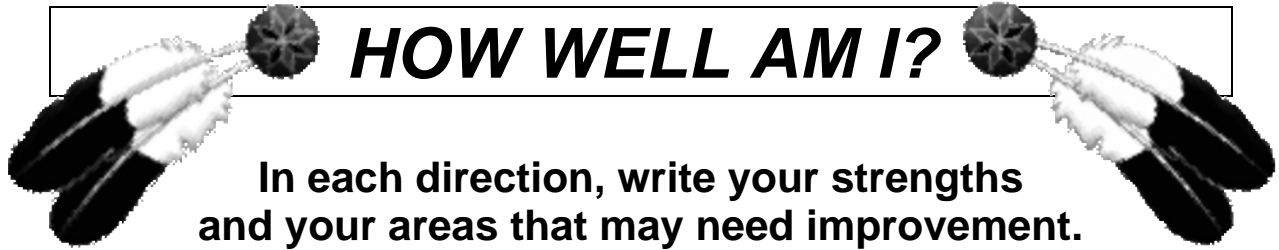
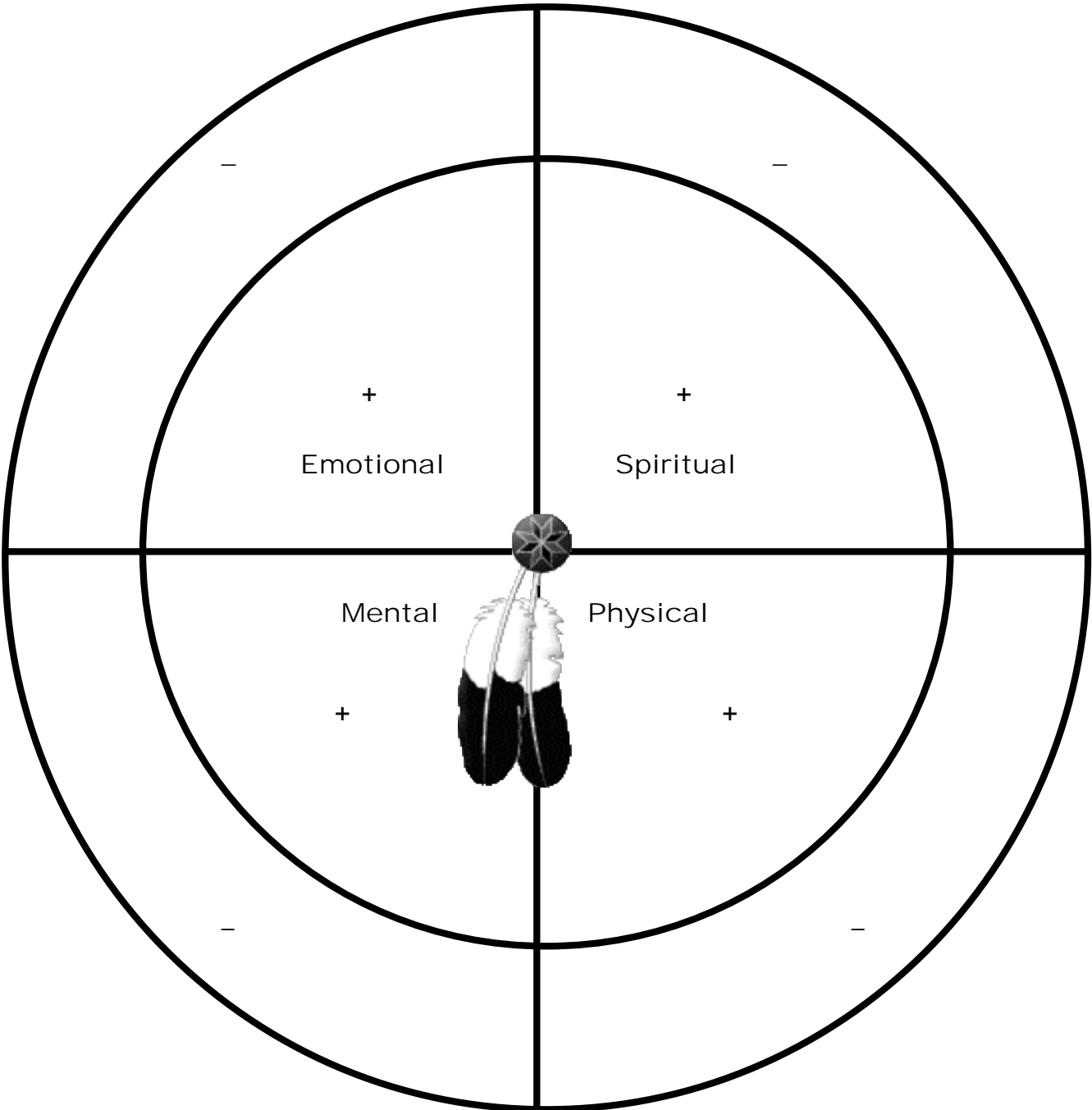


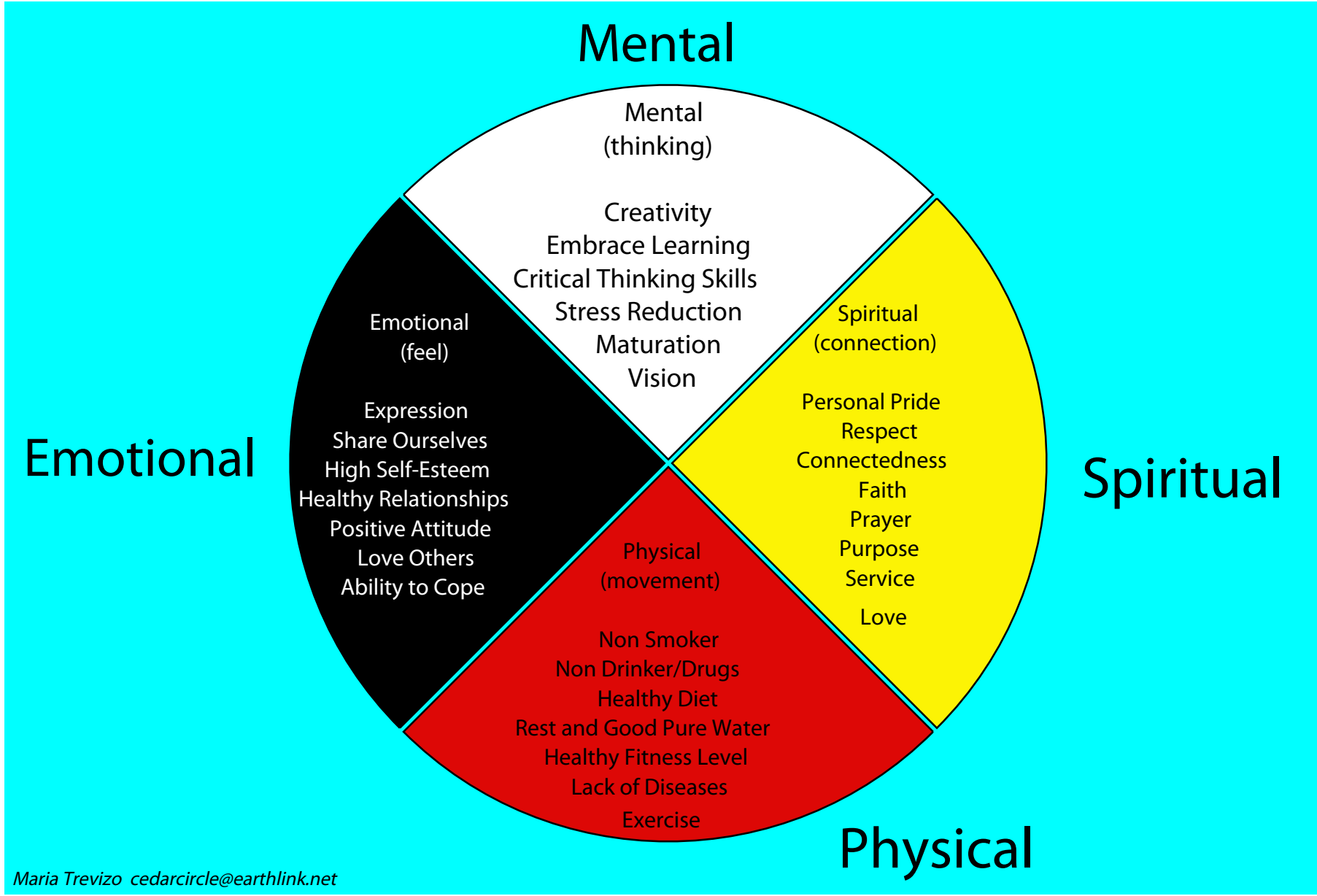
HOW WELL AM I?



In each direction, write your strengths and your areas that may need improvement.



The Healing Circle 2008
Maria Trevizo





Mind/ Emotion/Body/Spirit

How they Work Together

<i>Primary Emotion</i>	<i>System Imbalance</i>	<i>Healing Emotion</i>	<i>Healing Action</i>
<i>Fear</i>	<i>Kidney/ Bladder</i>	<i>Courage /Love Fearlessness Facing the fear</i>	<i>Breath work Visualizing tranquility Meditation/Prayer</i>
<i>Sadness/Grief</i>	<i>Lungs</i>	<i>Happiness/Joy Love</i>	<i>Physical Activity alternated with rest and naps</i>
<i>Pain/Loss</i>	<i>Heart</i>	<i>Pleasure/Bliss Love</i>	<i>Playing Laughter</i>
<i>Anger</i>	<i>Liver Gall Bladder</i>	<i>Forgiveness/ Generosity Love</i>	<i>Peaceful practice Ceremony</i>

*The Spirit Essence is always intact...unblemished, Powerful
andLove Heals.*

*One can reconnect/ reestablish the Mind/Emotion and Body with
Spirit Essence to recreate and reestablish your original
Balance / Harmony/ Health & state of well being.*

*Maria Trevizo • The Healing Circle, Olympia, WA 98508 • (360) 259-0734
cedarcircle@earthlink.net*

