

Empowerment:

We shape our own healing process choosing what best serves us.

We can develop the skills to make good decisions for our healing so we can lead lives of joyous dignity.

An important skill for our healing journey involves learning to access and trust our inner wisdom, sometimes known as intuition. By developing our connection with our inner resources, we gain valuable insight to help guide our choices. Ways to access one's inner wisdom include journaling, visualization, creating art, meditation and prayer. Developing this connection and aligning ourselves with it is an enriching lifelong process.

Consulting our inner wisdom helps us discover our needs. Knowing more about our needs gives us power! We can proactively seek ways to meet our needs, taking care of as many of them as possible. The sense of empowerment gained in recognizing our capacity for self-nurturance leads to increased self-respect and dignity.

As we build self-awareness, we discover there are many ways we can begin to meet our needs. It's vital we become expert in discovering what works for us and adapting it to fit. After all, we are the only ones who can truly know what is best working for us.

Gradually, we gain the emotional maturity to choose the steps that are most healing for ourselves. Gradually, we shift from seeing ourselves as victims, to seeing ourselves as survivors and over time as thrivers. This is more of a cyclic process than a linear one. Even after much healing has elapsed, we may still find aspects of ourselves feeling like victims at times. It helps when we can turn towards these aspects with empowered compassion.

As we continue to make empowering choices for our healing and deepen our connection with our emotions, our capacity to experience joy grows, and our lives feel progressively richer and more fulfilling.

Vital Cycle: The better we shape our healing process the more empowered we are. The more empowered we are the better we can shape our healing process.