

Learning Platform Content for Activating Your Healing Compass Mini-Retreat

[Overview Page via the Dashboard Link](#)

WELCOME TO THE ACTIVATE YOUR HEALING COMPASS® MINI-RETREAT

Five Essential Tools for Navigating the **Healing Process**

Course Image

Buy Now

\$37

Course Includes

 7 Modules

Your **health challenge** isn't a medical crisis to manage—it's a profound calling to discover your most authentic, empowered self.

After working with thousands of **people dealing with life-challenging illnesses**, I've witnessed something remarkable: the people who create a foundation for long-term health and wellness are those who learn to activate their inner "Healing Compass"—their innate wisdom that guides them through every decision with confidence and clarity. This compass becomes a trusted companion long after the physical healing process is complete, supporting every aspect of their lives.

Your Healing Compass will also help you decipher the hidden road signs pointing you toward your soul's awakening—guiding you to release the patterns holding you back and to step into your becoming, where you're sharing your unique gifts and living from your authentic power.

This transformative 5-day mini-retreat will help you identify the essential tools that support your healing journey, unlock the deeper meaning within your **health challenge, and activate your inner compass to navigate your healing process with wisdom and grace.**

[YES! I'M READY TO ACTIVATE MY HEALING COMPASS](#)

[\[SIGN ME UP\]](#)

Start Your Activation Journey Today

- One 15–25-minute video per day for 5 days
- The Tree of Life Breathing Practice for energy revitalization
- Guided practices to activate each aspect of your Healing Compass
- Access to a supportive community of fellow travelers

PRINCIPLE OF HEALING

Staying connected to your inner knowing (Your Healing Compass) during **your healing process** is the foundation for discovering who you are on the other side of your illness.

TIME COMMITMENT

- Videos: A 15–25-minute video per day + pre-retreat practice and masterclass videos
- Practice: 20-30 minutes daily
- Community: Engage at your own pace

OUTCOMES

- Reconnect with your innate healing wisdom
- Navigate decisions with clarity and confidence
- Transform fear into empowerment
- Access the deeper meaning **woven into your health challenge**
- Build a sustainable foundation for healing

COURSE CONTENT

- PDF Handouts
- 7 Videos
- 2 Visualizations
- Extra Support Documents: The Tree of Life Breathing Practice Personal Worksheet, the Activate Your Healing Compass Quality-of-Life Assessment, the Psychic Hygiene Manual & the Healing Companions Compendium

YES! I'M READY TO ACTIVATE MY HEALING COMPASS

[SIGN ME UP]

COURSE MODULES

PRE-MINI-RETREAT PRACTICE: The Tree of Life Breathing Practice

DAY 1: Building a Mythic Framework for Healing

DAY 2: Healing and the Inner Nature of Life

DAY 3: The Power of Embodied Awareness

DAY 4: Inner Attunement and the Power of Beauty

DAY 5: Designing Your Support Network

BONUS MASTERCLASS: Activate Your Healing Compass Masterclass (Live recording)

YOU WILL HAVE LIFETIME ACCESS TO ALL THE COURSE MATERIALS

Mini-Retreat Welcome Page

**WELCOME TO THE ACTIVATE YOUR
HEALING COMPASS® MINI-RETREAT**
Five Essential Tools for Navigating the **Healing Process**

Course Image

Start Course Button

Course Includes

7 Modules



**You're About to Discover the Five Essential Tools for Navigating Your
Healing Process with Wisdom and Grace**

Congratulations on taking this important step toward activating your Healing Compass!

You've already discovered that your **illness** is more than a medical challenge—it's a transformative process that's calling you to discover your most authentic, empowered self. Over the course of the retreat, you'll learn the exact tools and practices that have helped thousands of people navigate their **healing process** with greater confidence, clarity, and inner peace.

This journey includes a comprehensive approach to supporting your healing!

Your mini-retreat experience includes:

- 7 retreat videos: 5 daily videos (15-25 minutes each), plus the pre-retreat practice and masterclass videos
- The Tree of Life Breathing Practice instructions and worksheet
- Guided practices specifically tailored to activate each aspect of your Healing Compass
- Access to a supportive Mini-Retreat community
- The Compass Activation Masterclass (with live Q&A)
- Daily practices and exercises that build upon each other to create lasting transformation

**May your exploration of activating your Healing Compass be both deeply insightful
and truly life-changing!**

WELCOME VIDEO

BEFORE YOU BEGIN

To maximize your transformation during this 5-day journey, please complete these two essential **preparatory** steps:

STEP 1: DISCOVER YOUR MYTHIC PATH

If you haven't already discovered your Mythic Path, take 15 minutes now to complete the profile. You'll get significantly more **out of** the 5-Day Mini-Retreat when you understand the unique path you are walking and how it influences your healing journey.

TAKE THE MYTHIC PATH PROFILE NOW! →

STEP 2: ESTABLISH YOUR BASELINE

To track your transformation throughout this 5-day journey, please complete the Activate Your Healing Compass® Quality-of-Life Assessment before watching Day 1, **or whenever you begin working with the retreat materials**. This baseline will help you recognize the profound shifts that unfold for you during the retreat.

 **Download the Quality-of-Life Assessment**

ESTABLISH YOUR PRACTICE

Begin practicing The Tree of Life Breathing Practice twice daily (upon waking and before bed). This sacred breathing technique will revitalize your energy, deepen your divine attunement, and help reclaim your personal wholeness throughout the retreat.

JOIN THE COMMUNITY

If you haven't already, be sure to join the private **Mini-Retreat Facebook Group** and introduce yourself using #INTRO. Post a picture, video, and/or share why you are excited about participating in the 5-Day Activate Your Healing Compass® Mini-Retreat!

Support your fellow Mini-Retreat participants by “liking” or “commenting” positively on at

JOIN THE FACEBOOK GROUP →

COURSE CONTENT

PRE-MINI-RETREAT PRACTICE: The Tree of Life Breathing Practice

DAY 1: Building a Mythic Framework for Healing

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Pre-Mini-Retreat Practice Page

Activate Your Healing Compass

- PRE-MINI-RETREAT PRACTICE—The Tree of Life Breathing Practice
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PRE-MINI-RETREAT PRACTICE VIDEO

The Tree of Life Breathing Practice The Foundation of Your Healing Journey

Before we begin the activation process, it's essential to establish a foundational practice that will support your entire journey. The Tree of Life Breathing Practice is a sacred breathing technique drawn from ancient wisdom traditions, designed to revitalize your energy, align you with divine grace, and help you reclaim your personal wholeness.

This practice isn't just preparation—it's the soil in which your Healing Compass will take root and flourish. By practicing twice daily (upon waking and before bed), you're creating a rhythm that signals to your body, mind, and spirit that healing is not just possible—it's already underway.

As you watch this instructional video, allow yourself to receive this gift with an open heart. This simple yet profound practice will become your anchor throughout the retreat and beyond, a daily reminder that you have access to an infinite source of healing energy within you.

Description

Begin your healing and transformation journey before we even meet.

Module Resources

-  Video Transcript
-  Quality of Life Assessment
-  Tree of Life Breathing Practice Handout
-  Tree of Life Practice Worksheet



The Tree of Life Breathing Practice

[download button]



The Tree of Life Breathing Practice

A sacred breathing technique for energy revitalization, achieving divine attunement, and reclaiming personal wholeness.



Image by Laurelin Remington-Wolf

Strive to practice the Tree of Life Breathing Practice twice a day (upon waking in the morning and before bed) until the "Activate Your Healing Compass 5-Day Mini-Retreat" begins.

Introduction

The Tree of Life Breathing Practice is a powerful technique that draws from ancient Kabbalistic wisdom and modern esoteric practices. This practice works directly with the central column (middle pillar) of the Tree of Life—the energetic channel that connects the heavenly and earthly realms through our human vessel.

By consciously directing breath and awareness through this central channel, we restore our connection to both divine will and earthly vitality, realigning ourselves with our authentic nature and divine purpose.



The Tree of Life Breathing Practice

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Day 1 Page

Activate Your Healing Compass

- PRE-MINI-RETREAT PRACTICE—The Tree of Life Breathing Practice
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Day 1 VIDEO

Building a Mythic Framework for Healing

Discovering the Deeper Story Within Your Health Challenge

Your illness arrived like an uninvited storm, disrupting the narrative you thought your life was following. But what if this disruption is actually an invitation—a call to discover a deeper, more meaningful story that's been waiting to unfold?

Today, you'll explore your health challenge within the context of your entire life story, recognizing patterns, themes, and lessons that have been guiding you all along. Every challenge you've faced, every triumph you've celebrated, every moment of grace you've experienced—they're all part of a larger mythic framework that gives your healing journey profound meaning and direction.

This isn't about making your illness "okay" or finding silver linings. It's about recognizing that within every health challenge lies hidden road signs pointing toward your soul's awakening—guiding you to release limiting patterns and to step into your becoming, where you're sharing your unique gifts and living from your authentic power.

Description

Discover the deeper story and patterns woven throughout your life's journey

Healing Resources

-  Video Transcript
-  Building a Mythic Framework for Healing Handout

As you watch today's video, you'll discover how to construct a mythic framework that transforms your **illness** from a random medical event into a sacred passage that's activating your deepest potential. This framework will become the compass that orients all of your healing decisions going forward.

Take your time with today's reflection questions in the handout. This foundational work will illuminate your entire journey.



Building a Mythic Framework for Healing

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Activate Your Healing Compass®
Five Essential Tools for Navigating the Cancer Journey

Day 1: Building a Mythic Framework for Healing

The handout features a central diagram with four quadrants: Air (top), Water (left), Fire (right), and Earth (bottom). Surrounding this are five colored boxes representing tools: Thinking Roles & Behaviors (orange), Feeling Roles & Behaviors (blue), Action Roles & Behaviors (red), and Relating Roles & Behaviors (green).

Healing Exploration: Mythic Path Patterns and Imbalances
Which patterns associated with your mythic path might be getting in the way of your healing process and influencing the choices you make in your cancer journey? **Review your Mythic Path Profile Overview** to help you answer this question.

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Building a Mythic Framework for
Healing

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Day 2 Page

Activate Your Healing Compass

- PRE-MINI-RETREAT PRACTICE—The Tree of Life Breathing Practice
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Day 2 VIDEO

Healing and the Inner Nature of Life Protecting Your Energy, Reclaiming Your Power

Not all the energy around you during your healing process is supportive. Some of it—from well-meaning friends, anxious family members, overwhelming medical environments, or even your own fear-based thoughts—can actually drain your healing capacity and compromise your ability to access your inner wisdom.

Today's session focuses on one of the most crucial yet overlooked aspects of healing: learning to recognize and separate yourself from energies that deplete you rather than nourish you. This is what I call "psychic hygiene"—the art of maintaining clear energetic boundaries so that your Healing Compass remains attuned to your authentic path rather than to others' fears and projections.

Description

Learn to recognize and separate from draining energies that compromise your healing.

Healing Resources

-  Video Transcript
-  Healing and the Inner Nature of Life Handout
-  The Psychic Hygiene Document

You'll discover that healing isn't just about adding positive practices to your life; it's equally about identifying and releasing the draining influences that have been silently undermining your vitality. When you learn to protect your energy field and stay connected to life-affirming sources, you create the optimal environment for your body's innate healing wisdom to emerge.

This work requires honesty, courage, and a willingness to potentially disappoint others in the service of your healing. But as you'll see in today's video, the clarity and power you gain make it one of the most transformative aspects of activating your Healing Compass.

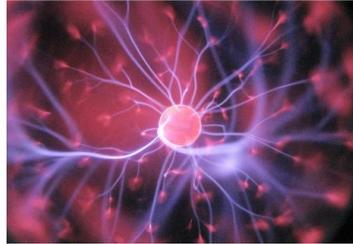
After watching, use today's practices in the handout to identify one draining influence you're ready to release.



[Healing and the Inner Nature of Life](#)
[download button]



Day 2: Healing and the Inner Nature of Life



The Power of Aesthetic Perception

Aesthetic Perception (AP) is the ability to perceive the energetic connections and influences within your interactions with others and your environment by recognizing both the internal and external aesthetic qualities pertaining to what you are experiencing.

Healing Exploration: Your Cancer's Inner Nature

Shift your attention from the daily impact of your cancer to its inner nature—its felt qualities and characteristics. What does your cancer feel like when you meet it directly? Notice its texture, energy, size, temperature, movement, weight, or vibration. Allow words to emerge that describe this inner, lived experience.

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Healing and the Inner Nature of Life

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Activate Your Healing Compass

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Day 3 VIDEO

The Power of Embodied Awareness

Listening to the Wisdom Your Body Already Holds

Your body isn't just a medical case to be managed—it's a wise teacher that's been communicating with you throughout your entire life. Long before your **diagnosis and the onset of your symptoms**, your body was sending you messages through sensations and subtle signals. Learning to listen to and trust these messages is essential for activating your Healing Compass.

Embodied awareness is the practice of tuning into the intelligence that lives in your tissues, organs, and cells. This isn't New Age mysticism—it's a profound truth that ancient healing traditions have always known and that modern neuroscience is now confirming: your body possesses an innate wisdom that can guide you toward choices that support your healing process.

Description

Discover how your body's wisdom can guide you to the choices that best support your healing process.

Healing Resources

-  [Video Transcript](#)
-  [The Power of Embodied Awareness Handout](#)

Today, you'll learn specific practices for accessing your body's wisdom, interpreting its messages, and using embodied awareness to navigate the countless decisions you face on your **healing path**. Should you pursue this treatment or that one? Is this practitioner right for you? Which support resources truly serve your healing? Your body knows—you just need to learn its language.

This is where healing becomes truly empowering. Instead of outsourcing all decisions to medical authorities or well-meaning advisors, you'll discover how to consult with the ultimate expert on your healing: your own embodied wisdom.

The practices in today's video will help you establish a direct dialogue with your body's innate intelligence.



The Power of Embodied Awareness

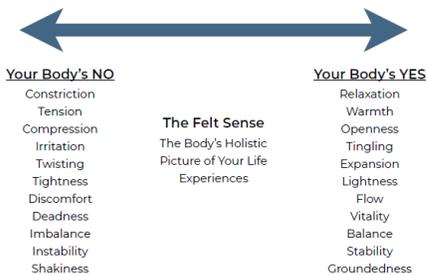
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Day 3: The Power of Embodied Awareness

The felt sense—is a person's internal knowing that encompasses everything they feel and know about a particular situation in their life, available to them all at once rather than detail by detail. Felt senses are found below a person's everyday awareness of objects, thoughts, emotions, and beliefs—they lie in the subtle, mostly unrecognized zone of experiencing within a person.

Implicit knowing—refers to the bodily felt sense of a situation or issue that contains meaning that hasn't yet been symbolized in words or clear concepts. It's a form of bodily-based knowing that is more intricate and complete than what can be initially expressed through language, yet it can be accessed through attending to subtle bodily sensations and feelings.



"Your body knows the direction of healing and life."
—Eugene Gendlin



The Power of Embodied Awareness

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Day 4 Page

Activate Your Healing Compass

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Day 4 VIDEO

Inner Attunement and the Power of Beauty

Staying Connected to Your Authentic Self in Challenging Times

In the midst of **a health challenge**—with its overwhelming medical appointments, difficult physical symptoms, and emotional turbulence—it's easy to lose touch with the essence of who you are. You can begin to feel like nothing more than a patient, a diagnosis, or a collection of symptoms to be managed.

But your authentic self—the part of you that loves beauty, feels wonder, experiences joy, and connects with the sacred—that self doesn't disappear during illness. In fact, maintaining connection with this authentic self is one of the most powerful healing practices you can cultivate.

Description

Stay rooted to your core essence through practices of beauty and meaning

Healing Resources

-  Video Transcript
-  Inner Attunement and the Power of Beauty Handout

Today's session explores the transformative power of beauty, wonder, and inner attunement as healing practices. You'll discover how deliberately engaging with beauty—whether through nature, art, music, or meaningful rituals—isn't a luxury or distraction from your healing work. It's a direct pathway to staying connected with your soul's deepest truths during the most challenging passages of your journey.

Inner attunement practices help you stay rooted in what matters most, even when external circumstances are chaotic. They remind you that healing isn't just about eliminating disease—it's about nourishing the fullness of who you are and celebrating the miracle of your existence.

Today's practices will help you design inspiring activities and rituals that sustain your spirit throughout your healing journey.



[Inner Attunement and the Power of Beauty](#)
[download button]



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 authentic self.

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...



Inner Attunement and the Power of Beauty

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Day 5 Page

Activate Your Healing Compass

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Day 5 VIDEO

Designing Your Support Network

Assembling the Physical and Spiritual Resources That Sustain You

You weren't meant to navigate your **healing process** alone; yet not all support is created equal. One of the most important skills you can develop is discerning which people and resources truly serve your healing—and which ones, despite good intentions, might actually hinder it.

Today, you'll learn to design a comprehensive support network that includes both physical resources (medical practitioners, support groups, healing modalities) and spiritual resources (guides, practices, sacred companions). More importantly, you'll discover how to evaluate whether each element of your support system is genuinely aligned with your Healing Compass or if it is pulling you off course.

Description

Design a support network aligned with your authentic healing needs

Healing Resources

- 📄 Video Transcript
- 📄 Designing Your Support Network Handout
- 📄 The Healing Companions Compendium

This work requires both wisdom and courage. It means honoring your inner knowing even when it contradicts conventional wisdom or when it may disappoint those close to you. It definitely means taking responsibility for consciously choosing who and what you allow into your healing space.

But here's the beautiful truth: when you assemble a support network that's truly attuned to your authentic needs—one that combines both earthly helpers and spiritual allies—you create a powerful container for transformation. **You're not just restoring your physical wellness;** you're activating a healing process that nourishes your entire life.

Use today's exercises to map out your current support network and identify any gaps or misalignments that need your attention.



Designing Your Support Network

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Day 5: Designing Your Support Network



Healing Exploration: Essential Needs

Reflecting on your lived experience of the cancer journey, 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 Day 1.

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Designing Your Support Network

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Bonus Masterclass

Activate Your Healing Compass

- PRE-MINI-RETREAT PRACTICE—The Tree of Life Breathing Practice
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MASTERCLASS VIDEO

Activate Your Healing Compass Masterclass

Integrating Your Journey and Stepping Into Your Power

Congratulations on completing the 5-day Activate Your Healing Compass® Mini-Retreat! Over the past five days, you've laid a powerful foundation for navigating your **healing process** with wisdom, clarity, and authentic empowerment.

In this special masterclass recording, we bring together all five aspects of your Healing Compass—mythic framework, energy protection, embodied awareness, inner attunement, and support network design—and explore how they work together as an integrated system for transformation.

Description

Discover new practices that deepen and activate your Healing Compass, making it easier to access your inner wisdom throughout your healing journey

Healing Resources

 [Video Transcript](#)

This session was originally presented live, allowing participants to ask questions, share insights, and experience the collective energy of a community committed to healing. As you watch, you'll hear real stories from fellow travelers, receive answers to common questions, and discover advanced practices for deepening your relationship with your Healing Compass.

More importantly, you'll learn how to sustain this work beyond the retreat. Activating your Healing Compass isn't a one-time event—it's an ongoing practice that will continue guiding you through every phase of your healing journey and into the life that's waiting for you on the other side of this passage.

This masterclass is both a completion and a beginning. It honors how far you've come while pointing toward the vast potential that lies ahead. You've activated your Healing Compass—now it's time to follow where it leads.

Watch this session when you're ready to integrate your entire journey and step more fully into your healing power.

 [Video Transcript](#)

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