
LIGHT AND BRILLIANCE

HEALING

- To restore to health or soundness from an unbalanced state
- To ease or relieve emotional distress
- To set right; repair brokenness
- To recover from an illness or injury; cure
- To return to the natural process of health by which the body repairs itself naturally or chemically

It is not measured by success or failure. The process depends on our ability to accept, embrace and confront what comes our way. Whether we healed or not we can find peace to move forward having:

- **EMOTIONAL INTELLIGENCE**
- **METHODS TO DISSIPATE THE STRESS AND ANXIETY**
- **SELF COMPASSION AND CARE**
- **POSITIVE THINKING AND OPTIMISM**
- **RESILIENCY TO REACH SUCCESS**
- **GRATITUDE IN THE MIDST OF THE PROCESS**