



Activate Your Healing Compass®

Five Essential Tools for Navigating the Healing Process

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’s NO

Constriction
Tension
Compression
Irritation
Twisting
Tightness
Discomfort
Deadness
Imbalance
Instability
Shakiness

The Felt Sense

The Body’s Holistic
Picture of Your Life
Experiences

Your Body’s YES

Relaxation
Warmth
Openness
Tingling
Expansion
Lightness
Flow
Vitality
Balance
Stability
Groundedness



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

Healing Exploration: Your Body's YES

Pick three experiences or events from your past that were completely congruent with your truth (i.e., beautiful, healing, or positive). Pay attention to how your body feels when you visualize these experiences. Write down, in as much detail as possible, the physical sensation(s) around these "YES" experiences. What is kinesthetically happening in your body? Does your chest open up? Do your shoulders relax? Does your breathing slow down? How does your body respond to a positive picture from your past?

How do you experience your body's "YES"?

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Healing Exploration: Your Body's NO

Now, pick three events from your past that were painful, frustrating, limiting, or confusing, yet still emotionally safe to imagine. **Do not choose any events from your past that were traumatizing.** Pay attention to what happens in your body. Again, write down, in as much detail as possible, the physical sensation(s) around this set of "NO" experiences. Do you get a knot in your stomach? Do you feel compression around your heart? Do you feel thickness in your head? Does your breathing become shallower or speed up? How does your body respond to an unpreferred picture from your past?

How do you experience your body's "NO"?

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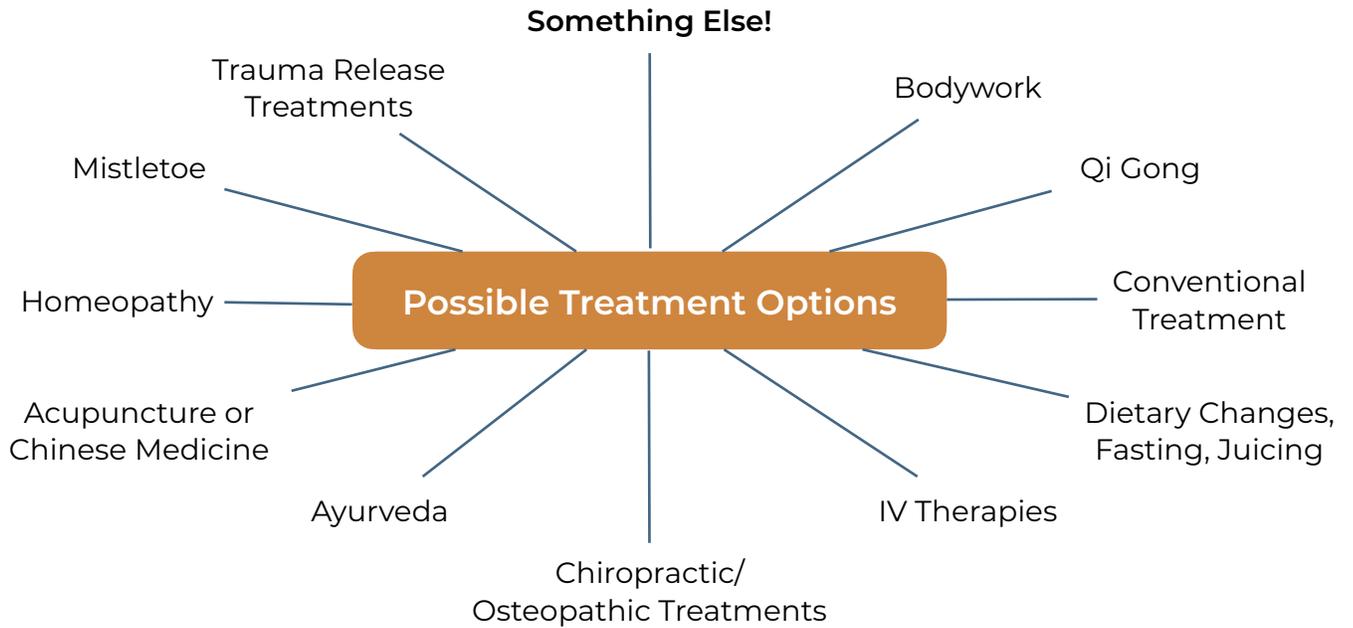
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Important caveat: This technique is only appropriate for making choices and understanding dynamics that occur in the present, not the future. This technique cannot be used to predict the future or understand choices that may or may not happen in your life.

Sample Web of Possibilities



Additional Treatment Options

Naturopathy	Reflexology	Color/Sound Therapy
Nutritional Supplementation	Infrared Sauna Treatments	Nature Retreats
Breathwork	Ritual/Ceremony	Plant Medicine
UV Blood Irradiation	Family Constellation Work	Exercise
Art Therapy	Herbal Medicine	Essential Oil Therapy
Dance/Movement Therapy	Contemplative Practices	Writing/Journaling Workshops
Mind-Body Practices	Emotional Release Work	Psychotherapy
Colon Hydrotherapy	Ozone Therapies	Focusing Sessions
Guided Imagery/Visualization	Therapeutic Eurythmy	Physical Therapy
Hyperbaric Oxygen Treatments	Tai Chi/Energy Revitalization Practices	Hyperthermia (Hot/Cold) Treatments



“I believe that the greatest truths of the universe don't lie outside, in the study of the stars and the planets. They lie deep within us, in the magnificence of our heart, mind, and soul.”

—Anita Moorjani



Compass rose in front of the Tower of Hercules, the oldest working lighthouse in the world. A Coruña, Spain

PRINCIPLE OF HEALING

Creating an image that captures the options and healing movements available to you allows you to access whole-brain intuitive knowing—opening you up to imaginative, creative solutions that move your life forward.

Healing Exploration: Constructing Your Treatment Protocol Web

Which treatments are you being called to put on your Treatment Protocol Web?

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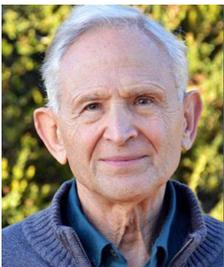
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“The body is not a thing or a state; it is a process. A process that when listened to can guide us toward greater wholeness and healing.”

—Peter A. Levine

Healing Exploration: Creating Your Past Trauma Web

What would be included on a Past Trauma Web—the traumas that may need to be explored and healed to promote greater receptivity in your healing process? **For significant or complex traumas, please work with a qualified mental health professional who can provide appropriate support.**

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Healing Exploration: Designing Your Challenging Patterns Web

What would you put on a Challenging Patterns Web—a web for addressing the habits, patterns, or behaviors that might be impeding your healing process?

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Healing Exploration: Constructing Your Life Stressors Web

What would be included on a Life Stressors Web—a web to help you identify the scenarios, dynamics, patterns, and relationships producing stress and pain in your life?

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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 & 2, try out these adaptations to support your unique healing process.



Practice Adaptations:

- 1. Enhancing Your Body's YES:**
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 staying connected to your body's YES.
- 2. Supporting Your Healing Regimens:**
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 your chosen healing regimens and how you want to address your past traumas, limiting patterns, and scenarios that are perpetuating stress and pain in your life.

PRINCIPLE OF HEALING

Establishing a daily energy practice that supports and strengthens your chosen healing approaches amplifies their effectiveness and enhances your overall healing process.

Day 3: Checklist

- Develop fluency in recognizing how your body communicates its YES and NO to you.
- Complete your Treatment Protocol, Past Traumas, Challenging Patterns, and Life Stressors webs to create a clear framework for accessing your embodied awareness. Use them as a part of your daily practices.
- Select additional qualities, colors, concepts, words, sounds, images, or energies to enhance your Tree of Life Breathing Practice.

Day 3: Healing Practices

- Develop fluency in sensing your body's YES and NO responses to guide your healing decisions.
- Apply the Web of Possibilities framework when making treatment choices, healing past traumas, addressing limiting patterns, and managing life stressors.
- Customize the Tree of Life Breathing Practice to strengthen your embodied awareness and to solidify your chosen healing path.

Day 3: Navigational Tool

The Web of Possibilities—a visual framework that enhances decision-making by combining embodied awareness with whole-brain, intuitive knowing.

Day 3: Healing Skill

Embodied Awareness—using your body's intelligence to guide healing decisions, creating harmony between your inner wisdom and the actions you take throughout your healing journey.

Day 3: Homework

- Describe in detail how your body expresses its YES and its NO.
- Fill out your Day 3 Tree of Life Breathing Practice Worksheet.

PRINCIPLE OF HEALING

A foundational aspect of personal empowerment is accessing and navigating your healing process from your embodied wisdom.