Self-Healing Cards Journal Pages

CREATED BY

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Disclaimer

The procedures and techniques in this product are in no way designed to replace medical practices or medical advice given to people. The author makes no claim to cure any illness or disease, nor does the author diagnose and prescribe medical advice. The information is not intended to offer medical, psychological or other professional services, and whenever persons find themselves in need of treatment by a qualified medical practitioner, the author encourages them to do so. In the event that you use the information in this product for yourself or for another the author assumes no responsibility for your actions.

We Repeat what we don't repair.

That's why doing the inner work is important, that's why you are here. To learn and grow, and not repeat the patterns and missteps of the past, either your own or a family pattern. You will know you have 'done' all the work you need to do when you no longer become triggered by your experiences. All the work you need to do when you no longer become triggered by your experiences.

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Welcome beauty!

Welcome Home, to your truth!

The truth of who you truly are. These self-healing cards are designed to help you become aware of yourself. Your body. Your life.

In the world currently we are so disconnected. From each other, from ourselves. We spend copious hours on social media, binge watching TV, that we are missing the important things in life. Connection! Connection not only with each other, but also with ourselves. Humans are tribal animals, if a baby does not have a connection, feel love and touch from another it dies. We are slowly dying on the inside. We are getting more and more disconnected from each other. We live more in fear and less in joy, more in judgment and better than, then actually living and experiencing the world. Most importantly we are hugely disconnected from our bodies. Isn't this the point. To be connected to our bodies first and foremost, then we can live presently and connected to those we chose to have around us.

These self-healing cards are intended to help you reconnect to yourself, so you can make informed choices of who you want in your life and what you want your life to look like. Listen to your body, your emotions and your wise inner self and go live the life you dream of.

With Love,

Tanya

How to use this Workbook

this companion and journal format has been set out so you have more information on each card, some with additional practices for you to try. In addition the next page will have journal questions in relation to each card, that you can question yourself on and find some deeper answers to what is going on for the life experiences you are currently facing or have faced in the past. Next is a journal page for you to write some responses. Depending on how you receive this book (physically and bound or electronically for you to print yourself, the pages in the back of the book are your journal pages that you can print individually or photocopy as often as you like. Please see how to use this journal on ways to store the pages, alternatively you can just buy a journal for you to write in.

Some of these practices may be triggering and may bring some of your wounds to the surface. If you find this happens, I implore you to seek help, either through myself, your counsellor or other health care practitioner. This stuff can be hard. Hard to sit in, Hard to hold by yourself. Hard to bring to the surface. If there is something truly triggering definitely seek help.

I do not believe that everything is only physical. I believe in higher power, that we have capacity to self-heal and that awareness is the key to truly knowing who we are and who we want to be. We are made of a physical body yes! But we also have an emotional body (where we connect to our emotions), a mental body (where we connect with our mental thoughts) and a spiritual body (where we connect with our spirit). connection to self can be tricky work. Are you brave? This work can and will change your life, if you allow it to. Here are the keys to this work:

- Take Notice of how you are feeling right now.
- Tune In.
- Breathe
- Be Present and aware to what you are sensing and noticing.
- Breathe
- Explore and be curious about what you are experiencing.
- Breathe
- Notice what sensations are occurring.
- Breathe
- What do you need physically. (Can you provide this to yourself?)
- Breathe
- What do you need emotionally. (Can you provide this to yourself?)
- Breathe
- What do you need mentally. (Can you provide this to yourself?)
- Breathe
- Reflect on what you noticed and observed, on how you feel now verses how you felt before you began .... Breathe

Take responsibility for you and your healing process, if you have been triggered, seek some support from your preferred professional. You don't have to go it alone and you are not meant to.,
Other ways to move through, process and express what you have experienced.
Journal - write your experiences and observations in a journal. Write letters and not send them.
Draw/paint/art - express what you have experienced through art mediums, mediums, colour, symbols, lines, patterns etc. This can be shown through colour pencils, crayons, paint, pens, collage, clay, words, whatever it is that you are drawn towards.

Draw paint or write to certain types of music that illicit a certain emotion within you.
Movement and dance - you can use breathe to move either like yoga or other stretch movements of through dance in whatever form. This is about moving your body in a way that you are drawn to move it. Keeping your focus on what you want to release or move through.
Emotional Release - this could be through yelling, speaking, talking screaming, crying whatever it is that you are needing to do and release what no longer serves. Please do so in a controlled environment. (No alcohol or drugs, and if you are doing so around others please ensure they are safe to and for you.)

Disclaimer:
This work can and at times will bring stuff to the surface. If you have mental health concerns or have experienced trauma, please ensure you seek support from your local practitioner.

Journal How to:

This book contains only journal pages. The companion and journal contains journal questions as well as additional information pertaining to the card you have chosen. This can be purchased as a online product or a physical one. At the back of the journal there are some affirmations that you might find useful. Please feel free to print and copy the journal pages as often as you like.

Pose a question you want to know about yourself or something that is playing out in your life, pull a card from the Self-Healing Card Deck or flick the pages until it stops. You can fill out the corresponding journal questions. You can answer all of the questions or you can just answer a few (whatever you are drawn to). The deeper you dive in, the better you get to know yourself and the more awareness you have. This will lead to more growth. If you don't have the cards, you can flick through the pages until one pops out at you or move through each page alphabetically or as you seem drawn to them.

How to store your completed journal pages:
I have a few suggestions, on how you can use/store the pages.

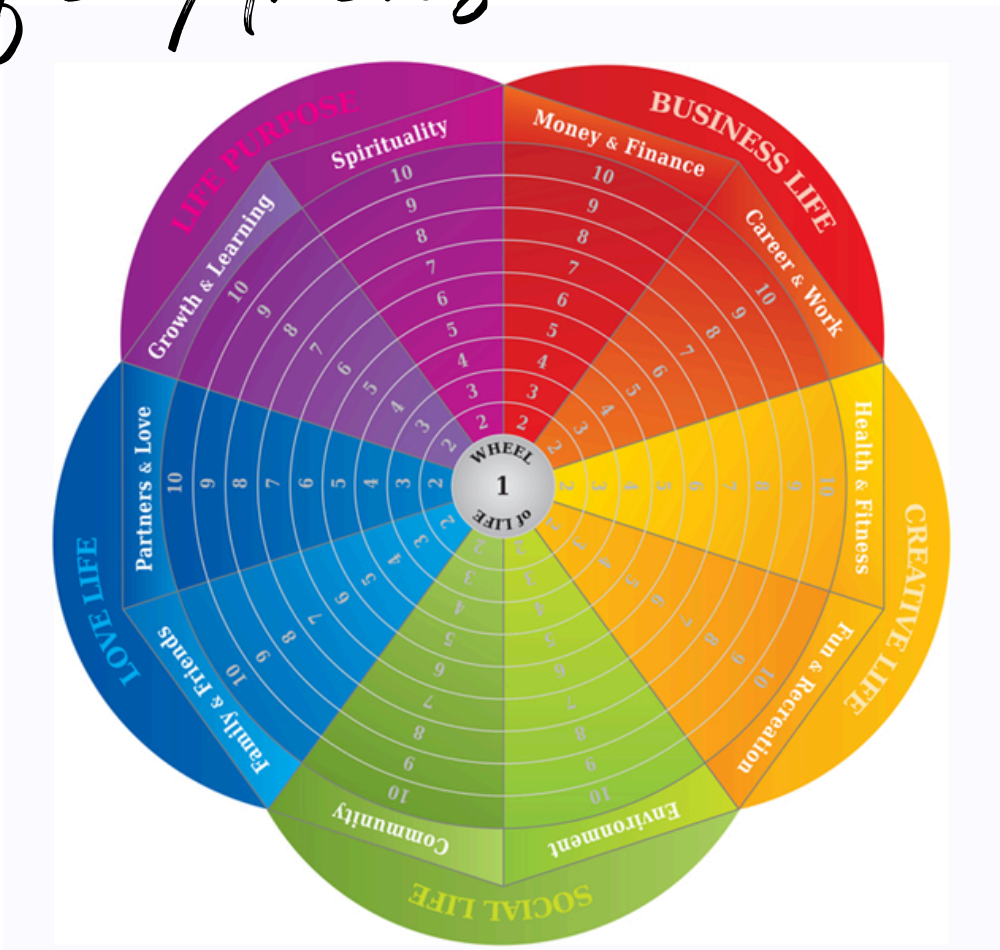
- Purchase a ring binder to store them in
- Purchase a document folder/wallet (cheapest)
- Storage box, office works has A4 size ones which would be perfect.
- You can get plastic document holders also from office works.

When you have completed a page just put it in your chosen storage medium, this is so you can go back over them to review them.
If you are using a journal:

- You can just add an entry whenever you like.
- Or you can have a front page like a log of what pages hold each topic.

However, you want to use it is perfect for you. The idea is so you can look back at it and see any themes that have arisen, anything you may have written that you seem stuck in (you write about the same things or topics often), or just your journey so for and how far you have come. At the end of the year (if you want to) you could go through them and burn what you no longer feel you need. This is not necessary and only do it if you really feel drawn to it.

Life Areas:



Life areas are obviously the areas of your life that are important to you. What is important to me is not necessarily going to be important to you. See above the wheel of life. I have a free mini program that helps you identify what is going on in your life and what life areas are going well for you and what areas may need a little attention. It helps you define your life. https://tanyawinter.com/resources/

Below I will also provide a list of the different life areas so you can reference them and ponder them in your journalling questions.

- Money/Finance/Financial Health
- Career/Work/Job/Business
- Health/ Physical Health./ Mental Health/ Emotional Health/ Food intake / Hydration/ exercise
- Fun/Recreation/Entertainment/Social Life/holiday/Travel
- Environment/Home/
- Community/Service/Where you live/Location
- Family/Friends/Extended Family/
- Partners/Relationships/Love/Intimacy/Sexuality/Sensuality
- Growth/Learning
- Spirituality/Religion

Acceptance

Ancestral Healing

Behaviours

Beliefs

Boundaries

Confidence

Create Space

Defend

Dependency

Ego

Emotion
Feeling

Embodiment

fear

Forgiveness

i am
grateful

Grief

Identi

Inner Child

Inner
Critic

Karma

To your body

LOVE

Mental Health

Patterns

Peace & Harmon

Physical

Pleasure

Power

Presence

Projection

Release

Safety

Self-Care

Self-Fulfillment

Sexual Energy

Shame

Guilt Embarrassment

Spirituality

Stillness

Strengths

Subtle Cues

Suffering

Trust

Worthy

Bonus Section

The following pages have some affirmations for your enjoyment. They can be used with any card/situation/experiences and you can adapt them and insert your own names/people/places/experiences.

Abundance

I am abundant with love.
I am financially motivated to take steps to reach my goals.
Money is an abundant source that flows to me now.
I always have money.
I deserve to have money.

Acceptance

I 100% accept and approve of myself now and always.
I am loved, lovable and loving exactly as I am.
I teach myself the art of self-acceptance. I teach myself how to accept myself.
I feel supported, nurtured and loved by my family.
I release all trust issues stopping me from loving others.

Ancestral Healing

I am free of the stories from the past.
I release my ancestors' stories, they no longer affect me.
I realise my full power free from ancestral influence.

Behaviours

I release all guilt around doing things for myself.
I am free to make decisions based on my own best interests away from family influence.
I behave in alignment to my true self.

Beliefs

I believe I am my own superpower.
I construct my own beliefs free from others.
I am free to choose my own beliefs.

Boundaries

I am able to have my own personal space.
I give others their personal space.
I am able to set and stick to my own personal boundaries,
I respect others personal boundaries and space;'

Confidence

I am strong, I am capable, I know my own power.
I use my own presence to feel strong.
I know I can do anything; I chose my path.

Create Space

I move from processing, to healing, to healed.
I create space for all I need.
My body absorbs the vibrational pattern of health.
I feel confident when having discussions.

Curses Vows Promises

I release all curses/vows/promises held within my systems now.
I am no longer compared to my mother/father/sister/brother (insert your own) I am seen as me.
I am protected from the bad and embrace the good.
I am protected on every level.

Feelings Emotion Mood

I accept all emotions as they are.
My emotions are calm and free from stress.
I release all emotions that are causing me trauma now.
I listen to the opinions and issues of others without reacting.
Stressful situations flow through me, and my emotions stay calm and at peace.

Fear

I ground my energy and feel instant connection to my happiness.
I release all emotions blocking optimum function of my glands.
I am well paid for the work I do.
I release all fear trapped in my body. (insert individual body parts if feel called)
I release feeling fearful of life.

Feminine Embodiment

I 100% honour my feminine/masculine power.
I am limitless, I am wealthy, I am filled with happiness.
I own my unlimited feminine power as a woman.

Forgiveness

I forgiveness myself, which frees me from feelings of guilt.
Forgiving helps me feel spiritually nurtured.
I now know longer base my self-worth on my friends' opinions,
I forgive myself. I forgive others (insert names) we are both free.

Gratitude

I am grateful my healing pathways are open.
I am grateful it is safe for me to communicate openly.
I let go of all guilt around having it all.

Guilt

I have no reason to feel guilty.
I release all guilt from previous mistakes.
I release all guilt, put onto me from others.
I am free to express myself free from guilt.
All my needs are met without the feelings of guilt.
I release all shame/guilt/embarrassment I feel around

Identity

I am free to express myself as I truly am.
My identity is free from family trauma.
I can be how I want to be,

Inner Child

I let go of insecurity and embrace my personal power.
I release all scarring held in my inner child with safety.
I open up to emotions of joy, fun and laughter.

Inner Critic

My thoughts create my inner peace.
My inner critic is filled with love and peace.
Every day I am growing and evolving, lovingly each day.

Karma

I am now no longer controlled by my past.
I change my focus and I change my life.
I am worthy and deserving of great relationships.

Listen to your Body

I remove all memories and past illnesses from my (insert body part).
I learn and grow from all my life experiences.
My body knows, I listen to its symptoms so I can hear what it has to say.

Love

I am loving, I am lovable, I am loved.
I deserved to be loved always,
I feel love within and for myself.
I love my fellow human beings.
I deserve romantic love.

Mental Health

I allow my mind to be calm.
With my thoughts I create my own inner peace.
I think about situations in positive ways.
I find positive solutions to my thoughts.
I am thinking clearly now.

Mirror Attraction

I receive clear messages.
I am always on time.
I change my daily routine and I change my life.

Patterns

I fearlessly and effortlessly move along the path of destiny.
I do my inner work and create my outer life.
I am young at heart.

Peace and Harmony

I am a good person.
I feel peace and harmony flow through all my cells.
With every breathe I take I feel more and more at peace.

People Pleasing

I now release the need to please others.
I stand strong in my own power.
I make choices and decisions based on what is right for me.

Physical Body

_My physical body is a temple and I treat it with the love it deserves.
My physical body moves with ease.
I provide nutritional sustenance the makes my body thrive.

Pleasure

I allow pleasure, joy and fun into my life.
I find creative ways to express and experience pleasure.
I love pursuing of pleasure for the feeling it brings.

Power

I am 100% in my power now and always.
I am able to create positive solutions to my challenges
I feel 100% comfortable being in my power.
1 100% release the need to have approval from others.
I 100% approve of myself.
I stand in power and embrace being able to say no when I need

Possibility

I unleash all that is possible for me.
I shine my light and let it lead the way.
I honour myself and the potential held within me.

Presence

I am fully present in all areas of my life.
I gift my presence to the people important to my life.
My life is a wonderful experience and I allow myself to be present for all of it.

Protection

I am safe and secure.
It is safe to look within myself.
I am safe and protected from others (issues, opinions, emotions, abuse).

Projection

I take responsibility for my life and emotions.
I am clear about my feelings towards .. (person/place)
I release my defense mechanisms; I am safe to explore and express my true self.

Reflection

I see clearly what needs to occur in my life.
I change my conversations and I change my life.
The energy give out is the energy I am open to receive.

Release

I let go of … (programs/conditioning that no longer serve me,)
I let go of all feelings of … in relation to (certain person/place/situation)
I release … (beliefs of .. past hurts, feelings of betrayal, rejection grief from …)
I find it easy to let go of the old, which opens me up for the new.
I energetically release people who are no longer in my life.

Safety

I feel safe at (work, home, family in relationships, in my thoughts,
I feel safe to feel my emotions.
I feel safe in my body.
When I feel safe in my body, I can then feel safe in other life areas.

Self-Care

I release all guilt of looking after myself.
I take loving care of all my needs.
I love and nurture all parts of me.

Spirituality

I embrace all my spiritual energies. I accept my self-essence.
I stay grounded in who I am.

Stillness

It is safe to, and I am allowed to pause, breath and take a minute.

Strengths

I see the good and positives within myself. I acknowledge the good and positives in others.
I work within my own strengths.

Subtle Cues

I trust my intuition.
I use my integrity and discernment when making life decisions.
I know what is true and right.

Sexual Energy

It is safe for me to explore my sexuality.
I release all guilt around my sexuality.
It is safe for me to be open, vulnerable and intimate with others.
I easily dismiss all distracting thoughts during sex and allow myself to feel the contact.
I easily communicate my sexual needs and have them met.

Trust

I trust myself.
I have trusting and trustworthy relationships.
I release all past issues that have created a lack of trust.

Worth

I am worthy, I love myself now and always.
I now chose to crate my own self-worth.
I am willing to accept my worth and value. I have value to add to others' lives.

THE AUTHOR

MEET TANYA

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Learn more at tanyawinter.com

Things I love:

- Crystals
- Photography
- Learning to draw and colour-being arty!
- Learning to love myself
- Creating a life that I am honored to live
- And you - Thanks for joining me on this crazy journey called life and most of all for showing up for you.

TANYAWINTER.COM

INSTAGRAM.COM/BE_ALL_YOU_DREAM_OF/?HL=EN

FACEBOOK.COM/GROUPS/BAYDOT

Product Spotlight

Therapeutic Brilliance Cards

A card deck to guide on help you remove patterns beliefs and behaviours a tool to give you daily guidance (if you chose) or to use when you feel stuck, providing you with practical therapeutic tools and strategies to help you move through the internal stuff that may be stopping you from leading with our light and living a life we dream of. Can also be used as a tool in with the Self-Healing Awareness Cards.

Self-Healing Awareness Cards

A card deck designed to help you deep dive into the world of self- healing and self-awareness, to release the crap (shadow) that we hide from. Now is the time, and you have the power to heal your own wounds and be supported doing it. Can be worked with on a deeper level combining, cards, guidebook, journal, and deeper connection through workshops and online tutorials.

*LEARN MORE AT TANYAWINTER.COM

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