STEPS TO HEALING THE HEART



STAGES OF EXPERIENCE

STEPS

PRINCIPLE CENTRED HEALING ACTIONS

The Frozen Individual

HURTFUL EXPERIENCE
Trauma/Hurt/Abuse/Abandonment
Pain Fear Anger
EXPERIENCED AS SHOCK
Feelings Are Blocked/Repressed



The Open Individual EXPERIENCE THE FEELINGS

Release It to Consciousness to Access It And Express It to Get to Underlying Experience of Truth & Pleasure

The Wounded Warrior

HURT OF EXPERIENCE CAUSES REFLEXIVE OUTPOURING OF HURT TO OTHERS - Anger - Blame Striking Out



The Peaceful Warrior FORGIVENESS OF OTHERS -

Stop The Blame By Realizing a Greater Truth and Heal By Forgiveness

The Wounded Self

HURT OF EXPERIENCE CAUSES REFLEXIVE INTERNALIZATION OF HURT TO SELF

- Self Blame -Shame
- Withdrawal or Disassociation



The Healed Self FORGIVENESS OF SELF -

Stop Self Abuse and Shame By Realizing
The Greater Truth and
Heal The Inner Child Relationship

The Shadow Self

HURT OF EXPERIENCE CAUSES: DISINTEGRATION OF THE CON-NECTIONS WITHIN THE FULL BEING- Spirit-Head-Heart-Body-World- And Creation of Fragmented



The Illuminated Self REINTEGRATION OF GREATER

SELF - Recognition, Acceptance and Re-Integration of Repressed Aspects of Our Total Personality: Tree of Life Spiritual (God) -Mental (Head)

- Emotion (Heart) -Body (Child) -
- Earth (Other) Temporal (Time)

The Co-Dependant Self

HURT OF EXPERIENCE CAUSES: LACK OF BOUNDARIES AND UN-CONSCIOUS/UNHEALTHY DEPENDENCY / RELATIONSHIP AND HELP PATTERNS The quicksand relationship



The Independent-Interdependent Self BONDING= PHYSICAL CLOSENESS & EMOTIONAL CLOSENESS -

The Ability To Reach Out to Assist Others
In Healing Themselves Maintaining Integrity and Integration of

Maintaining Integrity and Integration of Each Others Tree of Life.