



The Permission Series Companion Guide

A Reflective Journey of Healing, Feeling, Growing, and Beginning Again

By **Cassandra R. Keyes**

The Restorative Space Podcast | Columbus Restorative Massage & Wellness (CRMW)

Why Permission Matters

Healing begins the moment we give ourselves permission to evolve. This sacred truth forms the foundation of your restoration journey—a journey that honors your unique timeline, your complex emotions, and your inherent worthiness.

This guide creates a sacred space for you to reconnect with yourself on every level—heart, body, and spirit. It's designed to walk alongside you as a trusted companion, offering gentle guidance without pressure or judgment.

Use these pages in harmony with *The Restorative Space Podcast* as you move through the transformative cycles of healing, feeling, growing, and beginning again. Each section invites you deeper into self-discovery and compassionate self-awareness.

Your Sacred Affirmation

I am allowed to take up space, rest, and evolve at my own pace.

Return to these words whenever you need permission to honor your journey exactly as it unfolds.

Permission to Heal



Restoring Connection

Healing begins when we restore the sacred connection between body and soul, acknowledging that true wellness encompasses our entire being.



Transforming Pain

Healing doesn't mean the wound never existed—it means it no longer controls you. Your scars become evidence of your strength and resilience.

Journaling Prompts for Healing

- What am I ready to release today? What no longer serves my highest good?
- How do I know I'm healing? What small signs of restoration am I noticing?
- What does my body need me to hear right now?

Healing Practice

Create a small ritual of release that honors your journey. This might include intentional breathwork, stream-of-consciousness journaling, or the mindful application of massage oil to areas holding tension. Let this practice become a loving conversation with your body.

📄 **Affirmation:** I give myself permission to heal at my own pace.

Permission to Feel

Embracing Emotional Truth

Healing is about developing emotional literacy—not achieving perfection. Your emotions are not obstacles to overcome but messengers carrying important truths about your inner world.

Allow yourself to feel deeply, without judgment or shame. Every emotion—joy, grief, anger, peace—is sacred and necessary. They're all valid parts of your human experience.

When we honor our feelings, we create space for authentic healing and genuine connection with ourselves and others.



Journaling Prompts for Feeling

Exploring Avoidance

What emotion am I avoiding right now? What might happen if I let myself truly feel it?

Following Truth

What emotion is guiding me toward my deepest truth? What is it trying to teach me?

Mindful Practice: Mirror Talk

Stand before a mirror, look into your own eyes, and gently name your current emotion. Accept it without trying to change it. Say: "I see you. I honor you. You are welcome here."

☐ **Affirmation:** I honor every emotion as a messenger of my truth.

Permission to Set Boundaries



Boundaries as Bridges

Boundaries are not barriers—they are bridges to your peace. They create sacred space where your authentic self can flourish and where healthy relationships can thrive.

Journaling Prompts for Boundaries

- Where do I overextend myself? What patterns of people-pleasing am I ready to release?
- What feels safe and sacred to protect? What parts of my life need stronger boundaries?
- How can I communicate my boundaries with love and firmness?



The Power of "No"

Saying "no" is an act of clarity and courage, not selfishness. Each boundary you set honors your energy, protects your peace, and models self-respect for those around you.

Boundary Practice

Create your list of non-negotiables—the things that honor your peace and wellbeing. These might include rest time, creative space, emotional safety, or personal values you won't compromise.

Keep this list somewhere visible as a gentle reminder of your commitment to yourself.

 **Affirmation:** My peace deserves protection.

Permission to Grow

Growth as Self-Love

Growth is a profound act of self-love and courage. It requires us to honor where we've been while embracing where we're going.

Blooming Beyond Survival

You are allowed to bloom beyond survival mode. Your life can be more than just getting through—it can be about truly thriving.

Embracing New Seasons

Let your new seasons shape you without fear. Each phase of growth brings gifts, even when the transformation feels uncomfortable.

Journaling Prompts for Growth

- How have I outgrown old versions of myself? What beliefs or patterns am I ready to release?
- What new dreams am I nurturing? What possibilities am I allowing myself to imagine?
- What would my highest self want me to know about this season of growth?

Growth Practice

Write a compassionate letter to yourself celebrating your progress and lessons learned. Acknowledge how far you've come. Honor the wisdom you've gained. Recognize the courage it took to get here.

📄 **Affirmation:** I am becoming everything I prayed for.

Permission to Begin Again

Sometimes starting over feels like failure, but it's actually the purest form of faith—faith in who you're becoming and in what still awaits.

Each sunrise, each breath, each new season invites you to begin again, softer, wiser, and more whole. There is profound beauty in allowing yourself the grace of fresh starts, as many times as you need them.

Beginning again doesn't erase what came before. It honors your journey while acknowledging that you've grown beyond what once was. You're not going backwards—you're spiraling upward, carrying forward the wisdom you've earned.

Journaling Prompt: Asking for Renewal

What part of me is asking for a new beginning? What aspect of my life feels ready for transformation?

Journaling Prompt: Honoring the Restart

How can I honor my restart with grace instead of pressure? What would self-compassion say to me right now?

Your Closing Affirmation

Every sunrise reminds me that I can begin again, with love, intention, and peace.

You are worthy of as many new beginnings as your heart desires. Trust the timing of your transformation.