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I wish you a wonderful month ahead as you continue on your path of deep healing. I hope your Soul Journal helps you to connect with your thoughts and emotions and discover deeper levels of healing.

*Create a loving and gentle ritual in a comfortable place, where you can connect to yourself.*

Find a quiet space and sit comfortably.

Light a candle and burn essential oils (safely).

Turn on some gentle and relaxing music.

Take your Journal and your favourite pen.

When you knew we were covering the topic of Healing this month, what initially came to mind when you thought of your own healing?

What would you like to start healing?

Are you ready to heal these things?

If yes, why?

If no, why?

What is standing in the way of you starting your healing path?

What or who can help you on your healing path? Bringing in supports around you can be a very important aspect of healing.

If you have tried to heal these things before, why do you feel you were unable to heal them?

What could you try differently this time?

I am ready to heal because…….

This healing will change my life by…….

I believe in the power of healing because…….

I believe in myself because…….