

# *Gratitude & Forgiveness recommended content*

Scars: We have scars all over our bodies, our scars make us beautiful and unique. Think about your trauma as an open wound. One that you need to clean and bandage and heal. But, if you just slap a BAND-AID and try to move on, that BAND-AID will fall off- you can even get an infection that can spread. I help women to contain the infection, to clean out the wound, to place soothing ointment on it afterwards to lessen the sting, then to properly wrap it so it can heal into that beautiful scar. Otherwise, the BAND-AID will keep falling off- and your wound will become exposed. It can burn and itch. It's painful to the point where it stops you from living your best life. But, once the scar is healed. You don't have to remember and attach to the PAIN that caused the scar.

## Remember:

- The depth of forgiveness can be as deep as the sea is wide.
- We are always at choice to forgive.
- Forgiveness brings freedom, and you are worth that freedom.
- Our experiences do shape the path to where we are today, but it doesn't have to shape the path for where we are heading to in the future.
- It is ALWAYS okay to ask for help
- I believe in you, I know that you can do this. Do you believe in yourself? You are SO much stronger than you think!

## Calling back your energy:

- Imagine all of your energy that was spent throughout the day (giving to others) in the form of balloons with strings.
- Imagine cutting those strings and letting the balloons fly away and saying "I choose to keep my energy for myself right now."
- You can give back your energy to anyone you choose to, the next day.
- This practice can help with anxiety as well. Helping to protect your energy is also a great self care practice.

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## When doing a journey:

- Keep tangibles items with you, to hold on to, so that your body knows it is grounded in a safe space even though your mind is going back to a traumatic time
- Take a shower or a bath after so that you can cleanse. Tears are cleansing too.
- Remember that you get to decide when you want to journey, and you get to decide when to come out of your journey

XoXo,  
Janelle