

Healing Journals

Experience the therapeutic power of journaling.

We encourage you to keep journaling over the next 12 days (and beyond!) by keeping these journals:

1. Receiving Journal
2. Letting go Journal
3. Vision Board

P.S. If you find it's too much for you to keep up with all three journals and create a vision board, just pick ONE thing you CAN do, for example the Vision Board. You can also keep two healing journals, if you can.

We strongly recommend keeping the Food-Mood-Poop Journal (posted in Day 1) as part of your journey to self-discovery.

The Power of Receiving

Extract from Paulo Coelho's book, "Aleph".

*"I've known lots of people who care about others and are extremely generous when it comes to giving and who feel real pleasure when someone asks them for advice or help. And that's fine; it's a good thing to help you neighbor. On the other hand, I know **very few people capable of receiving**, even when the gift is given with love and generosity. It's as if the act of **receiving made them feel inferior**, as if depending on someone else **were undignified**. They think: If someone is giving us something, that's because we are incapable of getting it for ourselves. Or else: The person giving me this now will one day ask for it back with interest. Or even worse: **I don't deserve to be treated well.**"*

Many holistic practitioners believe that a person's healing path is largely dependent on the ability to receive. Receiving is a very active process. It requires noticing the responses of others, giving credence to their intention and good will, and acknowledging their efforts and delight in wanting to see us happy. All this and more is needed in order to "receive well".

Of course, becoming a "good receiver" is not necessarily an easy task for many of us. **As women, we are better givers than receivers.** At first it can seem a bit silly to be concerned about receiving. Aren't we all eager to have gifts provided to us, whether love, compliments, or a new dress? Actually, not.

Many of us are fortunate enough to identify what we need in life and do the work to get it, but most of us still have one more active step to take - and that is to actively receive what we have worked so hard to get. Why the word active? Because receiving well involves **opening ourselves up to another person or group, and acknowledging to ourselves their good will, intent, and efforts** in giving us some gift, whether it is a birthday present, a pat on the back, or a compliment on our choice of wardrobe.

How good are you at active receiving? When you hear a complement, do you think "I wonder if she means it", when receive a gift, do you think "I need to get one too now", when you get a surprise birthday party thrown for you, do you think "wow, that's all so unnecessary"?

Why are so many of us bad at receiving? This is largely due to deeply rooted feelings of shame, feeling unlovable, not being good enough to be receiving good words, gifts and acts of kindness from other people. The good news is, once you become aware of your behavior, reactions and patterns of thinking, you can start catching them and... changing them. Yes, it can be done.

Taking action and become an ACTIVE RECEIVER – this is what we would encourage you to start doing from today. This is why we created the Receiving Journal which can be printed out and scribbled in every morning or evening. Let us know on our next Live Call, what



have you actively received with gratitude and joy.

So, when someone lets you into traffic or tells you they think you are smart, receive their gift well. Take in the good will. And when you open a present, think of the effort it took for the giver to decide what you might like, find the gift, and wrap it. Watch them as they look at you intently, hoping to see a smile on your face as you unwrap the present. Your life will be enriched and your mood lifted.

One last word, make it a point to receive from nature also...the goodness in the beauty of a meal, flower or sunset. And when you eat a delicious meal, receive the food well...take it in and taste it and enjoy it. It's well worth it. It's a part of healing.

My Receiving Journal

| Day | What I <i>actively</i> received today |
|-----|---------------------------------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |
| 11 | |
| 12 | |

The Power of Letting Go

"She Let Go", a poem by Rev Safire Rose

She let go.

She let go. Without a thought or a word, she let go.

She let go of the fear.

She let go of the judgments.

She let go of the confluence of opinions swarming around her head.

She let go of the committee of indecision within her.

She let go of all the 'right' reasons.

Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice.

She didn't read a book on how to let go.

She didn't search the scriptures.

She just let go.

She let go of all of the memories that held her back.

She let go of all of the anxiety that kept her from moving forward.

She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go.

She didn't journal about it.

She didn't write the projected date in her Day-Timer.

She made no public announcement and put no ad in the paper.

She didn't check the weather report or read her daily horoscope.

She just let go.

Hormones Detox

Reset Your Hormones

She didn't analyze whether she should let go.

She didn't call her friends to discuss the matter.

She didn't do a five-step Spiritual Mind Treatment.

She didn't call the prayer line.

She didn't utter one word.

She just let go.

No one was around when it happened.

There was no applause or congratulations.

No one thanked her or praised her.

No one noticed a thing.

Like a leaf falling from a tree, she just let go.

There was no effort.

There was no struggle.

It wasn't good and it wasn't bad.

It was what it was, and it is just that.

In the space of letting go, she let it all be.

A small smile came over her face.

A light breeze blew through her. And the sun and the moon shone forevermore...

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Clinging on to fears, guilt, negative self-talk, anger, holding grudges against relatives, friends, ex-husband – is something we are all pretty good at. Most of us don't realize they are they prime drivers in our life – we act upon these negative emotions, they become our reason why we do what we do. When you hyphenate



the word “dis-ease” it simply means when not at ease, disease happens.

“I will never forgive her for what she did”, you may be saying. You know what the truth is? You are hurting yourself here by giving your heart more grief, anger and pain, and guess what: the person you are mad at does not probably care or does certainly not get the punishment that you think you are giving her!

Overheard: *“not letting go is abuse against yourself.”*

Just let go. Not just intellectually but by taking action too. Start your own “Letting Go Journal”.



## My Letting Go Journal

| Day | What I decided to <i>let go off</i> today |
|-----|-------------------------------------------|
| 1   |                                           |
| 2   |                                           |
| 3   |                                           |
| 4   |                                           |
| 5   |                                           |
| 6   |                                           |
| 7   |                                           |
| 8   |                                           |
| 9   |                                           |
| 10  |                                           |
| 11  |                                           |
| 12  |                                           |

## My Vision Board

Read more about Vision Board and home to make them:

<http://www.oprah.com/spirit/How-to-Make-a-Vision-Board-Find-Your-Life-Ambition-Martha-Beck>

### Sample Vision Board:



Share your vision board with us on our FB Hormones Thrives Group:

<https://www.facebook.com/groups/413568742041028/>