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5 steps to healing

There is no perfect way for you to heal, as everyone is different, and every experience is unique, but here are five key steps that I use to guide clients through their healing journey.

It's so important to understand that your healing journey is exactly that; a 'journey'. It is not a destination or a fixed goal for you to try and achieve. **Healing is a process.** It needs to be done slowly, with gentle compassion and patience. And just as your wounds and limiting beliefs have been created and experienced over many years, your healing also needs to be done in layers, gently acknowledging and witnessing each wound as it surfaces for processing and healing.

1 ~ awareness

Awareness is absolutely the first step to healing. So what is it, and what does it mean? Awareness is an understanding that something is stopping you from feeling peace, joy, love, and being your authentic self. You may feel that you are just not yourself, that perhaps you don't even know what it feels like to be your True Self. It could be that you are experiencing anxiety, addictions, withdrawing, anger, feeling the need to please everyone, feeling alone, sad, lost, unworthy, or lacking confidence and direction.



2 ~ connect within

It's important to begin connecting with your body. You spend so much time in your head, but it's within your body that your healing takes place, not your mind. Notice what the emotions are that are surfacing for you when you are triggered. How are you responding in those moments? What sensations are you noticing in your body? Perhaps you feel numb, or disconnected. Your body is always communicating with you, and your physical body is an expression of your emotional body, so start tuning in and listening, become aware of how you are showing up when you are triggered.

3 ~ process and release

Emotions are literally energy in motion. They need to be felt, processed, and released; it's simply the basic nature of emotions. When you hold on to heavy emotions, they don't disappear, they stay within the body and cause so much emotional and physical stress, as you most probably know. So an important part of your healing is to process and release your emotions. You need to allow yourself to feel it all, so your body can process it fully, and then it will release. There is so much freedom, light, expansion, and clarity from an emotional release, it really is so powerful.

4 ~ heal your inner child

This is a key element for your healing journey, and one that is often overlooked, and misunderstood, but healing your inner child is how you heal core wounds. It's what will bring you deep, root cause resolution. Because those core wounds are the reason you have limiting beliefs, self-sabotage, addictions, fear, self-doubt, low self-worth, and continue unhealthy patterns and cycles. So once you uncover, process and release your emotional stress, it then enables you to unlock the trauma of your wounded inner child, and this is where the healing magic happens!

5 ~ integrate

Once you heal your inner child, it's important to integrate them back into your Being. Think of your inner child as being a wounded part of you that has been neglected, forgotten, abandoned, and stranded for years and years. It's this wounded part of you that is the reason you don't feel whole, worthy, enough, and that you are not living from your True Self. So once you heal that wounded part, you need to integrate them, bring them back home, allowing you to reconnect and realign with your True Self, and welcome in self-compassion, self-love, and self-forgiveness. It's like the final piece of the jigsaw slipping in to place. And it's truly magical.



If you would like support and guidance as you navigate your healing journey, then please reach out. You don't have to do this on your own; I am here to gently guide you through and beyond your wounds.

You are worthy of this.

You are worthy of living your most magnificent life.