



YOUR HEALING FOUNDATION

Module 1

WELCOME WELCOME WELCOME!!!

You're here!!!!!! OMG!! Welcome!!!

YOUR HEALING FOUNDATION IS SELF-AWARENESS

What do you feel on a daily basis?

What thoughts are you thinking?

What are you playing in your mind movie?

How do you act?

We can have a tendency to struggle with how we feel/think/act. Send yourself lots of love if you notice this, and let it go!

THE FOUNDATION IS SELF-AWARENESS

Most of us are not aware of these things. We live in a scattered, distracted world.

Ways to increase awareness:

- Drop into your senses (set a reminder on your phone)
- Meditation
- “breathe breaks”
- Get grounded
 - Barefoot outside
 - Breathwork
 - Connect to your body

THE FOUNDATION IS SELF-AWARENESS

As you grow in self-awareness, it's natural for thoughts/emotions/behaviors to come up that you're not proud of.

This is normal!

Imagine cupping these things with self-compassion. I see you. I'm here for you. I hold you. I love you.



IN ORDER TO HEAL WE HAVE TO FEEL!

THE ROLE OF YOUR EMOTIONS

Most of us are carrying around a LOT of pain. Our emotions need our self-compassion.

The role of your emotions are simply to provide you with information. Your body is communicating with you!

DEALING WITH ANGER

Anger is NOT the enemy! Let that sink in. Like really sink in.

Anger is there for a REASON. When anger shows up, lean on your self-awareness.

Ask: is a boundary being violated? Do I need to speak up? Am I being disrespected?

Anger can be motivating. When it shows up in your life, it is inviting action and/or change.

I love this mantra, given to me by my teacher: “My anger is sacred.”

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DEALING WITH SADNESS/GRIEF/LOSS

Sadness shows up as a reaction to life experiences.

Moving sadness requires you to fully feel your sadness. It also invites strong self-compassion and an honoring of what you are going through/have been through.

Say: “I see you. I’m here for you. I hold you. I love you.”

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DEALING WITH DEPRESSION

DEPRESSION IS A RED FLAG.

Depression shows up when layers of unprocessed pain have built up like an onion.

Your body, in an attempt to protect you from this “system overload” literally shuts the system down.

A part of you doesn't feel strong enough to face it all. Trust you are.

I love this mantra, given by my teacher: “I'm strong enough to face everything within me.”

To move depression, send lots of love to yourself. Affirm your ability to feel it all. Then the work is to feel all the layers until they can be released.

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DEALING WITH ANXIETY

Anxiety shows up for different reasons: a lack of staying grounded and living in the mind too much, getting pulled into the future, or resistance to feeling/healing.

It's your job to figure out what it's pointing to, sending yourself lots of love, and implementing practices to stay grounded in your body.

THE ROLE OF YOUR EMOTIONS

This is why talk therapy doesn't always fix all the problems.

We have to access our untouched emotions that must be processed in order to fully heal.

Feel your feelings FULLY to let them go

RESISTANCE TO FEELING

Resistance is absolutely normal

In breathwork sessions, you may feel there are underlying emotions but have difficulty accessing them. This is because you don't feel fully safe to let go yet. That's okay!

Send yourself love, compassion, and patience

Bend your knees

Breathe into the body part you most feel resistance

SAY: I see you. I'm here for you. I hold you. I love you.

SAY: I'm strong enough to face all of what's within me. It's safe to let go.

TRUST YOU WILL GET THERE WHEN YOU'RE READY 😊

NON JUDGEMENTAL OBSERVATION

Get in the habit of treating your thoughts and feelings like a 3rd party would.

Remember: you are not your thoughts and feelings! They are temporary, and are here to teach you. What can you learn from them?

YOUR ONLY JOB: become the nonjudgmental observer of your thoughts, emotions, patterns, and behaviors.

HOMework

It only works if you work it! The more work you put in outside of these modules, the better 😊

Write down your thoughts/feelings/behaviors this week (set a reminder on your phone if you need to)

Minimum of weekly breathwork (ideally 3+ times per week). Journal about your experience in your sessions.

Other tools of choice are great as well.