



Quantum SHIFT

5 STEPS TO

A HEALTHIER, HAPPIER YOU



S

SEE IT

Whenever you feel triggered with physical, mental, emotional PAIN, instead of avoiding, judging, fearing, or numbing it, try **acknowledging** it! When you say "I see you", it brings positive attention to an area in need of TLC.

H

HEAR IT

Next, have a **compassionate conversation** with the part of you in pain. The key here is the "come from". Meaning, it's not what you say but the way you say it. When you listen from a place of caring, your intentions will make an impact.

I

INTEGRATE IT

The cause of dis-ease is separation, the secret to health is **wholeness**. When a part of you is stuck in an old painful pattern, it feels separate from you; isolated, alone. After you open your heart, invite that part of you to come home.

F

FORGIVE IT

To make the way right, we must **atone** for our part in either creating, ignoring or making an enemy of the part in pain. To do this, simply say "please forgive me, I forgive you" and then breathe into it to feel the release.

T

THANK IT

Expressing **gratitude** brings closure to the experience and fills the heart with appreciation, which is its own powerful prayer. You can say "thank you for telling me about your pain, for letting go of it, for coming home and for forgiving me."



To begin or go deeper into your healing journey, schedule a no-obligation conversation at www.ShawnaPelton.com/DiscoveryCall