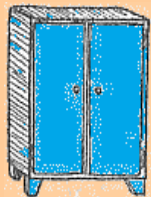


Healing & Transformation Planner

(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 illness, why that emotion, why that, that & 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”



Analysis & Knowledge Phase

(15) Evolving “New State of Being”

(14) Recalibrate and integrate

(13) Sickness, Trauma, distraction, confusion, irritation
- diversive strategies to return to “safe old ways.”
- 2nd Test: integrate or go back to start

(12) Resolve inter-related points

(11) Absorption of possibilities

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

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