



BE YOUR OWN MEDICINE

A Guided Audio Journal For Emotional Healing

P D F C O M P A N I O N

Written & Narrated by
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Part ONE

Part One, HEAL Acronym Practice

- Sample HEAL acronym practice (*filled out*) - page 03
- Sample HEAL acronym practice (*empty*) - page 05
- Tips & support - page 07

Extra Recourses

- Free HEAL acronym meditation ([click here!](#))

Activation:

I saw a group of my friends getting together without me.

H • E • A • L

• HONOR

I honor this emotion by naming it:

loneliness

By locating it within my body here:

throat

And by placing my hand on this area now.

• ENQUIRE

I enquire to the roots of this emotion by asking myself:

What belief am I validating right now?

That I am unwanted.

What was my first experience with this belief & who gave it to me?

I was the youngest child in my family. When I was 5, I was left in a supermarket alone and that fear of being 'forgotten' has stayed with me. Although they did their best - my parents first reinforced this belief and I have always tried to suppress this fear by being overly independent so I avoid being rejected.

Give three reasons to why this belief is not true (I am):

I am learning to be vulnerable with myself

I am worthy of incredible friendships

I am loved by those I care about

Are there any other conditions contributing to this situation?

I've been fighting with my partner a lot more this month.

I've been struggling with self-doubt recently.

EXAMPLE

- ALLOW

I breathe space into myself & allow everything in this moment to be just as it is, offering my pain to the wisdom of the Divine healer that resides within me.

- LOVE

I choose to see this situation through the eyes of love & offer myself a note of support & self-compassion:

Dear Soul, you are not alone but it's ok that you feel like that right now. You are being guided towards something beautiful – keep coming back to yourself, keep building faith in yourself – you are loved. Tonight, spend a little time doing something that makes you feel truly yourself and remind yourself of how good it feels to be you. I am proud that you connected with yourself today.



#HEALINGLOVENOTES

REST for a moment and acknowledge that you have just changed an important piece of your relationship with emotional pain. Breathe deeply & make space for light and tenderness to move through you, closing your practice.



"There's another world that lies just beyond the threshold of this one.
If you want to see it; just close your eyes and open your heart."

ACRONYM PRACTICE

DATE:

Activation:

H • E • A • L

- **HONOR**

I honor this emotion by naming it:

By locating it within my body here:

And by placing my hand on this area now.

- **ENQUIRE**

I enquire to the roots of this emotion by asking myself:

What belief am I validating right now?

What was my first experience with this belief & who gave it to me?

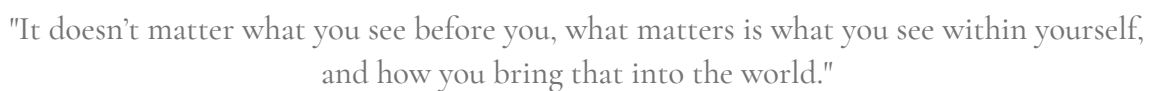
Give three reasons to why this belief is not true (*I am*):

Are there any other conditions contributing to this situation?

- ALLOW

- LOVE

REST for a moment and acknowledge that you have just changed an important piece of your relationship with emotional pain. Breathe deeply & make space for light and tenderness to move through you, closing your practice.



support & tips!

Some useful tips you may wish to use while writing in this journal;

- *Assume you might be wrong in what you know about yourself* - for example, when you search online for an answer, the top result is just the article that has had the most amount of views but it doesn't make it the *right* answer. Just as the beliefs you spend the most time reinforcing don't make them truthful.
- Accept that not all days will bring you the answers you seek - you are a complicated Being with various external and biochemical conditions affecting your ability to connect with the subtler wisdoms of your body. Be extra gentle with yourself on days that you feel disconnected as a way of rekindling alignment again. There are no wrong answers, just keep writing.
- Happiness is not the goal, empowerment is - feeling good about who you are, how far you've come and empowered in your own ability to heal yourself is the most important effect this journal can have on your emotional wellbeing. Striving for temporary happiness is not. Happiness, like all emotions, comes and goes but holding onto one preferred state too tightly will leave you experiencing the opposite more often. Allow yourself to be driven by the feeling of true empowerment and you will be driven towards embodying something that can never be taken away from you.
- It takes practice to tune into your sensory body - especially when faced with immediate and painful emotions, but the more you turn to this journal as a form of self-refuge, the more you will learn to engage with, and learn from, your Divine, healing Heart. It's therefore the intention of this little book to serve as the vessel that carries you across to the other side of healing, to the shores of your own medicine and the banks of an unconditionally whole and unified journey onwards.

support & tips!

- Make yourself sacred & commit - how will you ever know who you could be without the pain unless you are willing to make time with yourself sacred? Promise yourself now that you will complete this journal, not for anyone else, but for you. Use this journal as a tool towards not only getting to know yourself again but to allow pain a safe space to express itself through.
- Connect with others - you may often feel alone, but you are truly enshrouded by a community of people just like yourself who are healing themselves through the power of journaling. Connect with others at The Daily Heal Journal, and perhaps more importantly for us introverts, let others connect with you.

Part

TWO

Chapter 1, The secret language of my emotions, tool.

See page 17 & 18 for reference.

Chapter 2, My emotional body map, prompt.

See page 19 for a sample body picture.

Chapter 3, My healing heart, prompt.

Prompt Questions:

When I leave the chaos of my mind and drop down into my Heart, how do I feel?

Write down three words that describe how it feels to be stuck in my head?

What can I do more of that connects me to my Heart?

What boundaries do I need to make to protect my Heart?

Chapter 4, My longing, prompt.

Prompt Questions:

What is the deepest longing I have for in my life?

What kind of relationship do I have with this longing? Do I push it aside, rationalize it away or mute it somehow? Or am I following it?

What regular practice can I create in my life to get to know this longing? How can I invite it into a safe space with me?

Chapter 5, My relationship with life, prompt.

Prompt Questions:

Describe the relationship I have with my life.

One thing I can do today to nurture a better bond between my life and myself?

PART TWO CONTINUED

Chapter 6, My duality, prompt.

See page 20 for reference.

Chapter 7, My self-validation, prompt.

Prompt Questions:

How I wish others would describe me?

Circle three descriptive words that you have just written down (e.g. smart, successful & talented) and then write down below three ways that support the fact I am already this person.

Chapter 8, My protective beliefs, prompt.

Prompt Questions:

What is the deepest judgement I hold against myself?
(thoughts that say: I am too much/not enough...I should be/shouldn't be...I
have always been/never been...)

Is this really true? Can I find one piece of evidence
against this self-judgement?

How long have I had this belief for & what experiences
have shaped it?

What is my innocent-self trying to protect me from
experiencing again?

What one thing can the wiser part of me offer this
innocence in daily life?

Chapter 9, The permission I give to myself, prompt.

Prompt Question:

Write and sign a letter of permission to yourself.

Chapter 10, My inner mantras, prompt.

See page 21 for reference.

PART TWO CONTINUED

Chapter 11, My willingness to be open, tool.

See page 22 for reference.

Chapter 12, My pain is not who I am, prompt.

See page 23 for reference.

Chapter 13, My returning affirmations, prompt.

See page 24 for reference.

Chapter 14, Befriending myself, prompt.

Prompt Question:

Describe an ideal friend I would like to have in myself.
(How do they support me? What do they do when I feel down about myself? How do they speak to me? How do they accept me?)

Chapter 15, Re-storing my life, prompt.

Prompt Questions:

My current life's story from a lack perspective

My current life's re-story from an abundance perspective

Chapter 16, My search vs. creation, prompt.

Prompt Questions:

What material object, status or external validation don't I have that I am seeking for to be happy?

Which emotions will I feel if I get this object/status/validation?

How can I create these emotions now, without the object I seek it from?

Where in my body are these emotions felt?

What has it been like to live with these protective beliefs, (how has it affected my relationships, my work, my body, my heart & my capacity for intimacy?)

PART TWO CONTINUED

What would my life be like
& who would I be if I didn't believe there was something fundamentally
wrong with me?

Chapter 17, My inner-homestead, prompt.

See page 25 for reference.

Chapter 18, Finding my voice, prompt.

Prompt Questions

What is the message I have been carrying with me
throughout my life? (It can be as simple as "Speak the truth" or,
"Go with the flow" or, "Dreams matter.")

What is the main reason I feel
I can't express this message more freely?

How could I begin to share this message with others more
consistently?

Chapter 19, The wisdom of my dreams, tool.

See page 26 for reference.

Chapter 20, My resonance in others, prompt.

See page 27 for reference.

Chapter 21, My healing aqualung, tool.

See page 28 for reference.

Chapter 22, My alone-ness, prompt.

Prompt Question

What am I experiencing being with my alone-ness?

Chapter 23, My belonging affirmations, tool.

See page 29 for reference.

PART TWO CONTINUED

Chapter 24, My worth, prompt, part 1

Prompt Questions

In what areas of my life do I feel most unworthy?

What decisions do I tend to let others make for me?

Who's expectations do I shape my life around?

What makes a person worthy of love, success and joy?

Which of these above abilities do I possess?

What can I work on to make sure I invest in my own sense of worth?

Chapter 25, My worth, prompt, part 2

Prompt Questions

Who am I without my physical appearance?

Who am I when I step away from my career?

Who am I without my personal relationships?

What did I love doing most as a child?

What does success look like to me without receiving any material, physical or
statuary reward?

What emotions do I associate with feeling a true sense of self-worth?

What activities create the above emotions in me?

Chapter 26, My transgenerational healing, prompt

Prompt Questions

Write a short story of a past family member & the hardships they experienced:

What part of their pain has been passed down to me & how does it manifest in
my daily life?

PART TWO CONTINUED

Chapter 27, How suffering has given me strength, prompt

Prompt Questions

What happened?

How it made me stronger?

Chapter 28, Sitting with what I'm afraid to feel, prompt.

Prompt Question

Which emotions, past experiences or fears do I tend to numb out & why?

You are a container for your hurt to be held in. What kind of container would you like to become for this pain to be received? e.g, "I'd like to become a forgiving, patient....etc., container."

Chapter 29, My cycle & ritual for emotional pain, tool.

See page 30 for reference

Chapter 30, My return to curiosity prompt.

Prompt Questions

What am I curious to know more about & why?

How & where can I learn more about this?

What part of myself do I need to let go in order to fully commit to this learning?

What would I like the outcome of this learning to be?

Date of first action I will take towards initiating a new learning?

Chapter 31, Living with what hurts me most, tool.

See page 31 for reference

PART TWO CONTINUED

Chapter 32, Plant healing, practice.

Prompt Questions

Native name of plant or nickname?

Why I feel called to it?

What conditions does it thrive in?

What part of this plant is resilient and what parts are fragile? How does it protect itself from predators?

How does it transfer its seeds so its life may continue?

What happens to this plant during winter?

What can I learn from this plant about myself?

Chapter 33, My pain story is an apothecary, prompt.

Prompt Questions

What is the most painful experience I have faced & overcome?

What could I teach others about healing this pain?

Contemplation: Which medium could I use to share my healing story with others (art, writing, music, activism etc...)?

What is holding me back?

Chapter 34, Midwifing my future, prompt.

See page 32 for reference.

Chapter 35, My story medicine, prompt.

Prompt Questions

Pick a specific pain, struggle or challenge you are facing right now and write it down briefly:

Now, choose a season that resonates with this story and write all the associations you have with it in nature (e.g. Autumn - falling leaves, firewood, darkness, harvest etc.)

PART TWO CONTINUED

Pick three of these associations and write down what each of them could represent within you that is positive or comes from the feminine energy you hold. For example, falling leaves could be an analogy for your ability to let go, firewood could be your warming kindness, darkness could be your creative talents...etc.)

Now that you have your pain, your season and your analogies, write a poem or short story to yourself about how you could self-heal your pain through using nature as a narrative. Using 'anxiety' and 'falling leaves' as an example, you might write; "Like the leaves collecting on the ground, so too will this fall away and nourish the person I am to become." Keep playing with the possibilities of your words until you have something that looks like a supportive piece of insight that you can reflect upon.

Chapter 36, My new narrative, *prompt*.

Prompt Questions

What is my new story, from now onwards.

End Note:

Thank you for listening to this audiobook!

If you would like to share the power of your own words, please consider reviewing this book on amazon or by recommending it to a friend. I'm honored you have taken this journey with me and hope we can continue to connect on a deeper level through the website and online platform.

Sez

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CHAPTER 1 -THE SECRET LANGUAGE OF MY EMOTIONS *tool*

<i>Emotional pain:</i>	<i>Misunderstanding</i>	<i>Truth</i>
<i>Fear</i>	<i>If you do this, then you will experience pain again.</i>	<i>I am being reminded that fear is my past innocence protecting me.</i>
<i>Depair</i>	<i>There is no hope here.</i>	<i>I am being asked to tend to what's needed of me here and not what's in the future.</i>
<i>Sadness</i>	<i>You should be happy.</i>	<i>I am being asked to be with myself, just as I am for a while.</i>
<i>Depression</i>	<i>You are losing connection with everything you love.</i>	<i>I am being asked what can no longer be tolerated by my soul.</i>
<i>Shame</i>	<i>Your vulnerability is undesirable.</i>	<i>I am being asked to tend to the part of my authenticity that is being neglected.</i>
<i>Guilt</i>	<i>You are being judged.</i>	<i>I am being asked to focus my attention on what feels right to me and not others.</i>
<i>Resentment</i>	<i>You are a victim of someone else's choices.</i>	<i>I am being asked to deeper understand the part I play in this difficulty.</i>
<i>Loneliness</i>	<i>You don't belong here.</i>	<i>I am being invited to deepen my relationship with my life.</i>
<i>Anger</i>	<i>You are hurt & must voice your frustration.</i>	<i>I am being invited to deepen my empathy for myself & others.</i>
<i>Rejection</i>	<i>You will never be enough.</i>	<i>I am being called to tend to & nurture my authenticity.</i>

<i>Grief</i>	<i>You will never feel differently.</i>	<i>I am being asked to hold space for myself in this cycle of continuous change.</i>
<i>Envy</i>	<i>You are unworthy of what they have.</i>	<i>I am resonating with the manifestation of what matters to me most.</i>
<i>Loneliness</i>	<i>You don't belong here.</i>	<i>I am being invited to deepen my relationship with my life.</i>
<i>Anger</i>	<i>You are hurt & must voice your frustration.</i>	<i>I am being invited to deepen my empathy for myself & others.</i>
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<i>Grief</i>	<i>You will never feel differently.</i>	<i>I am being asked to hold space for myself in this cycle of continuous change.</i>
<i>Envy</i>	<i>You are unworthy of what they have.</i>	<i>I am resonating with the manifestation of what matters to me most.</i>
<i>Hate</i>	<i>You are different to them.</i>	<i>I am being asked to make space for understanding.</i>
<i>Disappointment</i>	<i>You failed.</i>	<i>I am being called to strengthen faith in myself so I can keep going.</i>
<i>Anxiety</i>	<i>You are not in control.</i>	<i>I am being asked to come back to my body & what is here.</i>
<i>Judgement</i>	<i>I am better than them.</i>	<i>I am being asked to step away from my mind & into my Heart to see the unity.</i>

CHAPER 2 - MY EMOTIONAL BODY *prompt*

Restrictive Emotions:

Anxiety

Fear

Envy

Anger

Sadness

Loneliness

Open Emotions:

Love

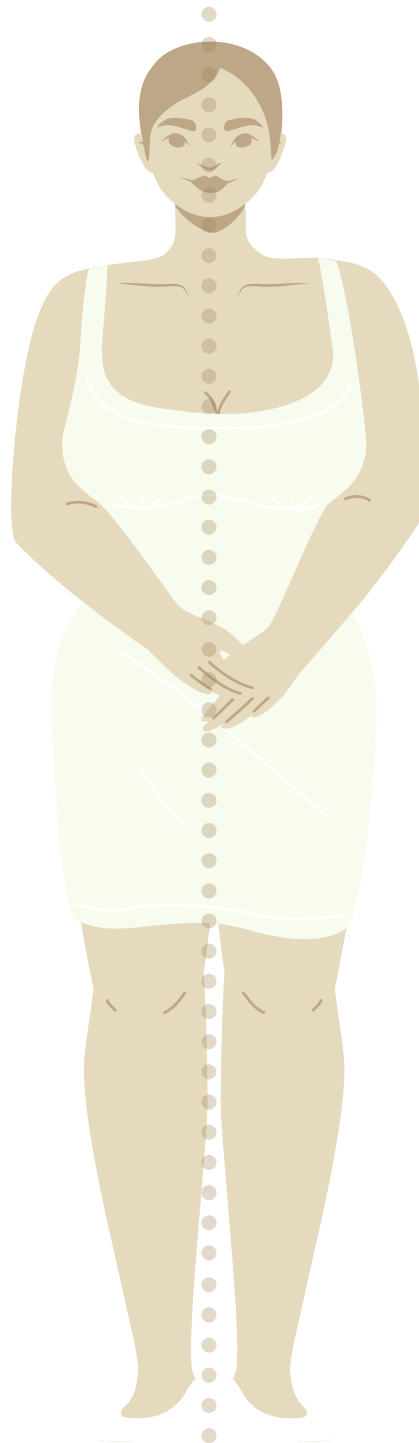
Compassion

Ease

Surrender

Joy

Freedom



CHAPTER 6 - MY DUALITY *prompt*

<p><i>example:</i></p>	<p><i>I am...</i> <i>whole</i></p>	<p><i>As I...</i> <i>heal</i></p>
<p><i>example:</i></p>	<p><i>I can...</i> <i>love again</i></p>	<p><i>Even if...</i> <i>I'm scared</i></p>

<p><i>Mantras that do not serve me & who I want to become:</i></p> <p>.....</p> <p><i>example:</i></p> <p><i>I fail at everything I try,</i></p>	<p><i>How can I change this into a supportive mantra?</i></p> <p>.....</p> <p><i>example:</i></p> <p><i>I try, in spite of outcomes, I really put my heart into everything I do.</i></p>



*I choose my potential over this pain, for it is not mine to own -
but mine to heal.*

*I choose to be open to what this moment is asking of me, for it is
not mine to find certainty in - but mine to surrender through.*

*I choose to invite that wiser version of myself into this space who
knows that letting go is better than holding on.*

*I choose to be with myself, without knowing myself and in being
conscious of my un-knowingness, I return to the essential part of
me that is spun by Mystery.*

*I am here with what is. I am whole with what is. I do not need to
find solace in feelings that keep me from experiencing the true
spectrum of who I am.*

*I choose deep nourishment knowing that when I choose comfort, I
go no deeper than its superficial surface.*


*I am whole within. I am whole without. I am worthy of knowing
who I could be without this pain.*





CHAPTER 13 - MY RETURNING AFFIRMATIONS *prompt*



<p><i>I will</i></p> <p><i>seek less...</i></p> <p>.....</p> <p><i>example: acceptance from others</i></p>	<p><i>so I can</i></p> <p><i>create more....</i></p> <p>.....</p> <p><i>belonging in myself</i></p>
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Dream interpretation questions:

- *Every object, place and person in your dream has a unique association to you. Write down each character in the dream and the main associations you have with them, for example, my partner = commitment, loyalty, fear of losing. Or, it might be a tree = grounded, stable, life. Or, a train station = transport, waiting, in-between. Consider how you relate to each person, object and place in your dream from your own life's experience.*
- *There is a duality in dreams that make accurate translation difficult. It's because those objects and people who show up in your dream can also be aspects of yourself. For example, your partner can also represent the commitment you have made to your own authenticity. The tree could be a part of you that is trying to stay grounded and connected to your life, and the train station could represent a piece of you that is forever in-between or in a state of liminality. It takes practice to see both literal and figurative representations in dreams but you can always consider what is going on in your life right now and how your subconscious is using that as its raw material. Write down these people, objects and places as if they represented a piece of yourself now.*
- *More importantly than who or what was in your dream, is how you felt. Write down how you felt during this dream. Did you feel guilt, sadness, fear, awe, ease, unfulfilled or panic? Try to be as descriptive with your emotional landscape as possible. Dreams speak to you through emotion and therefore are rooted in your receptive and wise Heart.*
- *Once you have identified your associations and emotions felt in the dream, ask yourself one final, decisive question: What in your real life gives you the same feeling? This is the key to translating and clarifying what often seems cryptic.*

Who's life or work do I resonate with? What do they do, have or live like that causes a sense of envy in me?

What part of their story longs to exist in my own life?



CHAPTER 21 - MY HEALING AQUALUNG *tool*

The emotional healing process can be seen as a shift between three layers: your volatile surface layer, the neutral middle layer and your expansive depths.



The top layer, like the surface of water, is unpredictable and dynamic. You are activated by a painful, external situation and the water starts rippling within you. It can quickly turn into a simmer, and then before you know it, it's boiling pot of emotional turmoil, blame or heartache. You feel this pain throughout our entire body, swelling around your heart. You believe this pain is dark and deep, stretching far into the core of your Being. But it reaches no depth compared to the universe you hold within. This pain can only ever reach as far as the middle layer of you. It can never penetrate into the centre of your soul, or what you might consider the essence of who you are, for it comes from the mind and the body, and therefore is restricted within its limited domain.



The middle layer is your *protective layer*. It's not made of body nor of mind. It's a place of neutrality and equanimity (not of apathy or indifference because those too are emotional states.) It embodies a layer that is calm, unattached, and outside the realm of logic and sensory perception. Perhaps for you, this layer is entered through mindful breath-work, meditation, sound sleep or simply channelling your emotions into creativity. You will know you've reached it when you are no longer identified with the pain but see it as just another sensory experience of being human.



The bottom level is where your spirit, your Heart, your realized Self resides. It's your *rest and reset* layer, the place where you go for deep replenishment and healing. It's a layer of surrender and connection before you gain the clarity you need to be able to resurface into your life again. This layer is entered as the result of time spent in your middle layer.



Travelling from the facade of your emotional state inwards towards your middle layer of neutrality, and then further onwards into your essential core takes practice. *It is the art of all art forms.* To practice, you simply need to be aware of your pain at its surface level and then through intention, breath, presence and time, you will reach a space of neutrality. The longer you spend in this protective middle layer, the easier it will be for you to reach your restful and repairing layer at the deepest point within your Being. Healing is a choice – not an easy one – nor a quick one, but one that is within your power. To be wounded takes years of repetitive emotional trauma, so to heal is to also take time. It means to *make time* to come back to yourself, to return to the restful and repairing state within you that awaits for your presence to bathe itself in your remedial waters.

CREATIVITY

I belong to my creativity, the expression of my Heart, the fire in my belly and I allow this life to move through me. I express myself freely and with attention to the emotions that are beholden to my craft. I create without expectation, with a willingness to be vulnerable and to work the pain through my hands. I belong to the creative energy that resides in all living things, that runs through the universe and therefore me.

COMMITMENT

I belong to my commitment, the parts of me that root into the ground so that I can bring forth the dreams I have. I am invested in the place I live, the life I have and the body I care for, making each element sacred through attention, presence and appreciation. I belong when I show up and I slow down, bringing all that I am into the moment. I create my own joy & wellbeing through the commitment I make daily to it.



NATURE

I belong to my nature, the understanding that I am subject to the same laws. The same energy that lies in the seed of a great oak lies in me too; I offer my trust to the forces that take care of my future and my becoming. I honor nature by giving my wilful presence to every aspect of her cycle, as well as my own. I belong to the greater web that weaves us as one. I belong to nature without and therefore within.

AUTHENTICITY

I belong to my authenticity. I know who I am, what I speak to and understand the truth that lies in my Heart. I express my Heart through my voice, which guards its deepest desires. I honor my own wisdom without the need for external approval. I live in my authenticity by making sacred the unique gifts and talents I have been given to carry. I belong to the truth that flows throughout this universe and therefore me.



AUTUMN

HEAL acronym letter: *H*

Theme: Recognize & prepare

Emotional signals: Sadness, anger, confusion.

Ritual: This is the point that you enter a relationship with your pain and begin to feel more difficult emotions. Honor this stage with a simple bedtime tea ritual (preferably with an adaptogen tea) and dream journaling as a way of releasing your subconscious and preparing yourself for the inner work to come.



WINTER

HEAL acronym letter: *E*

Theme: Vulnerability & inner-work

Emotional signals: Lack, dis-ease, overwhelm.

Ritual: In the mid-winter of your pain, grief or suffering you face the bones of your sadness. But when everything is stripped away, you are able to see what can be let go and what needs to be given life. In darkness, light candles and put your suffering into a creative project.



SPRING

HEAL acronym letter: *A*

Theme: Rebirth & awakening

Emotional signals: Love, hope, closure.

Ritual: Spring signifies that your relationship with pain has blossomed into something new. Enkindle this moment of hope by walking into nature and collecting a handful of flowers, leaves, nuts or stones and create a mandala in a quiet place. Every time you add a new element to the mandala, imagine it represents a piece of you that you like about who you are.



SUMMER

HEAL acronym letter: *L*

Theme: Passion & embodiment

Emotions signals: Allowing, joy, thriving.

Ritual: Summer represents a time when you are least aware of your pain. It's not the opposite of winter but part of the whole process. Bring your attention back to this state of joy and create a small ritual of celebration. Enjoy a warm cup of herbs and write down all the seemingly insignificant things you are deeply grateful for.

examples:

*Remember that there are no
such thing as "bad" emotions.*

*Keep using the HEAL
acronym for my
activations.*

Forgive, more.

*Give myself permission
to take more time to
care for myself.*

Spend more time in wild nature.

YOUR ANSWERS



*Spend less time online
comparing myself.*

*Learn more about adaptogenic
herbs so I can better handle
emotional stress.*

*Thoughts that obstruct my future from
birthing its highest potential:*

.....

*Thoughts that will nurture and support
the future I envision:*

.....

