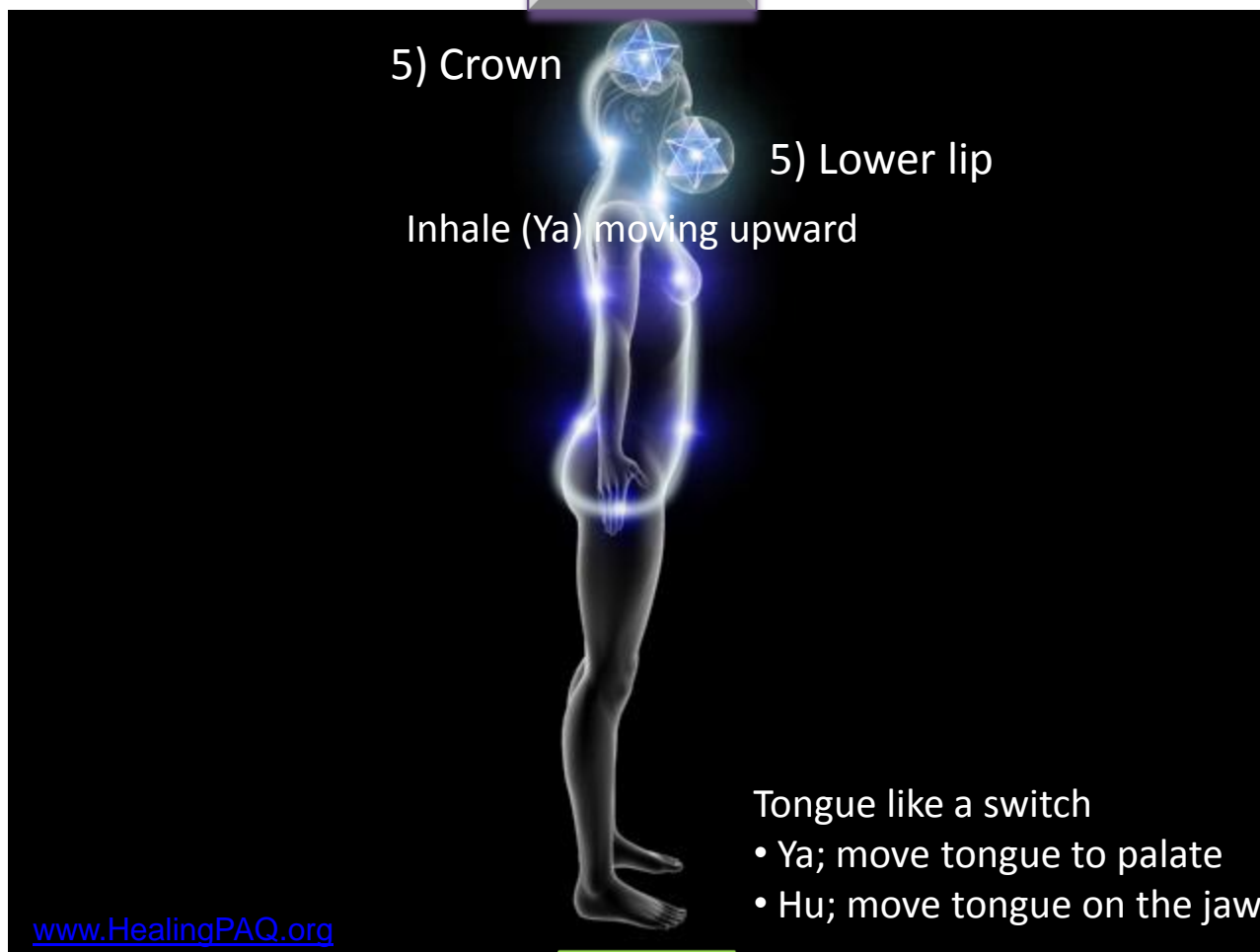
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Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Heaven

Governing Channel

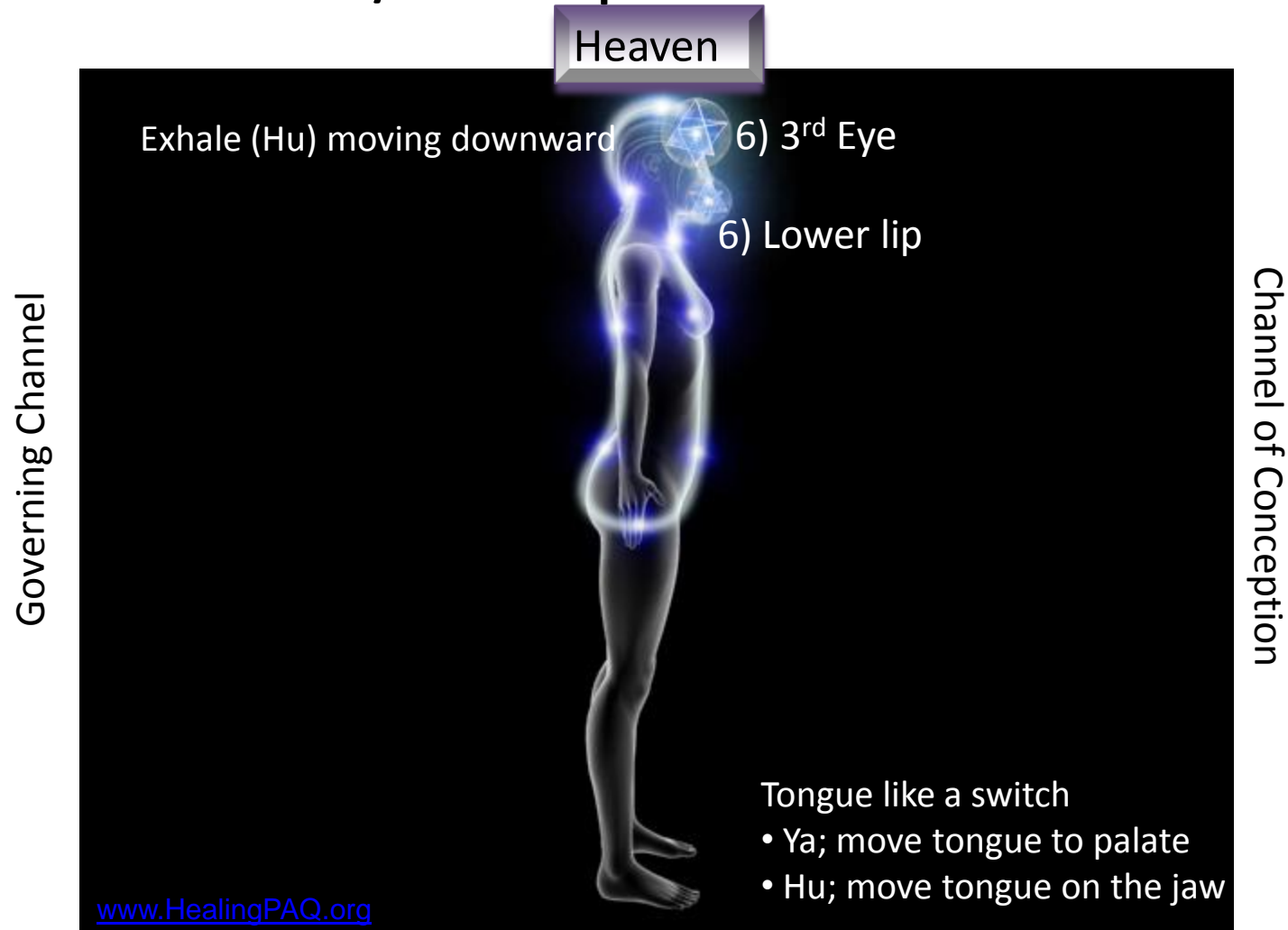


Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Inhale (Ya) when moving Upward from point to point
- Flow like water from point to point www.HealingPAQ.org

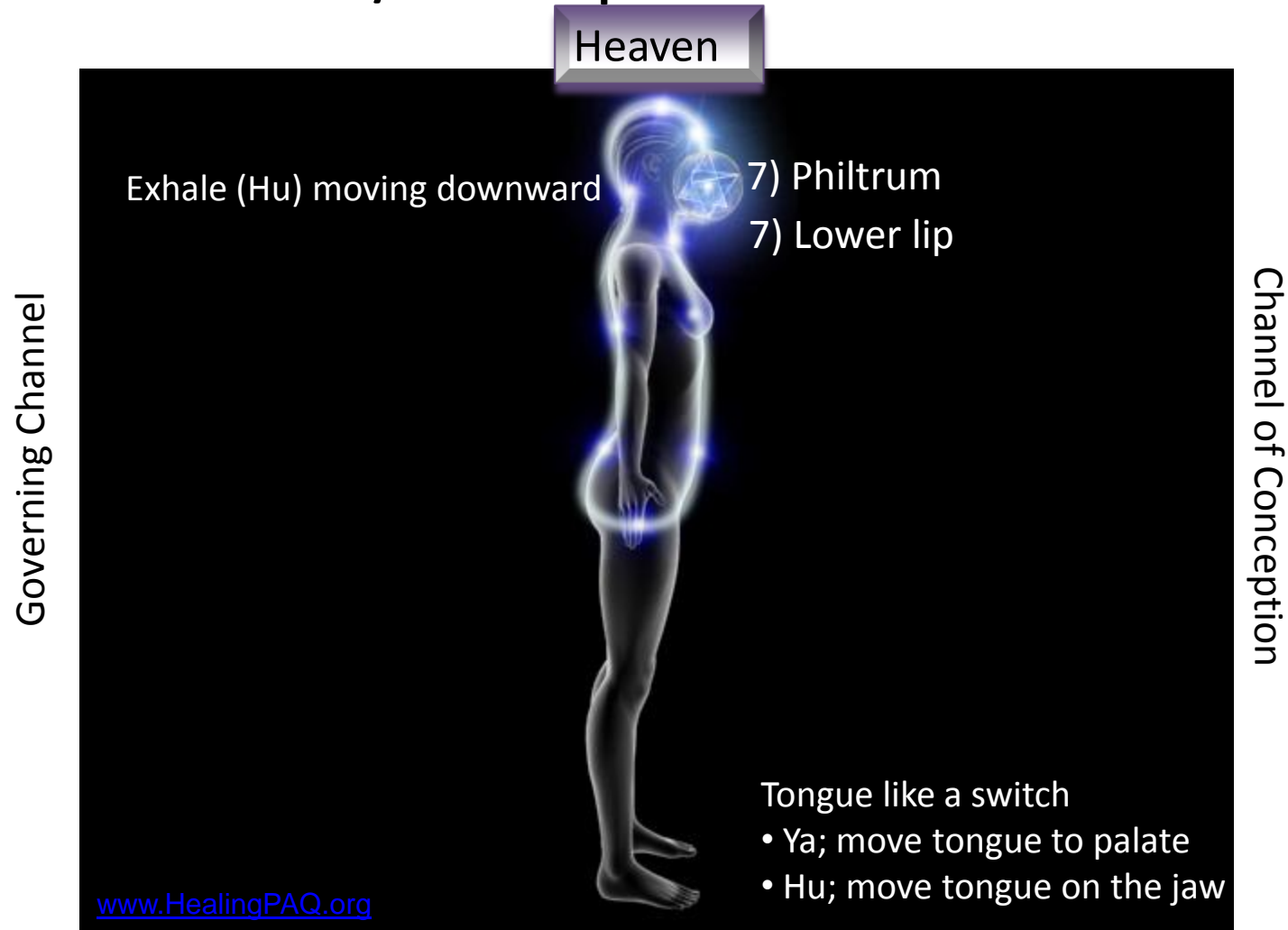
Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale (Hu) when moving Downward from point to point
- Flow like water from point to point www.HealingPAQ.org

Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Note:

- Inhale and Exhale (Ya-Hu) on every point
 - Exhale (Hu) when moving Downward from point to point
 - Flow like water from point to point
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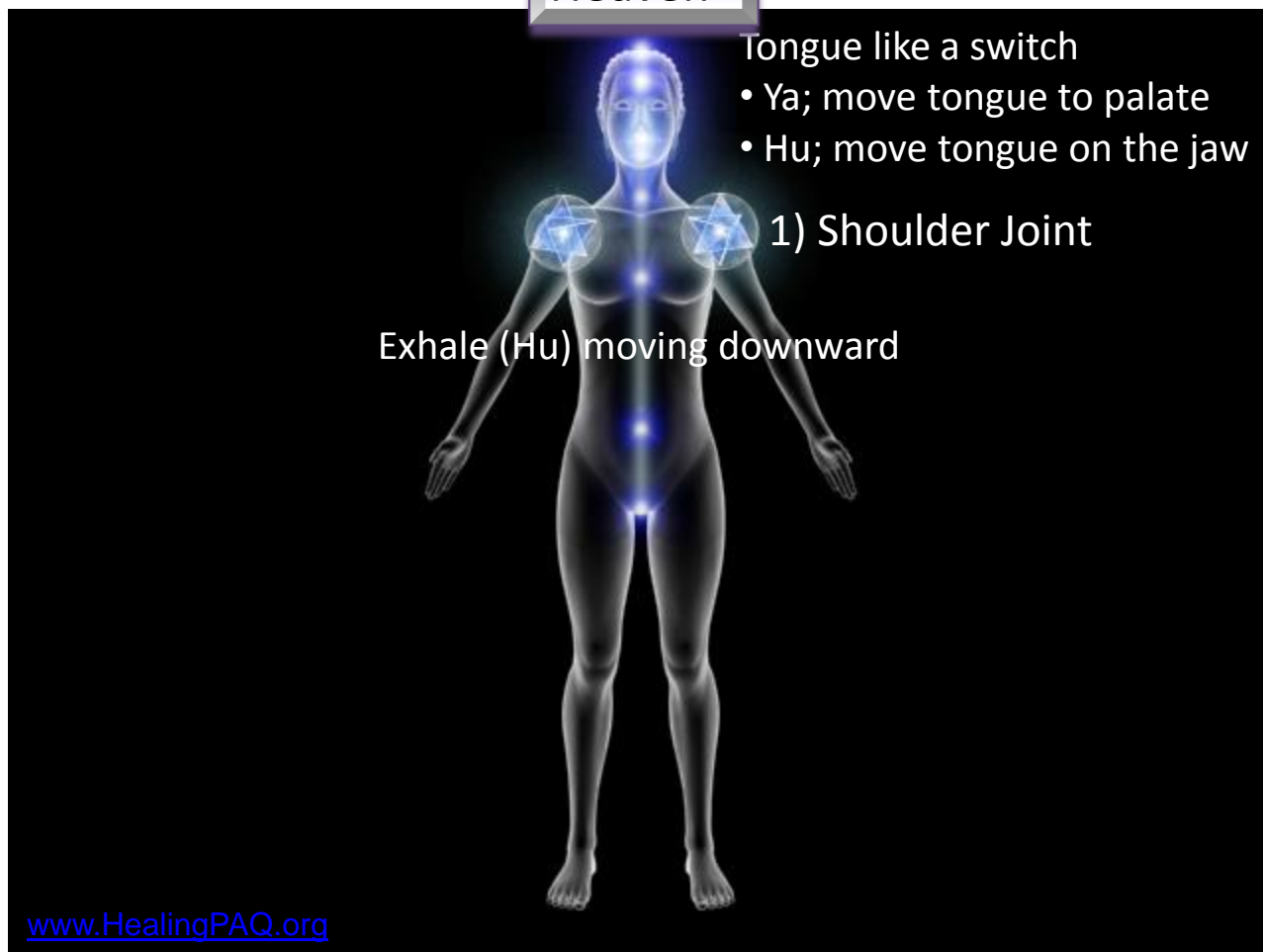
Rejuvenating & Recharging Ego / Survival

God request for healing energy for ego / survival
acupuncture meridian lines

Breath (Ya-Hu) / Prayer Circulation through Ego / Survival Acupuncture Meridian Lines



Heaven



- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

1) Shoulder Joint

Exhale (Hu) moving downward

- Small Intestine Meridian
- Large Intestine Meridian
- Circulation Sex Meridian

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Breath (Ya-Hu) / Prayer Circulation through Ego / Survival Acupuncture Meridian Lines



Heaven

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

Exhale (Hu) moving downward

2) Elbow Joint

- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

- Small Intestine Meridian
- Large Intestine Meridian
- Circulation Sex Meridian

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point www.HealingPAQ.org

Breath (Ya-Hu) / Prayer Circulation through Ego / Survival Acupuncture Meridian Lines



Heaven

Tongue like a switch

- Ya; move tongue to palate
- Hu; move tongue on the jaw

Exhale (Hu) moving downward

3) Wrist Joint

- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

- Small Intestine Meridian
- Large Intestine Meridian
- Circulation Sex Meridian

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Breath (Ya-Hu) / Prayer Circulation through Ego / Survival Acupuncture Meridian Lines



Heaven

- Tongue like a switch
- Ya; move tongue to palate
 - Hu; move tongue on the jaw

Exhale (Hu) moving downward

4) Divine eye (Bend two middle fingers, the point they touch the palm)

- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

- Small Intestine Meridian
- Large Intestine Meridian
- Circulation Sex Meridian

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Rejuvenating & Recharging Advancement / Intelligence

God request for healing energy for advancement /
intelligent acupuncture meridian lines

Breath (Ya-Hu) / Prayer Circulation through Advancement / Intelligence Acupuncture Meridian Lines

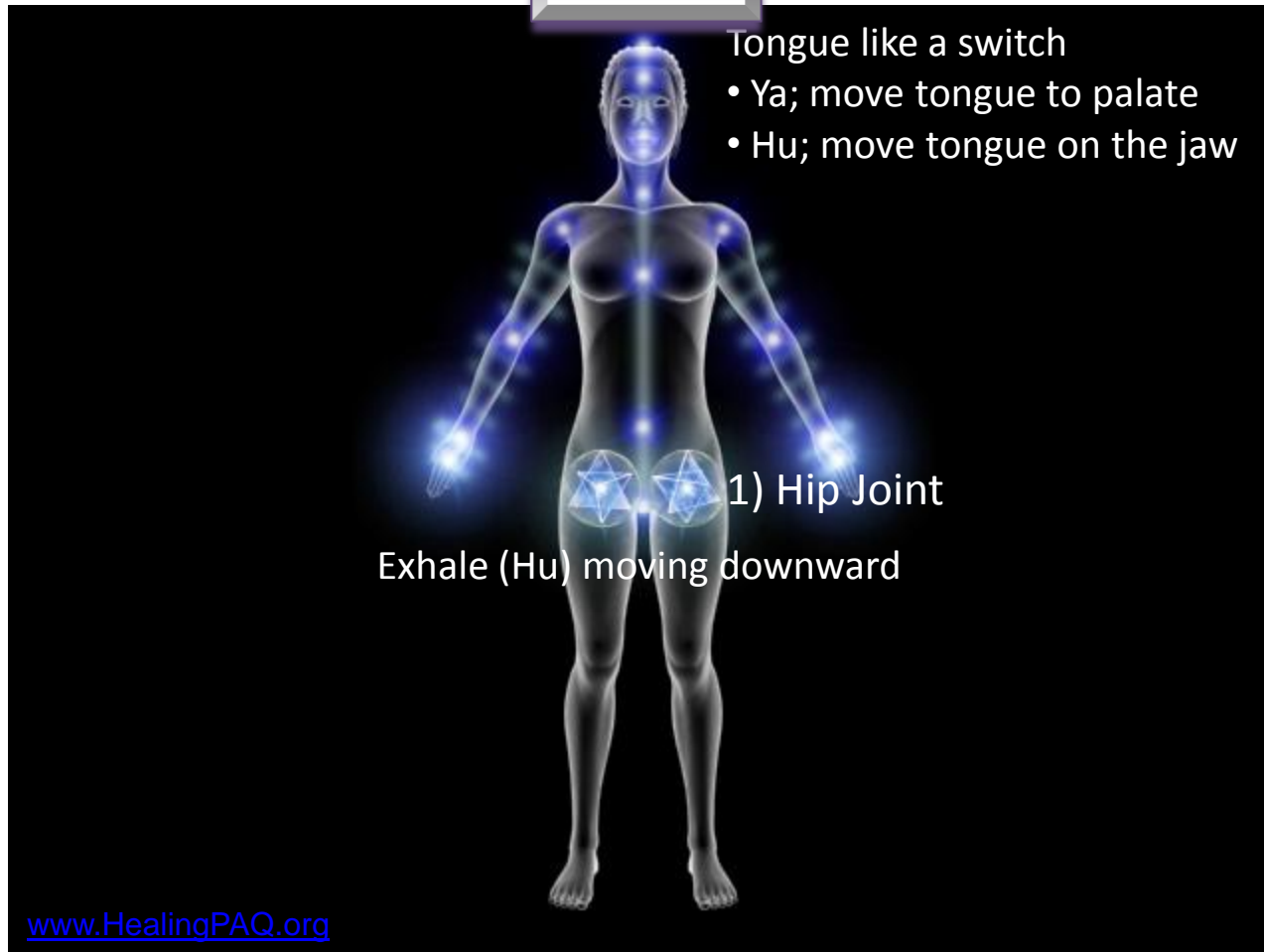


Heaven

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

- Stomach Meridian
- Gall Bladder Meridian
- Bladder Meridian

- Liver Meridian
- Spleen Meridian
- Kidney Meridian



1) Hip Joint
Exhale (Hu) moving downward

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Breath (Ya-Hu) / Prayer Circulation through Advancement / Intelligence Acupuncture Meridian Lines



Heaven

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

- Stomach Meridian
- Gall Bladder Meridian
- Bladder Meridian

- Liver Meridian
- Spleen Meridian
- Kidney Meridian

Exhale (Hu) moving downward

2) Knee Joint

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Breath (Ya-Hu) / Prayer Circulation through Advancement / Intelligence Acupuncture Meridian Lines

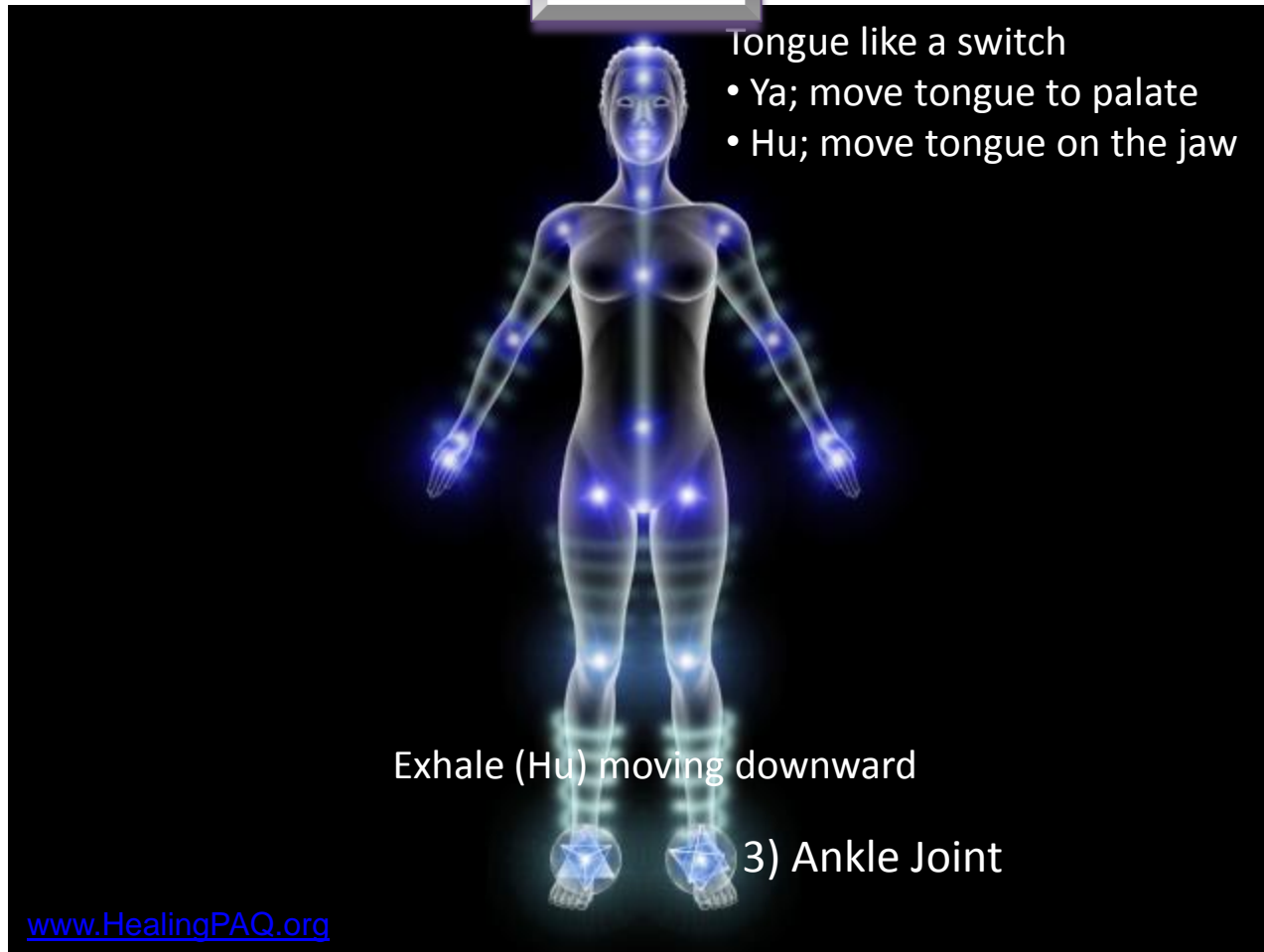


Heaven

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

- Stomach Meridian
- Gall Bladder Meridian
- Bladder Meridian

- Liver Meridian
- Spleen Meridian
- Kidney Meridian



Exhale (Hu) moving downward

3) Ankle Joint

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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Breath (Ya-Hu) / Prayer Circulation through Advancement / Intelligence Acupuncture Meridian Lines



Heaven

- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

- Stomach Meridian
- Gall Bladder Meridian
- Bladder Meridian

- Liver Meridian
- Spleen Meridian
- Kidney Meridian



Exhale (Hu) moving downward

4) Sole of Foot

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Earth

Note:

- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

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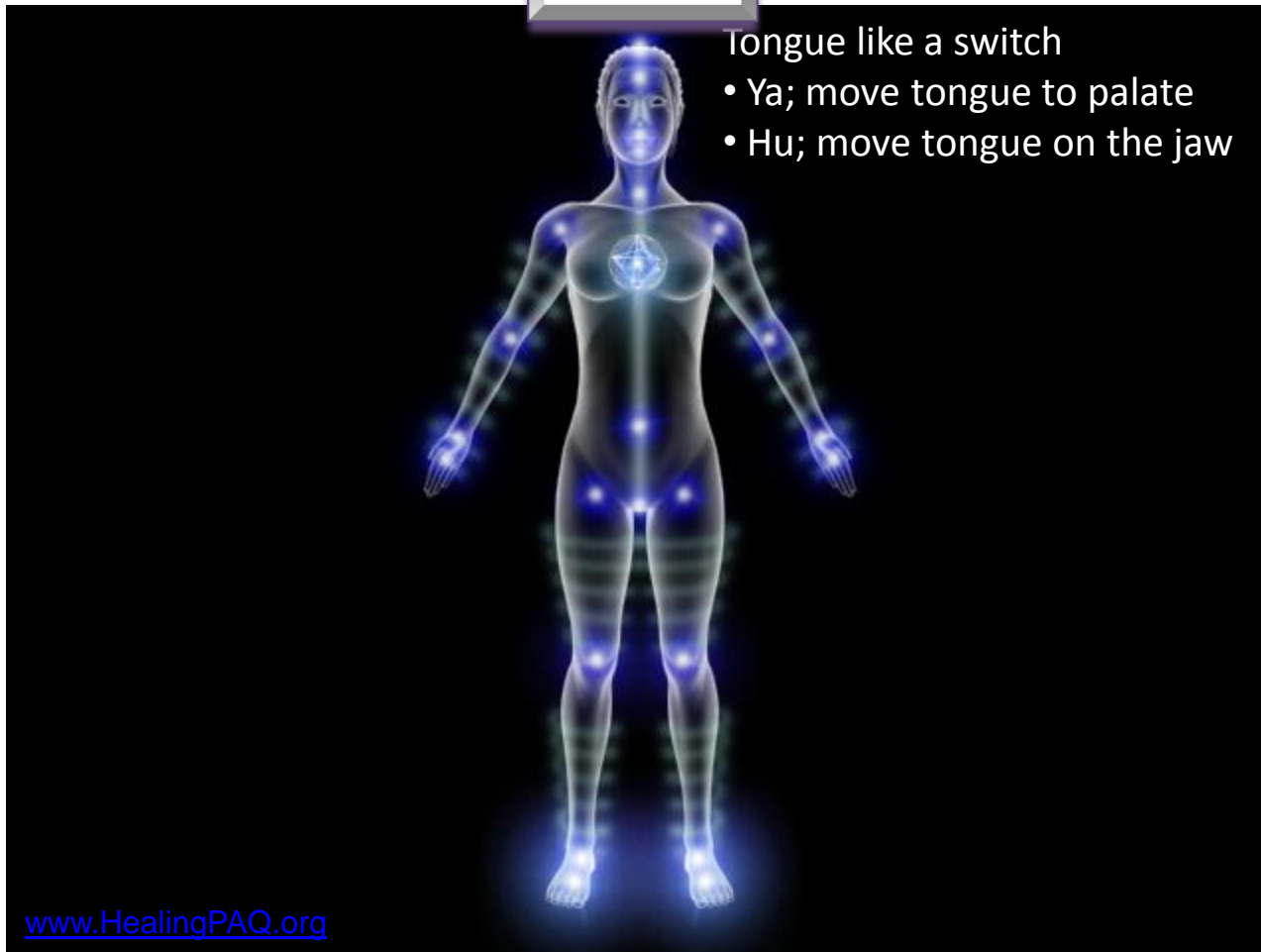
Closing cycle

Returning to heart



Breath (Ya-Hu) / Prayer Circulation End with Heart

Heaven



Tongue like a switch

- Ya; move tongue to palate
- Hu; move tongue on the jaw

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Earth

Note:

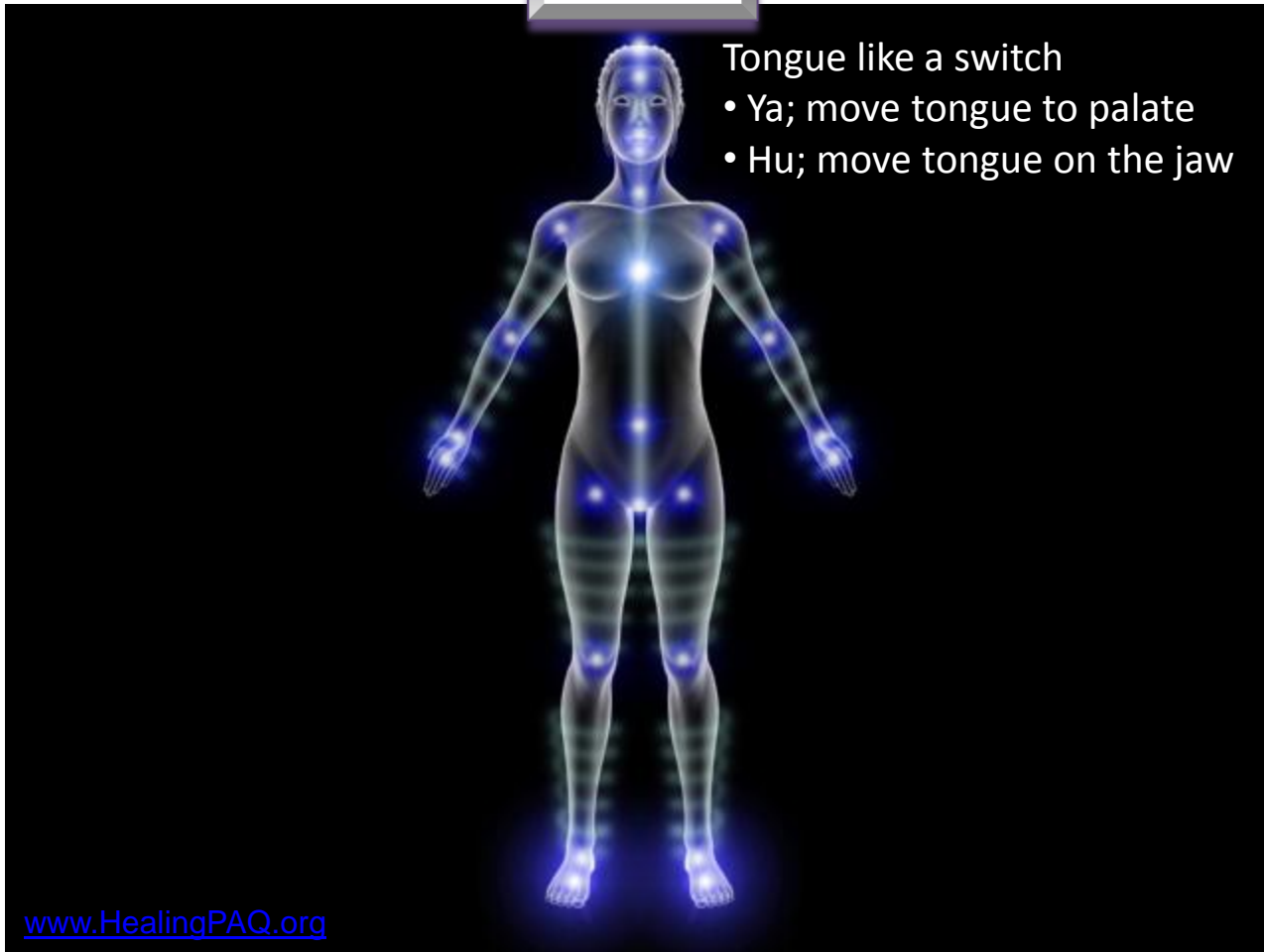
- Inhale to the heart
- Inhale and Exhale (Ya-Hu) on the heart
- Flow like water from point to point

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Heart and 14 Acupuncture Meridian Lines Charged up



Heaven



- Tongue like a switch
- Ya; move tongue to palate
- Hu; move tongue on the jaw

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Earth

- Note:**
- Fully charged up with divine love, joy, peace, and compassion