

# 4 Essential Practices

## **MEDITATION**

Focus and concentration as a doorway to transcend your survival mode.

## **MINDFULNESS**

Sensory awareness of your surroundings help you to feel present with the now

## **SELF INQUIRY**

Reflection and questioning your thoughts, actions and intentions to discovery your truth

## **SELF OBSERVATION**

Recognising the ways you function to build self knowledge and support self management



## **ASK YOURSELF:**

In times of suffering, disconnection, or dissatisfaction, what is the key element I need to bring me back to moments of inspiration and connection?

# HEALING THE SPIRIT:

## FROM OUR CORE WOUNDS TO WHOLENESS

I have created this chart to help you explore what you maybe seeking in order resolve and align your spirit as you recovery and heal from emotional wounding.

Naming and identifying our spiritual needs can support us to make more informed choices when looking for a growth path to follow.

This chart is an intuitive ideation so when you explore it you may feel that for you, variations resonate more than what is presented. Whatever feels right for you, is right for you.

In addition the following slides will give you some additional points to consider and contemplate when exploring the chart.

TRUTH

TRUST

LOVE

I KNOW MYSELF  
MY LIFE HAS MEANING  
WE ARE UNITED  
EMBRACE THE UNKNOWN

BEAUTY

I AM STILL  
I CAN GROW  
WE ARE ALL INCLUDED  
I AM GRATEFUL

JOY

CELEBRATION

I CAN DO THIS  
HIGHEST JOY  
LEARN FROM MISTAKES  
CONFIDENCE TO SHARE  
SELF BELIEF  
BLISS  
SUCCESS  
RECOGNITION

EXPRESSION

WISDOM

FREEDOM

I HAVE CHOICES  
I CAN LET GO  
I CAN CREATE SPACE  
NON-ATTACHMENT  
EMPOWERED  
PERMISSION  
CHANGE  
LIGHTNESS



I CAN NOT DO

HELPLESS  
DEFENSLESS  
BETRAYAL  
WEAKNESS

ABUSE

I AM POWERLESS  
I AM UNLOVED  
I AM IMPERFECT

SHAME  
REBELLION  
FAULTY  
HUMILIATION

DISTORTION

I DON'T WANT TO BE HERE  
I AM DEFECTIVE  
I AM INCOMPLETE  
I AM NOT ENOUGH

SEPARATION

LOST  
UNWANTED  
I AM ABANDONED  
I AM UNSUPPORTED  
I AM LOVELESS  
I AM ALONE  
I DON'T WANT TO FEEL

LIMITATION  
INFERIORITY  
INVISIBILITY  
CONTRACTION

OPPRESSION

I CAN NOT HAVE  
I DON'T MATTER  
I AM UNWORTHY  
I AM UNKNOWN

DAMAGE

LOSS

BODYBRAIN ALIGNMENT

# CORE WOUNDS: CAUSES



## ABUSE

What others have done  
to me

Actions

Physical impact  
Violation of the spirit

## OPPRESSION

How I relate to the  
world

Beliefs

Potential impact  
Denial of the spirit

## DISTORTION

How I see myself

Perception

Mental impact  
Corruption of the spirit

## SEPARATION

How I relate to others

Feelings

Emotional impact  
Anguish of the spirit

## COMPARISON CHART

# FINDING YOUR WAY

## ABUSE

- Actions that could not be stopped
- Damage to your sense of self
- Interactions with others limited from fear
- Feeling unsafe and so unable to move forward

## CELEBRATION

- Inspired actions that help you to feel good
- Self recognition through positive experiences
- Creating new experience that provide positive memories
- Learning to seek out the things that you love

## COMPARISON CHART

# FINDING YOUR WAY

## DISTORTION

- Taught to see yourself in a negative way
- Fear of being judged by others
- Impacted by other peoples mental projections
- Falling into the mental traps of illusion

## BEAUTY

- Learning to see the beauty in all things
- Surround yourself with people who reflect your good qualities back to you
- Find confidence through what you are able to create

## COMPARISON CHART

# FINDING YOUR WAY

## SEPARATION

- Suffering due to a loss
- Fear of feeling deep emotional pain
- A sense that life is unstable and bad things can happen
- Sensitive when experiencing unmet needs

## LOVE

- Experiences that affirm you are cared for
- Allowing yourself to be open with others
- Knowing that all is well
- Willing to ask for help and receive
- Knowing that suffering is a collective experience



## COMPARISON CHART

# FINDING YOUR WAY

## OPPRESSION

- Living life in a way that feels stifled
- A sense of feeling trapped or stuck in a rut
- Living through moment when your experiences are unconsidered
- People projections cause you to feel less than or invisible

## FREEDOM

- Standing up for yourself and letting your voice be heard
- Finding a way to follow your own path
- Asking bigger questions and informing your awareness
- Seeking out spaces we you feel you belong