#### MAPPING YOUR HEALING JOURNEY

The phrase, "I am on a healing journey," may be familiar to people. As you heal, we heal. We share what the **Drunken Buddha** (a somatic healing practitioner) identifies as nine stages in a healing journey, each with their description. This healing journey can be a personal one or one you have adopted in your organization or with your community. Read each description and identify which stage you may be on in your journey. There is no final stage; instead, this journey includes a series of continuous loops, moving us closer and closer to addressing and healing our wounds. Open yourself to honest inner dialogue to name where you are and where you may one day be.

## Stage 2

The Brook of Dabbling: We start exploring by reading, attending workshops, and maybe therapy to identify what has caused or contributed to our wounds.

#### Stage 1

The Dawn of Awareness: We become aware of our wounds. We know that something is blocking us from seeing our whole selves. We know what keeps our wounds open to more harm.

### Stage 9

The Strange Loop: We begin where we started, AWARENESS, and the loop continues. Each time we move through the loop, we gather more wisdom, practices, we release and continue to heal our wounds.

### Stage 8

The Crisis of Deepening: We will experience a re-wounding and may close us off the continuous journey. We will experience inner conflicts and tension. We continue the practices we learn and bring them as daily rituals.

### Stage 7

**The Landing Place:** We find ourselves in a temporary place of comfort, feeling good about where we are in our healing journey. We are in a temporary place and continue the ourney of healing our wounds.

# Stage 3

Circling the Pit: We begin to open ourselves to new learnings. We do not go too deep to address our wounds but we do make subtle changes to feel better about ourselves.

### Stage 4

The Dive Within: We begin to embrace shame, grief, and our insecurities. We do not suppress them, but rather learn to express and feel them in our bodies. We may spend time doing practices that allow us to release, express and manage emotions.

### Stage 5

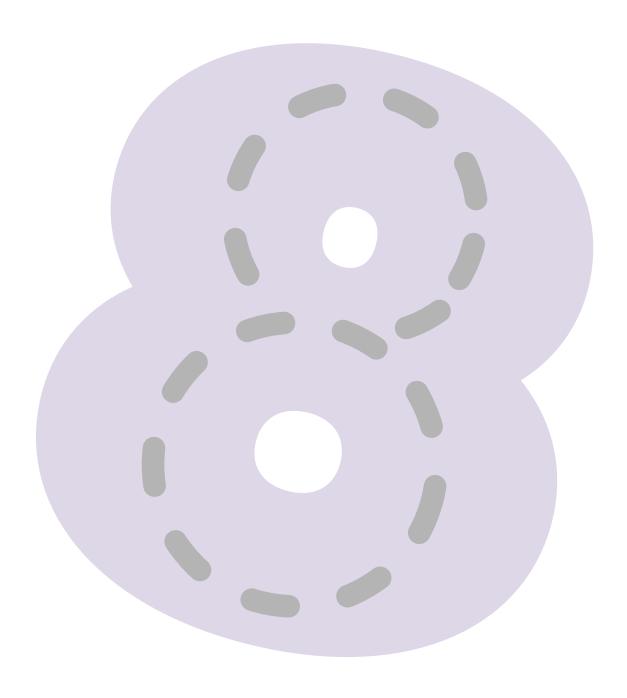
The Trough of Disillusionment: We begin to see more issues emerge and we continue to uncover our wounds and release. We feel we are not improving and this can result in confusion. We will continue the journey.

### Stage 6

The Meadows of Healing: We continue to practice patience and celebrate the small joys and growth. We continue our practices we have learned and continue to address our wounds.

# TRACING A HEALING JOURNEY

We invite you into a sensory exercise that invites you to take any part of your body, maybe your finger, and trace the path in a figure 8. Pause where you see breaks and move where you see lines. In each break, you release (practice releasing breath here) and let something go, and each line (practice inhaling in), you gain and learn something new. The number 8 is similar to an infinity shape; a series of loops from top to bottom or right to left. Dephina Woods (2022) writes that 8 symbolizes balance and prosperity. Trace that path 3 times. What do you notice? There can be stops along the way. You may be able to trace this each time without looking at the lines anymore.



#### REFLECTION POINTS

• Take a minute or two and ASK YOURSELF: Which stage(s) in the healing journey best capture where you are or where your organization is right now?
• Take a minute or two and ASK YOURSELF: Which stage would you like to be in a year from now? Two years from now? Be REALISTIC! REMEMBER, we cycle across these stages.
• Take a minute or two and ASK YOURSELF: What are some ways you embrace pauses or small celebrations to remind you and affirm you or your organization in its healing journey?
• Take a minute or two and ASK YOURSELF: What are some practices you may be doing to support
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