Healing script

1. I have a problem (write down the name of the problem or disease and state that this is nobody's fault). Please thank universe for this problem because it is trying to protect you.

2. When this started, year is enough if you can't remember the day or month?

3. Please list all important people (positive and negative) in your life when this problem or disease started (mum, dad, brother, sister, daughter, son, friend, crazy job or neighbour, all of them).

Person name / Job / Event	Feelings / Emotions	Forgiveness / Gratefulness

4. What I felt to each member of my family and friend/not friend, work, neighbour? (Happiness, gratefulness, joy, upset, resentment, grudges and write these down in section 3)

5. How I expressed my feelings when someone was negative or positive to me? No reaction or feelings have been expressed is a usual reaction.

6. For each your negative emotion and feeling you ask for the forgiveness at least on paper, always better face to face or phone call. For each your positive emotion and feeling you need to say thank you to these people you listed in section 3 at least on paper.

7. Start doing simple steps towards recovery:

   Drink warm water in the morning, fast one day/week, meditate, start Tabata exercises, …….