

Earth Whispering Healing

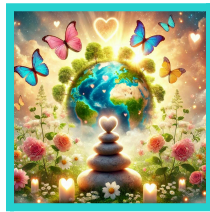
Self Healing Journal



A Ten Step Journal to Healing Yourself



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Earth Whispering Healing

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"You don't have to see the whole staircase, just take the first step."

Martin Luther King Jr

These steps are general practices that can improve your physical health and are not scientifically tested. Always work with your health care provider to determine the best way to incorporate traditional medicine with your natural self-healing abilities to develop your personalized holistic approach.

Pictures and some text created with assistance from ChatGPT.



Introduction

A Ten Step Journal to Healing Yourself

Self healing is not a new way of thinking, but a practice that has been around for thousands of years. This journal combines the concepts of Ancient wisdom with modern insight, helping you live your best life. It is not an all or nothing approach, but rather some small steps to help you begin your healing process. We understand how busy and hectic life can be, and unfortunately healing is not as quick as getting stuck in a negative pattern. Use this journal as the first steps to healing and when you are ready for the next steps, we will be here waiting for you!

Each day we will share with you a step to help you better connect with yourself, and how you are feeling. This will take you on a journey of self-healing that will lead to a happier, healthier life. As you try each new step, use the journal page or a notebook to monitor how you are feeling. This will help you identify which practices bring you relief or even joy. Remember, it is not an all or nothing approach. It is a journey of self-healing, set at your pace. Along the way, remember, small steps, deep breaths.

Namaste & Love & Light to You!



Step I **Journal**



*"What lies behind us and what lies before us are tiny matters
compared to what lies within us"*

Ralph Waldo Emerson

Journaling is the practice of writing down your thoughts and feelings as a way to process and understand your emotions more deeply. It's a powerful tool for releasing negative emotions that can trigger anxiety or stress. By identifying these triggers, you're taking a key step toward healing. Avoid judging your emotions or over analyzing where they come from—simply acknowledge them, write them down, and move forward. You've already taken an important first step toward self-healing!

Keeping a journal will help you track your progress and monitor your healing journey. Starting this practice intentionally is a great way to set yourself up for success. You hold the wisdom and answers within you, and taking the time to write down even the most random thoughts is essential in finding the path that aligns with your highest good. This path will lead you to a place of reflection, growth, and living your most fulfilling life.

Journaling can also improve your self-talk. The way we speak to ourselves is just as important as how we speak to others. Always approach yourself with compassion, empathy, understanding, and, most importantly, forgiveness.

Journal Entry

Begin today by writing a few notes about how you are feeling, and what your goal is on this journey. Set the goal as something small, or something big, knowing that this is only a beginning to the journey you are on. You are the master of your destiny. Small steps, deep breaths.

Date: _____

How do you feel? What are you hoping for?

What are you grateful for?

Signed: _____



Step II

Connect with Nature



"I firmly believe that nature brings solace in all troubles." Anne Franke

Connecting with nature is one of the easiest ways to reset your energy patterns and heal yourself. Simple steps like taking a walk outside or surrounding yourself with plants can help your body reset and get in tune with the frequencies of the Earth.

Today, I want you to take twenty minutes observing or surrounding yourself in nature. If mobility is an issue, bring a plant close by and look at the beautiful detail of the petals, the leaves, and even the stems. Recognize the different textures, colors, and sizes. If you enjoy drawing, sketch the plant. Do what fits you to make the most of this journey.

If possible, go outside and go for a walk in nature. Find a park, a green space, or even a waterway nearby and immerse yourself in nature. Look around at all the natural wonders, the trees, the grass, the flowers, the shoreline, even the rocks that lay on the ground. Each piece is a miraculous part of nature.

Take off your shoes and walk barefoot along the grass or sand. Breathe in the aroma of nature that surrounds you. Touch the earth, the grass, the sand, the tree bark, or leaves and really feel how each element feels in your hand.

Some places like the ocean or forest have a higher energy and bring about a deeper healing, but all of nature is naturally healing so each step can bring you closer to the goal of self-healing. Keep taking small steps, deep breaths.

Connecting with Nature Journal Entry

Date: _____

Where did you go today? How did you experience nature? How did it make you feel? What did you see? What did you hear? What did you smell?

Engaging your senses is a natural way to bring you back into the moment.

Share anything you like here. The simplest memory or the most elaborate.

What are you grateful for?

Signed: _____



Step III

Sit in Silence with Yourself - Meditate



The Quieter You Become, the More You Can Hear

Being alone is sometimes very difficult for some people. Self reflection often makes you see the negative in yourself, when honestly being alone is one of the most beautiful places to be. Quiet your mind and listen to the inner voice of the soul. This takes practice and if it is hard for you, don't worry, that is not uncommon. Just take a few moments here, take a few deep breaths and feel the energy of your body as it connects with the surface beneath you. Feel the air as it comes in your nose or mouth and fills your lungs. Feel your chest and abdomen as it expands, filling with the air that so naturally energizes your body. Breathe in, breathe out.

Think to yourself and repeat in your mind, I am healing myself! I am healing myself! Do this for one to two minutes, or five to ten, whichever is more comfortable. As you build on each day, add a few extra moments to this practice, focusing on your breath and the mantra that you choose for the day.

The constant chatter of the mind is the ego and it often blocks the true sounds of your heart and soul. This is the greatest journey and may take the most time. Don't be disappointed when your mind wonders, just take a deep breath and let the thought float away like a beautiful cloud floating away in the sky.

As you spend more time in nature or in silence, your mind will continue to release new thoughts and emotions, some that may seem good to you, and some that may seem bad. Try not to label them, but just release them. As you continue on your healing journal you can use these thoughts to help you move forward, but for now just release them into the sky.

Sit in Silence with Yourself Journal Entry

Date: _____

How did it feel to sit in silence with yourself? Did it feel uneasy, or was it natural for you? Did you do one or two minutes, or five to ten?

Did you make time for nature today as well as sitting in silence? These two practices can go hand in hand or work independently. The important part is finding time for both of them. Small steps, deep breaths.

What are you grateful for?

Signed: _____



Step IV **Gratitude**



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more.

It turns denial into acceptance, chaos to order, confusion to clarity."

Melody Beattie

Practicing gratitude is not just about perception, but that is definitely a piece of it. It helps us see the beauty and puts into practice the art of attraction. We've touched on energy and how each of us puts off different frequencies. Those frequencies are created by our thoughts, our emotions, our chemistry, everything about us. Creating a frequency of positivity helps you attract like frequencies. Positivity draws positivity. You don't have to understand that or believe it to start practicing it. You have already been doing this in small steps the last few days. Now today I want you to expand on it.

I want you to spend five or ten minutes in meditation, thinking of all the things you are grateful for. It can be small things like something you enjoy eating, or big things like the people in your life. Think of the places you have been or seen, some favorite moments, anything that has made your heart happy. Recognizing, acknowledging, and writing it down at least once a week will help you learn to practice gratitude regularly.

For some of this practice I want you to include your gifts and talents. What are you thankful for about you? What are some things that you have done that make you proud? Working on this journal is something you should definitely be proud of! You are on a journey of self-healing. You deserve to be happy and healthy! Remember, small steps, deep breaths!

Gratitude Journal Entry

Date: _____

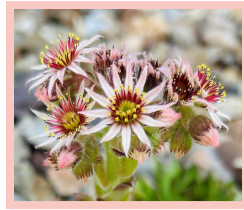
There is so much in life to be thankful for. Acknowledging what you appreciate is a great start to a more fulfilling life. On this page, you can include how the process of acknowledging things you were grateful for made you feel. Did you have a hard time thinking of things that you were thankful for? Was there an overabundance of things that you were grateful for? Whether you have many blessings, or just a few, these blessings will continue to multiply if you appreciate them.

Signed: _____



Step V

Release Negative Thoughts



Some see a flower, some see a weed. The power is in perspective.

The human ego often accumulates negative energies, which can be recognized in moments of silence. What are the voices in your head telling you? Do they echo feelings of ego, greed, hate, envy, hurt, anger, or fear? Perhaps you've already worked through these traumas, and if so, that's wonderful. If not, it's important to acknowledge them and let them go. Holding onto these emotions ultimately harms you the most. While they can affect others around you, negative emotions tend to attract more negativity, impacting the collective energy as well. In recent years, we've witnessed a rise in negative energy, but as more people awaken to the true meaning of life, we are gradually shifting back toward the light, allowing positive energy to prevail.

It is in the silence we hear these voices, but once you learn to move past them, the silence is beautiful. This journal entry is invaluable as you will write down some of the repetitive thoughts or beliefs in your mind that feed the ego or negativity. Once you write them down, I want you to find a safe place to burn this piece of paper or rip it up and throw it away. As you do this, say to yourself, I release all the negativity as it does not serve my highest good.

We all have these thoughts and you aren't a bad person. This time was the hardest for me because as I identified my ego, I kept feeling more angry and disappointed in myself. Breaking free from this piece is vital. Know you are not alone in being stuck here. You are beautiful and you were created with purpose. Each step helps us grow. Small steps, deep breaths!

Release Negative Thoughts Journal Entry

Date: _____

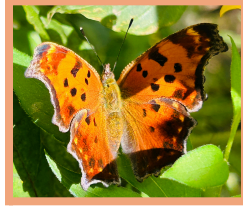
Releasing negative thoughts is a step in your healing journey. It may be one of the most difficult, but it is an important step. What are some of the negative thought patterns you get stuck in? Are they self sabotage or perhaps judgements? Whichever, know that we all have these and can easily get stuck in them. Writing them down is a step to releasing them. Then as they enter your mind in the future, just acknowledge and release like a cloud or balloon floating over your head. Let it drift away as you find the calm within you.

What are you grateful for?

Signed: _____



Step VI Remove Toxins



“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf.

In identifying your ailments, many people already know some of the toxins that contributed to them. Our body knows what is bad for us and tells us. Learning to listen to our body and hear what it is telling us will help us identify these toxins and remove them. As we grow in our meditation practice, we will learn to hear our body better.

These toxins are deeper than nicotine, alcohol, radiation, and other items that we know are bad for us. They can be food, emotions, people, places, thoughts, or even activities. Remove as much of the toxin as you have control over but don't fixate here. While cleansing is important, we can't solve the bigger issue in one healing. This will come with greater healing.

Gluten intolerance, irritable bowel syndrome, peanut and other food allergies are all our bodies' way of telling us we need to pay closer attention to what we are putting into our bodies. My body is telling me to abstain from meat, but removing it from my diet is a huge obstacle. I've chosen to practice meatless Mondays as often as I can, weekly cleanses, or just making conscious choices, knowing that it will take me many years to break this habit.

Don't focus on all the things you feel are “bad” for you. Find just one or two and think of ways you can decrease them. Always remembering, small steps, deep breaths!

Remove Toxins Journal Entry

Date: _____

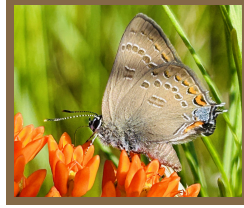
What are some of the toxins you regularly get exposed to? What foods is your body telling you to avoid? Do you have any addictive tendencies? Remember that removing habits is a big step and isn't a quick process. Give yourself time and celebrate the fact that you are acknowledging them. You are on the way to a happier, healthier life.

What are you grateful for?

Signed: _____



Step VII Replenish Nutrients



We are what we eat.

Identifying the nutrients you are lacking really isn't as hard as you may think. The most basic nutrient is water. It is an essential piece to self healing and it is true, it can cure much of what ails us. Start by adding two glasses a day, until you get to sixty ounces. Start with a glass as soon as you get out of bed, and then maybe add one before bed. One before or after each meal and before you know it you will be up to sixty ounces.

You will notice a significant difference in your skin, complexion, hair, and even nails. We truly are sixty percent water so this is one of the easiest steps to improve your health. I visualize it much like a neglected plant that has been thirsty and when you water it you can literally see the leaves lift and rehydrate.

After you have considered how to add more water to your day, analyze the foods you are craving. Each craving is linked to a greater meaning and can represent so much. If your body is calling for fruits and vegetables, start there. Multivitamins are great if they don't have additives like high fructose corn syrup. If your stomach gets upset frequently after taking your multivitamin, it is likely not the one for you.

As you identify the nutrients you are craving, you will likely recognize some of the unhealthy things that your body desires. Salty chips, sodas, sugars, these habits quickly become staples to our everyday diets. Don't try to quit them cold turkey. Just slowly incorporate more healthy choices and in time you can weed out some of the unhealthy ones. Many of these are fine in moderations. The problem is when they become our primary source of energy. Just start out slowly. Remember, small steps, deep breaths!

Journal Entry

Date: _____

Replenishing nutrients is similar to removing toxins. It is an important step that takes time. Write down what foods you found yourself craving that replenish your energy. Fruits, vegetables, nuts, and of course water.

An easy step to replenishing is when you have a craving for something that may be unhealthy, drink a glass of water and see if that decreases the craving. Be sure and log how much water you drank today and set a goal to increase to three large glasses a day.

What are you grateful for?

Signed: _____



Step VIII

Research Holistic Healing Methods



"If you Want to Find the Secret of the Universe. Think in terms of Energy, Frequency, and Vibration."

Nikola Tesla

There are many practices that can be incorporated into daily living. We have only shared a few. This list gives you some other self-healing and holistic healing modalities that can help bring you closer to understanding the energy and the healing power that lies within your own body. Select one or two, research them and decide if there are any that may be beneficial to you. Information on these modalities can be widely found, but be sure and find a reputable source. We have incorporated resources for some on our website.

Always work with your health care provider to determine the best way to incorporate traditional medicine with your natural self healing abilities to develop your personalized holistic approach to healing.

Visualization - Visualization involves using mental imagery to promote physical, emotional, or spiritual well-being. It requires focusing the mind on positive, healing images or scenarios, such as imagining the body healing, energy flowing smoothly, or visualizing a peaceful, stress-free state. This practice is based on the idea that the mind's focus can influence the body, helping to reduce stress, enhance relaxation, and even support the body's natural healing processes by fostering a positive mental state.

Breathwork - Breathwork is a healing modality that involves consciously controlling and regulating the breath to improve physical, mental, and emotional well-being. By using specific breathing techniques, breathwork can help reduce stress, increase energy, enhance mental clarity, and promote emotional release. It is based on the idea that the breath is a

powerful tool for calming the nervous system, improving oxygen flow to the body, and balancing energy. Various styles of breathwork, such as deep diaphragmatic breathing, circular breathing, and pranayama, can be used to facilitate relaxation, emotional healing, and overall health.

Mantras - Mantras involve the repetition of specific words, sounds, or phrases to promote mental clarity, emotional balance, and spiritual well-being. The vibrational frequencies created by chanting or silently repeating mantras can help calm the mind, reduce stress, and enhance focus. In many spiritual traditions, mantras are believed to carry healing energy that can shift negative thought patterns, foster a sense of inner peace, and connect individuals to higher states of consciousness. This practice is often used in meditation and mindfulness to facilitate deep relaxation, emotional release, and overall healing.

Meditation - Meditation involves focusing the mind to achieve a state of deep relaxation, mental clarity, and emotional balance. By quieting the mind and tuning into the present moment, meditation can help reduce stress, anxiety, and negative emotions, while promoting a sense of inner peace and well-being. It has been shown to lower blood pressure, improve immune function, and enhance mental focus. Different meditation techniques, such as mindfulness, loving-kindness, and guided imagery, can help individuals heal from trauma, manage chronic pain, and support overall physical and emotional health.

Yoga - Yoga combines physical postures (asanas), breathwork (pranayama), and meditation to promote overall health and well-being. It helps balance the body, mind, and spirit, improving flexibility, strength, and posture while reducing stress, anxiety, and tension. The practice enhances the flow of energy within the body, supporting emotional and physical healing. Through mindful movement and conscious breathing, yoga can alleviate chronic pain, improve mental clarity, and foster emotional stability, making it an effective tool for healing from trauma, injuries, and various health conditions.

Reiki - Reiki is a form of alternative healing that originated in Japan in the 1920's. It involves the transfer of universal life energy through the hands of

a practitioner to promote physical, emotional, and spiritual healing. Practitioners believe that by channeling this energy, they can help balance the body's energy flow, reduce stress, alleviate pain, and support the body's natural healing processes. Reiki is non-invasive and typically involves the recipient lying down while the practitioner lightly touches or hovers their hands over the body.

Sound therapy - Sound therapy uses sound vibrations, such as music, singing bowls, tuning forks, or gongs, to promote physical, emotional, and spiritual healing. The frequencies and rhythms produced by these sounds are believed to stimulate the body's natural healing processes, balance energy, and induce deep relaxation. Sound therapy can help reduce stress, improve sleep, alleviate pain, and enhance mental clarity by soothing the nervous system and promoting a sense of calm. It is often used in meditation and wellness practices to restore harmony and improve overall well-being.

Gemstone Healing - Gemstones are as simple as a pebble you find in the woods, a rock you find at the beach, or a crystal that you feel a connection to. Mankind has used the healing power of gemstones for centuries in the form of jewelry, crowns, and decorations. Whether their impact has a placebo effect or something deeper than our current understanding, enjoying the beauty and calming energy of crystals can benefit us all. Find one or two stones that resonate with you, and keep them with you if you feel it helps. Amethyst and crystal quartz are two of the best for healing.

Acupuncture - Acupuncture is rooted in traditional Chinese medicine that involves inserting thin needles into specific points on the body to stimulate the flow of energy, or "qi" (chi). This practice aims to balance the body's energy system, promote natural healing, and restore physical and emotional well-being. Acupuncture is used to treat a wide range of conditions, including pain, stress, digestive issues, and hormonal imbalances. By targeting specific meridian points, acupuncture helps improve circulation, reduce inflammation, and support the body's self-healing abilities.

Journal Entry

Date: _____

Which modalities intrigued you? Are there ones that you have experienced or plan to experience? Do what you are comfortable with. Small steps, deep breaths.

What are you grateful for?

Signed: _____



Step IX

Understand Your Chakras



"Every Time you don't Follow your Inner Guidance, you feel a Loss of Energy, Loss of Power, a Sense of Spiritual Deadness".

Shakti Gawain

Chakras are not a new concept. They have actually been around for over 5,000 years. Understanding them is a great step to understanding energy. The term chakra actually means wheel or disc. It represents a series of meridian points in your body that store and process all the energies you are exposed to.

The seven chakras are energy centers in the body, each associated with specific physical, emotional, and spiritual aspects of health. Here's a breakdown of each chakra:

❖ **Root Chakra (Muladhara)**

- **Purpose:** Grounding, security, stability, survival instincts.
- **Location:** Base of the spine, near the tailbone.
- **Color Association:** Red.
- **Healing Energy:** Provides a sense of safety, stability, and connection to the earth.
- **Other Info:** The root chakra is linked to basic survival needs, such as food, shelter, and financial security. When balanced, it helps one feel grounded and secure. An imbalance can lead to feelings of fear, anxiety, or instability.

❖ **Sacral Chakra (Svadhithana)**

- **Purpose:** Creativity, sexuality, pleasure, emotional balance.
- **Location:** Lower abdomen, about two inches below the navel.
- **Color Association:** Orange.

- **Healing Energy:** Enhances creativity, emotional expression, and healthy relationships.
- **Other Info:** This chakra governs your ability to experience pleasure and creativity. Blockages can manifest as emotional instability, sexual dysfunction, or issues with creativity and intimacy.

❖ **Solar Plexus Chakra (Manipura)**

- **Purpose:** Personal power, self-esteem, confidence, willpower.
- **Location:** Upper abdomen, around the stomach area.
- **Color Association:** Yellow.
- **Healing Energy:** Boosts self-confidence, personal strength, and the ability to take action.
- **Other Info:** The solar plexus chakra is associated with self-worth and autonomy. Imbalances can lead to feelings of helplessness, low self-esteem, or difficulty in setting boundaries.

❖ **Heart Chakra (Anahata)**

- **Purpose:** Love, compassion, forgiveness, emotional balance.
- **Location:** Center of the chest, near the heart.
- **Color Association:** Green (sometimes pink).
- **Healing Energy:** Promotes love, empathy, and the ability to form healthy relationships.
- **Other Info:** The heart chakra connects you to your emotions and relationships with others. A blocked heart chakra can cause difficulty in loving oneself or others and lead to feelings of isolation or grief.

❖ **Throat Chakra (Vishuddha)**

- **Purpose:** Communication, self-expression, truth.
- **Location:** Throat region.
- **Color Association:** Blue.
- **Healing Energy:** Facilitates clear communication and self-expression.
- **Other Info:** The throat chakra governs the ability to express oneself honestly and authentically. Blockages may cause issues with speaking one's truth, difficulty in communication, or even physical issues like sore throats.

❖ **Third Eye Chakra (Ajna)**

- **Purpose:** Intuition, insight, wisdom, clarity.
- **Location:** Between the eyebrows, slightly above the bridge of the nose.
- **Color Association:** Indigo (dark blue).
- **Healing Energy:** Enhances intuition, mental clarity, and spiritual awareness.
- **Other Info:** The third eye chakra is associated with inner vision and perception beyond the physical. Blockages can result in a lack of clarity, confusion, or difficulty trusting one's intuition.

❖ **Crown Chakra (Sahasrara)**

- **Purpose:** Spiritual connection, enlightenment, universal consciousness.
- **Location:** Top of the head.
- **Color Association:** Violet or white.
- **Healing Energy:** Connects you to the divine, promotes spiritual awareness, and a sense of oneness with the universe.
- **Other Info:** The crown chakra represents spiritual awakening and the connection to higher consciousness. Imbalances can lead to feelings of disconnection, spiritual confusion, or a lack of purpose.

- **Energy Flow:** Each chakra corresponds to a specific part of the body, and healing the chakras involves balancing their energy, often through meditation, yoga, breathwork, or other energy practices.
- **Imbalance Symptoms:** When a chakra is blocked or unbalanced, it can manifest as physical symptoms, emotional issues, or mental distress related to the chakra's domain.
- **Healing Practices:** Practices such as meditation, sound therapy (using tuning forks, singing bowls), yoga postures specific to each chakra, and color therapy can be used to balance the chakras and promote overall well-being.

"The energy of the mind is the essence of life" -Aristotle

Journal Entry

Date: _____

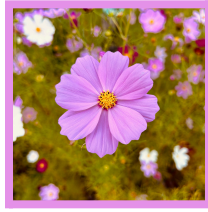
Did the information on chakras bring up any thoughts on energy points that may be triggering for you? Do you know which chakras may be stuck on you? What are some things you can do to start to heal those blockages? Small steps, deep breaths.

What are you grateful for?

Signed: _____



Step X Repeat



"We are what we repeatedly do; excellence, then, is not an act, but a habit"

Aristotle

Congratulations and well done! You have made it to the final step, but it is only the beginning. Take each of these steps and incorporate them into your daily life as habits and see how wonderful you feel. Remember even the smallest change can make a big impact. You deserve your best life and to reach it you just need to believe in yourself and the power of change. These lessons are only the beginning of a wonderful network of resources to self-healing.

Next steps:

As you repeat these steps, incorporate the ones that resonate most with you and use them in your daily life. This is the beginning of your self-healing journey. Small steps, deep breaths. As you move on to the next steps, explore our website, EarthWhisperingHealing.com to continue on your healing journey and the energies that surround us. Whatever your beliefs, or your purpose, we are here for you. Our community is continuing to grow as we find more ways to incorporate holistic healing into our world, with the ultimate goal of healing the collective energy that is inside us all.

Love & Light to you. Namaste

Journal Entry

Date: _____

As you journal, acknowledge the progress that you have made. In your meditation, add the mantra, I am healing. I am thankful. I am loved! I am healing. I am thankful. I am loved! Now Breathe. Breathe in the healing energy of the universe and breathe out all that does not serve you.

What are you grateful for?

Signed: _____