



THE PROMISES OF INNER FAMILY HEALING

Spiritual Benefits

- We are connected to the Divine Order of the Universe
- We live from Spiritual Principles
- We feel connected to self/body/life
- We recognize the Divine in others
- We experience serenity and inner peace
- We add to life
- We have a strong and peaceful foundation
- We treat others in a loving, accepting, respectful way
- We experience gratitude

Emotional Benefits

- We have ups and downs without extremes
- Other people's actions don't determine our emotional stability or state
- We have a wide range of feelings that are appropriate to the current situation, not our history

- We are comfortable with being imperfect
- We trust our instincts
- We are proactive

Mental Benefits

- We can initiate positive self-talk
- We enjoy mind chatter because it's supportive and creative
- We have interests in activities, philosophies, learning and growing
- We act from our values, not just feelings
- We know the difference between reality and "feeling reality"
- We have the ability to know our wants and needs
- We are able to be spontaneously joyful
- We accept that "I do enough and I am enough"

Physical Benefits

- We have ongoing respect for body and health
- We practice balanced nutrition and exercise from acceptance and love
- We have mostly stable energy, health and weight
- We experience aging with serenity

- We enjoy being a body as well as a mind
- We have let go of the bigotry of *Looksism*

Romantic Benefits

- We take time to gather data and evaluate compatibility, without condemning
- We don't operate from fear, control, or an "adversarial posture"
- We experience safety and trust as erotic
- We enjoy the giving and receiving of lovemaking
- We experience lovemaking as personal

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