



# FOUNDATIONS FOR HEALING

*Creating a Solid Base for Transformation*

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In order to have a solid foundation from which to springboard your own personal healing and growth, it is necessary to address all aspects of self. If one aspect is greatly in disrepair or neglected, it does affect the whole, no matter how hard we try to keep it at bay.

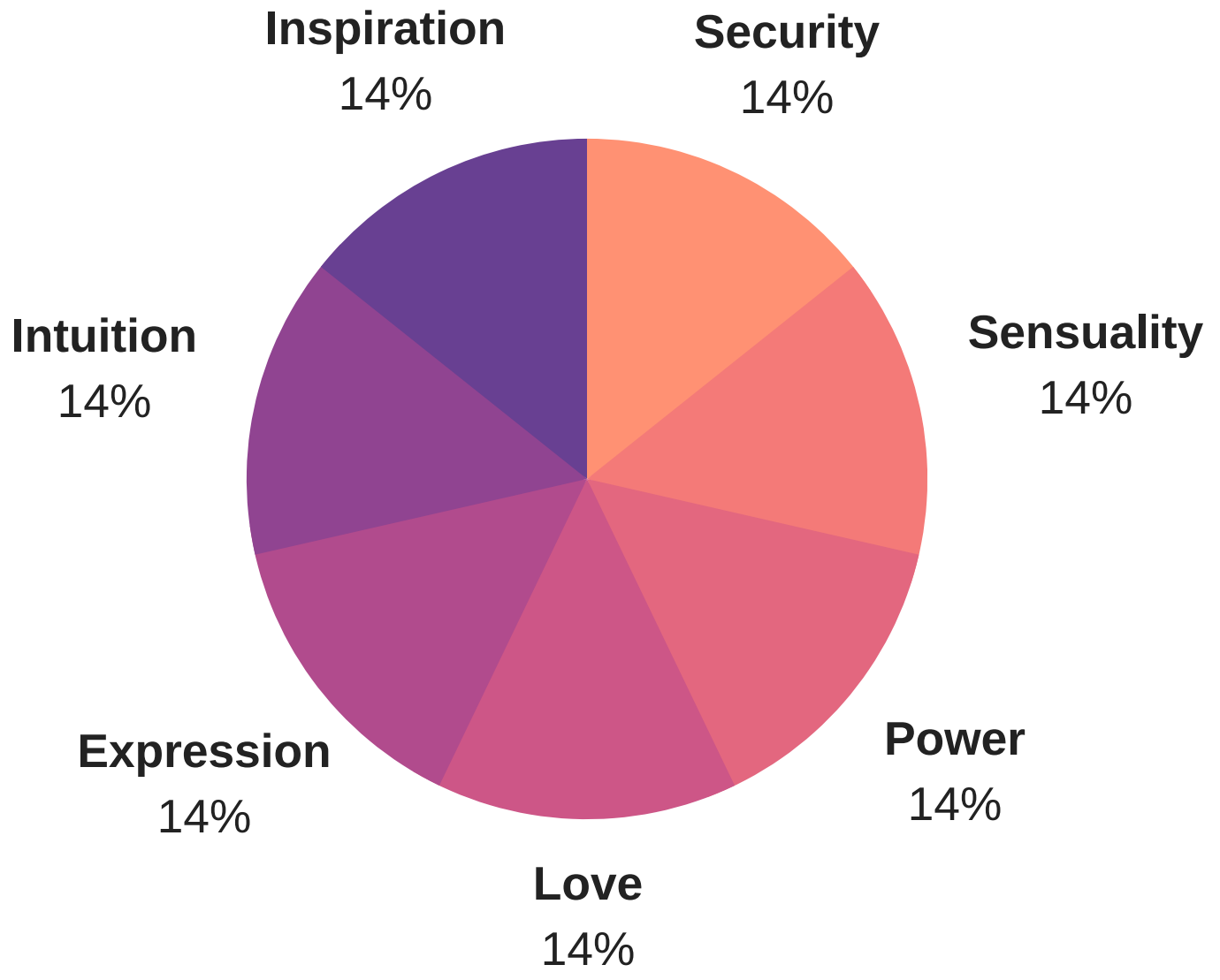
This small document explores 7 main aspects of the human experience based on the 7 chakra system of exploration. There are many more truths associated with each chakra, however we've chosen one primary aspect of the chakras to work from. Enjoy the exploration!





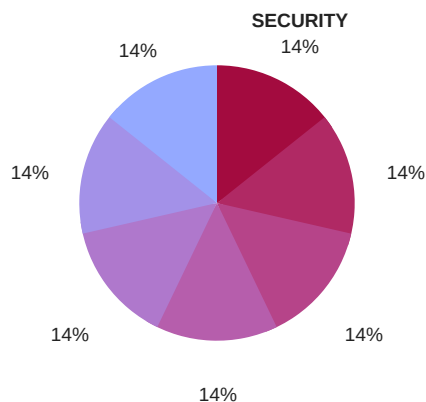
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One aspect of how secure & safe we feel in the world is based upon how good we feel in our body - it's about knowing you belong in the body you're living in. To feel good in your body, balance is needed on all fronts, from what you eat to how much rest you get.

*Nourishing your body with healthy, vibrant food & adequate water*

*Getting regular exercise that includes sweating / detoxing*

*Sleeping soundly at least 8 hrs / day*

*Addressing Addictions & Unhealthy Habits*

*Daily Relaxation processes*

*Grounding practices*

*Anchoring in your inner support*

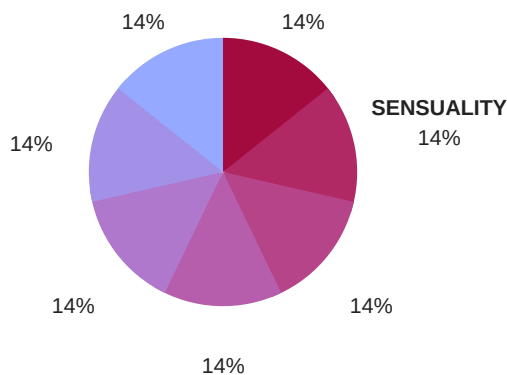
*Knowing you belong*





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Having a healthy sexual and sensual expression (whether or not you're in a primary relationship) is vital to a thriving self. Touch is necessary. Creativity is also an important aspect of our sensual expression.

*Creative Expression, Hobbies that are fulfilling*

*Connection with the world around you (nature)*

*Intimacy in relationships - giving & receiving pleasure*

*Adventure*

*Play*

*Healthy sex life (with self or others) - willingness to explore*

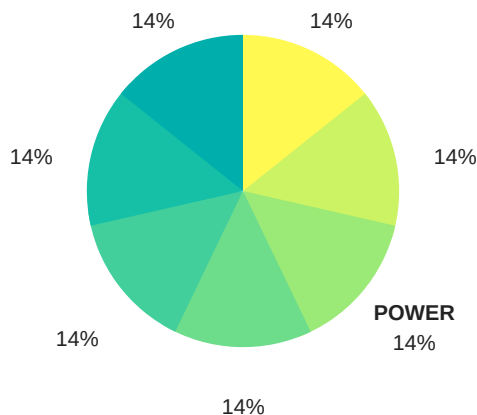
*Stretching the edges of comfort*

*Interacting in healthy ways with the world through sensuality*



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Learning how to use your power wisely in yet another necessity for a vital and solid base for transformation. Along with learning how to use your power wisely comes the knowledge of when you misuse your power and wisdom to choose differently.

*Ability to make decisions for your life*

*Willingness to say NO*

*Setting self-loving boundaries*

*Choosing a career that's aligned with all of you*

*Clearing toxic relationships*

*Setting positive, empowering goals for yourself*

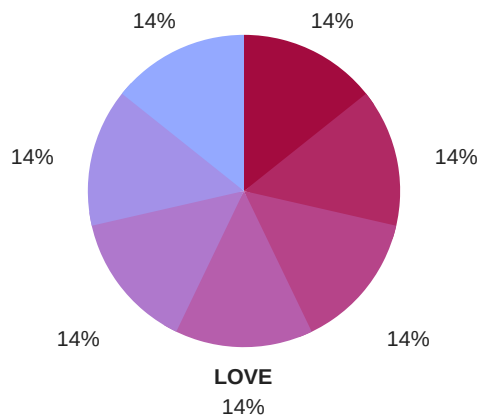
*Having a good relationship with time*

*Knowing your values & living them in all areas*



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Many believe that love is the reason for our human existence. Whether or not you're in a primary relationship, love isn't just something we do, it's who we are as healthy humans. Learning how to express this love freely, love whomever you choose, and how to receive love openly are all skills to master in the game of life.

*Choosing healthy, loving relationships*

*Spending time with others who care about you deeply*

*Loving yourself and respecting your needs*

*Having culturally diverse relationships*

*Willingness to socialize and be with friends*

*Willingness to forgive & be forgiven*

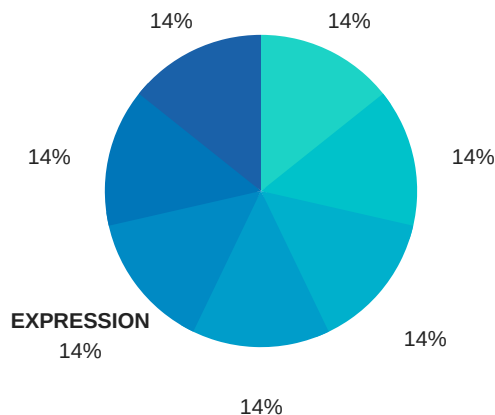
*Unconditional love for others and yourself*





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As women we are often conditioned to withhold our authentic expression. In a balanced version of self, we learn how to express freely what our heart needs to say and how to find clean ways to communicate that build bridges rather than tear them down.

*Speaking your authentic truth*

*Learning to communicate effectively*

*Aligning your expressions with your values*

*Ability to express yourself clearly*

*Using your voice to set boundaries*

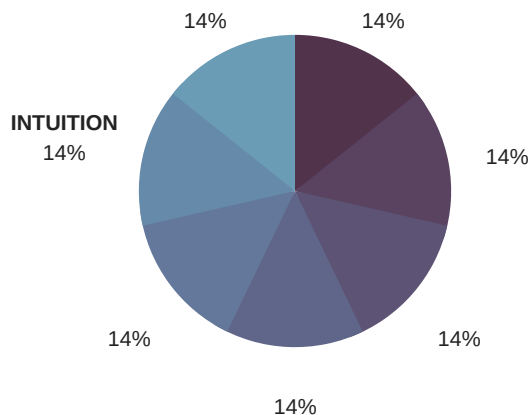
*Using your voice to express desires*

*Using your voice to bring your passion into the world*



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Our intuition is our innate knowing of what is right or wrong for us, what to do or not do, what path to choose, what relationships to nurture, etc. There is a part in all of us that knows on a soul level what is in alignment with our truth. Learning to trust this knowing may be one of the most difficult and most rewarding journeys we make as women.

*Trusting your gut knowing*

*Willingness to see & understand others' perspectives*

*Learning to listen to your heart and belly wisdom*

*Learning to trust the wisdom that is within you*

*Learning to act on this wisdom when it arises*

*Learning how to source the wisdom when answers are needed*

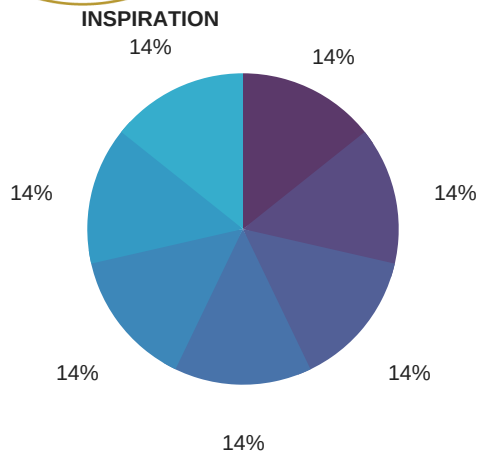
*Be willing and able to trust others*





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What inspires you? What moves you beyond words into an ecstatic state of bliss? If you don't know the answers to these questions, then this area is asking for balance. Find what brings you joy. Learn to weave it into your daily existence. It is from this place of joy that meaning is derived.

*Believe in a Higher Power (however you define it)*

*Knowing your purpose - the WHY of your existence*

*Setting intentions - living your life consciously*

*Willingness to gather with others who believe what you do*

*Interested in personal growth*

*Appreciation for all beliefs & walks of life*

*Trusting you have a part to play in the greater whole*

