

POWERFUL  
AND LOVING

THE 5 CHOICES TO

HEAL



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# OUR HEALING HYPOTHESIS

*No special objects, external conditions or inner attributes are needed to **heal**.*

## HEALING IS...

1. A **natural and innate process**
2. **Accessible** to us at any time
3. **Activated** through a spiral of embodied **choices**.

BEFORE WE BEGIN...

# PREPARATION

In coming to learn how healing works and perhaps to awaken it in myself and others...

WHAT ARE MY

**HOPE(S)?**

WHAT ARE MY

**FEAR(S)?**

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## CHOICE #1

# FOCUS

THIS OR THAT?

To jump from one thing  
to the next, dancing  
around

...OR...

To bring **all** my  
**attention** and **will** to  
**ONE point.**



CHOICE #1

# FOCUS

WHAT POINT DO I CHOOSE TO FOCUS  
IN ON, IN ORDER TO LEARN AND  
EXPERIENCE HEALING?

What does my mind make of it?  
**PERCEPTION**

Where is it in my body?  
**LOCATION**

What is it like in my body?  
**SENSATION**

What do I call the feeling(s)?  
**EMOTION**

FOR YOUR REFERENCE

# THE 5 CORE WOUNDS

Notice if your focal point relates to any of these 5 themes:

## 1. DISTRUST/BETRAYAL

Fear of unknown, hurt from betrayal, anger at unfairness, shame at being weak and a victim.

## 2. TRAPPED

Fear of losing freedom, boredom/apathy, anger at staying stuck, guilt/shame for leaving and being disloyal.

## 3. POWERLESSNESS

Fear of losing control, anger at being blocked, guilt for hurting others and shame for being aggressor and/or inept.

## 4. REJECTION/LOSS

Fear of losing approval/love, anger and guilt about being rejected and shame for being too needy.

## 5. UNWORTHINESS

Fear of losing attention and status, anger at not being seen, guilt about being self-absorbed and shame for not being good enough.

FOR YOUR REFERENCE

# THE 5 HEALING GIFTS

What we experience more so as we heal...

## 1. COURAGE & TRUST

A sense of resilience and ability to adapt and learn, a growth mindset, joy and pride at meeting whatever comes...

## 2. FREEDOM & PEACE

A sense of wonder and awe, finding what we have been looking for.

## 3. POWER & RESPECT

Sense of accomplishing something greater than one's self, feeling pride at the mastery and joy at the positive impact.

## 4. GRATITUDE & LOVE

Feeling deeply connected and appreciating all the ways we are inter-dependent and abundant together.

## 5. ACCEPTANCE & WISDOM

Seeing and being seen clearly, known and accepted fully. Humility and discernment, able to handle complexity and be in the mystery.

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## CHOICE #2

# APPROACH

TO FEEL OR NOT TO FEEL?

To stay intellectual,  
keeping it at a distance

...OR...

To come closer, **drop**  
into the **felt sense**,  
**grounding** my presence  
and **feeling it fully**.

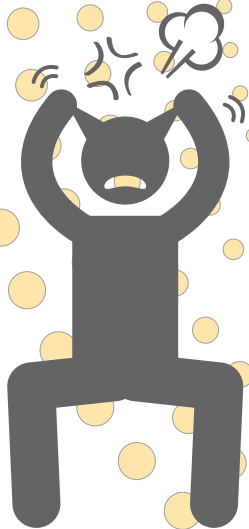


# APPROACH

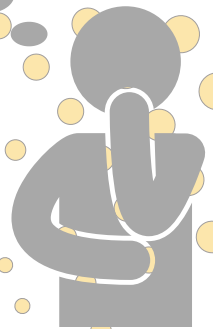
**HOW CLOSE OR FAR AM I FROM  
EXPERIENCING THIS FULLY?**

*Where healing  
happens...*

MENTALLY  
BYPASSING



EMOTIONALLY  
FLOODED



# APPROACH



We can measure and track intensity to get a sense of how much we are feeling it and how it changes over time.

- 10 **Overwhelming**
- 9
- 8
- 7
- 6
- 5 Strong but able to contain
- 4
- 3
- 2
- 1 Very small & subtle

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## CHOICE #3

# ALLIANCE

ALONE OR WITH HELP?

To push away help,  
remaining alone and  
stuck with it

...OR...

**To reach out** and  
**connect** to forces of  
**resilience, strength**  
and **potent support.**

# ALLIANCE

WHO/WHAT IS NEEDED TO **HELP**  
ME TO **HEAL** NOW?

## IMAGERY

What does it look like?

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## SOURCE

Where do I connect with it?

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## MESSAGE

What does it want me to know?

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## ANCHOR

What does it feel and move like?



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## CHOICE #4

# PARADOX

ONE SIDE OR BOTH?

Staying in the negative  
state or trying to escape it  
by focusing on something  
positive

...OR...

Maintain **dual awareness**  
**holding the paradox** of  
*both realities.*

# PARADOX

**AM I WILLING TO HOLD  
BOTH REALITIES?**



**YES,**  
*I feel...*

**AND,**  
*I choose...*

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## CHOICE #5

# SURRENDER

CONTINUE OR RESIST?

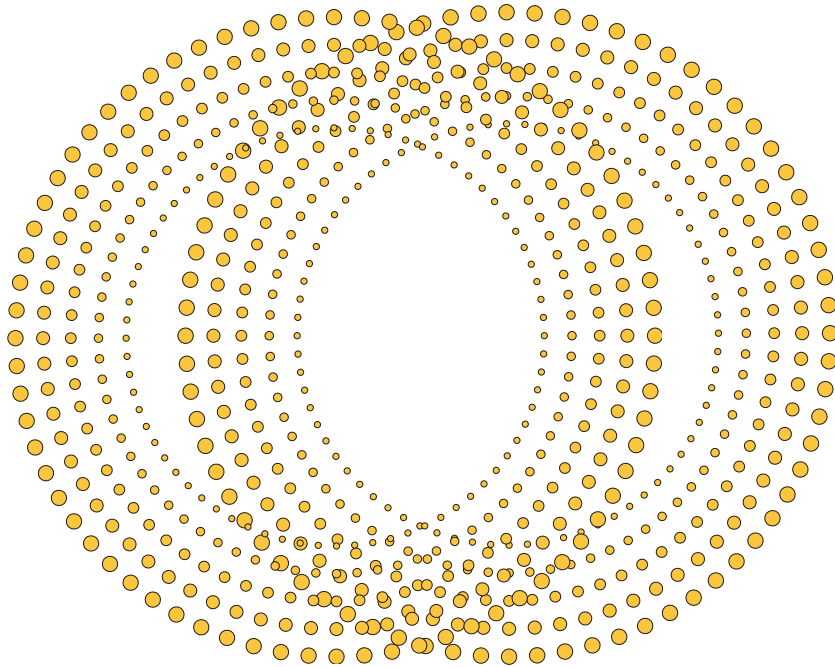
To try to control by  
stopping the process and  
going no further

...OR...

Choosing to **allow**  
whatever is **emerging**,  
to continue **unfolding**.

# SURRENDER

**WILL I ALLOW WHAT IS  
NEW TO KEEP EMERGING?**



**WHEN I DO...**

*What do I experience more of?*





# TRACKING

What I measure and track **I can heal...**

**FOCUS:**

**ALLY(IES):**

**EMERGING...**

**INTENSITY:**

**INTENSITY:**

**INTENSITY:**

**FOCUS:**

**ALLY(IES):**

**EMERGING...**

**INTENSITY:**

**INTENSITY:**

**INTENSITY:**