



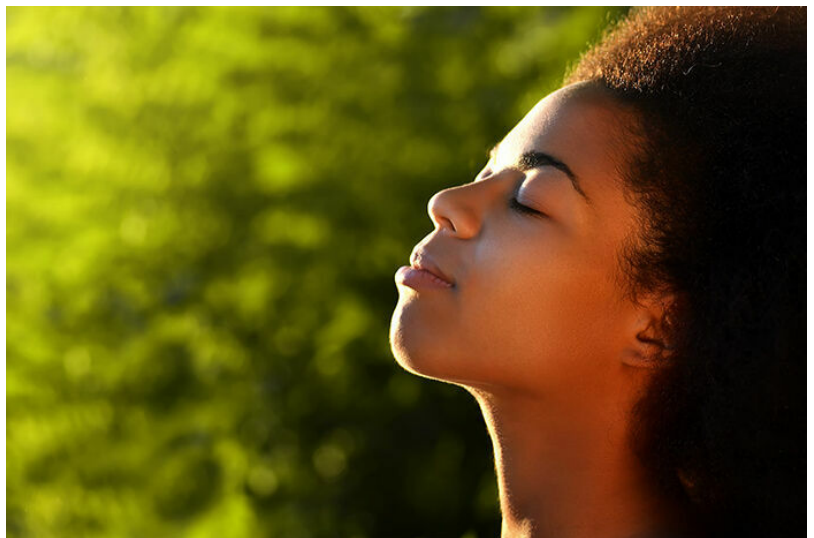
Create the Miracle of Abundance for a Powerful 2022!

Have you ever felt that you're not receiving all that you want and desire? Do you sometimes doubt whether you're going to be able to be all you want to be? Maybe what you're searching for seems to be right around the corner. Perhaps it flits in, but then seems to disappear.

There is a trick to setting intentions and attaining your goals. It's about creating a state of balance and harmony within your body by allowing your body to experience the movement of energy. As you become more in balance, your body naturally wants more of the same, and it lets go of any stuck, stagnant energy that has been blocking your ability to make changes and move forward powerfully and with purpose.

Remove the Blocks That Are in Your Way

A blockage of energy is just something in the way, like a traffic jam or a beaver dam. There is an easy way to remove obstacles: acupressure. You can gently break apart the blockages to allow energy to flow, and you can do so without effort. And that flow is what creates the space to receive all that you want to gain.



Discover Balance and Fulfill Your Dreams

Whether you're searching for health, financial abundance, happy relationships, or a fulfilling career, that is prosperity. Your goals could include letting go of self-judgment and self-sabotage, increasing productivity, and having the vitality to do all you want to do. Anything is possible in this state of balance because nothing is in the way of fulfilling your dreams. For that matter, you could set the intention to receive all the things you want. And then you are on the journey of creating miracles!

Without balance in the body, what we want will not come toward us. The vibrations of the body must match the energy you are trying to attract. Otherwise, it just does not show up. Another step on your journey toward abundance and prosperity is to spend time each day being thankful for all that is coming your way. In that state of being, you will easily continue to attract all you want because you are in alignment.

3 Energy Tips to Manifest All You Desire

Acupressure can improve the smooth flow of energy throughout your body. Here are three super easy energy tips to help you flow freely toward prosperity without struggle or effort.

1. Begin a daily practice that puts your body in balance.

I start my day doing the Daily Clean Your House Flow. It's a 9-step self-help acupressure flow that you can do in 5 to 10 minutes. You can expand it into a meditation and affirmation practice. Many of my clients and students (of all ages) do the Daily Flow at least twice a day.

Go to my website to get the animated video of the Daily Flow. It's my gift to you. Just click on the button "Stay in Touch." If you'd like a print version with instructions, please reach out by email, and I'll send it to you: deborah@deborahmyerswellness.com.

2. Balance your emotions throughout the day.

To keep your energy flowing, you need to bring balance to

your emotions. Here's an acupressure technique that you can do many times during the day to help you feel calm. And, it's so subtle, no one will even know you're doing it.

This self-soothing technique is called Jumper Cabling. Gently cup the thumb and each finger of one hand with your other hand. Hold each finger while you slowly breathe in and out a couple times. Then switch hands. It helps to get rid of worry, fear, anger, sadness, and trying too hard.

3. Set positive intentions for yourself.

Take time to visualize abundance so that you can step forward with purpose toward your goal for the day — and the year! As you visualize, give yourself a hug. Holding the upper arms connects with energy balance areas that open up breath and create space to receive. Then, place your right hand anywhere on your right kidney and your left hand on the left kidney. Take a few slow, deep breaths as you connect with energy points that help you manifest your destiny!

It is easy to follow your dreams and keep those New Year's resolutions when your energy aligns with your goals and desires. Create miracles this year! I wish you ease and calm as you help your body create the miracle of abundance and prosperity! May 2022 be ALL you want it to be!

Get out of Pain

gain ease



Deborah Myers Wellness

Acupressure for kids and grown-ups

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A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at: www.deborahmyerswellness.com.