



Top 10 Keys to Go From Healing to Empowered

What does it mean to heal? Healing encompasses emotional, spiritual, and physical well-being. While these aspects are interconnected, it is often best to start with emotional healing. Our emotions, mental health, and past traumas significantly impact our physical and spiritual selves.

When we are born, we possess an innate ability to comfort ourselves. Our bodies are pure and capable of quick healing. As free spirits connected to nature and energy, we are all inherently linked to Source/God/Spirit. However, societal conditioning, parental influence, schooling, and religious expectations gradually diminish our connection, leaving us yearning for help.

Some individuals grow up in abusive homes, feeling small and unloved. Overcrowded classrooms and lack of support from teachers further contribute to this sense of helplessness. Innocence is stolen through trauma, sexual abuse, exploitation, and rigid religious expectations. By the time we reach adulthood, we have lost touch with ourselves completely. We seek validation and approval from others, often turning to various religious or spiritual avenues, only to continue feeling empty. While therapy may provide coping tools, it often feels insufficient. We are left wondering what else we can do to embark on a journey of true healing and self-love.

I've been in that place. This is my story. I experienced years of financial hardship, mental and physical abuse, and addiction. I separated from my second husband, had no car, and found myself living in a homeless shelter in a new city. With no family or friends available to assist me, I was on the verge of losing custody of my son to a man who had spent the first ten years of my child's life in and out of prison. That was the breaking point. I knew it was time to change and actively participate in my healing journey. I had finally reached my limit with the chaos and self-destructive patterns. I made the decision to change at the age of 40, and my healing journey began.

The following are some of the steps I took that kick-started my healing journey and have led me to a life of true peace and joy. I won't claim that it's easy, as everyone's path is unique and individual. However, if you possess a genuine determination to transform your life, I would be honored to share what I did to reach where I am today.

No matter where you currently stand on your healing journey, you have come to the right place for guidance towards your next level of personal growth, self-confidence, self-acceptance, contentment, and self-love. You will no longer need validation from others. Remember that everyone's process is different, and healing takes time. Be kind to yourself if you encounter challenges along the way. If you feel the need for additional support, seeking help from a professional therapist is perfectly acceptable. The ultimate goal is to heal by paying attention to your body and listening to your heart.

So, let's delve into the ten keys that can help you transition from healing to empowerment:

Key 1: Acknowledgement - Acceptance of the truth or existence of something.

Acknowledge that you need help and that you are ready to heal. This is often the most significant and difficult step. Look in the mirror and confront yourself. Explore the shadows and skeletons in your closet.

Key 2: Affirmations - State positive facts or affirmations about yourself.

Replace negative self-talk with positive affirmations. Initially, this practice may feel unfamiliar, but with time and persistence, it can be transformational. Verbalizing positive affirmations rewires the brain, promoting happiness and positivity. Over time, you will change the negative narrative and cultivate self-love.

Key 3: Physical Emotions – Recognize the mind-body connection.

Become aware of how your body reacts to strong emotions. Journaling can be a helpful tool to identify and express your emotions and their corresponding physical sensations. By understanding the body-mind connection, you can develop coping mechanisms and identify warning signs for intense emotions, allowing for natural ways to overcome turmoil.

Key 4: Active Participation – Take an active role in your healing.

As you work through the keys and become aware of your triggers, you can change and adjust behaviors that no longer serve you. Actively participate in your own growth and healing process. Choose love and positive actions over reactive emotions. It may be physically and emotionally challenging, but it is incredibly empowering.

Key 5: Forgiveness and Gentleness – Forgive yourself and be gentle.

Practice forgiveness towards yourself and others. Blaming others for past hurts only leads to self-destructive decisions based on unresolved traumas. Learn to forgive yourself for self-inflicted pain, allowing you to move forward and heal. Embrace gentleness, treating yourself with kindness and tenderness. Find activities that bring peace and relaxation, such as walking in nature or taking a soothing bath.

Key 6: Determination – Maintain a positive attitude and persevere.

In the face of overwhelming emotional healing, self-doubt may arise. Daily affirmations will help bolster your determination to overcome obstacles and achieve your goals. Embrace setbacks as temporary and maintain a positive mindset. Remember that setbacks often lead to greater victories. Trust that the universe wants you to succeed, and keep pushing forward.

Key 7: Enjoyment – Find pleasure in the healing process.

Healing doesn't have to be a grueling task. Make it enjoyable by incorporating activities that bring you pleasure. Take time for yourself, engaging in things that you genuinely enjoy. Find moments of peace and relaxation, savoring the little things that bring joy to your life.

Key 8: Knowledge – Seek knowledge and understanding.

Take the opportunity to learn and expand your understanding. Read self-help books or books on positivity recommended by therapists, friends, or others who have been through similar journeys. Create mantras that uplift and motivate you. Enroll in classes, workshops, or courses that guide you through the healing process. Find a life coach aligned with your beliefs. Attend retreats or live speaking events where individuals share their experiences to help you find inner healing and peace.

Key 9: Community – Connect with like-minded individuals.

Seek fellowship with others who share common attitudes, interests, and goals. Finding a community of individuals who can relate to your experiences can be immensely empowering. Surround yourself with people who align with your determination and positive outlook. Let go of negative influences that hinder your growth.

Key 10: Empowerment – Take control of your life and claim your rights.

Empowerment is about becoming stronger and more confident, taking control of your life, and asserting your rights. As you progress through your healing journey, you will witness positive changes in your relationships, finances, and overall well-being. You will recognize your worth, stand up for yourself, and operate from a position of empowerment. No longer will you tolerate disrespect or allow others to take advantage of you. Embrace your newfound strength and empowerment.

Remember, the process of healing and empowerment is not linear, and it takes time. Embrace the ups and downs, knowing that the ultimate goal is to become the best version of yourself. It is never too late to change your life. Celebrate the progress you make along the way, and always remember that you are deserving of love and healing.

