

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

*Step One:* Print out the form below and get out your “special pen” that you like to write with.  
*Step Two:* Breathe. Come into the Present Moment. Clarify your intent for this exercise. Ask for guidance.  
*Step Three:* Briefly answer the questions on the form below. Think of this humble form as a blessed and organized container for the various ideas you have about your condition.  
*Step Four:* Use the suggestions below to have a conversation with yourself—to connect the dots. Don’t skip this step thinking that you already know. Usually what we seek is right under our nose and we look right over it.  
*My Promise:* if you do these short easy steps with full integrity, you will have a key to *unlock that very important thing* you have been looking for so you have another way—your way—to full health and healing.

ASPECT TO HEAL	HOW DOES THIS AFFECT YOU?	HOW ARE YOU GOING TO HELP YOURSELF?
<b>OCTAVE OF SELF AWARENESS</b>	<p><i>What sort of spiritual crises or crossroads does diabetes place you in?</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Prayer, Spiritual Reading, art, music, poetry, contemplation. What aspect do you think has the capacity to transform everything?</i></p> <p>_____</p> <p>_____</p>
<b>OCTAVE OF EMOTIONS AND IMAGES</b>	<p><i>What mental pictures and emotions run through your mind when you think of your condition?</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>How can you bring comfort, positivity, gratitude, love and compassion to your suffering?</i></p> <p>_____</p> <p>_____</p> <p>_____</p>
<b>OCTAVE OF LIFE FORCE</b>	<p><i>How are you sleeping? Is your body repairing itself?</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Renew through sleeping, organic and biodynamic food. Contact with nature young animals, children or other people with vibrant Life Force. Acupuncture, Sound Healing, essential oils, herbs...</i></p> <p>_____</p> <p>_____</p>
<b>OCTAVE OF THE PHYSICAL</b>	<p><i>How is your physical body affected by your condition?</i></p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Exercise and movement, surgery, massage, clean up environment (air filters, clean water, healthy personal care products, reduce electromagnetic pollution)</i></p> <p>_____</p> <p>_____</p>