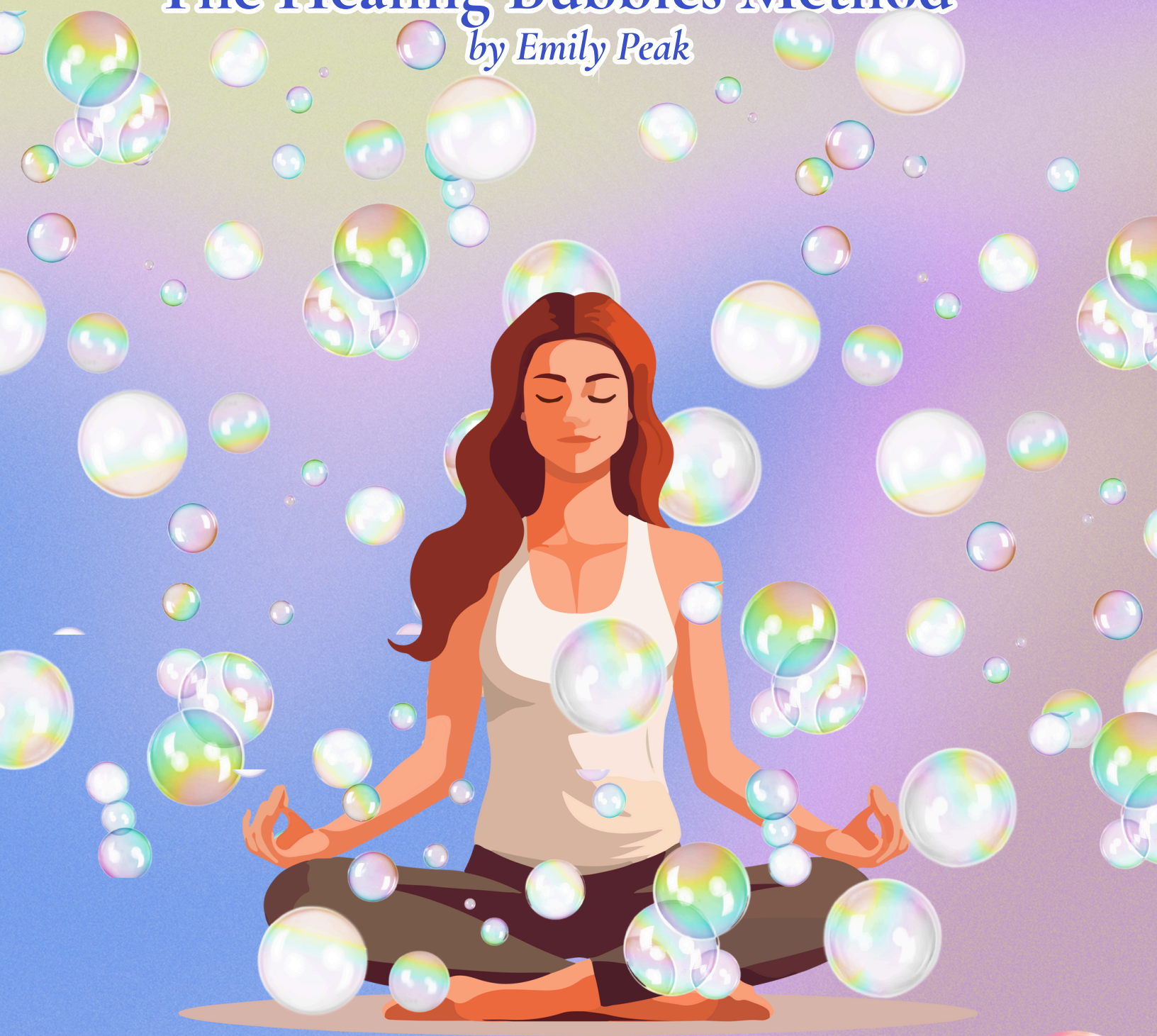
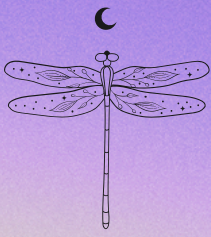
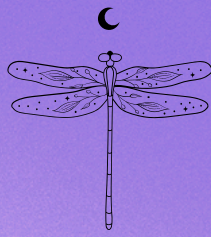
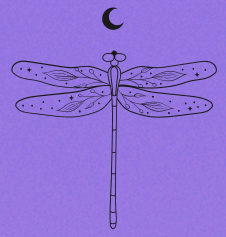




You Can Heal Yourself

The Healing Bubbles Method™
by Emily Peak





For nearly three decades, I've helped others heal their bodies as a physical therapist assistant. But in 2017 I found myself needing healing of my own.

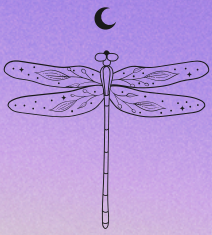
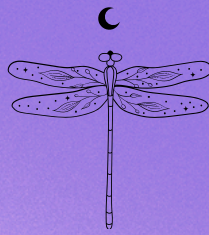
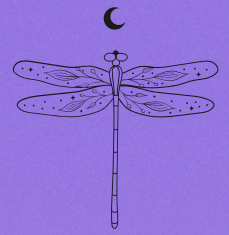
While living in Santa Fe, New Mexico, I went for a routine mammogram —my first in many years. I was asked to return for a second appointment so they could take a closer look at a particular area.

Soon after, the doctor recommended I have a biopsy. I asked her if she thought I had breast cancer, and she admitted that she did.

She was a highly experienced doctor (with over 20 years of experience) and told me she had also consulted another doctor, who agreed with her assessment. I was scheduled for a stereotactic biopsy, but due to delays, I had to wait a few weeks.

I remember telling myself:

“Good, I’ll take care of this, I’ll heal myself”.



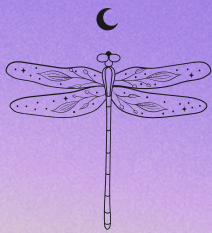
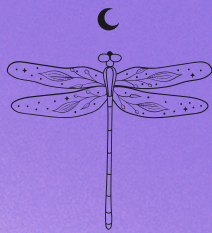
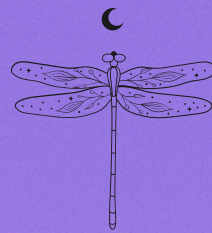
I've believed for many years that people have the ability to heal themselves, and I decided to conduct a test on myself. During that uncertain time the Healing Bubbles Method™ was born, alongside a few other techniques I developed and practiced regularly. I would lie on my bed every day, my chihuahua resting on my chest, and practice the healing bubbles visualizations, along with others I created.

Two stereotactic biopsies and a surgical biopsy later, everything came back benign.

Did I ever have breast cancer?
I'll never know.

I continue to do these visualizations to this day, and I feel people have way more control over their health than they give themselves credit for.

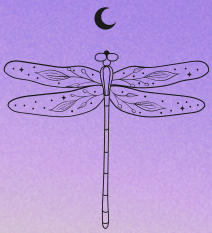
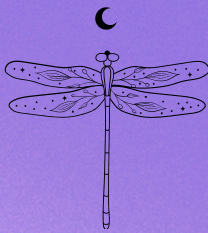
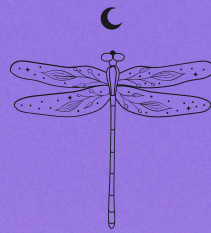
"The only journey is the one within"
—Rainer Maria Rilke



Before beginning these visualizations I encourage you to find a quiet space and enter a relaxed state of mind. If you're new to this idea, I highly recommend the book **The Silva Mind Control Method** by José Silva. It's a fascinating little guide that teaches you how to access the Alpha state— a calm, focused level of awareness where your mind becomes especially receptive to visualization.

The Healing Bubbles Method is broken down into separate visualization exercises for each chakra. This allows you to focus on just one area if you're short on time. However, if you prefer, you can move through all the chakras in one session—that's usually what I do.

I simply envision the different colored bubbles from each chakra, one after the other, then take three deep breaths at the end. Feel free to include the affirmations with each chakra when you have more time as they add depth and meaning to the experience.



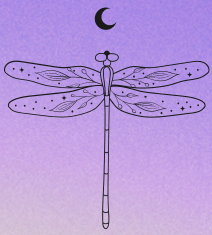
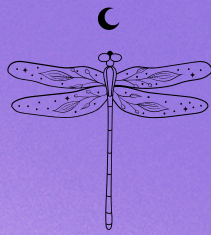
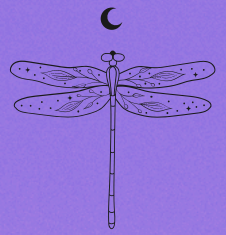
To begin, start with the Root Chakra (red bubbles).

Imagine the bubbles entering at the top of your head and traveling through each part of your body until they reach your feet.

In your mind, imagine each problematic area producing louder bubbly sounds as the bubbles reach that area. Healthier areas will sound quieter and have less noise.

Because the many types of cells in your body are constantly communicating with one another, don't think of the red root chakra bubbles as only healing the root area. Instead, with each color, imagine the bubbles targeting all areas of your body that need attention.

If you know of any condition you have (breast cancer for example), imagine the red bubbles encapsulating any cancer cells (while making increased bubbly sounds) then carrying those cells down through your body to your feet and into the



earth. Repeat this process using the correct bubble color for each chakra.

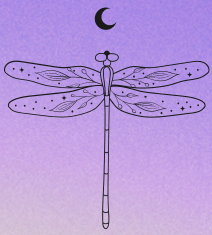
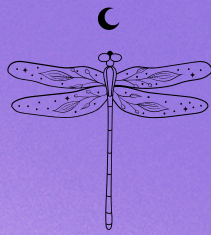
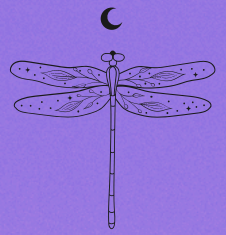
The bubbly sounds should always be more pronounced when the bubbles reach a problematic area.

When I say “bubbly sound”—I envision soap bubbles, like the kind you hear with dish soap. Imagine the bubbles gently clearing out your body, helping release anything that no longer serves you.

Consider using this visualization exercise for any condition you may be struggling with. Simply adjust the way the bubbles behave based on your specific issue.

For example:

Dental issues: If you’re experiencing gum pain, recessed gums, or tooth discomfort, visualize the bubbles gently removing bacteria, healing your gums, and filling in recessed areas.

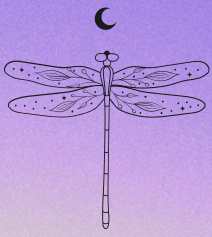
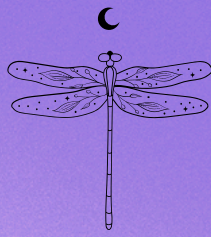
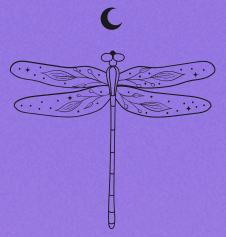


joint stiffness: Visualize the bubbles lubricating your joints as they flow through those areas, creating ease of movement and full range of motion.

Kidney or bladder issues: See the bubbles encapsulating and flushing out harmful bacteria and toxins, bringing relief, cooling, and comfort.

Digestive issues: Imagine the bubbles traveling through your digestive system, soothing inflammation, restoring and replenishing gut microbiome, and clearing blockages.

So as you can see, this creative visualization can be adapted for whatever you may be going through. **The key is to actively guide the bubbles** using your intention, imagination, and focus. The more clearly you visualize the problem and direct the healing process, the more powerful and effective this practice becomes.



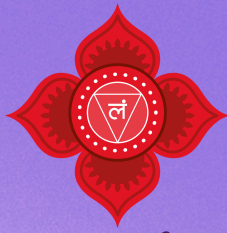
I have included a few of my favorite inspiring quotes throughout this guide. These are words of wisdom I have personally collected over the years that have resonated with me and helped me on my own journey. I hope they provide you with as much inspiration as they have given me.

*May these healing bubbles bring you peace, comfort, and transformation
—just as they did for me.*

Emily Peak

“Feelings are not just emotions that happen to you. Feelings are reactions you choose to have, and they show up in your body as physical reactions to your thoughts”

—Dr Wayne Dyer



Root Chakra

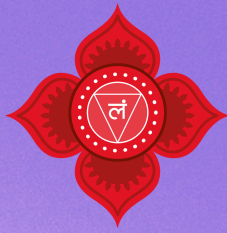
Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of glowing red bubbles
entering from above your head.

These bubbles slowly move through your body,
passing through your head, shoulders, and chest.
If there are any damaged or problematic cells, the
bubbles surround and encapsulate them.

As they continue moving downward through your
abdomen, hips, and legs, they latch onto any
remaining unhealthy cells along the way.

As they pass through areas that need extra
attention, the bubbles become more active, creating
increased bubbly sounds as they work to locate and
lift out anything that doesn't belong.



Root Chakra

All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

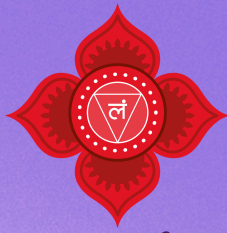
Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating, teaching unhealthy cells to remember and revert to normal.



Root Chakra

Finally, in your mind's eye, imagine your Root Chakra glowing a radiant red at the base of your spine. It spins rapidly, nourishing every cell with a deep sense of safety, stability, and security. The Root Chakra grounds you to the earth.

Say out loud or to yourself:
“I am safe. I am grounded. I am supported.”

When you're ready, open your eyes.

“One thing at a time, all things in succession. That which grows slowly endures”
—J.G. Hubbard



Sacral Chakra

Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of vibrant orange bubbles
entering from above your head.

These bubbles slowly move through your body,
passing through your head, shoulders, and chest.
If there are any damaged or problematic cells, the
bubbles surround and encapsulate them.

As they continue moving downward through your
abdomen, hips, and legs, they latch onto any
remaining unhealthy cells along the way.

As they pass through areas that need extra
attention, the bubbles become more active, creating
increased bubbly sounds as they work to locate and
lift out anything that doesn't belong.



Sacral Chakra

All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating, teaching unhealthy cells to remember and revert to normal.



Sacral Chakra

Finally, in your mind's eye, imagine your Sacral Chakra glowing a vibrant orange in your lower abdomen. It spins rapidly, nourishing every cell with a deep sense of inspiration, freedom, and happiness.

Say out loud or to yourself:

"I am creative. I am connected. I allow my emotions to flow freely."

When you're ready, open your eyes.

"Genius...means little more than the faculty of perceiving in an unhabitual way"

—William James



Solar Plexus Chakra

Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of brilliant yellow bubbles entering from above your head.

These bubbles slowly move through your body, passing through your head, shoulders, and chest. If there are any damaged or problematic cells, the bubbles surround and encapsulate them.

As they continue moving downward through your abdomen, hips, and legs, they latch onto any remaining unhealthy cells along the way.

As they pass through areas that need extra attention, the bubbles become more active, creating increased bubbly sounds as they work to locate and lift out anything that doesn't belong. All of it is



Solar Plexus Chakra

carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating— teaching unhealthy cells to remember and revert to normal.

Finally, in your mind's eye, imagine your Solar



Solar Plexus Chakra

Plexus Chakra glowing a brilliant yellow in your upper abdomen. It spins rapidly, nourishing every cell with a deep sense of power, clarity, and strength.

Say out loud or to yourself:

“I am powerful. I am confident. I believe in myself completely.”

When you're ready, open your eyes.

“When we cannot bear to be alone, it means we do not properly value the only companion we will have from birth to death—ourselves”

—Eda LeShan



Heart Chakra

Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of emerald green* bubbles
entering from above your head.

These bubbles slowly move through your body,
passing through your head, shoulders, and chest.
If there are any damaged or problematic cells, the
bubbles surround and encapsulate them.

As they continue moving downward through your
abdomen, hips, and legs, they latch onto any
remaining unhealthy cells along the way.

As they pass through areas that need extra
attention, the bubbles become more active, creating
increased bubbly sounds as they work to locate and



Heart Chakra

lift out anything that doesn't belong. All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating— teaching unhealthy cells to remember and revert to normal.



Heart Chakra

Finally, in your mind's eye, imagine your Heart Chakra glowing an emerald green in the center of your chest. It spins rapidly, nourishing every cell with a deep sense of love, compassion, and emotional balance.

Say out loud or to yourself:

“I am loved. I am loving. I am open to giving and receiving love fully.”

When you're ready, open your eyes.

“No act of kindness, no matter how small, is ever wasted”

—Aesop



Throat Chakra

Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of shimmering blue bubbles
entering from above your head.

These bubbles slowly move through your body,
passing through your head, shoulders, and chest.
If there are any damaged or problematic cells, the
bubbles surround and encapsulate them.

As they continue moving downward through your
abdomen, hips, and legs, they latch onto any
remaining unhealthy cells along the way.

As they pass through areas that need extra
attention, the bubbles become more active, creating
increased bubbly sounds as they work to locate and



Throat Chakra

lift out anything that doesn't belong. All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating— teaching unhealthy cells to remember and revert to normal.



Throat Chakra

Finally, in your mind's eye, imagine your Throat Chakra glowing a shimmering blue at the base of your throat. It spins rapidly, nourishing every cell with a deep sense of truth, confidence, and authentic expression.

Say out loud or to yourself:

“I speak my truth. My voice matters. I express myself with ease.”

When you're ready, open your eyes.

“The quieter you become, the more you can hear”

—Rumi and Ram Dass



Third Eye Chakra

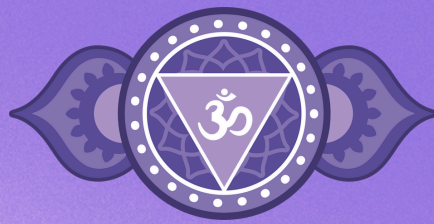
Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of deep indigo bubbles
entering from above your head.

These bubbles slowly move through your body,
passing through your head, shoulders, and chest.
If there are any damaged or problematic cells, the
bubbles surround and encapsulate them.

As they continue moving downward through your
abdomen, hips, and legs, they latch onto any
remaining unhealthy cells along the way.

As they pass through areas that need extra
attention, the bubbles become more active, creating
increased bubbly sounds as they work to locate and



Third Eye Chakra

lift out anything that doesn't belong. All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

 **Energy** (inhale four seconds)

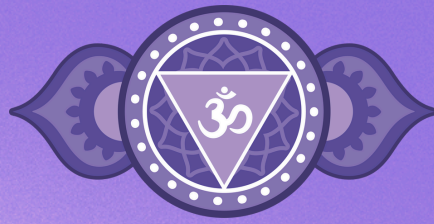
Bright healing light flooding every cell in your body.

 **Transformation** (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

 **Intelligence** (exhale six to eight seconds)

Your cells are communicating— teaching unhealthy cells to remember and revert to normal.



Third Eye Chakra

Finally, in your mind's eye, imagine your Third Eye Chakra glowing a deep indigo on your forehead, just above the space between your eyebrows. It spins rapidly, nourishing every cell with a deep sense of insight, vision, and spiritual awareness.

Say out loud or to yourself:

“I trust my intuition. I see clearly. I welcome new perspectives.”

When you are ready, open your eyes.

“Sharpen your viewpoint on what’s truly important—and keep everything else a blur”

—Rachel Snyder



Crown Chakra

Sit or lie down comfortably. Close your eyes.
Take a slow breath in... and a relaxed exhale.

Now, imagine a stream of luminous violet light bubbles entering from above your head.

These bubbles slowly move through your body, passing through your head, shoulders, and chest. If there are any damaged or problematic cells, the bubbles surround and encapsulate them.

As they continue moving downward through your abdomen, hips, and legs, they latch onto any remaining unhealthy cells along the way.

As they pass through areas that need extra attention, the bubbles become more active, creating increased bubbly sounds as they work to locate and



Crown Chakra

lift out anything that doesn't belong. All of it is carried down through the soles of your feet and released into the earth for healing and transformation.

Then, take three deep breaths. Inhale through your nose, hold, and exhale through your nose. With each breath, silently repeat the full sequence below and visualize what each word represents:

☀️ Energy (inhale four seconds)

Bright healing light flooding every cell in your body.

🧬 Transformation (hold breath in)

Any remaining unhealthy cells shifting back into healthy, balanced ones.

🧠 Intelligence (exhale six to eight seconds)

Your cells are communicating— teaching unhealthy cells to remember and revert to normal.



Crown Chakra

Finally, in your mind's eye, imagine your Crown Chakra glowing a luminous violet light at the top of your head or slightly above. It spins rapidly, nourishing every cell with a deep sense of peace, harmony, and connection to something greater.

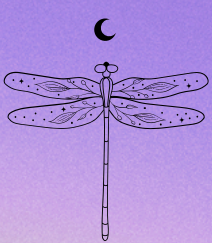
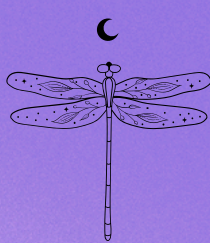
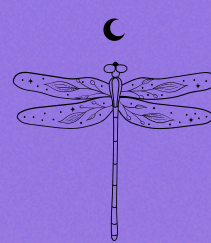
Say out loud or to yourself:

“I embrace the wisdom of the universe. I am light. I am one with all that is.”

When you're ready, open your eyes.

“There are two kinds of light —the glow that illumines, and the glare that obscures”

—James Thurber



A few last words...

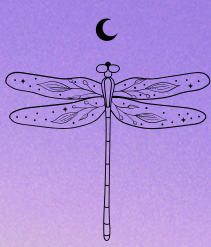
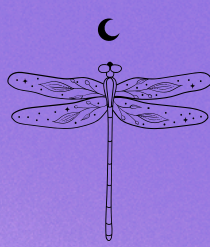
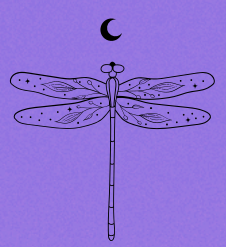
I hope you find value in these visualizations as you move through whatever journey you're on. I genuinely believe that we become what we think, and that so much of human suffering can be eased by simply changing our thoughts.

After nearly 30 years in healthcare, I've seen firsthand how much a person's psyche can shift when they receive a devastating diagnosis. Too often, their health declines more quickly when they begin to internalize and identify with that diagnosis.

Regardless of the diagnosis, I encourage you to say:

“no, not me. That's not going to be my path: I refuse to be reduced to a diagnosis”

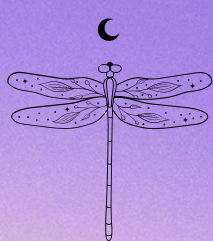
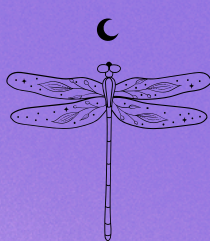
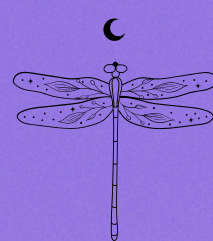
I envision all the cells in your body as sentient beings. If you speak to them with intention, you may be surprised by how they respond.



* When doing the Heart Chakra visualization, you may also wish to envision the color pink, which is often associated with this energy center alongside green.

“Man does not simply exist, but always decides what his existence will be, what he will become in the next moment”

—Viktor E. Frankl



Affirmations at a Glance

Root Chakra: “I am safe. I am grounded. I am supported.”

Sacral Chakra: “I am creative. I am connected. I allow my emotions to flow freely.”

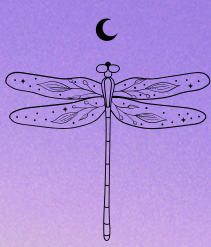
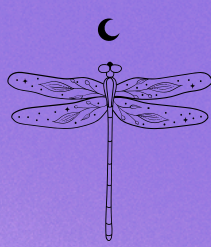
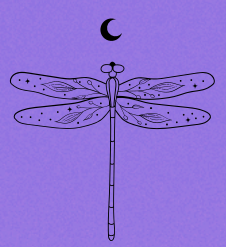
Solar Plexus Chakra: “I am powerful. I am confident. I believe in myself completely.”

Heart Chakra: “I am loved. I am loving. I am open to giving and receiving love fully.”

Throat Chakra: “I speak my truth. My voice matters. I express myself with ease.”

Third Eye Chakra: “I trust my intuition. I see clearly. I welcome new perspectives.”

Crown Chakra: “I embrace the wisdom of the universe. I am light. I am one with all that is.”



Disclaimer

The Healing Bubbles Method is designed to support relaxation and to help you feel more empowered in caring for your health. It is not intended to replace professional medical advice, diagnosis, or treatment.

If you have a medical condition, are experiencing significant symptoms, or have concerns about your health, please consult a qualified healthcare provider. Always follow the guidance of your licensed medical professional.