

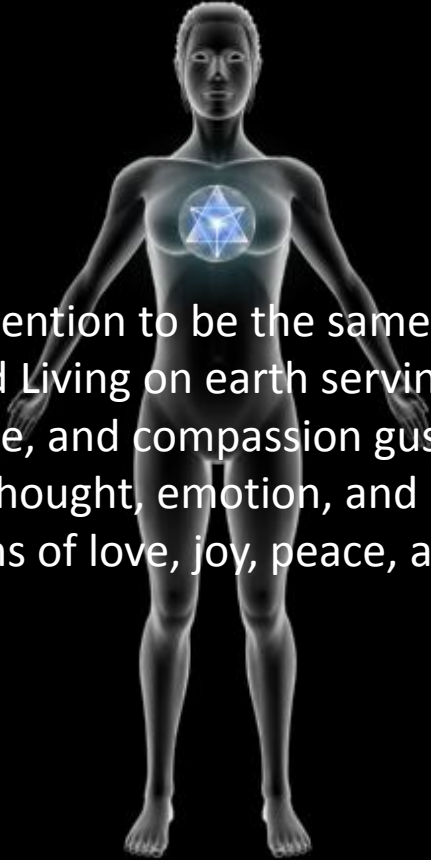


# HealingPAQ Self Healing Class Material

# 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

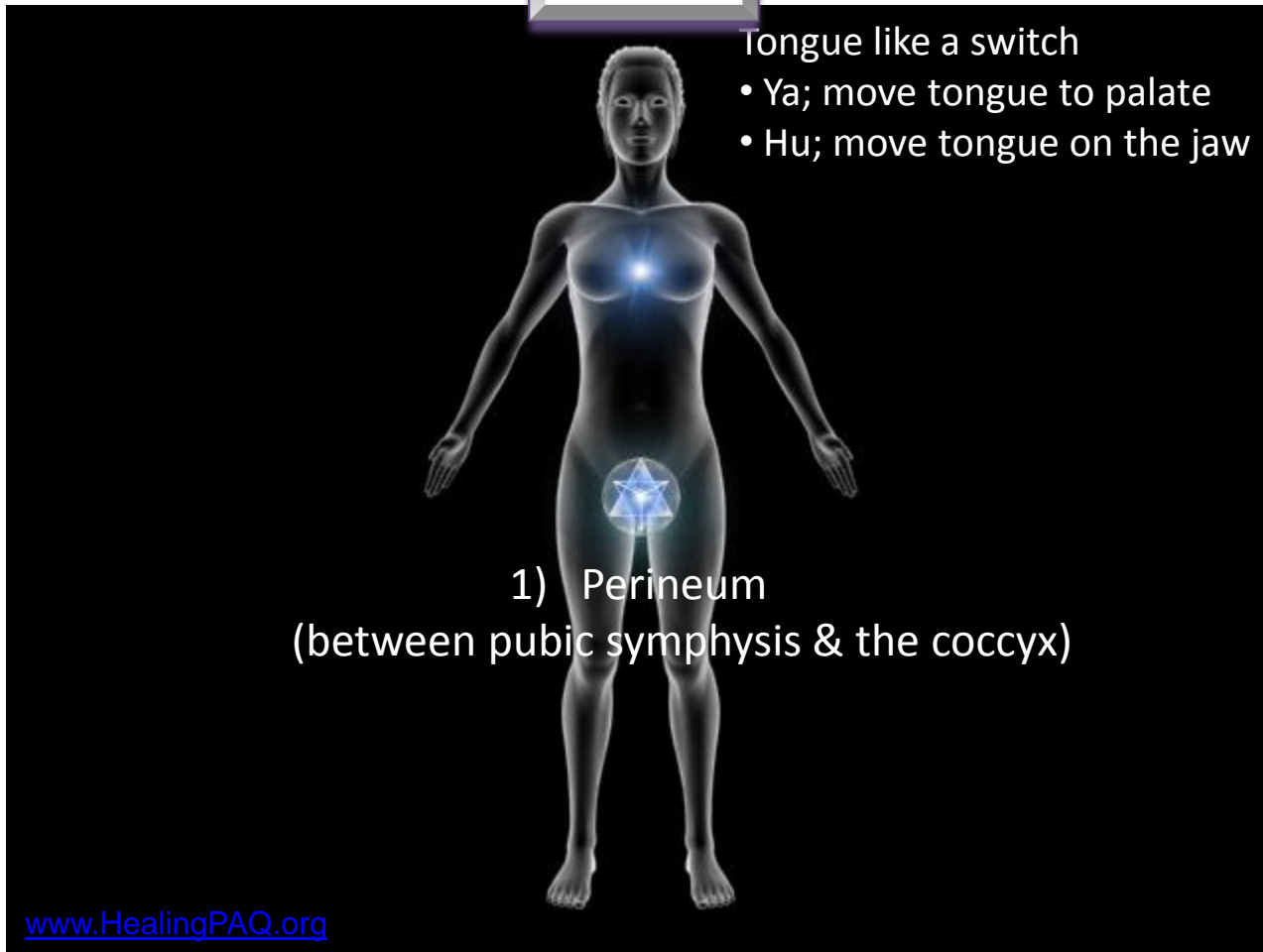
# Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



Governing Channel

Heaven

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



Channel of Conception

## Note:

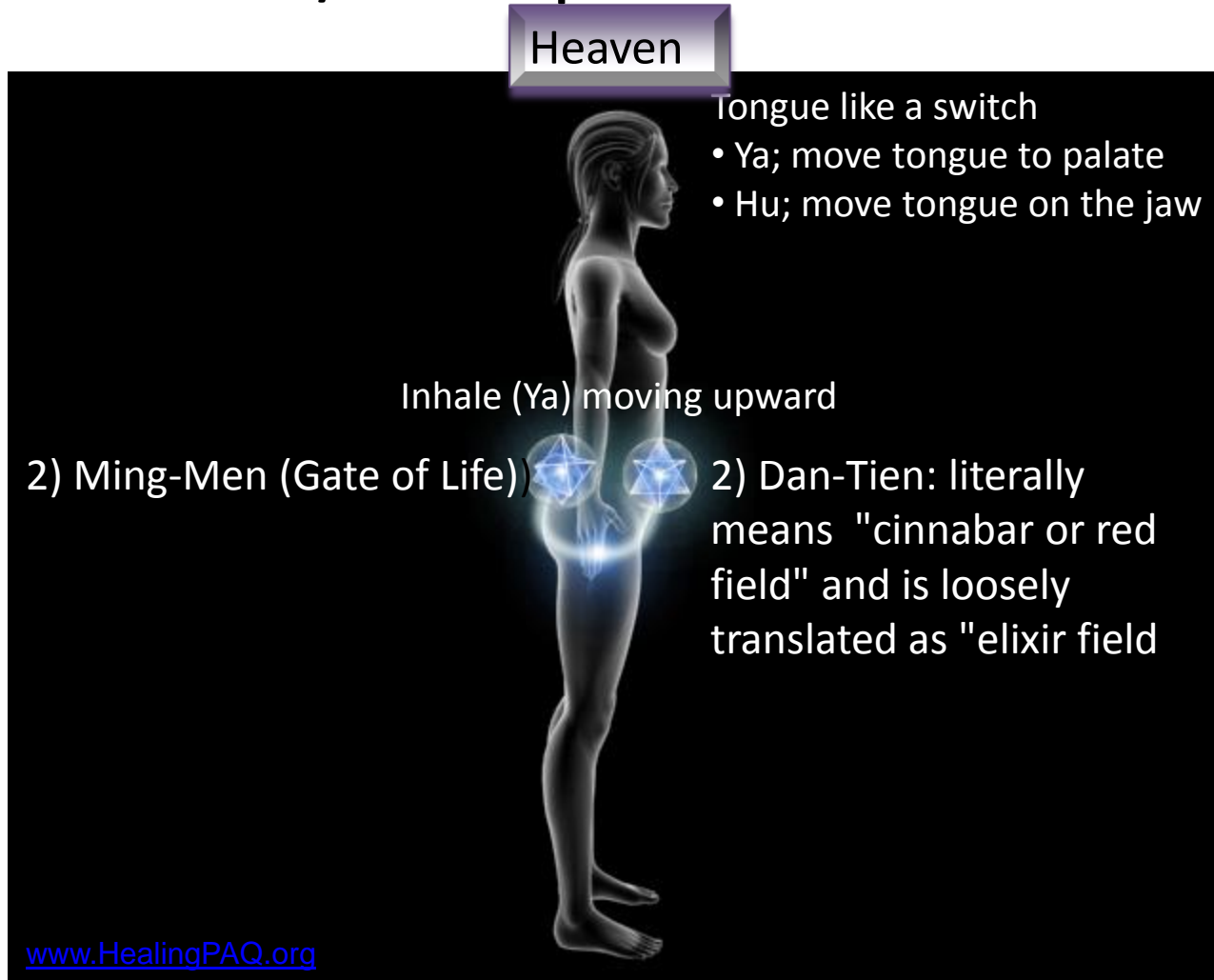
Earth

- 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



Governing Channel



## Note:

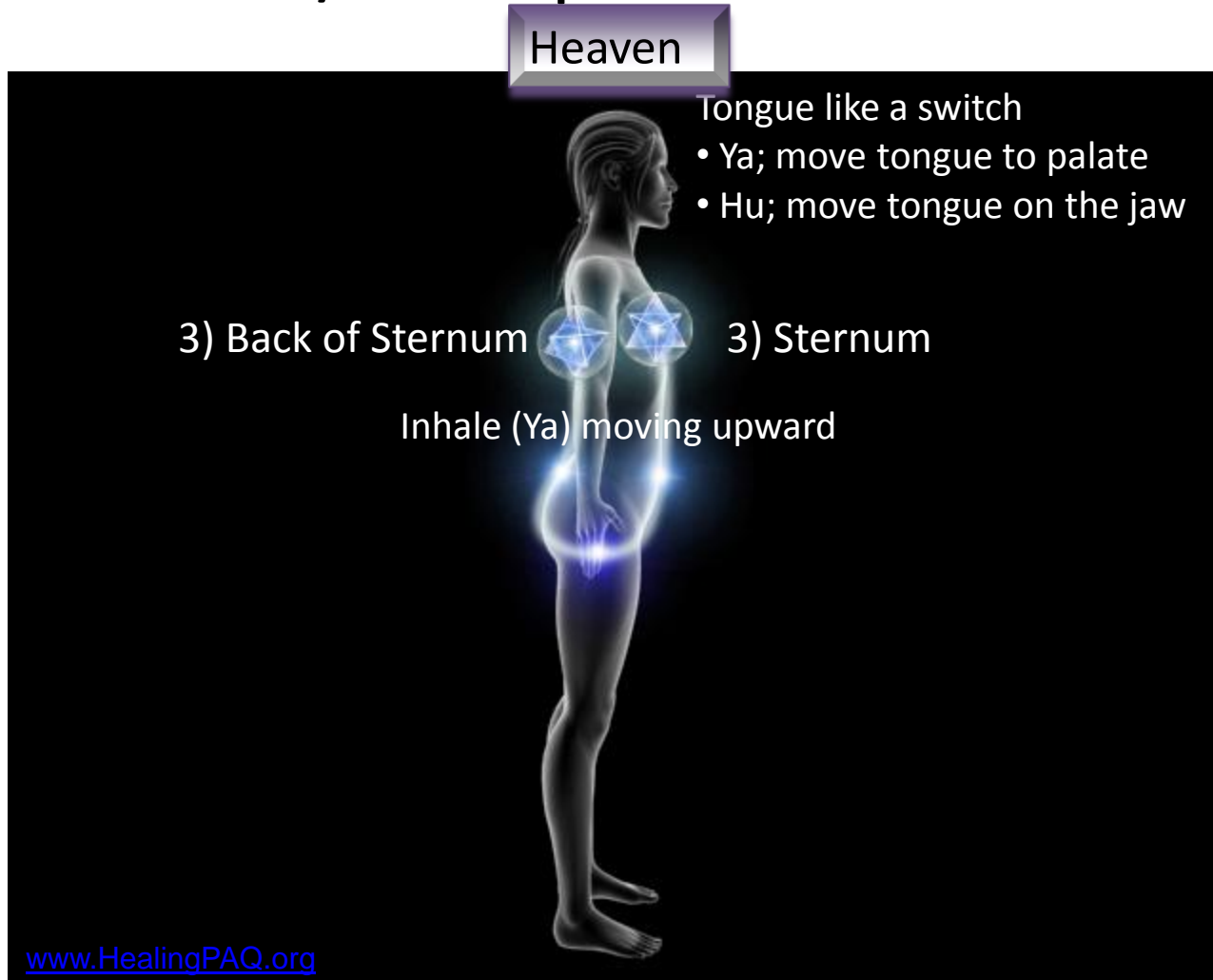
- Inhale and Exhale (Ya-Hu) on every point
- Inhale (Ya) when moving Upward from point to point
- Flow like water from point to point

Earth

# 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

Earth

# 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

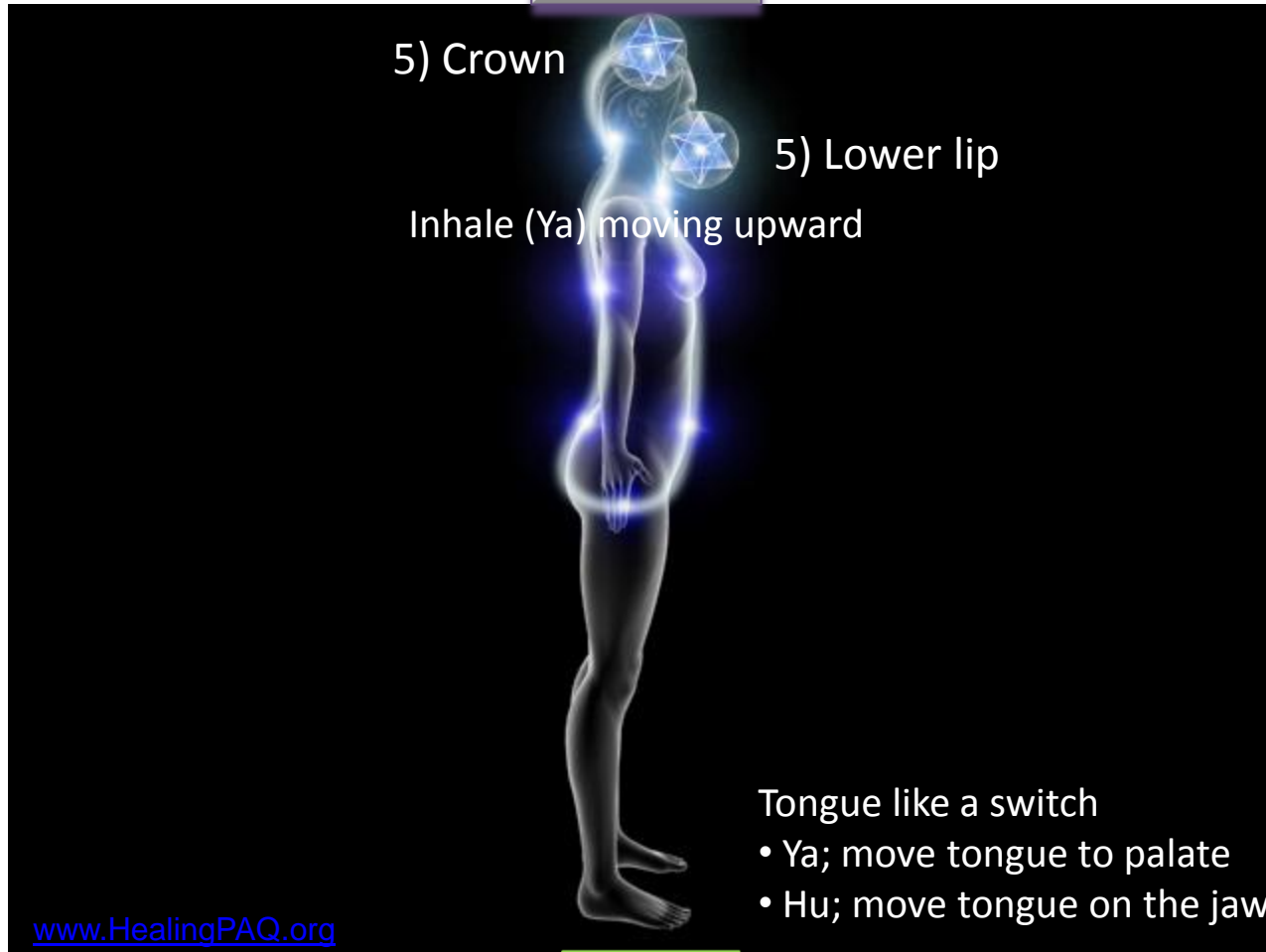
[www.HealingPAQ.org](http://www.HealingPAQ.org)

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



Heaven

Governing Channel



Channel of Conception

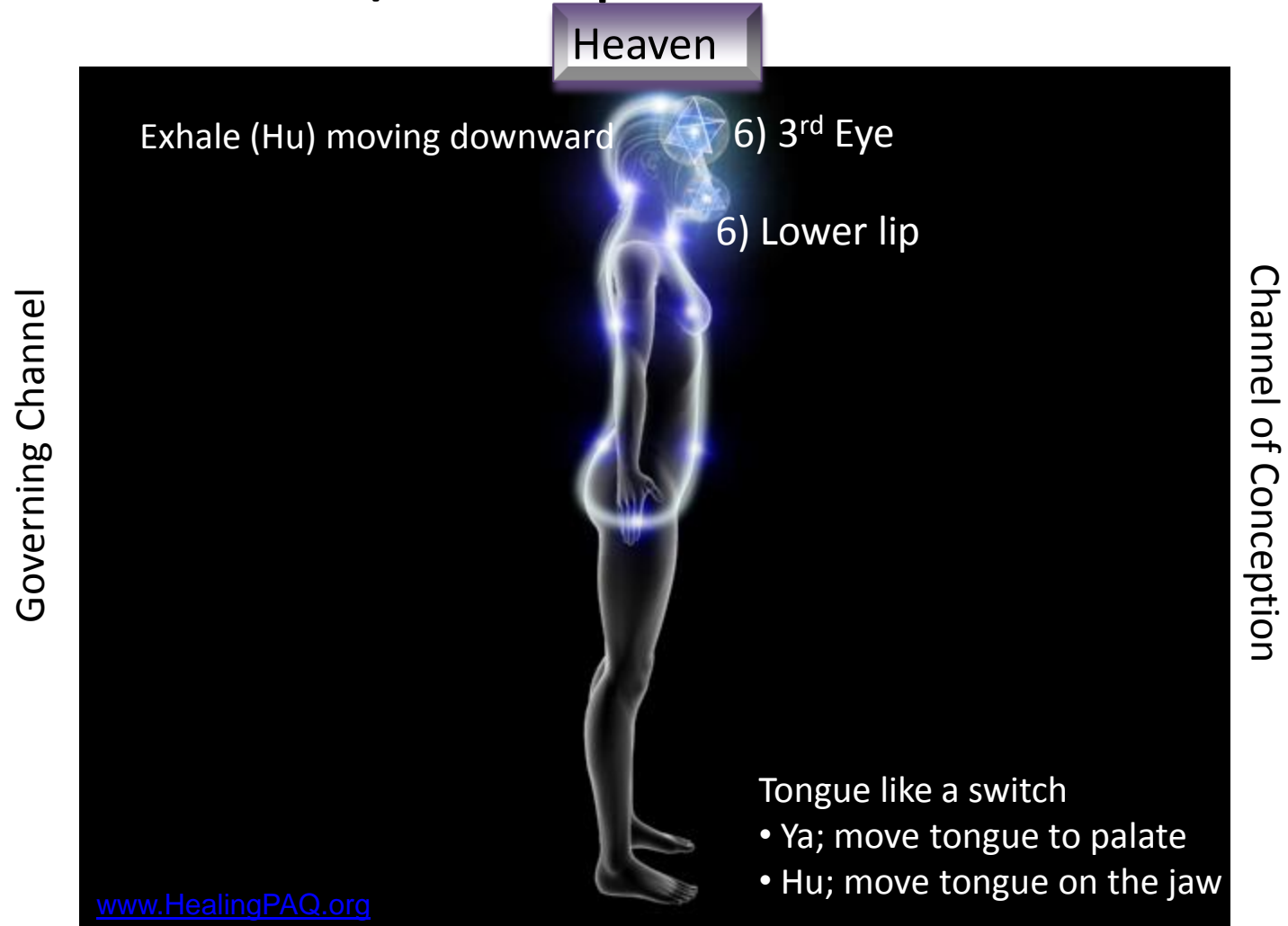
Earth

## 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](http://www.HealingPAQ.org)



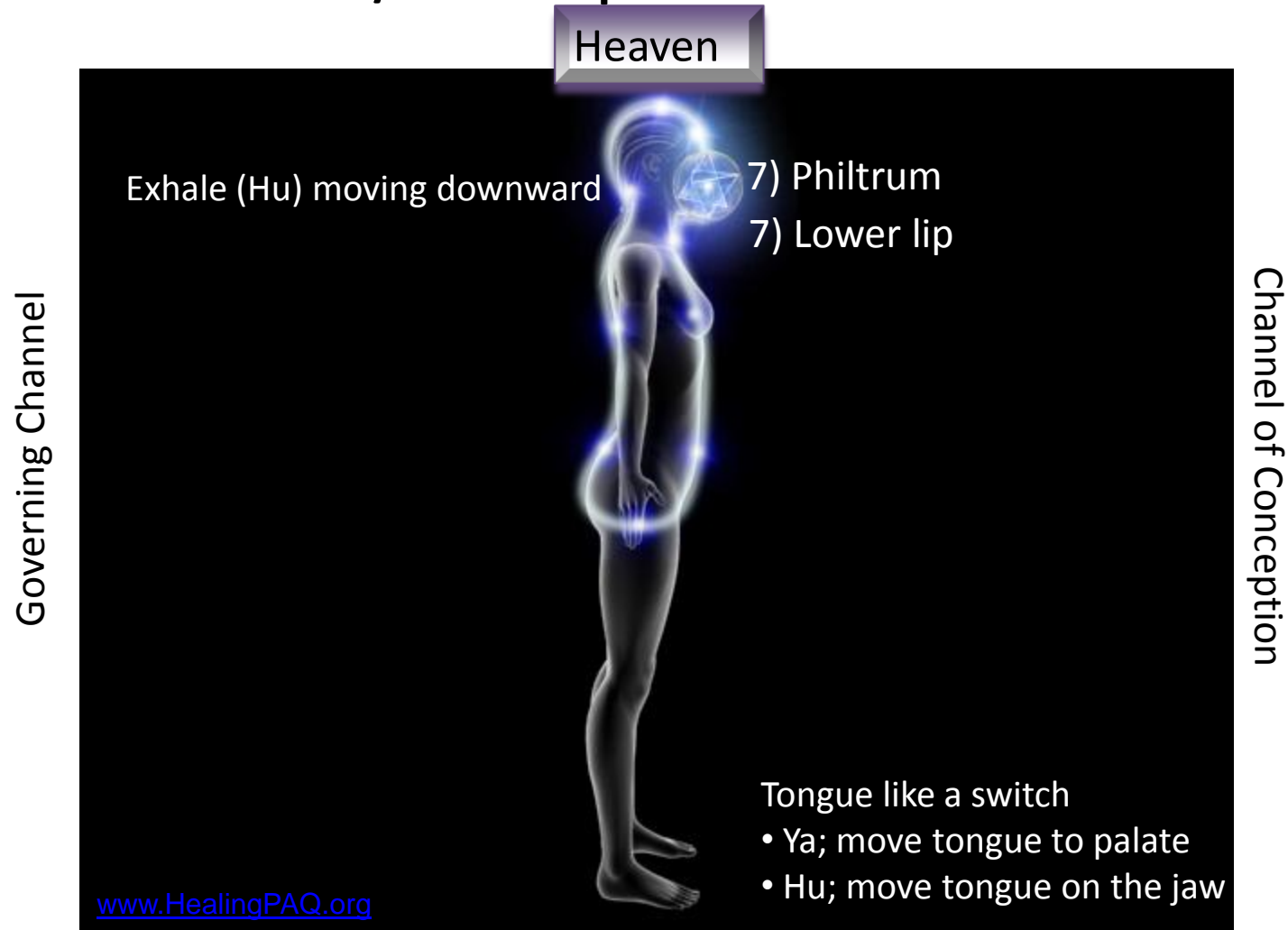
# Breath (Ya-Hu) / Prayer Circulation through Heart / Soul Acupuncture Meridian Lines



## 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](http://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](http://www.HealingPAQ.org)



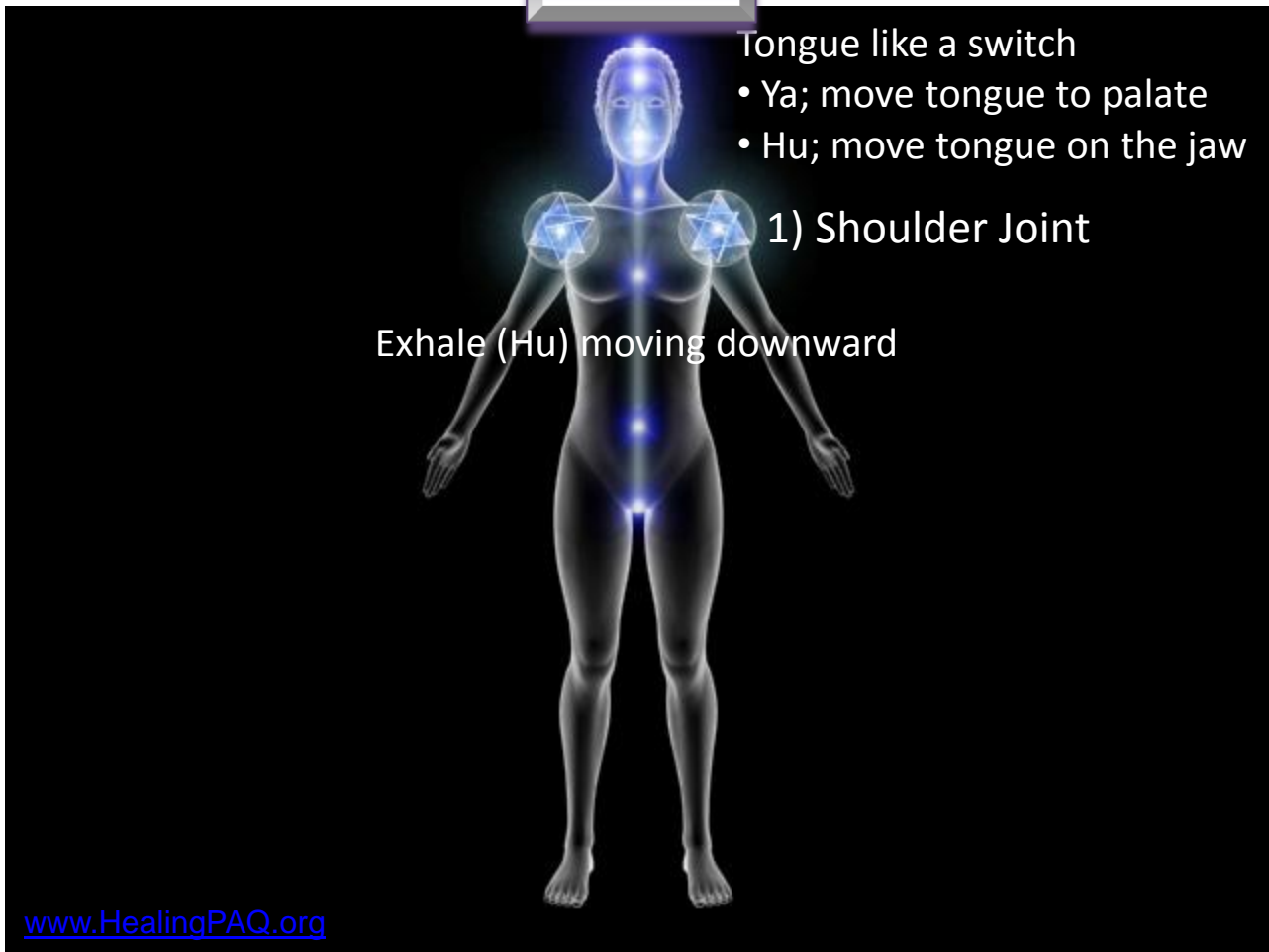
# Rejuvenating & Recharging Ego / Survival

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

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



Heaven



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

1) Shoulder Joint

Exhale (Hu) moving downward

- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

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

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Earth

## Note:

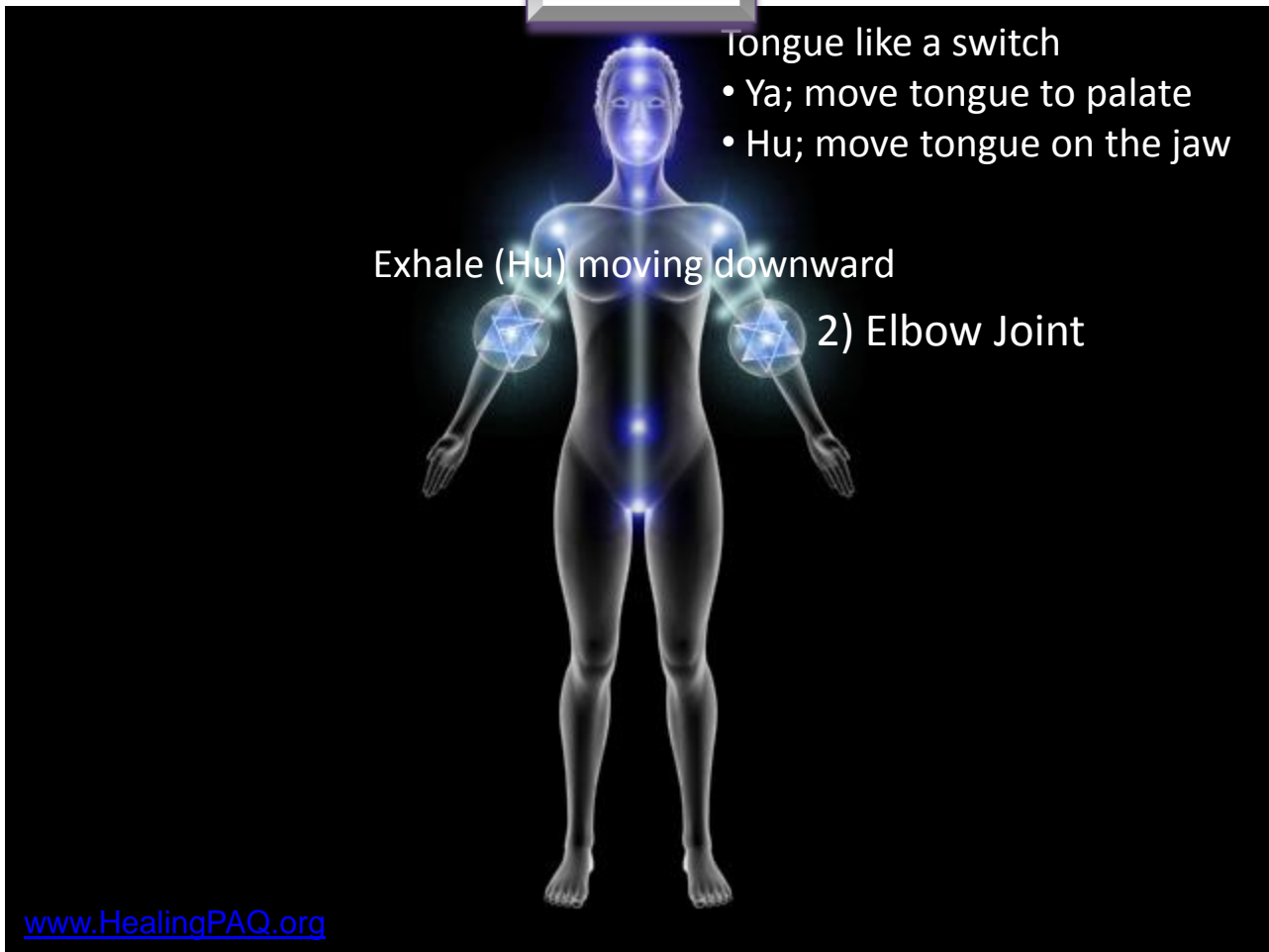
- Inhale and Exhale (Ya-Hu) on every point
- Exhale moving downward in a spiral motion from point to point
- Flow like water from point to point

[www.HealingPAQ.org](http://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

2) Elbow Joint

- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

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

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Earth

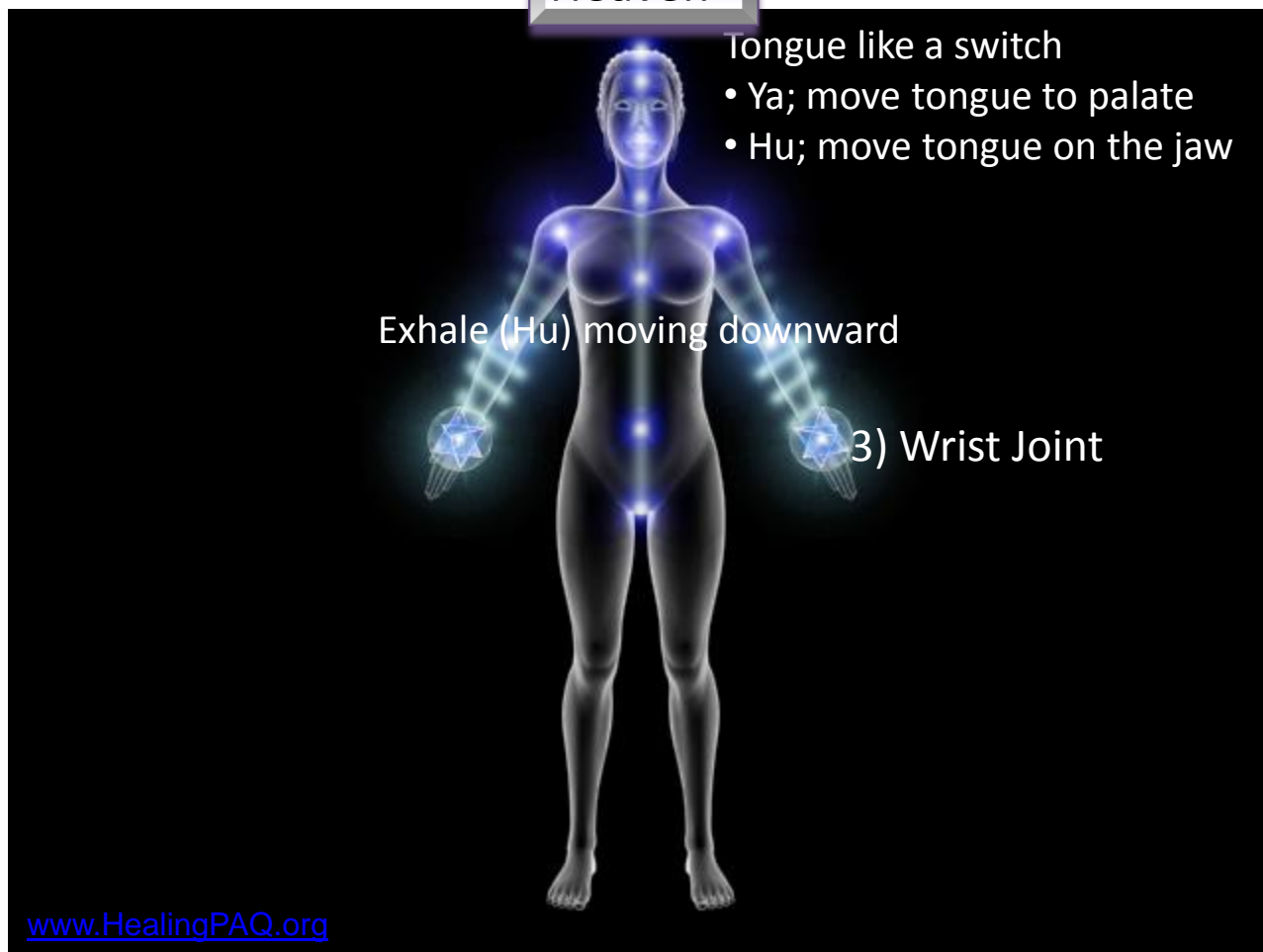
## Note:

- 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](http://www.HealingPAQ.org)

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



Heaven



- Lung Meridian
- Triple Warmer Meridian
- Heart Meridian

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

## Note:

Earth

- 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](http://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

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

[www.HealingPAQ.org](http://www.HealingPAQ.org)

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

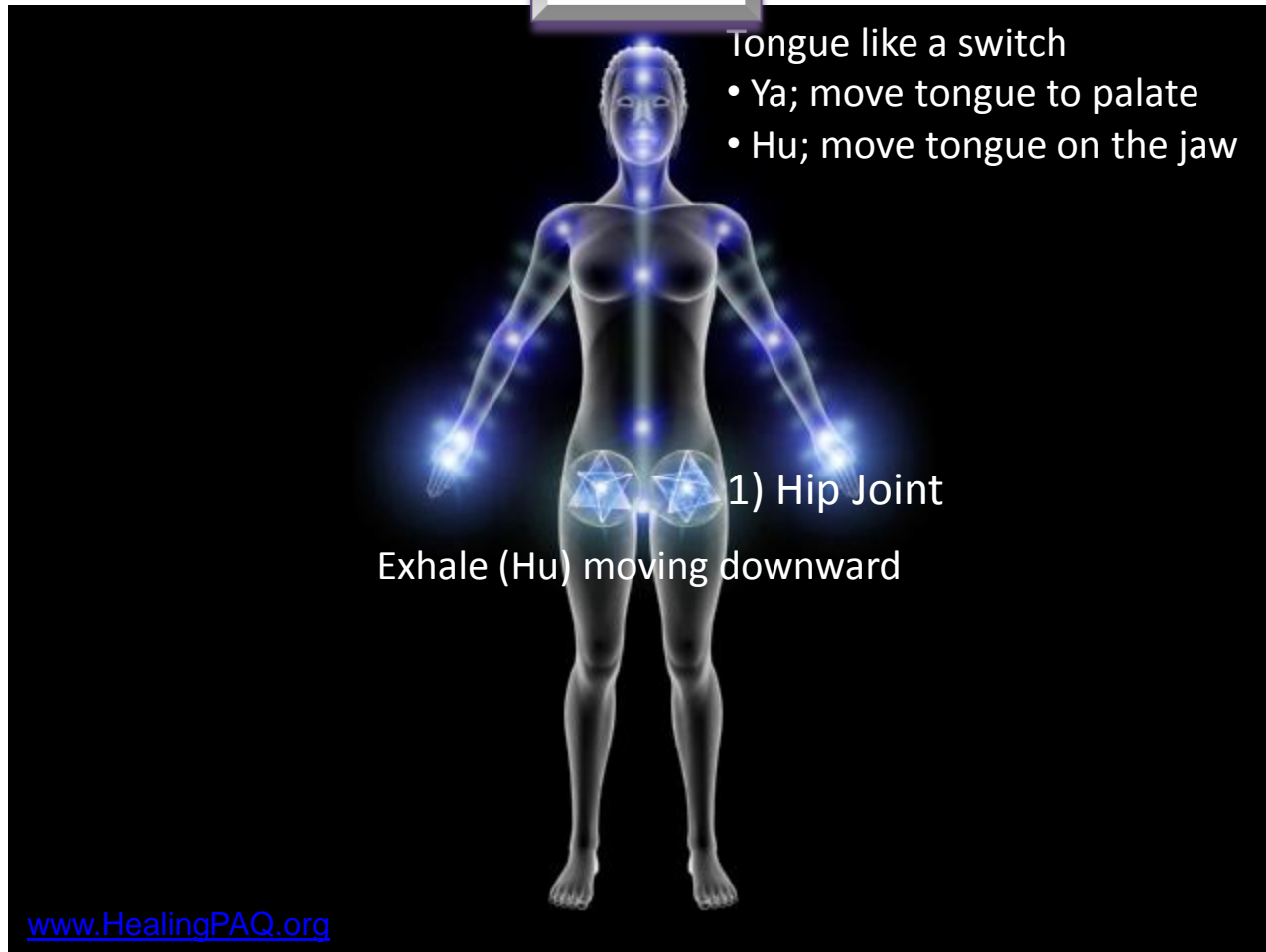


# Breath (Ya-Hu) / Prayer Circulation through Advancement / Intelligence Acupuncture Meridian Lines



Heaven

- Stomach Meridian
- Gall Bladder Meridian
- Bladder Meridian



- Liver Meridian
- Spleen Meridian
- Kidney Meridian

## 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

[www.HealingPAQ.org](http://www.HealingPAQ.org)

# 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

[www.HealingPAQ.org](http://www.HealingPAQ.org)

# 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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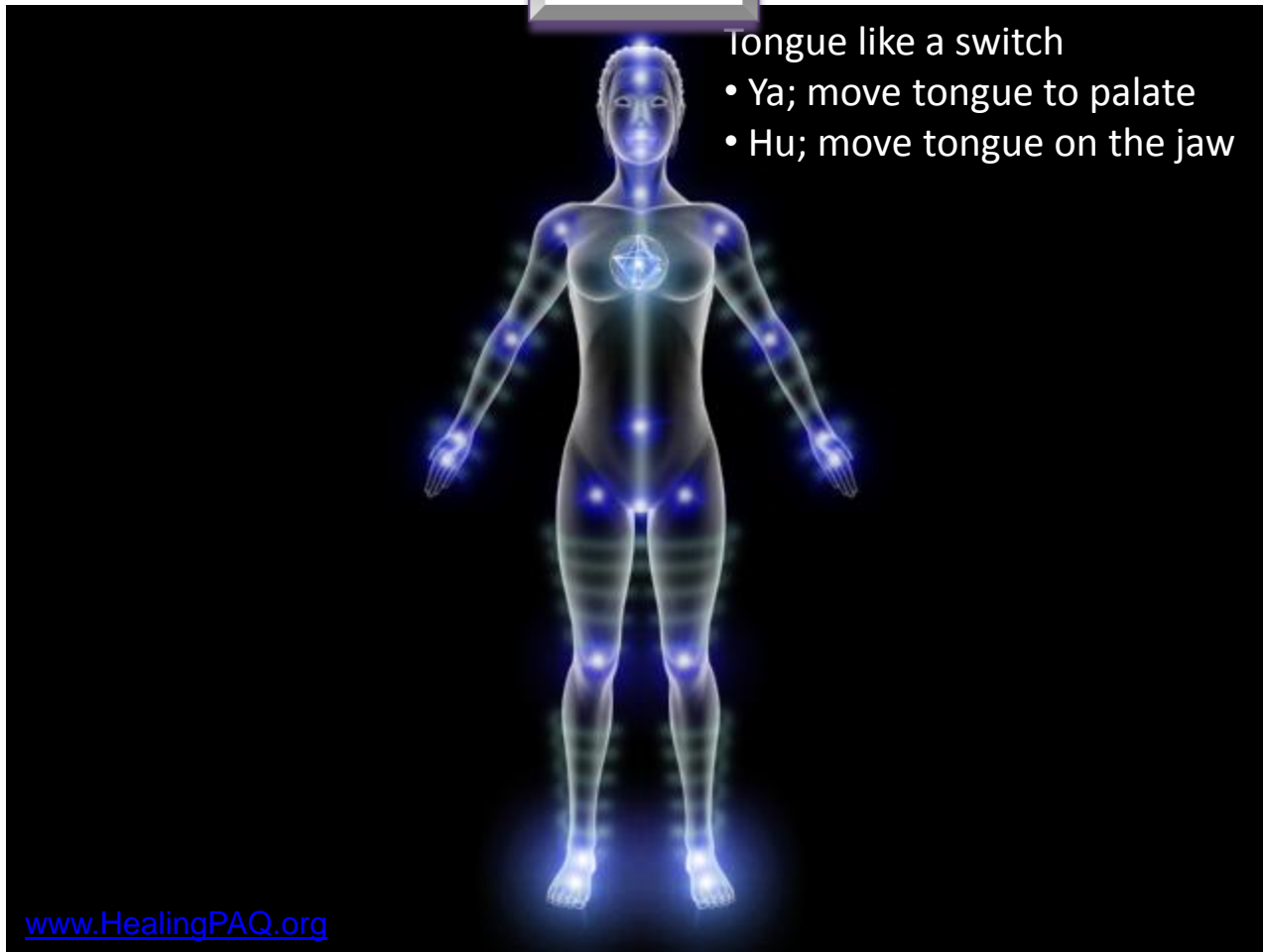
# Closing cycle

## 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:

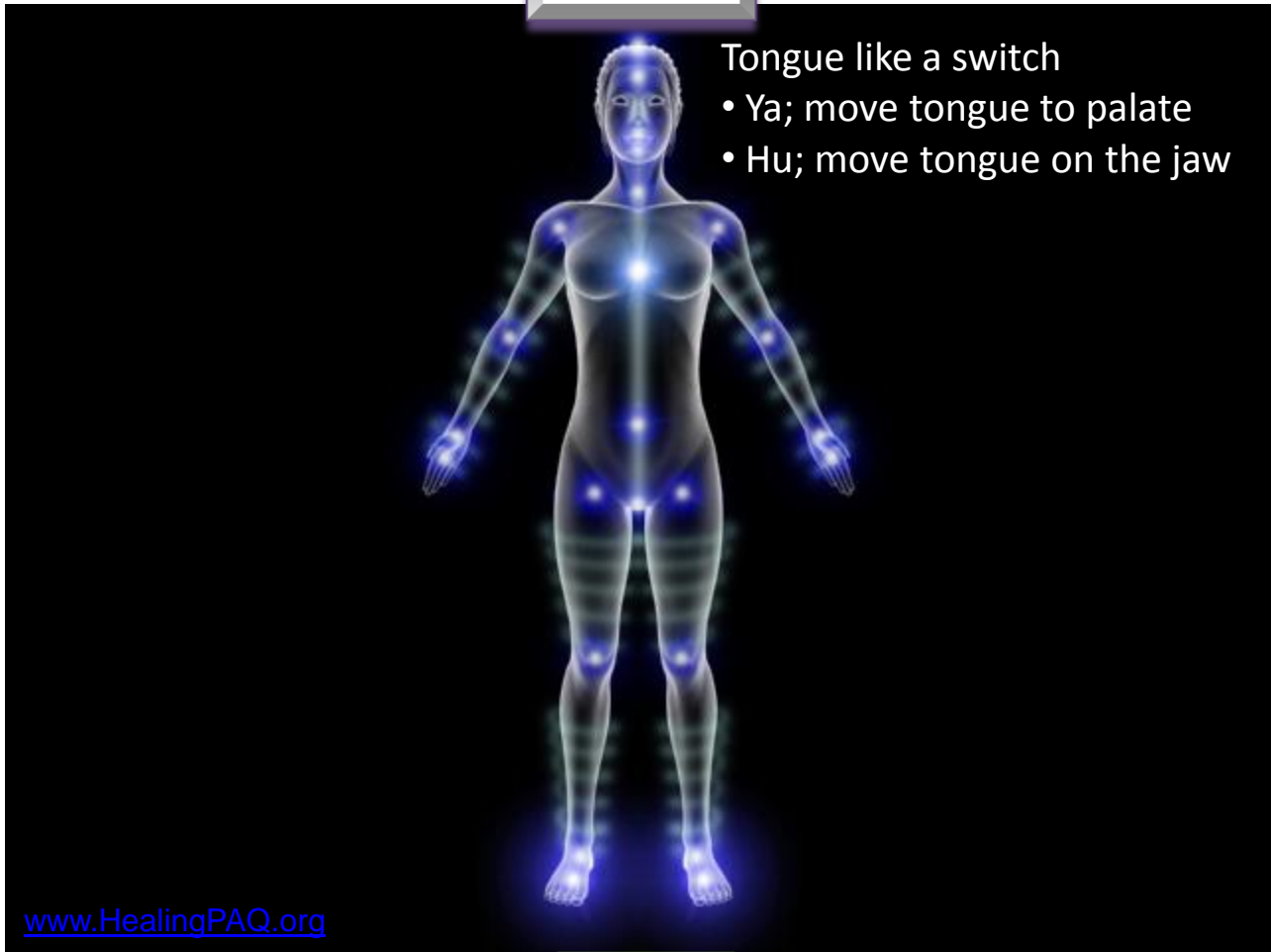
- Inhale to the heart
- Inhale and Exhale (Ya-Hu) on the heart
- Flow like water from point to point

[www.HealingPAQ.org](http://www.HealingPAQ.org)

# Heart and 14 Acupuncture Meridian Lines Charged up



Heaven



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

[www.HealingPAQ.org](http://www.HealingPAQ.org)

Earth

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