

**Easing Through a Healing Crisis**

<b>Name:</b>				
<b>City/State:</b>				
<b>Acknowledgement of idea, please mark to the right of your choice.</b>	<b>Permission to use my name</b>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Withhold using my name</b>
<b>Describe (briefly) your physical symptoms during your healing crisis.</b>				
<b>Describe the physical “remedy” used to ease through your healing crisis.</b>				
<b>Describe the inner work done to move through your healing crisis.</b>				

Complete form and email to [jeanie@whyagain.org](mailto:jeanie@whyagain.org)

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**Disclaimer: The above are tried and true personal experiences; however, we are not offering this as medical advice. It is your assessment and choice if you need to check with your doctor.**

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