

**Steps in Rebalancing
Mind & Body**



**Choose
Higher Self**

**Feel
Trauma Pain**

**Release
Charge Lower Self &
Express Negative Pleasure**

**Examine
Mask & Resistance
Internal Stressors and Limiting Perceptions**

**Increase
Body Awareness, Autonomic Regulation
Stress Reduction & Meditation**

**Remove
Environmental Stressors & Toxic Lifestyle**

**Restore
Basic Body-Mind Balance
(Nutrition, Exercise, Sleep)**

**Understand
Resistance to
Lifestyle Changes as
an Aspect of the
Lower Self**

**START
HERE
and
move
Up!**