

Top 10 Keys to Go from Healing to Empowered

What does it mean to heal? This can encompass so many things; the emotional, the spiritual (energetic), and the physical healing. While these work hand in hand, the best starting point is in your emotional body. Our emotions, mental health, and traumas from the past play a tremendous role in our physical and spiritual bodies.

When we are born, we have an innate ability to comfort ourselves. Our bodies are pure and heal quickly. We are born as a free spirit, with unconditional love, in touch with nature and energy. We are all connected to Source/God/Spirit. Over time the conditioning of society, programming from parents, school, and religious organizations begins to wear us down and we lose that spark. Rules can create chaos within some of us and we begin to shove our connection to the divine down and are now screaming out for help.

Some homes are abusive and leave us feeling small and unloved. Classrooms are overcrowded and teachers have no time to hear our cries for help. Innocence is taken away by enduring trauma, sexual abuse or exploitation, and religious expectations of how we should act/look/speak/feel.

As we reach adulthood we have been mentally and emotionally pushed down, yearning for love and the acceptance missing from our lives, that we end up losing ourselves entirely. We search for approval and validation from others. We begin looking for help within other religious organizations and spiritual guides only to continue feeling empty. Therapy may give us some great tools to cope, but the toolbox only remains half full. We leave wondering what else we can do along our journey to find true healing and self-love.

I've been there. This is my story. I went through years of financial hardship, mental and physical abuse, and addiction. I separated from my second husband, had no car, and was living in a homeless shelter in an entirely new city. No family or friends willing or able to help and was losing custody to a man who spent the first ten years of my son's life in and out of prison. THAT WAS IT! I knew it was time to change and be an active participant in my healing journey. I finally had enough of the chaos and self-sabotage. I stepped up and was determined that right here and now was the moment of truth. My healing journey began when I was 40 years old.

The following are some of the things I did that kick started my healing journey and is leading me to a life of true peace and joy. I won't tell you that it's easy. Everyone has a different way in which they deal with things. But if you truly have the determination to change your life, I would be honored to show you what I did, to get to where I am today.

No matter where you are on your healing journey, you've come to the right place to help guide you to your next level, to help you find what is on the other side of this journey: selfconfidence, self-acceptance, contentment, and self-love. You will no longer need to look to others for validation.

Remember that everyone's process is different. This isn't a heal-quick-scheme so don't be hard on yourself if you feel like you're struggling. Also, as we go through this journey, if you feel like you need additional help from a professional therapist, that's perfectly ok! The goal here is to heal by paying attention to your body and listening to your heart.

So, let's jump right into it.

Key 1.) Acknowledgement - *acceptance of the truth or existence of something.*

Acknowledging that you need help and that you are ready to heal is the first step. This is the biggest and often hardest thing to do. We need to look in the mirror and face ourselves. We must look inside and face the one thing we have feared our whole life. Face the shadows and skeletons in the closet.

Key 2) Affirmations - *the action or process of affirming (state as a fact) something or being affirmed.*

Time to instill new positive thoughts in your mind. You have likely had too many negative thoughts and words you've said to yourself for a long time. This process of speaking positive affirmations may feel a bit foreign to you. Keep practicing. Trust me, it will be worth it.

Science has shown that when we verbalize positive affirmations, or mantras, it fires up our neural pathways and causes changes to happen in areas of our brain that make us happy and positive. Over time we change the negative narrative to positive and begin the process of selflove.

Key 3) Physical Emotions - *feedback loop between your body and mind, known as the bodymind connection.*

The mind-body connection is where our thoughts affect our behaviors and physical health. Learning to be mindful of how our body feels when we have a strong emotion helps us get through the healing process much easier.

Journaling can be an important and helpful tool. I recommend journaling what you're feeling emotionally and where you are feeling that in your body. Are you Anxious? Angry? Sad? Depressed? Frustrated? Are you feeling tightness in your chest? Are your shoulders tense? Do you have a headache? Each emotion correlates with a physical reaction in your body. Write these things in your journal. Not only are you going to recognize things sooner, but it will also help you cope and change the outcome to something positive.

There are techniques you can learn to get you through, and you will also use these as warning signs when you're going to have a potentially strong emotion, or if you need extra professional help or medication to get through this rough patch. When you really learn to read your body, you can figure out natural ways to overcome the turmoil that can follow.

Key 4) Active Participation - *an approach that empowers individuals in the activities and relationships of everyday life leading to a more positive outcome.*

As you begin to work through all the keys you're learning, recognizing your "triggers," you can begin to change and adjust the behaviors that no longer serve you. So how do you change it? It may not be easy, but it must be done, you have to walk it out in your everyday life. Active participation is walking out love instead of walking out all the emotions you may feel at that moment. It's painful both physically and emotionally but can be incredibly powerful. Here is an example from my life:

When I was going through the custody battle of my life, I was so terribly angry. This man had been in and out of prison and had barely been in my son's life up to this time (our son was 10). But I chose to deal with my anger in therapy, and control my anger with my son's dad, and smile, and put love first and at the forefront of my mind. This was physically painful to do, but I did it. I continued in that manner, and after a while I didn't have to try so hard. Over time it got so much better that I learned to love this man as my son's dad, and coparenting became so much easier, which in turn healed our family.

Key 5) Forgiveness - *act of forgiving; state of being forgiven; willingness to forgive.*
Gentleness - *quality of being kind, tender, and mild-mannered.*

This one is mostly for yourself, but you can apply it to everyone and everything in your life. I put these together because to me they go hand in hand and are a huge part of this process.

We must forgive ourselves all the time. We are human and make mistakes. We must stop blaming people for our past hurts, even though they may play a role in our trauma and pain.

When we place blame on others, we make our own bad decisions based on those traumas. We must also forgive ourselves for our own self-inflicted trauma so that we can move past all of it and heal. Forgiveness leads to Gentleness.

You are healing, be gentle with yourself. We tend to be harsh on ourselves, often because we think it will motivate us. We are working on living with intention and joy, not merely survival; we should be able to live and live beautifully, so be gentle with yourself.

How do you do this? Allow yourself to feel it and go through the emotions of it. Try not to beat yourself up. Stop and say “You just had a moment. This is part of the process. It’s ok to feel what you’re feeling.” Acknowledge the emotions and move on. Mastery doesn’t happen overnight. Be kind and tender to yourself. Find something that gives you peace and relaxation. Take a walk in a park. Go to the beach and listen to the waves. Take a bubble bath.

Key 6) Determination - *a positive emotional feeling that involves persevering towards a difficult goal despite obstacles.*

When we start emotional healing, it can tend to feel overwhelming. We may start to have selfdoubt that we will be able to get through it. Using affirmations daily will help give you the determination to change that which holds us back from the kind of life we want. Having determination gives us so much power. When we hit a roadblock, having determination will help push through to your goal. Yes, there may be setbacks, but this is not the time to give up. One setback can lead to two victories, two setbacks can lead to three and so on. Each time you have a victory, the setbacks, no matter how bad they may seem, only last for a short period of time. If we are positive through this process, we put that positivity out in the universe, and it’ll change our course. Trust me, the universe wants you to succeed. Keep going!

Key 7) Enjoyment - *the state or process of taking pleasure in something.*

Healing doesn’t always have to be so hard. Healing can be fun. Take these moments and sit in them. Take care of yourself physically, emotionally, and spiritually.

Find something pleasurable to do for yourself. NOT something someone else wants to do, but something you have always enjoyed, that gives you pleasure. Take that acting or dance class, enjoy a painting and wine class. During this process, set time aside for you. Not “healing you” but just You.

The one thing I did when I was going through the worst part of it, was I started walking. I live in a beautiful area of Washington, and we have a river that runs right through the middle of

downtown. I would sit by that river and feed the ducks and Canadian geese. The sound of the roaring river and the breeze on my face delighted my senses and brought so much peace to me.

Find enjoyment in the little things.

Key 8) Knowledge - *skills acquired by a person through experience or education, the theoretical or practical understanding of a subject.*

Take the time to learn. Read some self-help books, or books on positivity. Ask your therapist or friends what kind of books they have read that have really helped them. Create a mantra (a word or phrase that you find uplifting when you start to get down). Find things that can speak to your heart mentally and spiritually.

I have a whole library of books that have made a huge impact on my healing, books that were basic that taught me about self-love and changing some of the bad habits I had. Books that helped me not only intellectually but spiritually, that helped me deconstruct some bad programming from religious and societal views that distorted the view I had of myself.

Take classes, workshops, or a 6-week course that could take you step by step through a process of healing. Find a life coach that can guide you and have one-on-one sessions to help you grow and develop your stronger self. Find someone who is aligned with your belief system. Go to a retreat or live speaking events. So many people have been where you are and share their experiences because they want you to succeed in finding your inner healing and peace.

Key 9) Community - *feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.*

There is something to be said about having a commonality with others that are either going through what you are or have been through it. This is a bond that is like no other. Having people, you can share your life with, your ideas with, is beautiful.

A healing journey, for the most part, can make you feel alone. But when you search and find your people, it's the most amazing thing you can have in your life. You will attract people that align with you. Surround yourself with those who have the same determination as you, reaching higher levels of being, higher vibration. If you continue to hang around negative people who want to remain in the same place spiritually, it will be a detriment to what you are working so hard to accomplish.

As you heal and change your life, people that no longer align with they will fall away. Embrace this as it will be both sad and beautiful at the same time. Lighten your load as you begin to fly. Positive people live a positive life.

Key 10) **Empowerment** - *the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.*

To me, this word alone brings about a feeling of strength. You no longer must work so hard at everything. Doors begin to open, and positive things start to come to you a little more easily. You recognize the chaos before it hits and you can make better decisions on how to handle them based on your new experiences, not old feelings.

You begin to heal your relationships with others. People will see the changes and ask you what you've changed. Your finances are less stressful as you heal because you've changed the way you do things; you've become more responsible with every aspect of your life.

When you become empowered in your own life, you'll realize all the hard work that you've done has paid off. You will see your worth and will start to stand up for yourself and stand in your power. You no longer tolerate disrespect or allow people to take advantage of you. You are empowered in your own life.

When we can finally stop the blame game, look at ourselves in the mirror, forgive ourselves, and learn to love ourselves, change our bad habits, and heal all the hurts that happened to us, we become strong, powerful manifesting machines. Life becomes bliss.

It's worth the ups and downs in this process to become the best version of yourself. It's never too late to change our lives. I can tell you from my own experience that this has been the wildest ride I have ever been on. I would not change any of it.

I'm so proud of you for taking this first step to a healed life. Keep going, you are doing a fantastic job and I am here for you!

I am here to help coach you in aspects of growth based on my own process in healing. In the beginning you may need assistance from professionals who can help you with some of the issues. For some, you may need to get a therapist or psychiatrist involved. Hypnotherapy, AMDR, regression therapy, etc. It may be hard to ask for this help, but if you do need it, it will be well worth it to do so.

