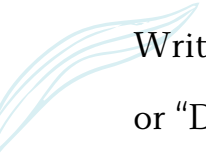


SELF HEALING INVITATION:
OPEN THE INTUITIVE MIND:



Write a letter and address it to your highest self. You can start with “Dear Beloved” or “Dear Highest Self.” Whatever calls to you.

Use this practice daily to unlock your subconscious and open your intuitive mind, your place of wisdom. This exercise helps us to reveal things about ourselves that can be helpful in healing trauma, responding to challenging life moments, squashing resentments, and showing more compassion towards others and ourselves.

To prepare, find a cozy spot where you can have some privacy, prepare a cup of tea or coffee, and just write down whatever comes up. This writing should be free-flowing, uninterrupted, and continuous. It doesn't matter if the thoughts are not connected or don't make sense. You may even find that you recall memories more easily or have moments of clarity about something you've been trying to figure out.

This can be a helpful tool for self-reflection and understanding the mind's processes. It can also help reveal to you the source of your pain or struggle. Uncovering these aspects of ourselves that we've repressed or ignored is a huge step forward in understanding who we are. This allows you to mend relationships or make new connections that are truly aligned with you.



REFLECTION

What did you uncover about yourself and the relationships in your life?

What desires have you discovered?

What lights you up with joy?

What is the vision of your future self?

