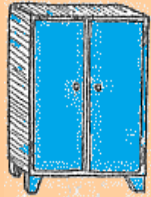


Healing & Transformation Planner

(click each box for mp3 audio support)

Live page: <http://ancestralmedicinewomen.com/transformation-planner/>



(1) Discomfort, dis-ease and a “knowing” that life can be lived better

(2) Defining the “New State of Being”

(3) Clarity

What?

(4) “The Why”: why that, why that, why that?

(5) Good thought and epiphanies, even small healings

(6) Improved clarity and small resolutions gives rise to new choices and freedoms.

(7) Some physical improvements or gains

(8) Set back: still experiencing the old problem or aspects

(9) “Point of in-comprehensibility” - Feeling confused, chaos, trauma, so hopeless one can even be feeling suicidal. “Crisis point” - feeling like you're back at the start - this is the 1st test, most healing fails here.

Clarity Phase

Action Phase

(16) “Action” and “Taking it to the world”



(15) Evolving “New State of Being”

(14) Recalibrate and integrate

(13) Sickness, Trauma, distraction, confusion, irritation - diversive strategies to return to “safe old ways.”

(12) Resolve inter-related points

(11) Absorption of possibilities

(10) Analysis & cohesive understanding of the “New State of Being.”

Analysis Phase

Source:
“Work With Yourself”
Lecture 1 - 1:40 min
Lecture 2 - 50 min
Lecture 3 - 23 min