



Activate Your Healing Compass[®]

Five Essential Tools for Navigating the Healing Process



Day 5: Designing Your Support Network



Healing Exploration: Essential Needs

Reflecting on your lived experience of your health challenge, which core needs feel most vital to address for your wellbeing and healing? Review the needs list on page 2 and your lived experience from the Day 1 handout, page 3.

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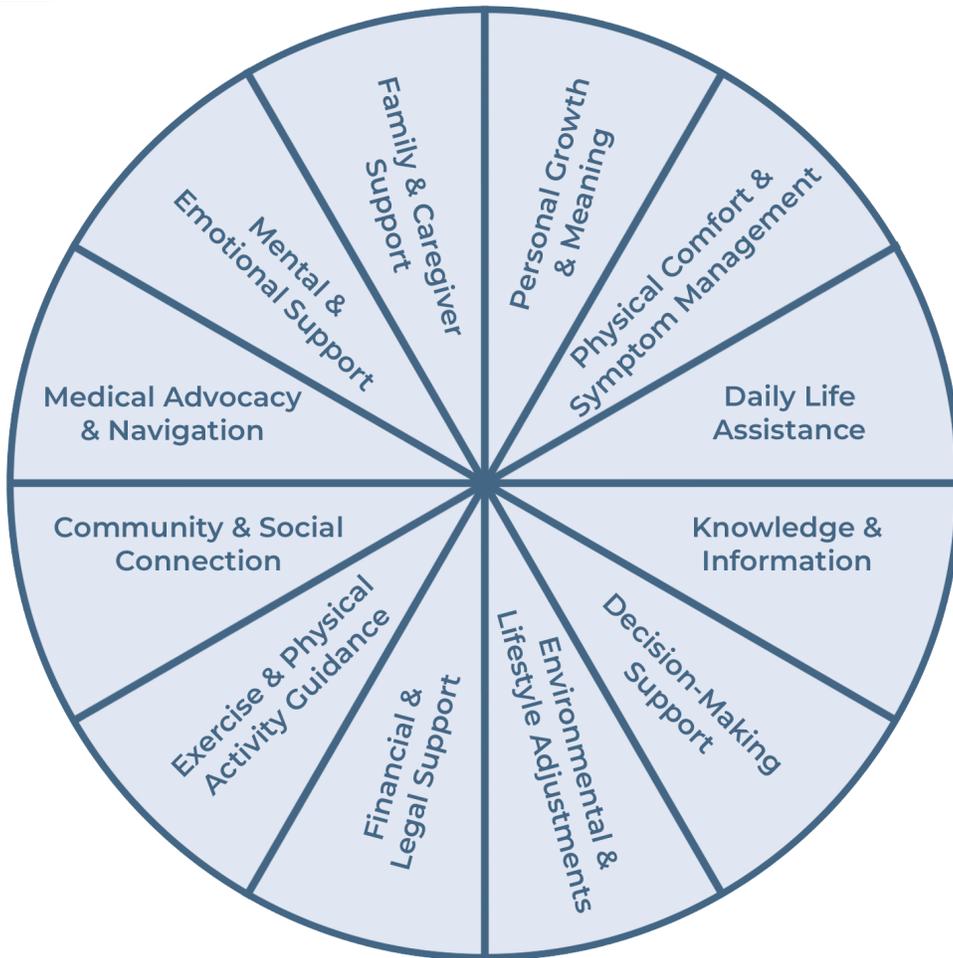
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Essential Needs

<p> Connection Change To be Heard A Creative Outlet Being at Choice Routine Stability Space to Mourn Grace Sacredness Stimulation Reciprocity Inspiration Encouragement Predictability To be Comforted Community Respect Security Affection Empathy Sensory Stimulation Time </p>	<p> Integration Time Opportunity Harmony Congruence Variety/Exploration A Cause Safety Reassurance The Facts Renewal Communion Momentum Ease/Flow A Vision Discovery Personal Space Acceptance Protection Mutuality Compassion Consideration Play with Others Celebration </p>	<p> Positive Alone Time Sense of Belonging Joyful Interactions Options To Contribute Simplicity/Order Beauty Teachers/Guides Rest/Sleep Fellowship Ritual Adventure Support Holistic Living Leisure Depth Work-Life Balance Inclusion Cooperation Interdependence Guidance Sustenance Nurturance </p>
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Sample Health Support Framework



Additional Areas of Support to Consider

- | | |
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| <ul style="list-style-type: none"> • Disabilities Services Navigation • Relationships and Intimacy • Self-Care and Wellness • Complementary Therapy Navigation • Long-Term Health Management • Creative Expression and Art Therapy • Goal Setting and Achievement • Time Management and Prioritization • Reproductive Health Considerations • Transportation • Sleep/Rest • Childcare or Eldercare • Rehabilitation Services | <ul style="list-style-type: none"> • Medication Management • Career and Work-Life Balance • Stress Reduction Techniques • Nutrition and Meal Planning • Chronic Pain Management • Technology and Digital Resources Navigation • Peer Mentoring and Support Groups • Communication Skills • Cultural and Linguistic Support • Homecare Support • Hygiene and Personal Care Assistance • Other... |
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Healing Exploration: Needed Areas of Support

What areas of support would most enhance your sense of personal empowerment and your capacity to heal?

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“Healing takes time, and asking for help is a courageous step.”
—Mariska Hargitay

Healing Exploration: Your Physical Support Team

Who are the people in your life who can help you address your unmet needs and support you in the areas you identified above?

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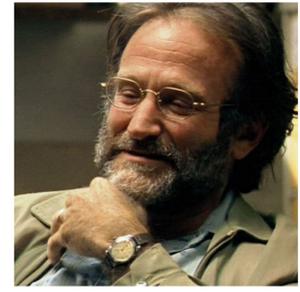
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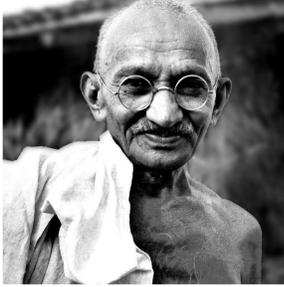
Helen Keller



Joan of Arc



Robin Williams



Mahatma Gandhi

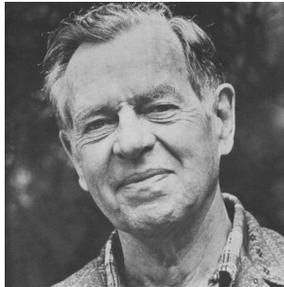
Sample Healing Companions



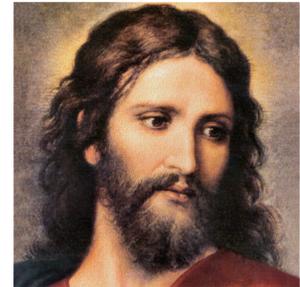
Louise Hay



Marion Woodman



Joseph Campbell



Jesus Christ

Healing Exploration: Identifying Your Healing Companions

Design your council of healing companions from those who have passed on—family members, friends, mentors, or inspiring figures—individuals who can offer guidance and support in addition to your earthly help. **Review The Healing Companions Compendium.**

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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 1-4, try out these adaptations to support your unique healing process.



Practice Adaptations:

- 1. Essential Need Fulfillment:**
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 capture the essential needs vital to your healing process.
- 2. Feelings of Safety and Support:**
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 produce feelings of safety and support.
- 3. Experiencing Physical Support:**
From the healing energies below the tree, imagine breathing in the qualities, colors, concepts, words, sounds, images, or energies that capture the physical support you are putting in place for your healing journey.

4. Connecting to Your Healing Companions:

Either from the light above or from the healing energies below the tree, imagine breathing in the energies, qualities, or capacities of your healing companions.

Day 5: Checklist

- Identify the essential needs that are vital to your healing process.
- Construct your complete personal support network.
- Assemble your physical support team based on areas essential for navigating your health reclamation journey.
- Choose healing companions, from among those no longer living, who strengthen and inspire you.
- Select additional qualities, colors, concepts, words, sounds, images, or energies to enhance your Tree of Life Breathing Practice.

Day 5: Healing Practices

- Connect with and spend time in the presence of your healing companions.
- Review your physical support network regularly. Use embodied awareness and aesthetic perception to refine the support structures essential for your healing process.
- Adapt the Tree of Life Breathing Practice to align with your essential healing needs, cultivate feelings of safety and support, and connect with the energies of both your physical support team and healing companions.

Day 5: Navigational Tool

Needs Awareness—the ongoing ability to recognize how your support needs change during different phases of your healing process and to actively coordinate your care team to address them.

Day 5: Healing Skill

Intra & Interpersonal Support Awareness—the capacity to clearly identify what you need for healing (both internal resources and external support), and then effectively communicate and advocate for those needs with your support network.

Day 5: Homework

- Map out the core needs essential for your healing process and identify specific ways to address them.
- Fill out your Day 5 Tree of Life Breathing Practice Worksheet.