

Day 1

Week

1

Day

1

Day Title

What Does Healing Mean?

Lesson Name

Roots of Healing

Meme

(insert meme image)

Summary

Healing is not about fixing what is broken. It's about moving toward wholeness. It means embracing all parts of ourselves, integrating our wounds, and finding balance rather than striving for perfection. Healing is an unfolding process that deepens self-compassion and connection.

Daily Passage

When most people think about healing, they imagine a process of repairing what is broken or correcting what has gone wrong. This perspective comes naturally in a culture shaped by medical models of illness and treatment: symptoms appear, a diagnosis is given, and the aim is to fix the problem until it disappears. Yet when we approach healing only as fixing, we may miss its deeper essence.

Healing is not the same as curing. Curing is the elimination of disease or the removal of symptoms. Healing, by contrast, is a movement toward wholeness. It is about integrating all parts of the self, even those that feel messy, wounded, or incomplete. The word "heal" comes from the Old English *hælan*, meaning "to make whole." This shift in perspective is vital for self-healing: we are not trying to become perfect or symptom-free, but rather to become more complete, authentic, and aligned.

This understanding is echoed in many traditions. In Indigenous wisdom, healing is often seen as restoring balance within the individual, the community, and the natural world. In Jungian psychology, healing arises from integrating the conscious and unconscious aspects of the psyche, creating greater harmony. In Internal Family Systems healing means transforming our inner system by bringing the core Self to lead the internal family of parts. From a spiritual lens, healing is less about removing pain and more about finding meaning, connection, and peace within it.

From a psychological perspective, Gabor Maté has written extensively on how trauma expresses itself in the body and mind. He suggests that healing is not erasing the wounds of trauma, but learning to live in right relationship with them, acknowledging the pain while cultivating compassion for the self who endured it. In this sense, healing is an unfolding, not a quick repair.

The danger of the “fixing” mindset is that it positions us as defective. If we see ourselves as broken machines, then healing becomes a technical project of replacing parts or correcting errors. This fosters shame and impatience: “Why am I not healed yet?” But if healing is wholeness, then every step, even the struggles, is part of the process. Instead of striving for a flawless self, we learn to embrace a fuller self.

In psychedelic integration, this distinction is particularly important. Journeys can reveal profound insights, but if we approach them with the mindset of fixing, “I need this ceremony to erase my depression,” “I need this medicine to cure my anxiety”, we may miss their true gift. Psychedelics often illuminate what needs to be felt, expressed, or re-integrated. Healing is the gentle work of weaving those insights into daily life, not erasing what makes us human.

Healing also unfolds at multiple levels. There is personal healing, where we attend to our own wounds and patterns. There is relational healing, where we learn to repair connections with others. And there is collective healing, recognizing that personal suffering often reflects broader societal and cultural imbalances. True healing acknowledges this interconnectedness, seeing the self not as isolated but as part of a larger web.

Ultimately, healing is less about becoming someone new and more about remembering who we already are. Beneath the layers of pain and protection, there is a wholeness that has never been lost. Healing invites us to uncover it, to live more fully from it, and to trust that nothing within us is beyond redemption.

Alternative View

Some argue that healing must be practical and outcome-driven, especially when dealing with severe illness or trauma. In these cases, symptom reduction and functional improvement can feel more pressing than abstract notions of wholeness. Both perspectives can coexist: while immediate relief and treatment are important, deeper healing can continue alongside them.

Activity

When I think of the word “healing,” what images or assumptions come to mind?

How has my life taught me to see healing as fixing? Where has that perspective been helpful, and where has it limited me?

What does wholeness mean to me right now?

Can I recall a moment when I felt more whole, even if my challenges had not disappeared?

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Domain

Psychotherapeutic

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Psychological and Therapeutic

Day 2

Week

1

Day

2

Day Title

The Difference Between Coping and Healing

Lesson Name

The Roots of Healing

Meme

(insert meme image)

Summary

Coping keeps us afloat in the moment, while healing transforms us over time. Both are valuable, but healing requires us to address root causes rather than only managing symptoms. Together, they form a balance of survival and growth.

Daily Passage

At first glance, coping and healing may appear similar. Both are ways of dealing with pain, stress, or challenge. Yet they are not the same. Coping helps us survive, while healing invites us to transform. Both are valuable, but confusing the two can keep us stuck.

Coping strategies are the skills and behaviors we use to manage distress in the moment. They can be healthy, like taking a walk, practicing deep breathing, or calling a friend. Or they can be less supportive, such as numbing with substances, overworking, or distracting ourselves endlessly. Coping provides short-term relief. It buys us time and space when life feels overwhelming. It is essential, particularly in times of crisis, because it keeps us afloat when healing work feels too far away.

Healing, however, asks us to move beyond survival into transformation. It does not only manage symptoms; it seeks to understand and integrate what lies beneath them. For example, if stress manifests as recurring anxiety, coping

might look like using breathwork or grounding exercises to calm down in the moment. Healing would involve exploring the root causes, perhaps unresolved trauma, self-beliefs, or nervous system imbalances, and tending to those roots over time.

The relationship between coping and healing is dynamic. Sometimes we need to lean on coping strategies until we feel stable enough to engage in deeper healing work. Other times, what begins as coping can open a doorway into healing. Journaling to manage stress, for instance, may lead to uncovering hidden emotions or insights that invite deeper reflection. Coping keeps us safe; healing helps us grow.

One way to distinguish them is to ask: Does this practice move me closer to wholeness, or does it just help me get through the day? Both answers are valid. There is no shame in coping. In fact, it is an act of resilience. But when coping becomes our only mode, we risk staying in cycles of avoidance. Healing requires us to turn toward discomfort, not just away from it.

Research in psychology supports this distinction. Studies on resilience show that people who thrive after adversity often combine coping skills with meaning-making, emotional processing, and social connection, all of which are aspects of healing. Brené Brown describes healing as moving through vulnerability into courage and authenticity, not simply numbing pain. Trauma expert Peter Levine emphasizes that healing involves discharging stuck survival energy from the nervous system, not just containing it.

In psychedelic integration, this difference becomes very clear. A journey may temporarily relieve symptoms or provide new perspectives; that's coping at a higher level. But true integration requires ongoing practices that embody the insight: setting boundaries, changing habits, repairing relationships, or facing old wounds. Without this deeper work, the experience risks becoming another temporary coping strategy rather than a catalyst for transformation.

It is also important to remember that healing does not mean never needing to cope again. Even as we grow, life continues to bring stress, loss, and uncertainty. Coping skills remain essential tools. The difference is that healing expands our capacity to meet challenges with more presence, compassion, and resilience. Coping is the bandage; healing is the deeper mending of the wound.

Ultimately, both coping and healing belong in the toolbox of self-care. The key is awareness; knowing when we are using a strategy to survive, and when we are called to move deeper. Neither is wrong. But when we long for true transformation, we must be willing to go beyond coping into the courageous work of healing.

Alternative View

Some argue that coping itself can be healing, because managing symptoms and finding stability often creates the conditions for deeper growth. From this view, the line between coping and healing is not always sharp, sometimes what begins as coping naturally evolves into healing without clear separation.

Activity

What coping strategies do I use most often? How do they serve me?

Which of my coping strategies feel supportive, and which feel more like avoidance?

Can I identify an area of my life where I am ready to move from coping into healing?

What would healing look like in that area?

Personal Resource Map tool

Sources

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Domain

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Day 3

Week

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Day

3

Day Title

The Inner Compass

Lesson Name

The Roots of Healing

Meme

(insert meme image)

Summary

The inner compass of intention and orientation provides direction and guidance on the healing path. Intention clarifies what matters most, while orientation helps us return to alignment when we feel lost. Together, they sustain resilience and presence throughout the journey.

Daily Passage

Healing is not a straight line. It unfolds in spirals, cycles, and unexpected turns. Because the path can be uncertain, it is helpful to have intention and orientation, like a compass and a map. Intention points us toward what matters most, while orientation reminds us where we are and how to return when we feel lost.

An intention is different from a goal. A goal is about achieving a specific outcome: I will meditate every day, I will heal my anxiety, I will stop this habit. An intention is about direction, about how we want to meet the journey: I will approach myself with kindness, I will practice presence, I will honor my body. Goals can be motivating, but intentions sustain us even when outcomes take time or shift unexpectedly.

Orientation is the practice of remembering where we are. When we become overwhelmed, confused, or discouraged, orientation helps us pause and reconnect with our inner compass. This might mean asking: What

brought me here? What do I long for? What matters most in this moment? Orientation keeps us aligned with intention when the path feels foggy.

Psychologically, intention and orientation support resilience. Without them, healing can feel like drifting or reacting to every emotion and thought that arises. With them, we have a steady frame. Even when resistance, doubt, or setbacks appear, intention reminds us of the “why” behind our practices. Orientation offers a way back when we forget. Together, they build trust in the process.

Challenges can complicate intention. For those who have lived in survival mode, the idea of longing or desiring may feel unsafe. Orientation, too, can be difficult if the body and mind feel unfamiliar or disconnected. Healing begins with gentle, realistic intentions, such as: “I will practice noticing my breath today” or “I will remind myself that I am not alone.” Over time, these small compass points guide us into greater clarity.

Spiritually, many traditions view intention as powerful. Prayers, vows, and dedications are all forms of setting intention. They signal to ourselves and to life that we are opening to a particular way of being. Orientation in this sense is about remembering: remembering our place in the greater whole, remembering that we are part of something larger than our struggles.

In psychedelic journeys, intention is essential. Before a journey, intention shapes the experience. It is not about controlling the outcome but about aligning with what we are ready to explore. Afterward, orientation helps us integrate, reminding us why we entered the process and how to live the insights we received. Without intention, journeys can feel scattered. Without orientation, integration can lose direction.

Practical ways to work with intention and orientation include:

- **Set a daily intention.** Choose a simple phrase in the morning, such as “I will move with gentleness” or “I will return to my breath.”
- **Use reminders.** Place symbols, notes, or objects where you will see them as cues to return to your intention.
- **Orient through pause.** When overwhelmed, pause and ask: “Where am I? What matters most right now?”
- **Anchor in values.** Reflect on what qualities or values you want to embody such as love, courage, patience, honesty.
- **Review and renew.** Return often to your intentions, adjusting them as your journey unfolds.

Intention and orientation are not about perfection. They are about direction. Just as a sailor cannot control the wind but can adjust the sails, we cannot control every aspect of life, but we can orient again and again toward what matters.

Ultimately, intention and orientation remind us that healing is not random. It is a chosen path, shaped by our longings and guided by our awareness. With intention, we declare: “This is how I choose to walk.” With orientation, we remember: “Even if I wander, I can return.”

Alternative View

Some may feel that setting intention creates pressure, as if they must control or force the healing process. But intention is not about rigid outcomes. It is about direction. It does not demand perfection, only presence and alignment with what matters most.

Activity

What intentions feel alive for me right now?

How do I want to walk this path, regardless of outcomes?

What helps me reorient when I feel lost or overwhelmed?

What values or qualities do I want to embody as I heal?

Microaction Commitment Tool

Sources

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Day 4

Week

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4

Day Title

Grounding in Values

Lesson Name

The Roots of Healing

Meme

(insert meme image)

Summary

Grounding in values gives us a steady anchor in life and healing. Unlike goals or intentions, which may shift, values remain constant and remind us of who we are and what matters most. They build resilience, guide choices with meaning, and help integrate insights into daily life. By discerning values that feel truly authentic and aligning our actions with them, we create a foundation that helps us live more fully, even through change and challenge.

Daily Passage

Once we have set our compass through intention, we need something deeper to anchor us. This anchor is our values. Values are the guiding principles that remind us of who we are and how we want to live. They are not tasks to complete or goals to achieve but qualities of being that give direction and meaning to our choices.

Grounding in values means orienting our healing journey around what matters most to us. While intentions may shift with circumstance, values remain steady. For example, the intention “I will journal every morning” may succeed one day and fail the next, but the values behind this intention, which may be honesty, reflection, or growth still remain. By connecting with values, we give ourselves a foundation that is less fragile than outcomes and more enduring than daily habits.

Psychologically, grounding in values builds resilience. When difficulties arise, values help us reorient. They remind us why we are doing this work. Without values, healing can feel like chasing symptoms or reacting to crises. With values, healing becomes a path of alignment: each step measured not by how perfect it looks but by whether it reflects what we care about.

From a neuroscience perspective, values shape behavior by engaging motivation systems in the brain. When actions are tied to personal meaning, they activate reward pathways, increasing persistence and satisfaction. This is why value-based living is a cornerstone of therapies like Acceptance and Commitment Therapy (ACT). Instead of avoiding discomfort, ACT encourages people to anchor in what they value and move forward, even in the presence of difficulty.

Spiritually, grounding in values echoes ancient wisdom. Many traditions emphasize living in harmony with virtues such as compassion, truthfulness, or courage. These are not rules imposed from outside but qualities that connect us with our deeper nature. By grounding in values, we align our personal healing with a larger sense of purpose and belonging.

In psychedelic integration, values serve as an essential bridge. Insights from journeys can feel vast and illuminating, but without a framework, they may fade. Grounding in values allows us to bring these insights into daily life. If a journey reveals the importance of love, courage, or presence, values provide a structure to embody these insights long after the experience has ended.

A common barrier arises when values are confused with “shoulds.” Many of us inherit values from family, culture, or religion that may not feel authentic. Grounding in values asks us to discern: Is this truly mine, or is it an expectation I have carried? Healing invites us to reclaim values that are living, authentic, and chosen; not imposed.

Practical ways to ground in values include:

- **Clarify your values.** Write down a list of words that resonate, such as kindness, creativity, honesty, or courage. Notice which feel most alive.
- **Link actions to values.** Ask, “How does this choice reflect what I care about?” Small acts aligned with values carry great power.
- **Create reminders.** Keep a word, symbol, or image nearby to remind you of a value when life feels chaotic.
- **Check in regularly.** At the end of the day, reflect: “Did I live in alignment with my values today?”
- **Allow values to evolve.** As we grow, our values may deepen or shift. Grounding is not about rigidity but about staying true to what is most alive now.

Grounding in values does not mean avoiding change or difficulty. It means meeting change with a deeper root system. Just as a tree bends but does not break because its roots run deep, we can move through storms more steadily when grounded in what we most cherish.

Ultimately, grounding in values is about remembering who we are and what matters. It is about giving ourselves a compass that not only points us forward but roots us in the soil of meaning. Values remind us that healing is not just about reducing pain but about living more fully, more authentically, and more aligned with our truest selves.

Alternative View

Some may feel that focusing on values adds pressure, as if they must live up to an ideal at all times. But grounding in values is not about perfection or rigid standards. It is about orientation. Even when we fall short, values remain a compass, reminding us gently of where we want to return.

Activity

What values feel most alive in me right now?

Which values have I inherited that may no longer feel authentic?

How do my choices reflect or conflict with my values?

If my healing journey could embody one value, what would it be?

What small act today could help me live more fully into a core value?

Values Exploration Tool

Sources

Hayes, S. C., Strosahl, K., & Wilson, K. (2016). *Acceptance and Commitment Therapy*. Guilford Press.

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Day 5

Week

1

Day

5

Day Title

Cultivating the Observer

Lesson Name

Roots of Healing

Meme

(insert meme image)

Summary

Mindfulness and self-awareness begin with noticing what is here, without judgment or urgency to fix. By cultivating the observer within, we learn to witness thoughts, emotions, and sensations with compassion and steadiness. This practice brings unconscious patterns into light, creates space for choice, and anchors us in the present moment where healing unfolds.

Daily Passage

Healing often begins not with a dramatic breakthrough, but with the simple act of noticing. Awareness is like turning on a light in a dimly lit room: suddenly you can see what was always there, waiting for attention. In the context of self-healing, awareness is less about judgment and more about witnessing. It is a willingness to observe what is happening inside and around you with honesty and curiosity, without rushing to fix or deny it.

Many traditions, from Buddhism to modern psychology, emphasize awareness as foundational. Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR), describes mindfulness as “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” When we develop this quality of attention, we

begin to recognize patterns that were previously unconscious: habits of thought, emotional triggers, or bodily tensions that drive our behavior.

From a neurological perspective, awareness activates the prefrontal cortex, the part of the brain responsible for reflection, regulation, and choice. Without awareness, we operate largely from the limbic system, reactive and often ruled by fear or impulse. Awareness gives us the pause between stimulus and response that Viktor Frankl described as the space where freedom lives. In that pause, healing can begin.

Yet awareness is not always comfortable. To notice is to see the grief we have tucked away, the anger that simmers under our smiles, the loneliness hidden beneath our busyness. It can feel raw, even overwhelming. But awareness does not demand that we solve everything at once. Its medicine lies in its gentleness: to simply say, “This is here.” Awareness is like sitting beside a friend in pain, offering presence instead of solutions.

One way to deepen this practice is by cultivating the observer. The observer is the part of us that watches without judgment, the quiet witness that notices sensations, thoughts, and emotions without being swept away by them. When we connect with the observer, we learn to hold experience with more spaciousness. Instead of being consumed by anger, we notice: “Anger is here.” Instead of drowning in sadness, we can observe: “Sadness is moving through me.” This subtle shift builds resilience, because it creates space between what we feel and who we are.

In psychedelic integration, awareness is often the thread that carries insights back into daily life. During a journey, one might see vividly how a pattern of avoidance shapes relationships, or how the body holds unspoken memories. But without the ongoing practice of awareness, these insights fade. Awareness transforms fleeting visions into embodied wisdom. It allows us to notice when the old pattern arises and to make a new choice in real time.

A common misconception is that awareness alone is passive, that it does not create change. But in truth, awareness itself is transformative. The act of bringing light to what is unconscious begins to shift it. Carl Rogers, the father of person-centered therapy, noted that “the curious paradox is that when I accept myself just as I am, then I can change.” Acceptance begins with awareness.

Awareness also creates safety. When we notice our own inner experience with compassion, we become less threatened by it. Instead of being swept away by shame or fear, we can hold these experiences with steadiness. This builds trust within ourselves, a sense that we can face what arises without collapsing. Over time, awareness develops resilience, because it anchors us in the present rather than in old stories or imagined futures.

It helps to think of awareness as a practice, not a destination. Some days you may feel clear and grounded, noticing your breath and emotions with ease. Other days you may feel scattered, reactive, or numb. That is normal. The key is not perfection but consistency, returning again and again to the simple act of noticing.

Practical ways to cultivate mindfulness and self-awareness include:

- **Mindful breathing.** Take a few conscious breaths, simply noticing the inhale and exhale.
- **Body scan.** Gently observe sensations in different parts of the body without trying to change them.
- **Thought awareness.** Notice thoughts as they arise, labeling them “thinking” before letting them pass.

- **Emotion check-in.** Ask, “What am I feeling right now? Where do I sense it in my body?”
- **Cultivate the observer.** Practice noticing your inner world as if you are a kind witness, allowing thoughts and emotions to come and go without judgment.
- **Present-moment anchor.** Use an ordinary activity like washing your hands or drinking tea as a reminder to return to presence.

Ultimately, mindfulness and self-awareness help us meet life as it is. They teach us that healing begins not with fixing but with seeing, not with striving but with being present. Through awareness, we create the ground where compassion, choice, and transformation can take root.

Alternative View

Some people worry that mindfulness encourages detachment, as if observing life will dull emotion or separate us from authentic experience. In reality, cultivating the observer is not about distancing but about creating space to engage more wisely. When we can notice without being consumed, we are able to meet emotions and experiences with greater presence and compassion.

Activity

What am I noticing in my body right now, without needing to change it?

How do my thoughts shift when I take the stance of an observer rather than a participant?

What patterns have I begun to see more clearly as I practice awareness?

In what moments of daily life do I lose awareness most easily? How might I invite myself back gently?

How does cultivating the observer change the way I relate to emotions like anger, sadness, or joy?

RAIN Meditation Tool

Tool to create:

Cultivating the Observer meditation

Sources

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Day 6

Week

1

Day

6

Day Title

Curiosity, Openness, and Wonder as a Path to Wholeness

Lesson Name

Roots of Healing

Meme

(insert meme image)

Summary

Curiosity, openness, and wonder are powerful allies in healing. Curiosity shifts us from fear into exploration, openness allows us to stay with what arises, and wonder expands our sense of awe and compassion. Together, they help us meet the unknown within ourselves not as an enemy but as a teacher.

Daily Passage

Healing often requires us to step into unknown territory. When we engage with our inner world, we may encounter emotions, memories, or parts of ourselves that feel unfamiliar or even threatening. This is where curiosity and openness become essential companions. Rather than meeting our experiences with judgment or resistance, we can learn to approach them with the gentle attitude of exploration: “What is here, and what might it be showing me?”

Curiosity is a mindset that shifts us from fear into wonder. When we are curious, we do not need to have all the answers. We do not need to control what arises. Instead, we allow ourselves to be surprised. In neuroscience, curiosity is linked to increased activation in the brain’s reward circuits. This means that approaching life with curiosity literally changes our neurochemistry, helping us feel more engaged and motivated. Dr. Judson Brewer, a psychiatrist and mindfulness researcher, has shown how curiosity can disrupt anxiety and addictive habits by replacing judgment with interest. Asking “What is happening right now in my body and mind?” grounds us in the present, calming racing thoughts and loosening worry loops.

Openness goes hand in hand with curiosity. It means making space for what arises, even when it is uncomfortable. This does not mean liking or approving of every experience, but rather softening our resistance to it. In Acceptance and Commitment Therapy (ACT), openness is described as willingness: the capacity to stay present with emotions and sensations without needing to push them away. Openness says: “I may not understand this yet, but I am willing to be here with it.”

When curiosity and openness combine, they create a fertile ground for healing. Curiosity provides the spark of interest, and openness provides the container that can hold whatever emerges. Together, they allow us to encounter difficult material with less fear and more compassion. Instead of shutting down in the face of shame, anger, or grief, we can gently lean in and ask, “What is this teaching me about myself?”

Wonder takes curiosity one step further. Wonder is not only about asking questions but about being moved by the mystery of life itself. It is the sense of awe that arises when we look at the stars, when we notice the intricate design of a leaf, or when we feel the depth of love in our relationships. Wonder expands the heart, reminding us that life is not just a puzzle to solve but a miracle to behold. In healing, wonder invites us to honor not only the difficult parts of our journey but also the beauty, resilience, and mystery woven through it.

A common barrier to curiosity is fear of what we might discover. Many people avoid inner work because they worry about unearthing pain or darkness. But curiosity reframes this fear: instead of “What if I can’t handle this?” we begin to ask, “What if there is something valuable here for me?” In this way, curiosity becomes an antidote to avoidance, helping us move closer to the truth of our experience.

It is important, however, to pair curiosity and openness with discernment. Not everything we discover needs to be dwelled upon endlessly. Some thoughts are simply mental noise. Openness does not mean passivity. It means being receptive while also choosing what is helpful to engage with. Like a scientist observing an experiment, we learn to watch with interest, gather insight, and then decide what to carry forward.

Over time, cultivating curiosity, openness, and wonder changes the relationship we have with ourselves. Instead of treating our inner life as a problem to fix, we begin to see it as a mystery to explore. We become more compassionate companions to our own unfolding, willing to walk with whatever arises. In this spirit, healing becomes less about achieving a certain outcome and more about deepening our relationship with life itself.

Alternative View

Some argue that curiosity and openness can risk becoming forms of spiritual bypassing if they are used to avoid clear boundaries or necessary action. From this perspective, curiosity must be balanced with responsibility: we can explore our inner world with openness, but we must also ground insights into practical steps for change. Some may feel that curiosity risks minimizing pain, as if difficult experiences are simply puzzles to solve. But true curiosity is not about trivializing suffering. It is about creating space to be with experience without judgment. When paired with openness and compassion, curiosity helps us face difficulty more fully rather than turning away.

Activity

What happens in me when I approach an experience with curiosity instead of judgment?

Where in my life could more openness create space for healing?

When was the last time I felt a sense of wonder? How did it shift my perspective?

What fears arise when I consider exploring the unknown parts of myself?

How might curiosity and wonder change the way I approach discomfort?

Curiosity Over Judgment Tool

Sources

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