



Welcome
to
The Flow of Healing

A GIFT FROM JUDY



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This entire site is about healing, ThetaHealing® Technique to be exact. It's about my love, passion, inspiration and creativity that has flowed from this beautiful modality to align myself with my true purpose and gifts. You can read more about this at:

www.theflowofhealing.com

Healing actually means 'to make whole.' But what if you have forgotten that you are already whole? This creative healing technique will remind you of this Truth by using imaginative and heartfelt ways to realign yourself.

A Special Gift

I want to offer you this special 30 Day self-support system to help you in your busy lives during these very transitional and often difficult times. The following pages are 30 Ways to Enhance the Flow of Creativity to help you experience an awareness of your true presence and realign with your authentic self.

Added support can often be a lifeline to feeling more calm, aware of yourself and your needs, and being centered in your body.

In understanding creativity, all things come from an energy that is interconnected with all aspects of creation.

Spiritually, this energy is called by many names—Creator-of-All, God, Source, the Divine-In-All, Divine Oneness, All-That-IS, Unconditional Love.

What is the Flow of Creativity?

Healing can occur when your creative juices are open and flowing, allowing for quick or spontaneous change. This creativity can come through imagination or thought forms inspired through the Divine Oneness.

Your imagination, though, can support or hinder you depending how you focus and apply it. When you use your imagination in beneficial ways to enhance your life, particularly in a Theta brainwave state, you are using it to spark the flow of creativity from the formless into a grounded form.

Since we are never separate from this Unconditional Love energy nor does it separate from us, it would seem that creativity is a given. It naturally flows as part of Creation as well as being a virtue that can be acknowledged and developed.

Most often, though, we humans forget our connection with All-that-IS and/or our interconnection with this flow of creativity in a fully embodied way. This is because we have so many beliefs and circumstances that present an illusion of separation.

Would it be helpful to have a daily reminder—an exercise and Creator’s teaching—to reconnect with your flow of creativity?

Creator’s teaching is a psychological or spiritual concept of understanding that you may not have as part of your awareness. For instance, you may not know how to feel loving towards yourself.

By agreeing that you would like that awareness of ‘knowing how to feel loving towards yourself’ and in verbalizing a “yes,” you will be able to receive this Creator’s teaching (or download). It’s important to allow yourself to feel it coming into you, like tingly energy through your crown and into your body.

And if a daily reminder would be helpful, could this be a prompt to use whenever you feel a block or separation from yourself, like a simple reset each day?

Here is a 30 day Self-Support System to enhance your Flow of Creativity plus one extra bonus exercise for a full month of exploration.

You can play with these exercises in the order presented. You can also pick the ones you want to explore or practice more so you can add them into the daily exercise on another day.

After 30 or 31 days, feel free to repeat them in the order you like as well as combine them with ones that feel more connecting to you.

Have a special notebook and writing utensil for the 30 days that you keep near your bed. Let your imagination be present. Have fun and be attentive to the changes you feel physically, emotionally, mentally and spiritually.

A 30 day Self-Support System to Enhance Your Flow of Creativity

Day 1.

◆ *When you wake up, receive your inhale consciously and slowly release your breath. Do this 36 times imagining the inhaling coming up your back and the exhaling going down the front of you. Feel it build a flow of energy.*

Creator's teaching: *I know what it feels like to connect with my breath of life daily.*

Day 2.

◆ *Think of at least 5 things you are grateful for. Let yourself feel this gratitude towards yourself as well. Write it in your special notebook.*

Creator's teaching: *I know what it feels like and how to have gratitude on a daily basis.*

Day 3.

◆ *Participate in and learn a simple meditation that connects you with the Divine Source of All. It also releases serotonin, growth hormones, and changes your feelings and conditions. (See meditations.)*

Creator's teaching: *I know what it feels like and how to remember my connection to the Divine Source of All.*

Day 4.

◆ *At the end of the day, acknowledge 3 things you appreciate about yourself in just being you.*

Creator's teaching: *I know what it feels like and how to appreciate myself without feeling guilty or egotistical.*

Day 5.

◆ *Think of 3 people who you would like to appreciate something they did, said or quality they have. Contact them to let them know. You may change a life.*

Creator's teaching: *I know what it feels like and how to appreciate another so they feel noticed and cared about.*



Day 6.

Buy crayons and a drawing pad (unless you have them). Set aside time, even if it's 10 minutes, to draw something that brings you joy or happiness. Eliminate any criticism of how the drawing flows out. Just allow it to be. Then thank it for coming through you.

Creator's teaching: *I know what it feels like and how to acknowledge joy and happiness in my life.*



Day 7.

Take a walk in nature and hug a tree. Invite the tree to give you a healing and feel the experience you have.

Creator's teaching: *I know what it feels like and how to talk with nature knowing all life has consciousness.*



Day 8.

Look in the mirror and notice some physical part of yourself that you really like. Let this part know that you notice it by acknowledging what you like about it outloud. (And if that is difficult, imagine some part that you could really like and acknowledge it like you would your favorite pet or close friend.) Befriending your body is so important.

Creator's teaching: *I know what it feels like and how to give attention to my body in caring ways.*



Day 9.

Find a comfortable place to sit, close your eyes and think of something that has been on your mind that is causing you stress. Feel into your body and see if there is a sensation that corresponds in your body. If so, just notice it without any judgment. Let it know that you can attend to it even if you don't know how yet. Drop your shoulders, and receive and release 3 deep breaths. Notice what emotions or sensations are present now. Emotions are a great navigational system into yourself.

Creator's teaching: *I know what it feels like and how to experience what my body feels and expresses to me.*



Day 10.

Pick an object and look at it in its parts. For example, you see a tree and it becomes the trunk, the branches, the leaves, the fruits and then bees that come to it. This is called the 'generic-parts technique.' People who work with this become better at solving problems through creative insight.

Creator's teaching: *I know what it feels like and how to solve problems by seeing the aspects of the problem in how it formed.*

**Day 11.**

Make 5 silly faces in the mirror and open up to laughter if it feels ridiculous or not. Our faces hold a great deal of tension. Letting it move around in childlike ways, with an openness to experiencing the possible humor and silliness, releases more creative flow in how we express ourselves.

Creator's teaching: *I know what it feels like and how to allow my face to release tension by moving it around in fun and funny ways.*

**Day 12.**

Play your favorite uplifting song. Move your body or dance to it. Dance like no one is watching. Allow any judgment or criticism to flow out of the body, and the body's expression to be what it needs to experience the music.

<https://www.youtube.com/watch?v=H0GGn5wj0YQ>

Creator's teaching: *I know what it feels like and how to allow music as a means for my body to express itself.*

**Day 13.**

Meet with a caring friend for connection over a cup of tea or coffee to share ideas that have been stirring in your head. Turn off your cell phone and enjoy just being present with yourself and your friend. So often we spend too much time with electronic gadgets. Human connection is necessary to spur creativity.

Creator's teaching: *I know what it feels like and how to enjoy time with a friend without outside interruptions.*

**Day 14.**

Put together a simple collage of your favorite vacation spots or places where you want to travel. Allow yourself to observe your thoughts as you place the pictures on the paper or mat. Make a note if you feel you are undeserving of going to any of these places.

Creator's teaching: *I know what it feels like and how to acknowledge my desire to travel and connect with the world while relaxing and having fun.*

**Day 15.**

Before you go to sleep, hold each of your fingers, one at a time, feeling if you can sense a pulse in each. This releases the day's stress and opens the sleeping creativity.

Creator's teaching: *I know what it feels like and how to harmonize my body and release stress by listening to the pulse of life in each finger.*



◆ **Day 16.**

Turn off social media for a whole day and relax.

Creator's teaching: *I know what it feels like and how to fully relax without outside interference.*

◆ **Day 17.**

Do a yoga pose that just allows you to rest, rejuvenate, and release your creativity, like the child's pose. <https://www.youtube.com/watch?v=AuP6PkjaNy0>

Creator's teaching: *I know what it feels like and how to rest, rejuvenate and release by having my body in safe positions to enhance this.*

◆ **Day 18.**

What is the most important question you could ever ask yourself? Write the question with your dominant hand and respond with your non-dominant. (bypasses conscious mind constraints)

Creator's teaching: *I know what it feels like and how to support my unconscious awareness to surface so my conscious mind understands it.*

◆ **Day 19.**

Stare out the window noticing the view. Then notice how your body feels in noticing the view. Move your head to another view and then reorient back to your body again. You are experiencing how the environment affects your body without judgment. Sensing the body can open up creativity.

Creator's teaching: *I know what it feels like and how to use my body to reorient to the environment around me.*

◆ **Day 20.**

If you know or have a child, bring out a board game and play it with them. See if you can be in a place of not needing to win but just enjoy the game and connection. If you do have feelings of needing to win, make note without judgment. Competition can get in the way of creativity.

Creator's teaching: *I know what it feels like and how to live without needing competition to enjoy shared activities of play.*



Day 21.

Find grass, lawn, or bare ground. Take off your shoes and socks, and step onto the earth. Stand for at least 5 minutes. Imagine feeling roots from your feet into the earth. Imagine feeling the earth giving you a healing as it is always open to that. Grounding is very important to bring creative ideas into this reality along with known health benefits. Picking a warmer day will make this more engaging and carefree activity so you don't have 'cold feet.'

Creator's teaching: *I know what it feels like and how to ground on the earth and allow it to help heal me.*



Day 22.

Do something spontaneous that makes you laugh...perhaps take yourself to a comedy show, an online comedy routine, or a joke site etc. Opening up those hormones, like beta-endorphins and HGH (human growth hormones) and the reduction of the stress hormones like cortisol, adrenaline and dopac (a dopamine catabolite), occur from laughter.

Creator's teaching: *I know what it feels like and how to experience a great belly laugh to support the release of beneficial brain 'chemicals'/hormones.*



Day 23.

Take a warm bath and then go to bed by 10 PM.

Creator's teaching: *I know what it feels like and how to rejuvenate myself through self care and an earlier bedtime.*



Day 24.

Read something--a part of a book, quotes etc.--that feels inspirational. Notice how it feels in your body.

Creator's teaching: *I know what it feels like, how to, and I do read inspirational material to spur creativity.*



Day 25.

Paint (watercolors are fine) on a sheet of thicker paper, the colors of blue (associated with the sky, the ocean and openness) and green, which signals growth. Use this painting to look at often as it will enhance your cognitive task performance (level of thought process to perform tasks or take action).

Creator's teaching: *I know what it feels like and how to increase my cognitive task performance in the highest and easiest way.*



Day 26.

Think of something that initiates the emotion of anger. Feel into your body. Just notice it. Speak to the anger letting it know it is teaching you something. Ask yourself what you are learning from it. Write it down. Thank the anger. Breathe in and out 5 times deeply, slowly and consciously.

Creator's teaching: I know what it feels like and how to learn the deeper understanding of what my anger is teaching me without needing to identify it as being me.



Day 27.

Move your eyes back and forth for about 2 minutes or longer. This facilitates interaction between the right and left hemispheres of the brain opening up more creativity.

Creator's teaching: I know what it feels like and how to balance my brain hemispheres for creativity.



Day 28.

Plant some flower seeds in a container or in the ground. Give the flower seeds a name and let it know you will be its caregiver. Follow through in caring for its needs as it grows.

Creator's teaching: I know what it feels like and how to experience the consciousness of plants.



Day 29.

Lay down on the bed in the middle of the day for at least 15 minutes. Notice what it feels like to just do nothing. If any emotion or guilt shows up, write it down when the exercise is over.

Creator's teaching: I know what it feels like and how to rest in the middle of the day without feeling guilty or lazy.



Day 30.

Think and write down as many ideas that come to mind in what you want to create in your life without worrying how you will create it. This is called 'brain dumping' or 'free association.' It's letting the Universe know that you want to bring your creativity into form.

Creator's teaching: I know what it feels like and how to be plentiful in ideas so that I have available choices that I can implement.



Bonus Day 31.

If you could create anything in your personal life, what would it be? Write it down. What fears come up if you created this? Write it down. If there are no fears, find a comfortable place and visualize yourself having this in your life with all your senses and how it feels to be with it all. Say, "I have this in my life now."

Creator's teaching: *I know what it feels like and how to create what I want in safety.*

*After you have completed your first 30-31 days,
remember that you can repeat it.*

*You can also experience faster ways to allow the flow of creativity,
thus healing, to be present by scheduling a private appointment
or attending a workshop.*

Thank you so much for participating. I would love
to hear your feedback and experiences.

You can write me at:

jd@theflowofhealing.com

