

INNER ALCHEMY

7 Step Ritual



Step 1:

Notice what sensations are moving through your body and the stories your mind is telling you. Speak the out loud - 'I am Noticing'

Step 2:

Acknowledge 'I see you - I feel you - I hear you.'

Step 3:

FEEL the sensations

Step 4:

Ask yourself 'What do I need or what does this part of me need? (This something should be producible by you and not dependent upon external circumstances or others.

Step 5:

Give yourself what you need.

Step 6:

Affirmation (change the narrative to a healing one)

Step 7:

Repeat as needed

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Journal



Use this space to write the answers to your questions from above.