

The Self & Healing

‘Morning ☺

Wishing all who have tuned in, a very good morning and fruitful day ahead; while you sip your morning coffee, and read this post edition and set out on your day ahead...

JoL

The Power of Healing in Self

Somewhat, the human “psyche” bears *self-healing qualities* that when hooked on the proper life support, the heartbeat regulates back to life (utilizing the defibrillator could help save one’s life)

Thus, having to find the anchorage (“hook”/ “pressure points”)

The individual then adapts

Somewhat similar to evolution combating viruses

Reflections of Self ____ Insight

Something that is a **healthy activity for anyone** is “**keeping a diary**”

U may have heard of this opinion – “the artist creates order out of disorder”

Engaging in Journaling could help

one express themselves or for bearers under strife,

could help to monitor the moods/ lapses in judgment, event triggers,

patterns of negative-influencing behavior & thoughts,

or simply creating an avenue for memories & expressions –

Coloring Ur Life

for **children** with emotional and behavioral concerns and needs – we seek to understand an element of the child– inner private speech versus public (or social) speech for knowledge & understanding of concepts etc., chronological age need not necessarily match mental/ cognitive age

We have to remember this for a comprehensive understanding of the blossoming child.