



Activate Your Healing Compass®

Five Essential Tools for Navigating the Healing Process



Day 4: Inner Attunement and the Power of Beauty

An SOS Routine—is a personalized set of activities that immediately restores your sense of rightness and connection to your essential nature.

Possible items for your SOS routine.

- Inspiring passages from your favorite books
- Your favorite musical excerpts/pieces
- Your favorite movies (does not need to be an entire movie, simply an inspiring scene). Find the scene URLs on YouTube and bookmark them!
- Your favorite music for dancing and moving your body
- The lyrics and music to your favorite songs
- Images of your favorite artwork
- URLs for inspiring lectures, speeches, or interviews
- Pictures of your favorite places—the physical locations that deeply inspire you
- Pictures of the places you want to visit—places on your bucket list or things you want to do
- Inspiring or soothing poetry
- Calming essential oils or flower essences
- A collection of your favorite mantras, chants, or positive declarations
- Letters from loved ones that brought you joy
- Photos of happy memories with friends/family
- Voice recordings of loved ones' laughter or healing stories
- A collection of inspiring quotes from mentors or guides—whether you have known them personally or not
- A collection of small natural objects (e.g., stones, shells, pinecones) that can be held and touched
- Nature sound recordings (e.g., ocean waves, rainfall, birdsong)
- A collection of meaningful symbols
- Playlists explicitly created for your healing
- Healing and wellness apps (meditation guides, sound therapy, visualization programs, affirmation apps)
- So much more...

Healing Exploration: Putting Together Your SOS Routine

What are you going to include in your SOS Routine? These are the things that, no matter how bad you feel, will uplift your spirit, heal your heart, calm your body, and quiet your mind.

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Practice Tip: When engaging your SOS routine, allow each element you choose to create a full-body experience. For example, feel the music in your cells, let images fill your inner vision, and allow words to resonate through your being. This embodied connection activates your nervous system's healing response and strengthens your inner sense of rightness.

Healing Exploration: SOS Implementation

How will you organize your SOS routine for maximum accessibility during challenging moments? What elements need to be portable for use at medical appointments or in difficult situations?

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PRINCIPLE OF HEALING

Developing an SOS Routine that immediately reconnects you to your core sense of wellness and empowerment ensures that your inner resources remain accessible even during the most challenging moments in your healing journey.

Healing Exploration: Healing Medicine from Your Past

Looking back through your life, which moments contain the medicine your soul needs during your healing journey? What experiences still fill you with wonder, joy, or deep peace?

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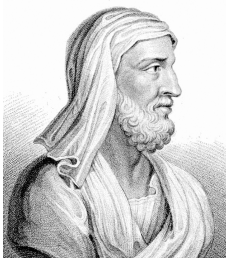
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“What we achieve inwardly will change outer reality.”
—Plutarch

Healing Exploration: Qualities of Nourishment

What specific elements made those past experiences so nourishing to your soul? How might you intentionally cultivate more of these same qualities in your present life?

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“In the midst of winter, I found there was, within me, an invincible summer.”
—Albert Camus

Healing Exploration: The Lived Experience of Personal Nourishment

When you immerse yourself entirely in those nourishing memories, how does your body respond? Feel the medicine from those experiences flowing through every cell and fiber of your being, creating an environment of healing and wholeness.

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Healing Exploration: Physical Sanctuaries

Which physical locations have served as sanctuaries for your spirit? Identify both your cherished places from the past and accessible, nurturing environments for your healing process.

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The Tree of Life Breathing Practice

In addition to the basic Tree of Life practice you learned in the pre-retreat video and the earlier variations from Days 1-3, try out these adaptations to support your unique healing process.



Practice Adaptations:

1. **SOS Reinforcement:**

Either from the light above or from the healing energies below the tree, imagine breathing in the qualities, colors, concepts, words, sounds, images, or energies that support and energetically reinforce the essential pieces of your SOS routine.

2. **Healing Medicine from Your Past:**

Imagine breathing in from the healing energies below the tree, the qualities, colors, concepts, words, sounds, images, or energies that capture the healing experiences from your past.

3. **Your Favorite Places:**

Imagine breathing in from the healing energies below the tree, the qualities, colors, concepts, words, sounds, images, or energies that connect you to your favorite places.

PRINCIPLE OF HEALING

Implementing a daily energy practice that reconnects you to your innate energy and the experiences that bring beauty into your life creates a powerful foundation for healing.

Day 4: Checklist

- ☐ Assemble your personalized SOS Routine for challenging moments.
- ☐ Create a list of beautiful and healing experiences from your past to draw upon.
- ☐ Identify your favorite soul-inspiring places that deeply nourish you. Visualize being in those locations as often as needed.
- ☐ Plan visits to accessible, beautiful places during your healing journey.
- ☐ Select additional qualities, colors, concepts, words, sounds, images, or energies to enhance your Tree of Life Breathing Practice.

Day 4: Healing Practices

- Use your SOS Routine whenever you need restoration and centering.
- Immerse yourself in the beautiful and nourishing experiences from your past, allowing their healing medicine to flow through every cell and fiber of your body.
- Mentally and physically visit your favorite physical locations for comfort, healing, and safety when your health challenges feel overwhelming.
- Adapt the Tree of Life Breathing Practice to amplify your SOS Routine and connect you to your beloved places and beautiful experiences from your past.

Day 4: Navigational Tool

Establishing Inner Attunement—the practice of using your SOS Routine, soul-nourishing places, and healing memories as anchors to return to your inner truth and vital essence when the challenges in your healing process pull you off course.

Day 4: Healing Skill

Self-Attunement—the ability to reconnect with your inner truth and essential vitality, thereby enhancing your body's receptivity to treatment, immune function, and capacity for empowered decision-making.

Day 4: Homework

- Create the foundation of your SOS Routine by selecting 3-4 reliable tools to help you return to your center during overwhelming moments.
- Fill out your Day 4 Tree of Life Breathing Practice Worksheet.