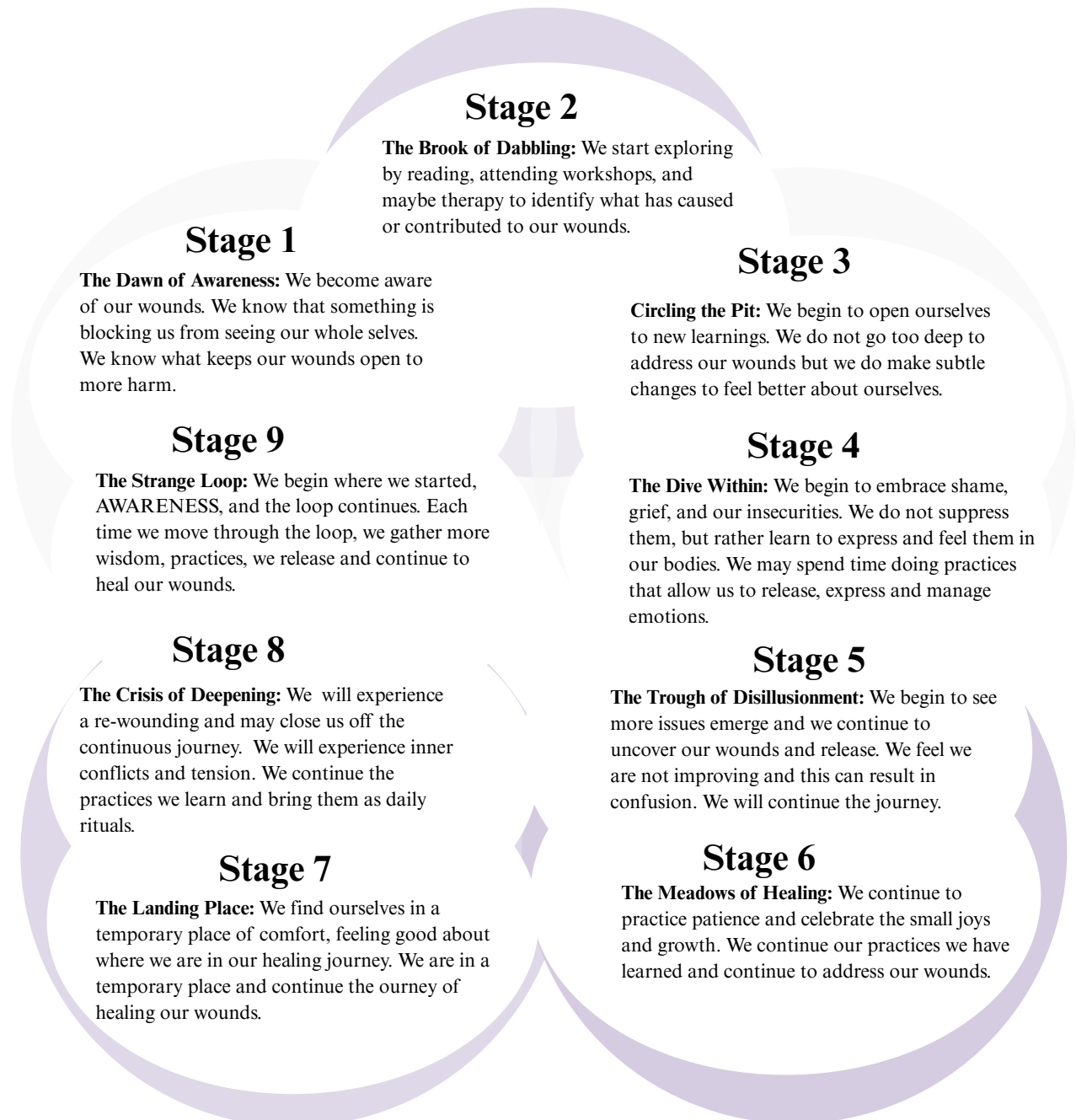


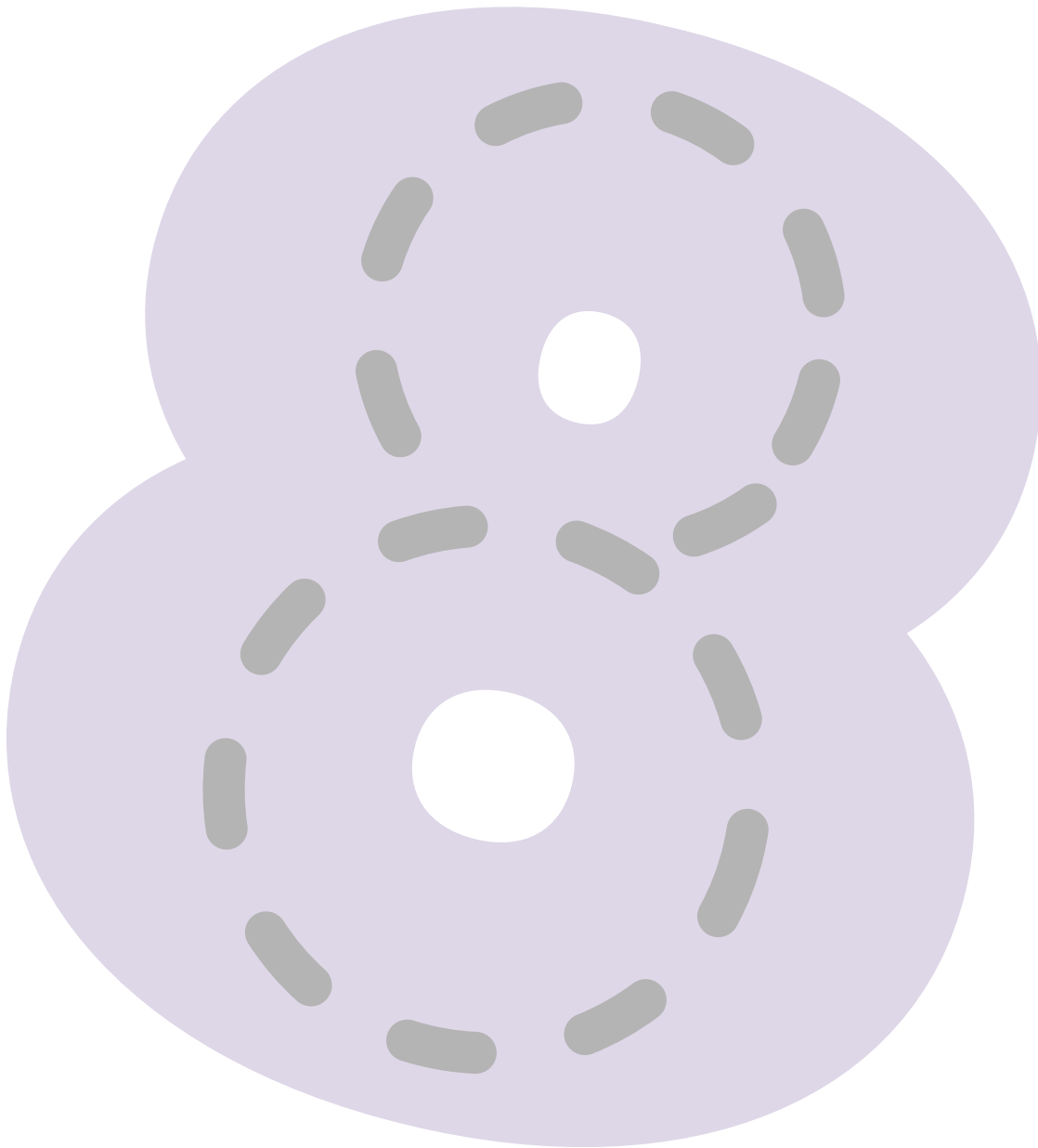
MAPPING YOUR HEALING JOURNEY

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.



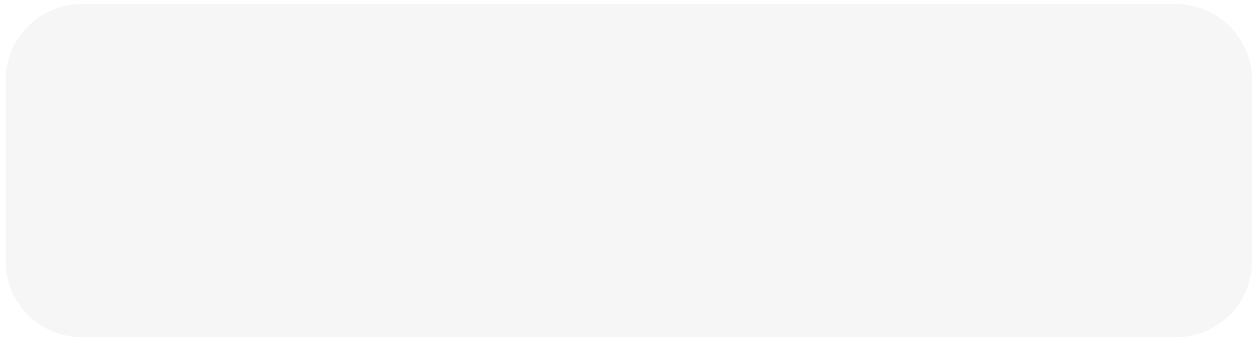
TRACING A HEALING JOURNEY

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.

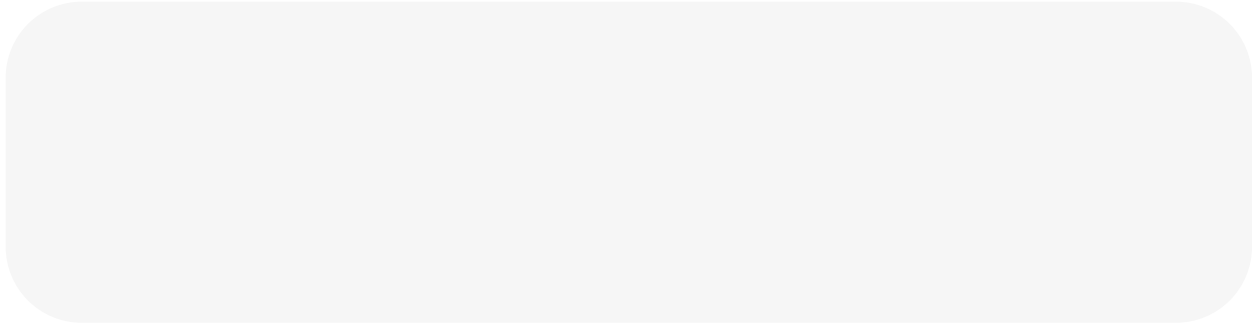


REFLECTION POINTS

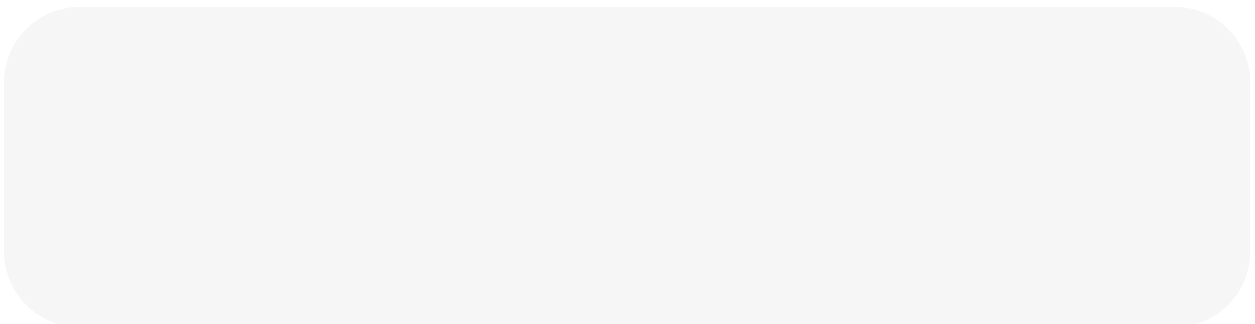
- Take a minute or two and **ASK YOURSELF**: Which stage(s) in the healing journey best capture where you are or where your organization is right now?



- 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 you in using your own tools of care?

