

# Five Steps to Healing

## A STEP-BY-STEP GUIDE

01

### TAKE FULL RESPONSIBILITY FOR YOU.

Today is a new day, and its time to take responsibility for your role in creating your life's pattern. We carry heavy loads with us for many years, maybe for decades, and our bodies and spirit take a beating for this. All your thoughts, actions, and judgments, and everything up to this point has created your current reality.

---

02

### ASSUME EVERYONE IS DOING THEIR BEST, YOU TOO!

Every day is an opportunity to learn to assume others are giving all they have and are doing the best they can. We don't know everyone's story but we can choose compassion in every situation. Some days we have enormous amount of love to share and other days we need to receive it. Compassion is especially necessary for how you deal with yourself.

---

03

### GIVE YOURSELF WHAT YOU CRAVE FROM OTHERS

Its time to start shifting from expecting others to fill your needs, to YOU, fulfilling your own needs. You have everything you need inside yourself. As you change the expectations of others to yourself, others' energy around you will change, and you will get exactly what you desire. In ways that you never even knew you needed.

---

04

### RELEASING JUDGEMENTS OF SELF

How many times have you realized you have judged others very harshly? Did you know that how we judge others, is just a reflection of how we judge ourselves? Any time we say, I can't believe they would do that? Listen to what you're saying about others because it is a very good indication of what you are saying about yourself.

---

05

### GETTING IN TOUCH WITH YOUR INNER CRITIC

The Ego fights minute by minute to keep you safe and small, but real growth comes when we decide to push out of that box, into the real world you came here to live. Learn to push past the fear that comes from Ego that keeps us from growth and expansion. Learn that when you are uncomfortable is the moment you begin growing into love.