

# 12 Steps to Deep Inner Healing

Quick Chart

**Step #1 – Go to Your Quiet Space**

**Step #2 - Settle Your Thoughts and Relax**

**Step #3 – Clear Your Energy and Chakras**

**Step #4 - Connect with Your Guides, Ascended Masters, and Angels**

**Step #5 - Accept Yourself as Being Worthy**

**Step #6 - Release Bindings, Bonds, Agreements, And Contracts**

**Step #7 - Release Your Guilt and Fear**

**Step #8 - Hand Over Your Thoughts to (Holy) Spirit for Correction**

**Step #9 – Follow Your Threads**

**Step #10 – Release Entanglements and Cords**

**Step #11 - Open Your Mind, Be Quiet, Listen, And Receive Guidance**

**Step #12 - Extend Love, Light and Healing**

**Step #13 - You Are Not Alone**

Spirit, Mind, and Body Healing - <https://deephealinglight.com>

Spiritual and Personal Coaching - <https://lighterthinking.com>