



AiM Therapy

Sit in a comfortable position, take three slow, deep breaths and relax your body.

Step One - Paying Attention - The Metta Prayer

Say the following three times with hands held in prayer position:-

*May I be in peace,
May my heart remain open.
May I awaken to the Light which is my true nature.
May I be healed.
May I be a source of healing for all beings.*

(Taught by Buddha)

Step Two - Stating Intention

Say the following three times with hands held in prayer position:-

*Just for today,
I am free of anger,
I am free from worry.
I am grateful for everything.
I am working on myself with honesty.
I am kind* to all things.*

*In this context kind = kindred (brother/sister).

(Based on the teachings of Mikao Usui – the founder of Reiki)

Step Three - Manifest

Stage 1

With the finger tips of your dominant hand tap the side of your other hand (Karate chop point) and repeat three times,

"Even though I have all these problems, I AM".

With your finger tips tap 7-10 times on each of the following places on your body, saying at each point,

"All these problems".

- 1- Top of the head
- 2- Forehead
- 3- Base of the throat on the collar bone
- 4- Centre of the chest
- 5- Solar plexus (just under the rib cage)
- 6- 1 inch below the navel
- 7- Side of the hand (Karate chop point).

Repeat the tapping sequence on your body but now say *"I AM"*.

Take a deep, long breath into the diaphragm and gently exhale.

(Inspired by the teachings of Gary Craig - the founder of Emotional Freedom Technique)

Stage 2

With the right palm held 3 - 4 inches above the left palm, draw the figure 8 - Infinity symbol - three times.

Reverse your hands so the left palm is above the right and repeat the Infinity symbol three times.

Place your hands on your lower stomach (about an inch below the navel), close your eyes and breathe deeply and gently letting the feelings of relaxation, peace and lightness come into your mind and body. Focus on the words, *"Thank you for the healing"*.

Stay in that relaxed position as long as you wish. Feel warmth flowing through your hands into your body and notice how you feel when you open your eyes

If you make AiM Therapy part of your daily routine, you will begin to notice the changes taking place in your life.

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