

# Healing Wisdom

Life Lessons  
with  
Renee Eddy



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

Learn whatever you can learn, journey wherever  
you can go and just enjoy the adventure.

That will give you a fulfilling life.

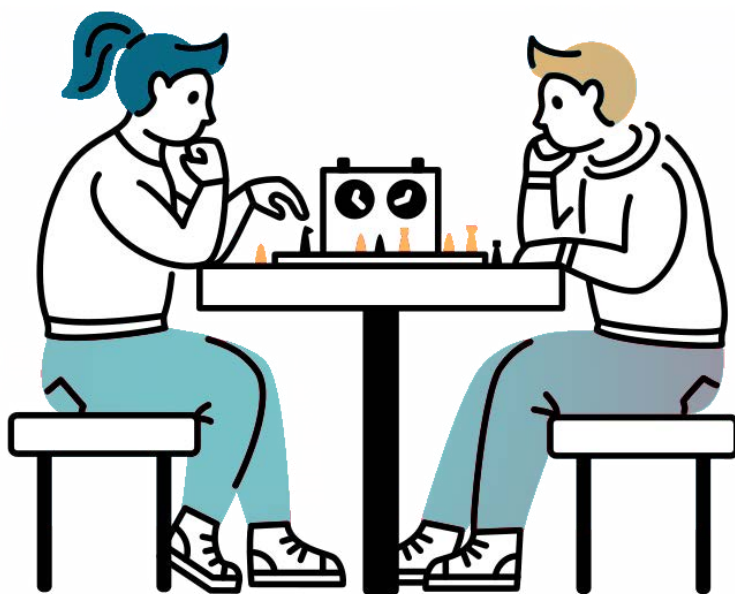




Your beautiful, magical brain will always make sure it is right, so be mindful of what you tell it is your reality.



We must honor all your coping skills, even the ones you think are bad. They helped you survive and got you here today, and for that we are grateful.





Healing is an active process.

You must participate.

You must do the work.





Recognize and pay attention to your avoidance of healing. It might not be logical to you, but it is not bad - it is authentic. It is okay to be afraid of the unknown.

The trick is to not let the fear stop you  
from the journey.

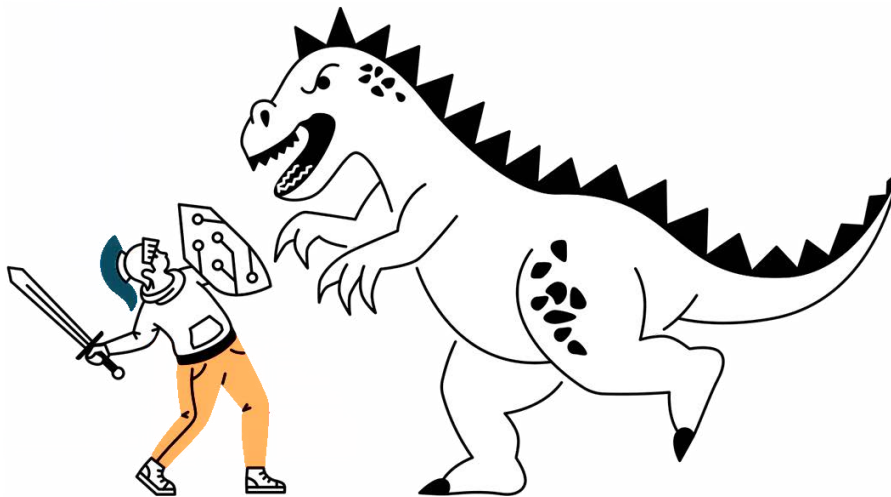


Do not let your fear of the unknown prevent you from becoming who you are meant to be.



You have to be willing to go through the journey to heal everything. No matter how terrifying it might be.

The beauty of it is you have already been through the trauma. Therefore, you have already survived the hardest part. Now we just have to help you survive the healing.







Healing needs to happen on multiple levels because we are not one-dimensional beings.



When we talk about healthy living,  
we refer to being healthy in mind,  
body, and spirit.



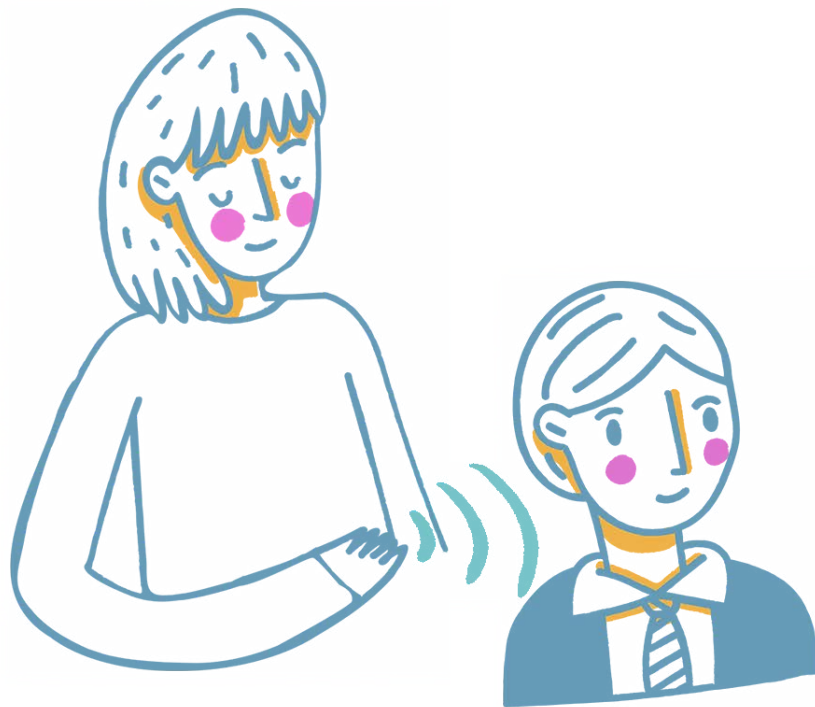


If you approach life in a way that nourishes your soul,  
allows you to think clearly, lets you feel  
connected to the world, and permits  
mindfulness, then you are living healthily.



EMDR is a therapy that harnesses the magic of your brain to help you move through trauma.



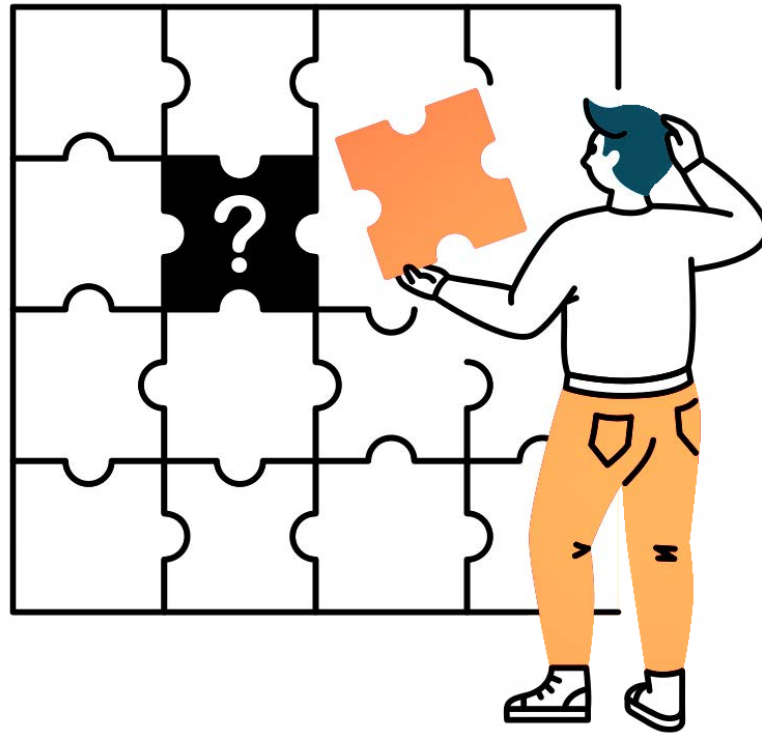


What I love about Reiki is that it offers gentle and powerful healing, even if you aren't consciously aware of what is being healed.



I refer to intuition as your inner wisdom. It is necessary to help people recognize that it exists within them because at a certain point in life they were taught to stop listening to that wisdom.





The only way you can learn the difference between your voice of inner wisdom and trauma re-enactment or distorted belief systems is by actually digging into it through healing therapy.





How do you know you're healed?  
You live a life where your past no longer  
dictates your present.





We exist on all levels, mind, body, soul.  
Therefore, we must  
treat all levels.



To be an effective therapist or healer, you must be willing to be open to everyone's experience and open to the idea that no one viewpoint is inherently better than another one.





The biggest measure of success is to  
see growth and healing in the  
clients we serve





Healing is a journey that has enough obstacles by itself and does not need to be further complicated by having to find multiple providers at multiple locations.

It just does not need to be that hard.



The goal of Eddy Wellness is to be a one-stop shop for everybody's healing needs.





**Meet Renee Eddy**

at

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