



WYLD
WITCHERY

SELF -
HEALING



STARTING YOUR JOURNEY

SELF - REFLECTION

Self-love healing is not a one-size-fits-all journey; it is deeply personal. It is about recognizing that you deserve love, care, and healing just as much as anyone else. It involves embracing your imperfections, letting go of past wounds, and allowing yourself to grow into the best version of yourself.

Grab your Journal and Consider the Following:

What does the term Self-Love Healing evoke within you?

Sit with this question and explore the feelings, thoughts, and images that arise.



How do you envision the journey of Self-Love Healing unfolding in your life? Try to paint a mental picture of what this journey might look like for you. Are there any specific areas of your life that need healing or transformation? These could be related to your physical health, emotional well-being, relationships, career, or any other aspect that holds significance for you. Allow your thoughts and feelings to flow freely as you answer these questions. There are no correct or incorrect responses; the goal is to tap into your inner wisdom and gain clarity about your healing aspirations.

Use your Rosa oil to charge your Love candle and light it as you begin your journaling ceremony. Light your charcoal and burn some Rosa incense. This will mark the start of your self-love Journey!

Types of Healing You Are Seeking

Each person's healing journey is as unique as their fingerprint, and it is your job to focus on the physical, emotional, mental, or spiritual aspects of healing you want. Your path to Self-Love Healing may traverse all these areas or focus primarily on specific elements that resonate most with you. It is essential to define these needs now.

Identifying the Types of Healing

Consider each dimension and write your thoughts and reflections in your Study journal. Create a heading for each of the items below and write down your thoughts in each category:



TYPES OF HEALING

PHYSICAL HEALING

Reflect on your physical health. Are there any ailments, discomforts, or health challenges you are currently facing or have faced in the recent past? How do you envision physical healing playing a role in your journey?

EMOTIONAL HEALING

Dive into your emotional landscape. Are there unresolved emotional wounds, traumas, or recurring negative emotions you wish to address? What emotions do you need to heal, release, or embrace to cultivate emotional well-being? It gets tricky because you want to focus on YOUR feelings and emotions without blame or guilt. So ensure you are not getting stuck in a loop of “that person makes me feel bad about myself.” Instead of focusing on that person, focus on the situation. What is happening, that triggers those feelings within you? What are the emotional patterns you keep getting stuck in?

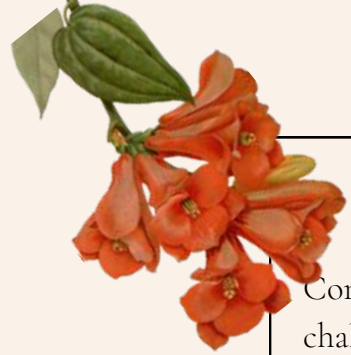
MENTAL HEALING

Explore your mental state. Are there persistent thought patterns, limiting beliefs, or self-criticisms that have hindered your mental health? How do you envision mental healing contributing to your overall sense of Self-Love? This is where overthinking and catastrophizing occur. Many times, we beat ourselves up mentally because we feel that others will judge us, so we do it before they can. This pattern often reflects our fears but may not affect reality. Later, we will explore how to normalize those thoughts.

SPIRITUAL HEALING

Contemplate your spiritual dimension. Do you seek a deeper connection with your inner self, a higher power, or the universe? Are spiritual practices, rituals, or mindfulness exercises resonating with you for spiritual healing? This is the time to be honest about what you want out of your spiritual path. Are you turning to spirit for emotional or mental healing? If so, those things belong in different categories. If we don't understand why we seek a connection with spirit, it isn't easy to establish it. Dig deep and think about what you want to get out of your spiritual connection.





SOCIAL AND RELATIONAL HEALING

Consider your relationships with others. Are conflicts, communication challenges, or boundaries that need healing or transformation? How can you enhance the quality of your social interactions and contribute to relational healing? Sometimes, this may mean that we agree to things out of peer pressure or the need to be accepted instead of what truly aligns with our needs. Do we keep ourselves isolated due to the fear of being rejected by others?

ENVIRONMENTAL HEALING

Take a moment to reflect on your relationship with the natural world. Are you in need of a reconnection with nature or looking to adopt eco-friendly practices for environmental restoration? Nature has a remarkable ability to heal and restore balance; often, simply being outdoors can lead to self-discovery. However, it's important to recognize that many of us may not feel a deep connection to nature, and that's perfectly acceptable. Understanding how nature plays a role in our lives is essential for everyone.

BOTTOM LINE

Remember that your healing journey may involve a combination of all these dimensions, which is perfectly normal. You can focus on as many types of healing as you need to. The key is to identify the areas that resonate most deeply with you at this point in your life, as these will guide your Self-Love Healing journey.





PRIORITIZING YOUR HEALING INTENTIONS

Now that you have identified the healing types you seek, it is time to prioritize your healing intentions. In your journal, list the types of healing you have identified and consider which areas require immediate attention and which can be explored gradually over time. You do not and should only address some of it at a time. Pick your first 2 items to work on and know that eventually, you will get to the rest.

Setting Healing Intentions

With your prioritized healing intentions in mind, let us set clear and specific healing intentions for each dimension. Please write down your intentions in your journal, ensuring they are concise and actionable. You can use the examples below or draw on them as inspiration to write your own:

I dedicate 20 minutes each day to meditation for mental healing.

I explore forgiveness practices to release past emotional wounds for emotional healing.

I commit to a regular exercise routine to support physical healing.

I eat properly and practice affirmations every day.

Setting these intentions is significant as they provide a roadmap for your Self-Love Healing journey. They serve as the foundation for building your healing practices and rituals. You can return to these steps and adapt them as you progress and deepen your practice.

A close-up photograph of a person's hands. The left hand is holding a green rose branch with several leaves. The right hand is holding a pink rose with yellow centers. The person is wearing a silver necklace with a large, clear, teardrop-shaped pendant. On the ring finger of the left hand, there is a wide, silver, textured ring. The background is a light, textured surface. The text is overlaid on the image in a white, serif font.

WYLD
WITCHERY

SETTING
EFFECTIVE
INTENTIONS

THE POWER OF INTENTIONS

Intentions are like seeds you plant in your consciousness's fertile soil. When nurtured with attention and care, they grow into the reality you wish to create. In the context of Self-Love Healing, intentions serve as the bridge between your current state and your desired state of well-being. Effective healing intentions possess several essential qualities, including:

P R E S E N T T E N S E

Effective intentions are phrased in the present tense as though what you desire is already happening. This sends a powerful message to your subconscious mind that your healing has occurred, not in some vague future, but now. Also, don't use "I hope to" or "I wish to." That type of phrasing sets your intention towards hoping and wishing, not the actual thing you want to accomplish.



ACTIONABLE

Intentions without action are merely wishes, but action does not always mean physical movement or measurable goals. Energetic action is a significant part of healing work; for example, saying, “I am feeling good,” indicates that you are choosing a positive energy state and experiencing something with intention and purpose. Notice the different energy from saying, “I hope to feel good.”

INSPIRING

Intentions should inspire you. Effective intentions should evoke positive emotions, enthusiasm, and motivation. They should reflect something you genuinely want to achieve. Often, people set intentions based on something other than what they want but on what they should stop doing. For example, saying, “I will stop eating chocolate,” is unappealing for a chocolate lover. Instead, choose the intention: “I will eat healthy foods for my body.” You are not committing to giving up chocolate; you are committing to eating healthy, which likely includes moderating your chocolate intake as part of a broader, healthier plan. That is something you can achieve gradually as you journey toward overall health. This is also something that you are likely not doing begrudgingly.

FEEL GOOD


Effective intentions should also make you feel good when thinking about them. A positive emotional connection to your intentions amplifies their power and effectiveness. Intentions must evoke a positive feeling.

EXPLORING EFFECTIVE INTENTIONS

Take a moment to reflect on your self-healing goals. Consider a specific aspect of Self-Love Healing, such as physical health, emotional well-being, relationships, or any other dimension you identified earlier. Now, imagine your ideal state of mind in this area. What does it look and feel like? What are your attitudes and qualities? What positive changes do you envision? Write down a brief description of this ideal state.

Next, formulate a practical intention for this aspect of your healing journey. Ensure it meets the criteria of being in the present tense, actionable, inspiring, and helping you feel good. Here is an example:






Ineffective Intention: *“I will try to meet all of my healing goals by a certain date.”*

Effective Intention: *“I am approaching my journey with self-compassion and patience, understanding that healing is a process and each individual’s timeline is unique.”*

Notice how the effective intention is **present tense (I am)**, **actionable (energetic action in the form of self-compassion and patience)**, **inspiring (cultivating a supportive attitude and reducing pressure)**, and helps you feel good (it aligns with the desire for a positive healing journey).



CRAFTING HEALING INTENTIONS

Now, it is time to create your healing intentions. In your journal, make at least one effective healing intention for each area you select. Remember to follow the guidelines to ensure you are creating effective intentions.

Some examples are included below:

Physical Healing: I feel vibrant health and vitality as I nourish my body with wholesome foods and regular exercise.

Emotional Healing: I release past emotional wounds and cultivate self-compassion, allowing love and healing to flow through me.

Mental Healing: I embrace positive self-talk and mindful practices, fostering mental clarity and peace. I look forward to these practices.



Feel free to create more intentions or refine them as needed. Healing intentions are flexible and will constantly evolve throughout your journey. The initial intentions you set will become your guiding lights, reminding you of the healing path you wish to tread and the mindset and attitude you want to adopt.

You can have many healing intentions for all of the different aspects you want to address, and you can repeat them all in an invocation or mantra. Write as many as you like, but if you can, keep focused on a core group of one to five intentions to ensure each one receives enough focus.

UNDERSTANDING INEFFECTIVE INTENTIONS

While effective intentions can propel you toward your healing goals, ineffective intentions can be counterproductive. They may need clarity, focus, or the ability to inspire and motivate you. Here are some examples of ineffective intentions and why they fall short.

Vague Intentions: “I want to be happier”. This intention uses the word want, which is not helpful. State intentions as they have already happened, such as “I am happy.” It is also very vague, with nothing actionable. A more effective intention would be, “I cultivate happiness in my daily life by recognizing and appreciating the small joys and positives around me.”

Future Tense: “I will start taking better care of myself someday.” Future-focused intentions often delay energetic action, keeping you from initiating change. Instead, use the present tense.

Negative Language: “I will not feel so stressed.” Negative language can reinforce the very thing you want to change. This will not help and will make things more challenging. Remove negative language from your intention and reframe it positively. “I feel relaxed, Peaceful, and calm, I am resilient and can cope with life’s challenges.”



IDENTIFYING INEFFECTIVE INTENTIONS

In your Journal, consider whether you have set any ineffective intentions in the past or if any ineffective intentions are currently influencing your healing journey. Take a moment to rewrite each ineffective intention into a more effective form.

Ineffective Intention: “I want to be less anxious.”

Revised Effective Intention: “I am fostering inner calm and resilience through daily meditation and deep breathing practices.”

By transforming ineffective intentions into effective ones, you empower yourself to take meaningful action towards your healing and Self-Love goals.

