

# THE DAILY HEAL JOURNAL

WITH SEZ KRISTIANSEN

EMOTIONAL HEALING



HEAL



SOUL NOURISHMENT

HOLD SPACE FOR YOURSELF

EMOTIONAL WELLBEING



# HOW TO PRACTICE HEAL© IN YOUR DAILY LIFE

## WHY HEAL© YOURSELF?

opening up a dialogue with our emotional state

We often journal as a practice of self-healing, but sometimes we land up looking at years worth of repetitive notebooks.

Do you know the feeling? The same emotional trauma coming up, inking almost every page?

Journalling itself is the therapeutic act of manifesting our thoughts into something tangible, something we can hold in our hands, make separate from ourselves, and offers us an incredible perspective into our emotional wellbeing...

But when we land up reading the same themes over and over again, how much are we really helping ourselves?

In one incredibly difficult period of my life, I turned to the words HEAL one night.

I distracted myself from the destructive thoughts I was having by creating an acronym that profoundly grounded me. This process landed up dismantling an emotionally turbulent situation in minutes that would have otherwise lasted days.

Since then, I use it everyday, in my journalling practice as well as my meditation practice. It digs deeper than any method I've ever known.

It is no cure. For we are not sick. It is a reminder of who we already are, *what* we already are and the incredible power we already hold to honor how we are feel, bringing an investigative element into the truth of our experience.

After all, our pain does not seek to be truthful - it seeks to be loved.

# THE 4 STEPS

You can integrate these four steps into your regular journaling practice easily by the following methods:

- As soon as you wake up to check in with your emotional state of mind
- At the end of your day as a reflective tool on the challenges you faced
- As immediate relief when overwhelmed with feelings of anxiety and fear

## HEAL HONOR

Firstly, honor your emotional response or general state by using your hand to touch the area in your body that hold the emotions. Take a deep breath and write down how you feel, telling yourself that you acknowledge these feelings; that they are seen and heard. By reminding yourself it's ok to have these feelings and locating their presence in your own body, you bring them into conscious awareness, where you have most power over them.

## HEAL ENQUIRE

Once you have honored your emotions, dig a little deeper into why they are here and where they come from. This step takes most practice because you need to be honest with yourself as well as cultivate a genuine curiosity to the origins of your pain, below what seems obvious. Ask yourself questions such as, "Is this emotion truthful to my situation, or is it habitual?" and "Which one of my unmet needs is this emotion really speaking from?" - The more you ask yourself 'why' the more you reveal potential resistances in your body. Write down all the potential reasons for where these emotions originate, and when you have located it through intuitive agreement, move on to the next step.

## HEAL ALLOW

Allow the origin of your emotional state to come to light now. It will often be very difficult to face this core reason as it plays on your past trauma, your habits, your addictions, your childhood experiences, your desires and your unmet needs. Have the strength to sit with yourself in stillness, allowing everything within you to simply *be* in this moment. All belongs in this moment. Give yourself space, without judgement, to simply breathe and be with this emotional state.

## HEAL LOVE

Through the power of love, all is healed. All comes back to its original state of openness and presence. Remind yourself in this step that you do not need to offer yourself love, because you cannot offer yourself something that you already are. Lean back into who you really are by connecting to your Self through a moment of mindful breathing or meditation. Write down a statement of loving kindness towards yourself. This will look different to everyone. For some, it might be "It's ok. I know you are having a hard time right now. You will get through it." For others, it might look more like a letter to a friend, "Dear friend, you are doing your best right now, I see that. I see you. You are so worthy. I love you." Offer yourself kindness if you cannot find the love within. Self-kindness is Love's soul-sister. She has a way of starting a little flame within you that has the power to become an inferno.

This practice is one that nourishes our emotional wellbeing into a tool that helps us navigate our lives, our businesses and our personal development. Its success is dependent upon our own intention, but made a whole lot easier if we have an accountability partner.

But what if you had 10 partners? What if you had 100, 1000, 10,000...not only partners, but friends supporting, inspiring and encouraging you along the way?

If you know a beautiful heart-centred friend who would benefit from this practice, please send this on - you have my blessing and support! And make sure you meet us for daily practice on our social media pages.



@THE\_DAILY\_HEAL\_JOURNAL

**FOR EXAMPLES OF HOW OTHERS USE THIS PRACTICE,  
PLUS DAILY PROMPTS THAT DIVE DEEPER INTO EACH STEP,  
CONNECT WITH ME!**

**#THEDAILYHEALJOURNAL  
@THE\_DAILY\_HEAL\_JOURNAL**

**OR GET IN TOUCH!  
HELLO@SEZKRISTIANSEN.COM**

**AND REMEMBER, JUNE 2020, THE DAILY HEAL PROMPT  
JOURNAL COMES OUT AS A BEAUTIFULLY CRAFTED BOOK  
FOR YOU TO CONTINUE YOUR OWN JOURNEY THROUGH.**

*In gratitude,*

*Sez*

