



# Activate Your Healing Compass<sup>®</sup>

Five Essential Tools for Navigating the Healing Process



## Day 1: Building a Mythic Framework for Healing



### 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 while navigating your current health challenge? **Review your Mythic Path Profile Overview to help you answer this question.**

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## Healing Exploration: Tempering Support Structures

What would it look like to intentionally design your life and put the support structures in place to temper the inherent imbalances and challenges associated with your mythic path?

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### PRINCIPLE OF HEALING

**Identifying the dynamics, patterns, and behaviors from your mythic path that are impeding your healing process provides a powerful foundation for healing.**

## Healing Exploration: Conscious Challenges

Describe the conscious challenges you have been experiencing since your health challenge began. These could be inner patterns and behaviors, or external dynamics and experiences.

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## **The Lived Experience**

**The Lived Experience**—is the raw, unfiltered reality of how you physically sense and emotionally feel your moment-to-moment existence, distinct from the narratives or meanings you later construct about it. It encompasses your immediate bodily sensations, emotional states, and direct perceptions as you move through life before cognitive interpretation or storytelling takes place.

### **Healing Exploration: Describing Your Lived Experience**

Describe your lived experience of your current health challenge. What has been your predominant emotional and physical response since your illness began? This could be very different from the conscious challenges you detailed earlier.

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**PRINCIPLE OF HEALING**

Recognizing your lived experience of your health challenge highlights the core life lesson you are being asked to learn as a part of your healing process.

## Healing Exploration: Linking the Past with the Present

Tune into your health challenge from two distinct perspectives. First, your lived experience of your illness—the bodily sensations, emotions, and direct perceptions. Second, your conscious awareness of the challenges you have been facing since your illness began. As you hold both experiences, what situations from your past produce this same inner landscape or feel similar to your conscious challenges?

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**“Though nobody can go back and make a new beginning, anyone can start over and make a new ending.”**

—Chico Xavier

## Healing Exploration: Life Lesson Identification

When you place those resonant past events alongside your current health challenge, what deeper wisdom or life lesson wants to emerge? What is this recurring life theme teaching you about yourself, your path, and how to navigate your healing process?

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## Healing Exploration: Applying Past Wisdom

As you revisit those past experiences that resonate with your current health challenge, what choices and actions could have helped you navigate them with greater wisdom and ease? Which of these responses feel most relevant to support you now?

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## Healing Exploration: An Expanded View of Your Healing Process

What changes and shifts in how you engage and navigate your health challenge when you see it through the lens of your entire life experience? Think in terms of the recurring themes of your mythic path, the transformative lessons embedded into your healing process, and how you have resolved past challenges—instead of viewing your experience only from the point of diagnosis forward.

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**“Sometimes what seems like a curse turns out to be a blessing, and what seems like the end of hope can be the beginning of a journey of liberation.”**

—Pema Chödrön

## The Tree of Life Breathing Practice

In addition to the basic Tree of Life practice you learned in the pre-retreat video, apply the adaptations that fine-tune the practice to support your unique healing process.

### Practice Adaptations:

- 1. Mythic Path Transformation:**  
From the light above the tree, imagine breathing in the qualities, colors, concepts, words, sounds, images, or energies that bring balance to the roles, behaviors, patterns, and dynamics that may be interfering with your healing process.
- 2. Easing Conscious Challenges:**  
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 shift the conscious challenges you are facing, as well as the unpreferred aspects of your lived experience of your health challenge.
- 3. Healing Life Lessons:**  
From the light above the tree, consciously breathe in the qualities, colors, concepts, words, sounds, images, or energies that bring healing and transformation to the life lesson or lessons that is/are being highlighted in your health challenge.



## PRINCIPLE OF HEALING

**Establishing a daily practice that intentionally channels healing energy into the lessons and challenges associated with your healing process helps strengthen your sense of active participation in reclaiming your wellness.**

## Day 1: Checklist

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- Identify the patterns and imbalances from your mythic path that may be interfering with your healing process.
- Recognize the life lesson(s) your health challenge is bringing to the surface for healing and integration.
- Describe your lived experience of your health challenge in rich detail, including its physical, emotional, and energetic dimensions.
- Choose specific qualities, colors, concepts, words, sounds, images, or energies to personalize your Tree of Life Breathing Practice.

## Day 1: Healing Practice

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Use the Tree of Life Breathing Practice to bring healing and balance to the patterns and imbalances associated with your mythic path, your current experience of your health challenge, and the life lessons your healing journey is activating. Strive to do the practice twice a day—in the morning upon waking and before bed.

## Day 1: Navigational Tool

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**Biographical Awareness**—Exploring the connection between your current health challenge and past challenges to identify the recurring life lessons that are seeking integration through your healing process.

## Day 1: Healing Skill

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**Mythic Imagination**—the ability to perceive your health challenge within the larger context of your life story, recognizing how past experiences inform your current healing responses, while remaining open to the profound transformation seeking to emerge through you.

## Day 1: Homework

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- Identify at least one pattern or imbalance associated with your mythic path that is potentially impeding your healing process and influencing the choices you make in your health reclamation journey.
- Fill out your Day 1 Tree of Life Breathing Practice Worksheet.