

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

This will vary with each person. The amount of time needed to heal depends on the depth of the issue. If you've had one or more symptoms/challenges/issues for a long time, the issue is typically deep and takes longer to heal. It is difficult to predict how long it will take to heal an issue because so much of the cause is hidden in one's system. Therefore, we do not even try to predict this at this time.

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 often 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 issue 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 a while and are not seeing a difference yet, please know the deep issues are healing. When all hidden that is causing your issues/symptoms/challenges is found, you will see a difference in that issue on a physical level.

If you want to make faster progress, you may want to consider having a healing session with Stacey.

Everyone is different and you will likely benefit from more help. People generally heal zillions of times faster during private sessions with Stacey.

You can purchase a private 30-minute healing session with Stacey at the link below. These sessions are held by phone or skype. After you purchase, you will be taken to her online calendar to schedule a session. If you do not find a time that works for you, you can contact her to see what else is available that will work for both of you.

<https://sg185.infusionsoft.app/app/orderForms/30-Minute-Healing-Session>

More Questions?

Visit www.thesentelligentsolution.com/qanda

If you have administrative questions, email assist AT sentelligentsolution.com