



# CLAIM YOUR VIBRANT HEALTH: CLEAR THE COMMON COLD & FLU FOREVER!

with Christiène Renée

## ••• Teleclass #1 ••• When Sick is Expected

**KC:** Even though I get sick, I accept myself.

**KC:** Even though I expect to get sick, I accept myself.

**KC:** Even though I might even like to get sick, I accept myself, and I'm open to a new, healthier way.

**EB:** I expect to get sick

**SE:** It's normal to get sick

**UE:** Everyone gets a cold and the flu

**UN:** I expect to get sick

**CP:** I expect others to get sick

**CB:** and I expect to get sick from others

**UA:** If I'm around someone who's sick, I'll get sick too

**TH:** and I get other people sick

**EB:** Advertisers expect me to get sick

**SE:** Doctors expect me to get sick

**UE:** I kind of like getting sick too

**UN:** It gives me a break, a time out to relax and take care of myself

**CP:** Others might resent me if I don't get sick

**CB:** I might feel guilty if I don't get sick

**UA:** This fear of others resenting me

**TH:** If I didn't get sick, things would be different and I'm open to that now

**KC:** Even though I'm pretty sure I'm going to get sick again, I accept myself.

**KC:** Even though it's expected that I'm going to get sick, I accept myself.

**KC:** Even though I felt awful when I was sick, I also gained by being sick too, and I accept myself and I'm open to gaining in new ways.

**EB:** I'm pretty sure I'm going to get sick again

**SE:** It's just the way things are

**UE:** I grew up getting sick

**UN:** I had this, and that

**CP:** I got to stay home and I got to rest

**CB:** it showed me how much people loved and cared about me

**UA:** if I get a cold, or the flu, I'll be like everyone else

**TH:** and we can commiserate together!

**EB:** There's benefits to getting sick

**SE:** It's too hard to go against the grain and not get sick

**UE:** I get sick every year

**KC:** Karate Chop  
**EB:** Eye Brow  
**SE:** Side of the Eye  
**UE:** Under the Eye  
**UN:** Under the Nose  
**CP:** Chin Point  
**CB:** Collar Bone  
**UA:** Under the Arm  
**TH:** Top of Head



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**UN:** That's just the way it is  
**CP:** Everyone gets sick  
**CB:** I don't like the way I feel when I'm sick  
**UA:** My body hurts when I'm sick  
**TH:** What if I could choose another way?

**KC:** Even though I have gotten sick in the past, I accept myself.  
**KC:** Even though there were gains and losses from being sick, I accept myself.  
**KC:** Even though getting a cold or the flu seemed normal, maybe I can create a new normal, and in this new normal I love and take care of myself, and my body completely reflects vibrant health and happiness.

**EB:** What if I didn't get sick this year, or ever again?  
**SE:** I'm definitely open to that idea!  
**UE:** I love taking good care of myself  
**UN:** I love myself  
**CP:** I love being healthy and happy  
**CB:** I love that when I'm healthy and happy I make good choices  
**UA:** I allow more health and happiness into my life  
**TH:** I'm truly entertaining never needing to get sick again

**EB:** It's true that I've been sick  
**SE:** And it can be true that I never get sick again  
**UE:** I love taking good care of myself in every way  
**UN:** I'm clearing the limiting blocks that bring me down  
**CP:** I'm creating good energy in me and all around me  
**CB:** Because I love and accept myself  
**UA:** Because I love and accept others  
**TH:** That opens the door to good health in every way

Take a deep breath



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Christiène is a Certified Clinical Hypnotherapist, Advanced NLP & EFT Meridian Tapping Practitioner bringing comprehensive and transformational development programs to medical, retreat and wellness centers, schools and other organizations. In group and private practice, her refined intuition rapidly targets the limiting areas of her client's consciousness, clearing disempowering patterns and opening the door to deeper serenity, vibrant joy and unlimited success in all areas of life. She offers private sessions by phone, in person and video conference.

