

# SPARKLE THAT SHIT OUT HEALING PROCESS

## 1- START IN THE SPARKLE ZONE: A WAY BEING, BUILT ALONG THE PATH OF HEALING

- Positioned to thrive, not just survive
- Way of being
- Judgment-free place for hard conversations
- Know what's important to you
- Using your voice
- Know yourself
- Comfortable in your own skin
- Supported

## 2- ENCOUNTER SOME SHIT.

*(Triggers, drama, trauma, denial of shit, fear, obstacles, shame, oppression, confinement, inner critic, stories held in the body that must be released.)*

## 3- APPLY SPARKLE SKILLS

- **Use Your Voice:** Source of your power; Standing firm; What you say to yourself; What you say to others
- **Know Yourself:** Inner Peeps - how they work and building relationships; Your shadow and knowing how you are an asshole then honoring, accepting, and relating with it
- **Get Comfortable in your own skin:** Care for it; Love it as is
- **Be Supported:** Spiritually connected; Ritual and practice; Community - Who they are, why they are important; Supportive relationships

## 4- CREATE NEW PATHWAYS AND PATTERNS



## 5- HEALING HAPPENS AND YOUR SPARKLE FOUNDATION STRENGTHENS