

Integration Workbook

the Healing Code

*A sacred space to
decode, witness,
and integrate what
your body has
been holding and
communicating*

This workbook is your sacred companion during and after The Healing Code experience. Use it to anchor what surfaces, track somatic insights, and begin the lifelong practice of listening to your body's language of truth.

You don't have to fill every page.

You don't have to have perfect words.

You only have to meet yourself honestly, gently, and fully... one moment at a time.



Before we begin... here's what to have nearby:

- A quiet space if possible
- Water to stay hydrated
- Tissues or comfort items (a blanket, candle, etc.)
- Your favorite pen... the one that writes like butter
- And this workbook... printed or open digitally

This is *your* space. You're in charge.

... and you can take what serves and simply leave the rest.

What's arising now...

*Take a moment before the experience begins. Drop into stillness.
And let these questions guide you into presence:*

What called me to this
experience today? _____

What have I been trying to
figure out, explain, or fix? _____

What pattern keeps looping in
my life, body, or relationships? _____

What am I secretly
hoping to find? _____

The Moment It Started

If your body could speak... what would it say about when this symptom, pattern, or pressure began?

What memory or time period surfaces when I think about this sensation or pattern?

Who or what was I trying to protect?

What decision did I make in that moment to stay safe?

Is it still true?

Safety Checkpoints

*Your nervous system learns through experience... not logic.
Let's anchor the moments you've felt safe so we can build on them.*

When was the last time I felt truly safe in my body?

What helps me soften when things feel tight or triggered?

Who or what reminds me I'm not alone?

How do I know this to be true?

Listening to the Story (Part 1)

During the experience, you'll hear me share my personal story, and stories of three brave clients, who traced the roots of their symptoms and reclaimed their power.

These stories aren't for entertainment. They're mirrors. Listen not for the "same" circumstances, but for resonance.

Use this space to track what lands:

What part of my story did I hear in hers?

Where did I feel emotion arise as I listened?

What surprised me?

What stirred something I thought was "over"?

Listening to the Story (Part 2)

This work is about remembering who you are—beneath the layers of conditioning, adaptation, and survival.

As you reflect on the stories shared today, and your own, explore:

What belief about life or healing do I feel cracking open?

What narrative have I been carrying that no longer fits?

Where am I beginning to understand that my body isn't broken... it's brilliant?

And if you feel ready to go deeper:

What do I believe about how the world works... and where do I feel like I don't belong?

What if I was never meant to override my sensitivity, but to honor it as my design?

Where do I see now that my survival strategies were sacred... and also allowed to shift?

Use this space to let it pour out... even if it's messy.

Somatic Signals

Sometimes the body speaks in symbols. Track what arises:

Where did I feel something shift in my body during the experience?

What emotions surfaced?

What felt tender, open, or charged?

The Root That Was Revealed

As you explore subconscious root-cause healing, document what you discovered about yourself...

What core conflict, memory, or decision surfaced?

What is this showing me about my needs, my nature, or my story?

What feels possible now that didn't before?

What I'm Taking With Me

Integration is how we make healing stick.

What insight feels most alive in me?

What shift do I want to honor moving forward?

What small daily moment can help anchor this?

Resources for Deeper Support

Want to go deeper?

Becoming Free is where we take this work further.

You'll gain full access to the foundations, learn to create nervous system resiliency, define your identity, infuse subconscious resolution practices, dig deep into Release & Rewire methodology, my R&R technique, and now... the newest advanced modules:

- Safety Switch: for rapid trauma neutralization
- The Healing Code: subconscious GNM-based symptom decoding
- Integration Station: personal pattern recognition

Details to join will be shared.

For now... rest. Integrate. Let the work land.

You're doing beautifully.



I release... _____

I choose... _____

I allow... _____

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