

# The Four-Step Guide To Self-Healing<sup>SM</sup>

By Joe Hurley

Helping symptoms to heal. Helping reactive patterns to evolve. Helping people to discover, experience, and allow the divine wisdom and love within to shine.

\*\*\*\*There are no limits to this process. It works for physical, emotional, mental, and spiritual symptoms. \*\*\*\*

**Today's Date:** \_\_\_\_\_

**Your Age** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Your Symptom:** (please describe the location of your discomfort, the degree of your discomfort, and any other relevant information)

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**Past action taken:** (please describe all forms of help/treatment/surgery/etc. you have had with regard to this symptom)

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**Current action:** (please describe what you are currently doing with regard to this symptom: i.e. medications, supplements, physical therapy, healing work, holistic medicine, nontraditional treatments, etc.)

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**Diagnosis:** (please describe specifically and in detail any diagnosis (medical and/or nontraditional) you have had with regard to the symptom)

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**Your response:** (please describe what you think and how you feel about the treatment you are getting so far)

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**Your current request:** (please describe what you want now with regard to your symptom)

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**Intuitive response:** (please describe any intuition or gut sense you have about your symptom or about the process of healing)

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**Your background:** (please describe your level of familiarity with the medical model, level of familiarity with nontraditional methods of healing, and levels of familiarity with personal growth/self-help models of healing)

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## **The Four-Step Healing Process<sup>SM</sup>**

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You are body, emotion, mind, and spirit. Everything within you is consciousness. The Four-Step Healing Process<sup>SM</sup> is a communication process that allows all dimensions of consciousness within your self to be heard and respected by you.

This process is for people who are willing to be present to all aspects of self. For example: are you willing to be open to what you like, some of what you don't like, what makes you comfortable, some of what makes you uncomfortable, to energy inside that may hold distortion, and to your deepest knowing and divine truth?

With this process, most discomfort will heal as conscious communication with the different aspects of self begins. It is amazing how healing can occur simply by consciously recognizing, and honoring the energies within your dynamic.

In special cases, if there is harsh self-judgment, intense fear, or strong attachments to old beliefs and old ways of being, then healing occurs when there is honoring of that which is (and has been) and there is true opening up and connection to the divine wisdom and love that exists within.

1. **Step One:** Please attune to your symptom directly and report what you feel, hear, sense, see, and know. Please connect with your symptom directly. Please report any pictures you get from the symptom, analogies you get around the symptom, and/or any other information that comes to you relating to your symptom.

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2. **Step Two:** Please write down any response that you have to your symptom. Please include any feeling, sense, knowing, and/or thoughts that you have about your symptom. Please include any reactions you may have to the information that you get from your symptom.

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3. **Step Three:** Please attune to your divine guidance/higher self/divine wisdom/unconditional love/angels/guides/God with regard to your symptom and with regard to your response to your symptom. Please note the information you receive below.

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Please add any internal response/questions/comments/reactions that may come up.

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Please add any further responses to that you may get from your divine wisdom/angels/guides/higher self.

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4. **Step Four:** Please attune to any action step to be taken. Ask your symptom. Ask your self. Ask your divine wisdom. Ask questions like, “What can I do? What can be done? Is there anything more to do? Is there anything more to get?”

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Please attune to your voice, give words to and write down any responses that you feel come up from within:

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Is there any reaction to the information you are getting? Please give voice to any reaction and write down anything more that wants to come up.

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Please attune again to your divine wisdom, angels, guides, etc. and give voice to your divine response. Please write down any additional information that comes from your divine.

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This process is about a multidimensional communication between your symptom, your internal responses to your symptom, and to your divine wisdom and love that you have as a divine being. The key is to honor and respect all voices within and allow all voices to respond to each other within the space of wisdom and love until there is healing and resolution.

## The Three-Step Healing Review <sup>SM</sup>

By Joe Hurley

**This is a review. You can do a quick check inside the self for this information or you can review your answers from The Four-Step Healing Process <sup>SM</sup>.**

1. What is the primary emotion around your symptom? (Sit with your emotion for a while and let your emotion flow and then pick the primary emotion around your symptom.)

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2. What is the primary thought/belief/script/pattern around your symptom? (Sit with your thoughts, beliefs, and patterns of reaction/response, give them a voice, and then select the most powerful voice wanting to be heard.)

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3. What is your divine wisdom and intuitive knowing with regard to your primary emotion and/or your primary thought/belief/pattern? (Attune to your divine essence, your higher knowing, your heart wisdom and love, your angels/guides/God and attune to what you know is your truth with regard to your symptom, your issue, your situation, your emotion, your thought, your belief, your pattern.)

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Please write down any additional information, action steps to be taken, reaction and/or responses that you have.

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**10-day follow up symptom report:**

**How is your symptom?** (You can answer generally, or if your symptom is still there, you can go through The Four-Step Healing Process<sup>SM</sup> and/or the Three-Step Healing Review<sup>SM</sup> to get a new update of your progress.)

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**Do you have any new symptoms?** (Would you like to go through The Four-Step Healing Process<sup>SM</sup> and Three-Step Healing Review<sup>SM</sup> with any new, additional, or related symptoms?)

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**Would you like to share any new insights with regard to your symptom, this process, or healing in general?**

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**Thank you for your participation in the healing process!**

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For more detailed information relating to this topic, please pick up a copy of Joe's book, *How To Be A Divine Presence In Everyday Life*, available now in metaphysical bookstores or on Joe's website: [www.TheDivineHeart.com](http://www.TheDivineHeart.com) If you would like personal feedback and a professional consultation from Joe Hurley, please email your completed guide to [Feedback@TheDivineHeart.com](mailto:Feedback@TheDivineHeart.com) and go to the books section of his website to order. (Email Consultation is \$30.00.)

**“The Four-Step Guide To Self-Healing<sup>SM</sup> The Four-Step Healing Process<sup>SM</sup> and The Three-Step Healing Review<sup>SM</sup> are trademarked guides that I have created over the years based on my passion for healing. I still use these guides today both professionally and personally. These guides (and any subsequent recommendations and/or consultations by me) are not medical advice. I am not a medical professional. I am a communication specialist. These guides and my consultations are here to help you communicate with yourself, to help you understand the different energies within yourself, and to help you access divine wisdom, unconditional love, and pure spirit essence within your own energy fields. It is my knowing that you, as a divine being, have available to you at all times, unlimited divine energies within your energy fields to heal, nurture, guide, and care for yourself. May your greatest wisdom, love, and joy unfold within you at a speed that is love.”**

**Joe Hurley**

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