



Link Breaking Skills

## Daily Link Breaking Practice Skill Sheet - Session 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Belly Breathing							
Water Being Present							
Guided Imagery							
Flavorful Meals							
Awareness							
Formal & Informal Learning							
Feelings & Thoughts							
Fun							
Feel Good Activities							
Fitness & Movement							
Friends & Family							
Finding meaning							
Faith in Yourself							

### *Session 11 Principles of Healing:*

- 1. Healing takes place in the present moment.**
- 2. Mindbody integration is fundamental to healing.**
- 3. Healing is a process of increasing awareness - of constant self-discovery.**

4. Intention initiates and guides healing process; to activate your inner healer, intend it.
5. Healing comes from within - through active relationship with self.
6. Attitude is central - the attitude in which you approach, view and relate to the experiences of life is foundational to healing. An attitude of gentleness, compassion, honesty, openness, lightness and fun (the attributes of the heart) is fundamental.
7. Nothing is new - the principles of healing are found in the wisdom traditions throughout human history.
8. Healing is an energetic process - illness or injury depletes energy. Conscious activation of your healing potential organizes energy at a higher level.
9. Healing is Paradoxical in Nature - it frequently occurs in the midst of confusion and apparent contradiction.
10. Imagery is mindbody's natural healing language.
11. Healing involves changing and evolving your mental models.
12. In life, wanted and unwanted events occur. The healing journey is about finding meaning and value in all of life's experiences.
13. Healing is an evolving journey of a lifetime - a journey that supports fullness in living and dying. *(not "either- or" - living or dying. We are living and dying every day.)*





**Session 11 Question:**  
**How do I make these changes stick?**

*Notes:*

*Any new insights?*

