

3 LEVELS OF HEALING

Healing

[noun]. the process of becoming whole, sound, or healthy again. a process of eliminating imbalances physically mentally, and emotionally.

requires awareness, acknowledgment, and acceptance of patterns and the underlying belief system that holds the wounds of past experiences.

AWARENESS

1

an internal process which transforms experience into wisdom, and confusion into clarity.

2

ACKNOWLEDGEMENT

the act of conscious and verbal ownership that supports conscious decisions and self-honoring choices.

3

ACCEPTANCE

the acknowledgment of the innate perfection in every person, situation, and experience irrespective of how hard or challenging it may seem or feel.
