

Our Unique Innate Ability to Self-Heal

Healing, restoration, regeneration, renewal, rebuilding, recovery – so many words can describe the human being's unique, inborn ability to self-heal.



Isn't it remarkable how a wound can close and heal, often leaving no visible trace behind? In children, this built-in ability to “repair” is more obvious – and easier to observe. In many ways, this power seems stronger in the young than in the old.

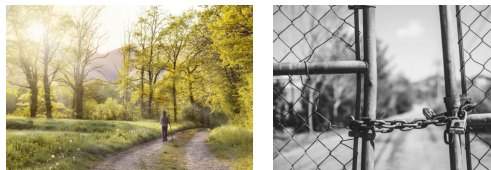
Children's wounds heal much faster than ours. They also tend to forgive more quickly when they've been hurt emotionally. And how fast do they learn something new? How spontaneously do they jump into new things, or adapt to changes in their surroundings?

So where does this power go as we grow older?

As adults, we often carry minor ailments or lingering symptoms – both physical and emotional – for much longer. We may hold onto emotional pain or grudges for years before we're ready to forgive.

We might go for a long time thinking about something we'd love to learn or do, without ever making the decision to take action.

We're all on a journey – the path of life – and along the way, we encounter obstacles that stand in our way.



The Path as a Metaphor

The path is a metaphor – a symbol of the inner processes we move through each day.

What propels us forward is our capacity to self-heal.

The obstacles? They represent the blocks and imbalances that hold us back.

This is where the Emotion Code, Body Code, and Belief Code methods come in.

I use these methods as tools to help clear what's in the way – whether it's emotional baggage, physical imbalances, or limiting beliefs. In doing so, your innate power to regenerate and transform can be reawakened. You can begin to walk the path you truly want to walk.

**How would it feel to strengthen your own ability to self-heal?
How would it feel to take the next step toward the life you dream of?**



Do you long for change in your own life – and in the world we live in?
Healing the world by empowering you.

Book a free first consultation today.