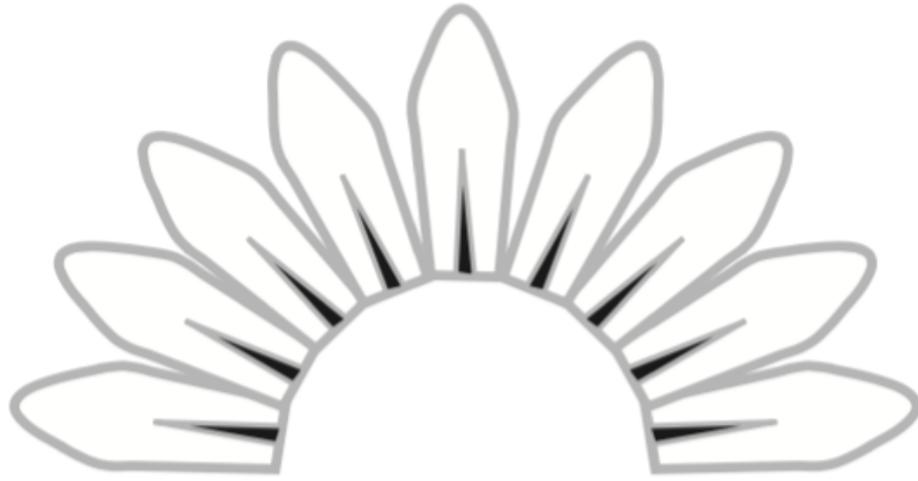


# **Your Journey of Healing – a Map –**

*extract from:*



# **How to Be Well**

**Using your Natural Resources to Get Well and Stay  
Well, for Life.**

*By Abby Wynne, published by Hay House*

# **Your Journey of Healing**

*extract from How to Be Well by Abby Wynne*

## **Part I: Gaining Awareness**

### Chapter 1: Who Are You?

We will start by looking at all the different aspects of you, including your physical body, memories, thoughts and emotions. We will discover how you identify yourself (career, family roles, wounding). We will learn about the ego, the soul, life-force energy and energy flow. I will introduce you to the wellness scale and using a journal as a way of tracking your progress.

### Chapter 2: How You Connect Energetically through Relationships

There is a layer of energy that we do not see that affects all of our relationships. You will learn about this layer in this chapter and discover how unhealthy relationships impact on your energy. I will give you suggestions on shifting heavy energy to remove the unhealthy effects on you. I will also look at ways of helping you empower yourself by changing your expectations of what a relationship actually is.

## **Part II: Getting Well**

### Chapter 3: Healing Your Relationship with Yourself

We start the healing work with ourselves. Here you will learn how to make friends with your physical body and ask it what it needs and wants from you. You will learn how to listen to your body instead of just living from your mind. I will teach you how to be grounded at the energetic level, so you can be empowered and feel stronger. By treating yourself better and hearing your inner voice, you will learn how to be nicer to yourself. This will lead to a greater understanding of what self-care really is and how to do it. And in turn this will lead to an increase in self-worth, self-confidence and self-esteem.

# Your Journey of Healing

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## Chapter 4: Healing Your Relationships with Other People

Here I will teach you how to respond in your relationships so that you can set good boundaries. We will look at how you give your power away and I will teach you how to get it back through meditation and exercises at the energetic level. We will then look at basic family systems and how families are affected when someone who is usually sick gets better. I will teach you what power is and how it's different from force, ways of feeling safe standing in your personal power and how to create good boundaries in all your relationships.

## Chapter 5: Healing Your Inner Wounds

I liken our energy field to a river: if it runs clear and fast, we're healthy, but most of us are blocked with 'debris' from past wounding. To do deeper work, we must start with a damage assessment. That's where we start in this chapter, then we clear out your river, releasing old wounding and healing aspects of yourself that are hurting. We also look at how you can forgive everyone, even yourself. You will learn why releasing all your secrets is important and how you can bring magic back into your life. This is big work and must be validated, so I also give you some healing ceremonies to honour what you have accomplished here.

## ***Part III: Staying Well***

## Chapter 6: Maintaining a Good Baseline Wellness Score

All the deep work we have done needs maintenance, so in this chapter we work with the physical body, the emotional body and the mental body to create healthy patterns for vibrant health. We will look at food and emotional eating, exercise and physical pain, rest vs exhaustion, watching what you say and think, and looking at what energies you put into your body. Becoming aware is key, but creating a daily practice of wellness is vital, so we will look at

# Your Journey of Healing

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how you can do that too, as well as create a list for emergency self-care when you need it.

## Chapter 7: Reaching Your Full Potential

Being well is great, but how can you then step into a happy life? Are you allowed to be happy? Here's how to follow your joy. We will look at the three most important things: who you are with, what you do and where you live. I will teach you how to let go of labels and roles and live as your best, healed, self. I will teach the difference between your healed self and your ideal self, and what being human really means. Healing yourself affects those around you too, so we look at healing the space in an argument. And I finish up the book with instructions for creating a life you love using the Law of Attraction. And why not? You've done all the hard work – you deserve it!

## Appendix: Choosing the Right Therapist and Therapy

Empowerment is so important and is the emphasis of my work with you. But if done thoroughly, the work in this book will bring up issues that you may not be able to manage on your own. So I've written an appendix section for you outlining the different types of therapy available and how to choose a good practitioner, along with a synopsis of the other things I have to offer and a list of further reading.

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This book is available in all good bookstores, both online and in your local community.

Find out more about Abby Wynne on [www.abby-wynne.com](http://www.abby-wynne.com)

Or visit Hay House on [www.hayhouse.com](http://www.hayhouse.com)