

HEALING?!
HOW WILL MY PROCESS LOOK?
A REMINDER FOR _____.

When I am empowered enough to heal life will appear _____,
_____ and _____. I will seem to be _____,
_____ and _____. I will feel _____, _____, and
_____. I will think that people are _____,
and _____, that relationships are _____,
and _____. In my healing process I will think that I must
_____, _____ and _____. I will think I need
_____, _____ and _____. I will want
to _____, _____ and _____. And I will want
to punish them (whoever) by _____, _____, and
_____ and punish myself by _____, _____ and
_____.

MY COMMITMENT

Recalling that I receive what I give, when I am empowered enough to heal
I will stay present, keep Love _____, _____ and _____.

I will be responsible for my feelings and treat myself and everyone present
_____, _____ and _____.

I will be willing, through Forgiveness, to change my thoughts and realities
about life, myself, people and relationships. I will let go of the behaviors
my ego demands I follow, my false needs and my defenses. I will keep my
commitment to maintain a condition of Love in my mind as I gently hold
myself and others accountable! I will ask for support as I stay conscious
and use the tools I have acquired.

DATED THIS ___ DAY OF _____, 20__.

WITNESS

Verification of My Commitment To Heal

Please, share, live, teach and support this work freely!
dr. michael ryce, c/o 273 County Road 638, Theodosia, Missouri 65761 954-205-4996 40.00 - 4 hr. CD or 2 hr. DVD - plus 5.00 S&H each
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