

Health, Wellness and Healing Mastery at Your Command Worksheet for Session #1

These exercises are for your personal growth and development only. You do not submit them to us for review, but use them to take yourself ever deeper into what is blocking your greatest health and vitality and command for what you want instead.

In this exercise, you look at the 4 Keys to Self-Healing and how they are active (or not) in your life.

What health issue are you dealing with right now? How is that affecting your thoughts, feelings and ability to engage in life?

What does Self-Healing mean to you?

What are the Principles of Self-Healing and how do they apply to you in creating greater health?

Key #1 – Awareness

Where does your mind go when thinking about your health? Tune into your body and tell the truth about the thoughts that are either supporting your health or denying it.

What is your body attempting to tell you about your state of health?

Key #2 – Forgiveness

Who and what do you need to forgive right now?
(Be sure to include yourself, your body and the health issue!)

Key #3 – Allowing

How does being in a state of Allowing affect your health?

Where and what are you already Allowing?

Where and what can you begin to Allow?

Key #4 – Receiving

How does being in a state of Receiving affect your health?

Where and what are you already Receiving?

Where and what can you begin to Receive?