HEAL THE PAST

Heal The Past

We all have ghosts in our closets. These unresolved issues are here because humans are all here to learn the lessons of life's biggest challenges in order to evolve. Many people get stuck looping in old stories as a way to justify their negative emotional responses to life. Perhaps you feel deep heartbreak or anger at the government or resentment to your parents and you feel insecure about having self worth issues at a deep level. Whatever, the issue, this card will help.

5 Quick Tips To Heal The Past

1. Know that healing is possible.
2. Through acknowledging there is something to heal
3. Commit to heal - even if you don't yet know how.
4. By feeling through your past pain and finally giving yourself permission to get support and let go of stories and experiences that keep you from moving forward.
5. When you are truly willing to let go and to do what it takes to move forward.

Practice

PlWhether you write something out and burn it, cry it out, dance it out or simply ask Creator to take it away, the act of doing something will help you take steps towards moving forward with new possibilities. Download this Clearing Meditation from the course that goes with the cards and book.

How to Use this Alter Card

- PRINT it on full color.
- Cut off the edges.
- Place card on your alter or desk for meditation and meditation support
- Work with this meditation

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NÄRAYANÏ GAIA