



## HEALING

Healing in the English language derives from the Hebrew word Haelew, which means to be or to become whole. In Indigenous ways of knowing, we know that becoming whole means to be in balance physically, mentally, emotionally and spiritually. In tribal languages when we translate the word Heal, most often it means “to feel good.”

Healing is choosing to let go of emotions and feelings that don't necessarily serve us in a good way. Healing begins with an awareness that we have behaviors and thoughts to work on. Healing is a personal cleansing of things like:

- \* Mistrust
- \* Unresolved Grief
- \* Loss and Hurt
- \* Anger/Rage
- \* Shame
- \* Guilt
- \* Fear
- \* Abandonment
- \* Regret
- \* Addiction
- \* Unhealthy Relationships
- \* Drama
- \* Chronic Negativity
- \* and much more

We can begin to heal in many different ways. What resonates with you may not resonate with someone else, that's why trying different things is so important. We can heal by:

- \* Forgiveness- ourselves and others
  - \* Forgiveness is letting go of the anger we have toward something or someone
- \* Looking within (reflection and introspection)
- \* Praying
- \* Running/Exercise
- \* Counseling/therapy
- \* Ceremony
- \* Sharing our story with others
- \* Loving ourselves
- \* Meditation
- \* Journaling
- \* Language classes
- \* Cultural learning
- \* Movement
- \* Reading books
- \* Intentionally letting go
- \* And more...what do you do for your healing?