



## Healing Checklist

Whatever your problem you should at least be able to manage some of your symptoms, and in some cases you may be able to achieve remission of your disease, or in a few cases even complete curing. Whatever your goals, meeting them is likely to require healing of your mind and spirit as well as your body. Each individual is unique, however; there is no single formula to bring about the healing you seek.

Whether you are seeking management of bothersome symptoms, remission, or even a full cure, here are some general guidelines (in no particular order) that have been shown to help bring about healing in body, mind and spirit:

- Refuse to be a victim - be a partner in your health; see the disease as a challenge.
- Take control of your own health - be your own general practitioner.
- Find a guide - someone to be your companion and cheer-leader.
- Create and/or find a supportive community - link with others who are on a similar journey.
- Call on your spiritual support - whatever that means to you.
- Be realistic - accept your diagnosis, but not necessarily your prognosis.
- Don't *be* the disease - not "I am a diabetic" but "I have diabetes".
- Find meaning in your experience of the disease - reasons to live happily.
- Stay engaged with life - keep active; work if you can.
- Be in the moment as much as possible - don't judge past or future.
- Figure out what you want the outcome to be, yet stay flexible - be willing to accept healing if curing does not seem to be an option for you.
- If your disease is normally considered terminal, overcome your fear of death - especially if you want to live, but even if you don't.
- Let go of blame - of yourself and of others.
- Have compassion for yourself and your condition - don't hate your disease.
- Be prepared to sacrifice some things that have been important to you - and allow yourself to grieve their loss.
- Maintain healthy habits - of mind and body.
- Use whatever modalities work - mix and match physical and mental modalities.
- Remember that healing isn't always comfortable - some modalities may be uncomfortable, especially at first.
- Identify what you need to change - in all aspects of your life, not just around your disease.
- Actually do the work to change - don't just talk about it.

- Accept your emotions and express them (appropriately) - “negative” as well as positive.
- Don’t give up hope - the unknown outcome means hope as well as fear.
- Be persistent - don’t give up the search.
- Let go of the results yet do the work - a seeming paradox.
- Enjoy the journey - healing is a process, not a destination.

Rev. Jenny Sill-Holeman, CHt, RM

[blurosehealingarts.com](http://blurosehealingarts.com)

650-369-6215 (phone & fax)

Redwood City, California

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