

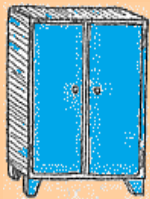
Healing & Transformation Planner Overview

“The three phases”

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

Private work – in the “closet”:

- Why that illness?
- Why that emotion?
- Why, why my choice?
- Why my responsibility?
- Why would this serve me?
- “What do I want to take to the world?”
- a 'new state of being.'



Clarity Phase

Action Phase

Practice of taking it to the world



- What actually am I taking to the world?
- What challenges, downsides and upsides must I live with?

Analysis & Knowledge Phase

Source:

“Work With Yourself”

Lecture 1 - 1:40 min

Lecture 2 - 50 min

Lecture 3 - 23 min

www.ancestralmedicinewomen.com