

How to Tell if You Are Healing

By Stacey Mayo

There are many signs that you are healing. Some of these likely happen during the course of your day or week.

I wanted to help you understand what to look for. It can be hard to know all that is happening on your behalf when you are receiving remote healing over time.

People often focus on one challenging area and if they don't see a shift there, they can't tell if they are healing.

Some areas are deep and take a long time before you can see a physical change.

Over time, the deep issues heal, and physical shifts happen.

In the meantime, **you can use the list below to help you notice** when your system is shifting and significant healing has happened.

Possible Signs You've Had A Shift

In the moment **you notice one of things** listed below:

You . . .

- Feel more peaceful for no reason
- Have more energy
- Feel happier for no reason
- Feel lighter
- Your mood is better
- Have less or no pain in an area
- Feel more abundant
- Manifest something
- Feel more relaxed
- React more positively in a specific area

- Yawn several times - this may be a release
- A symptom is less or gone
- Have a behavioral change
- A habit shifts in a positive direction
- Take deep breaths (unconsciously)
- Smile for no reason
- Other: it could be something other than is what on this list

Any of the above is often a sign that healing has happened.

Make it a practice to notice and write down your shifts daily.

Tips for Helping Yourself Shift

When symptoms bother you, rather than focusing on what is not working for you or reacting, try the following

1. Tell yourself it's healing and moving — because it is.
 - This may help your system relax and shifts can happen faster when you are relaxed. (do it when and if it feels good to do it)
2. Do other things that help you relax.
3. Do things that are fun in ways that work for you.
4. Do what you can to enjoy your life while healing is happening.

Amount of Time Needed to Heal

Your ego just started healing over the past year with my healing work. No other healing work previously done healed the ego.

All of the deep issues that need healing are typically in the ego. These are typically billions of years old.

Please note **it often takes 3 years or more to find and heal all the hidden issues in the ego.**

Ups and Downs in Your Health

There are often ups and downs during the healing process. When things get better and then get worse, it is a sign something got triggered that caused a new symptom to show up or an old system to occur again. This is nothing to panic about. Things will likely get triggered until the ego is healed in entirety.

Stacey's healing process does NOT cause you to get triggered or affect you negatively at all. People's old abuse issues get triggered in the course of everyday life.

No Progress?

If you have been on my healing program for several months or more and not seeing a difference yet or are seeing a difference and want to make faster progress, you may want to consider having a Medical Intuitive Reading and healing session with Stacey.

Your system is healing on deep levels. Everyone is different and you will likely benefit from more help. People generally heal 5000 x faster when they have private sessions with Stacey.

You can learn about having a reading and healing session with Stacey at www.thesentelligentsolution.com

More Questions?

Visit www.thesentelligentsolution.com/qanda