

Pain caused by muscle tension

For relief of muscle tension, causing neck/back pain, fatigue or moodiness related to emotional stress and trapped emotions. Muscle test the related role causing the upset or tension. My role as _____. Example: "My role as a sister... My role as a commuter.... My role as a son... causing neck pain"

Speak the affirmation written below with meaning and a genuine desire. Activate spinal energy with an energy source such as a Nikken® magnet. (See our training videos) Retest and apply again after 24 hours if pain continues or involves multiple roles or more than one upset.

"Associated with the pain and tension, from my role as a _____, there are one or more single fundamental core emotions on all dimensions, levels, layers and depths to infinity and beyond, all time frames, all bodies and minds, all generations and past inheritance, with all related programs that have a single thread going down to the core of my being, my chromosomes and my DNA, distorting my chromosomes and DNA strands in my master cell in my pineal gland.

I bind all the causes and hidden causes of the pain and tension from my role as _____ into one repair now. I now forgive and I love everyone involved including myself and I release this bound imbalance including the MPRs and trapped emotions from my DNA and replace it with divine love and infinite forgiveness. I command my bodies, organs, systems, glands and tissues are back in alliance with each other and with by spirit.

I command that the entire DNA in my cells follow this new standard now. I command the vibration from embryonic stem-cells to be sent to all healthy cells in my body, especially the tension in my _____ muscles. I accept all of these new changes into my life now. I have complete body awareness on this healing now."