

# TO SHED IS TO HEAL

Do you believe that when we heal ourselves, we also heal the world? If so, why?

Have you ever personally experienced this before?

Does this change the weight that you carry around your own healing?

Can you name how this makes you feel (ex: heavier, lighter, empowered, overwhelmed)?



*"I surrender to my ability to heal and be healed. Instead of seeing what is broken  
I choose to see invitations to return to wholeness." - Rebecca Campbell*

*"We can never obtain peace in the outer world until we make peace with ourselves." - Dalai Lama*