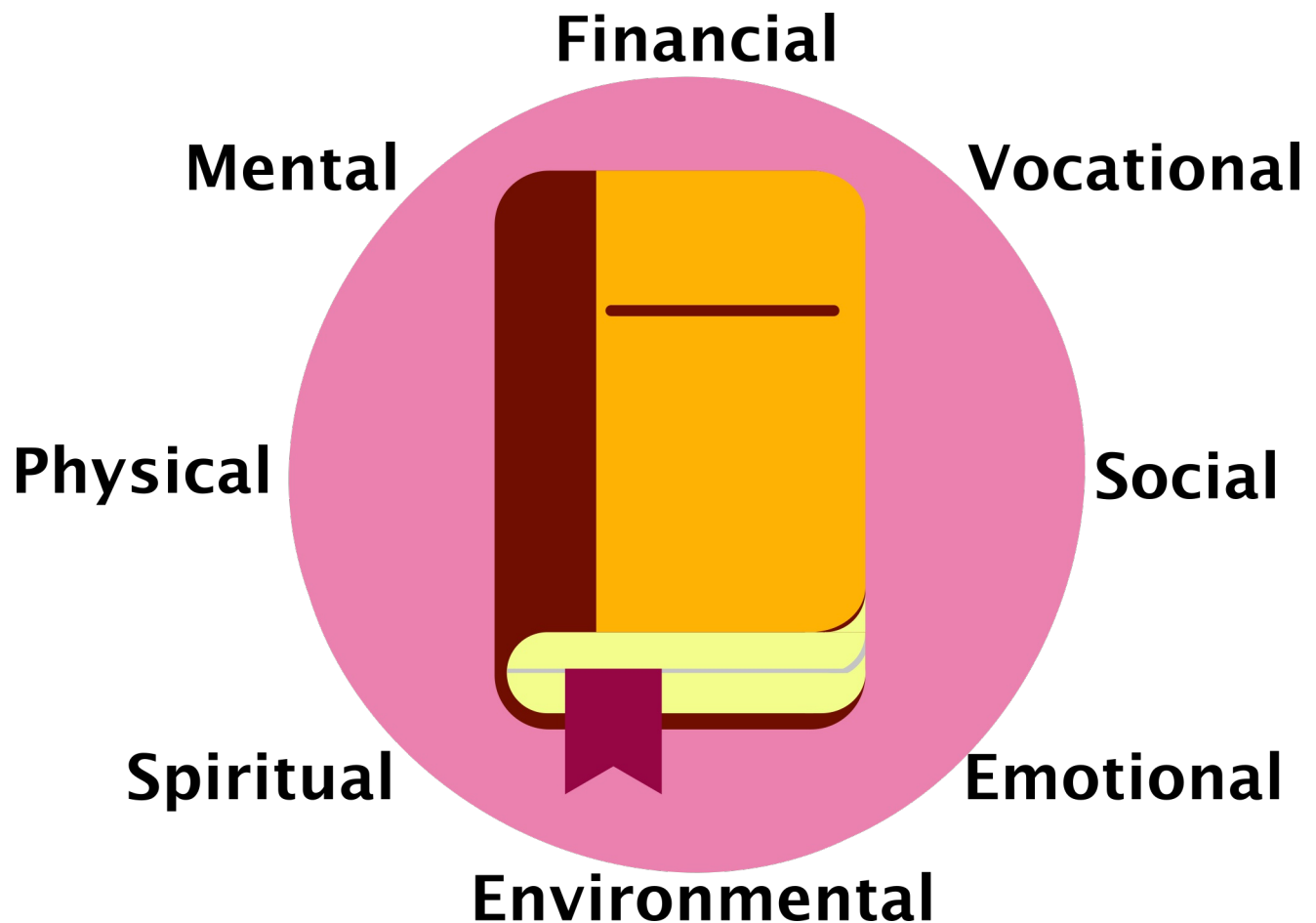


# *Healer's Journey*

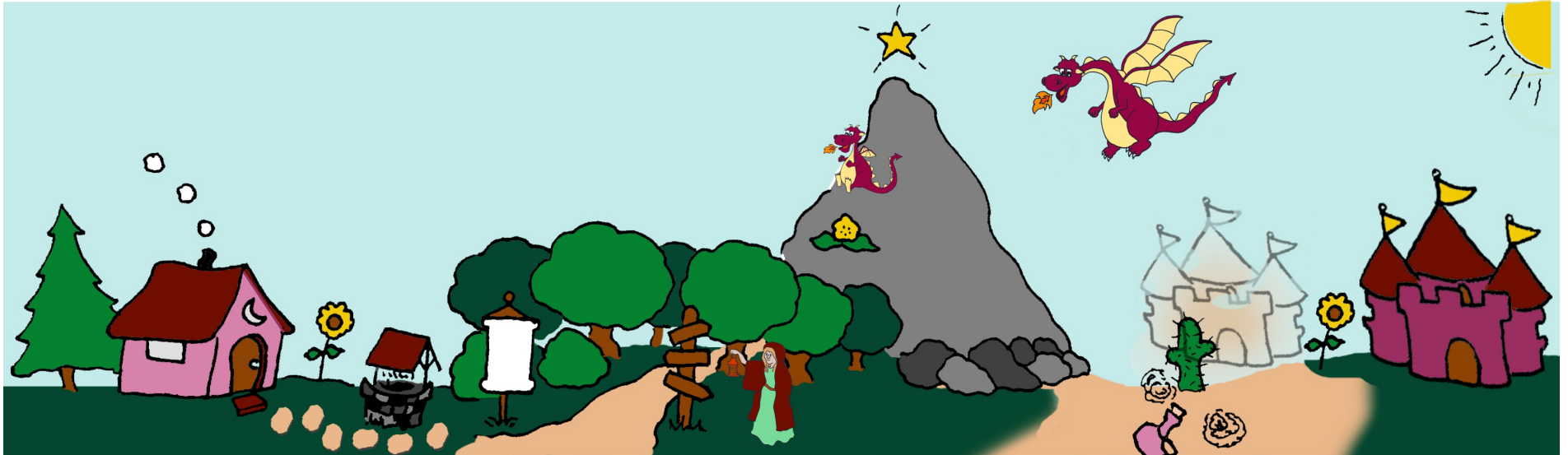
## *Treasure Map*



# *8 Dimensions of Wellness*



# Treasure Map



Cozy Cottage

Story Well

Call to Adventure

Dark Forest

Crossroads

Guide

Healing Flowers

Climbing the Mountain

Peak

Descending the Mountain

Facing the Dragon

Desert

Elixir

Mirage

Prosperity Palace

### ***Cozy Cottage***

- What do you wish were different?
- What do you wish to remain the same?
- What keeps you where you are?
- What is it costing you to stay?
- What can you bring with you?

### ***Prosperity Palace (Imagined)***

- What dreams do you want to realize?
- How will you know you have arrived?
- What will need to change for your dream to be realized?
- How will your story change after you've arrived?
- How will you keep your story alive?

### ***Story Well***

- Where do you draw your strength?
- What is your practice for visiting the well?
- What strength do you draw from the well?
- How does drawing from the well move you forward?
- What keeps you at the well?
- What keeps you visiting your source of strength?

### ***Call to Adventure***

- What is the invitation?
- What would it cost to say yes?
- What would it cost to say no?
- What is the source of the invitation?
- What are the conditions of the invitation?

### ***Dark Forest***

- What fears does the dark forest raise in you?
- What can you not see in the dark forest?
- What glimmer of light do you see in the dark forest?
- What causes the darkness in the forest?
- What gives you courage in the dark forest?

## ***Crossroads***

- Which direction do you tend to go?
- Which direction would be uncharacteristic?
- What could you learn from going a different direction?
- What makes it hard to make a decision?
- What keeps you on the familiar path?

## ***Guide***

- What guides have revealed your strengths? Your weaknesses?
- How have guides shown themselves on your journey?
- How does your ideal guide make you feel? What do they offer? What do they not do?
- What resistance do you experience following a guide?
- What helps you trust the guides?

## ***Ascending the Mountain***

- What is the mountain you are climbing?
- What makes the climb difficult?
- What obstacles impede your ascent?
- Where have you stopped before?
- What do you hope to see at the top?

## ***Healing Flowers***

- What adds beauty to the climb?
- How does stopping to smell the flowers aid you on the journey?
- What do you need to restore to continue the climb?
- What is at risk if you stop to smell the flowers?
- How can you make time for healing?

## ***Peak Experience***

- What desire does reaching the peak satisfy?
- What insights/gifts have you received from reaching the peak?
- What did it take to reach the peak?
- What do you see from the peak you didn't see before?
- What has kept you from reaching the top before?

## ***Descending the Mountain***

- What do you wish to retain from your ascent?
- What are you at risk of losing on the climb down?
- What dangers lie on the path down?
- How will you protect yourself? Your gift? Your companions?
- How will you keep the peak growth alive?

## ***Dragon***

- What is the dragon you fear to face?
- How does the dragon threaten you?
- What resources can you draw upon to face the dragon?
- What is the gift the dragon protects?
- How can the dragon be defeated/tamed?

## ***Desert***

- What has the journey cost you?
- What have you given up to arrive at this point?
- What have you kept with you?
- How will you endure the journey through the desert?
- What do you have in reserve?

## ***Elixir***

- What healing power has the journey brought you?
- When stranded in the desert, from where did you draw strength?
- How will you share the elixir with others?
- What new responsibilities has discovering the elixir given you?
- How will you preserve and protect the elixir?

## ***Mirage (Faux Palace)***

- What appears like success, but isn't?
- What has not yet been realized?
- Where do you get stuck on the approach to the Palace?
- Where do you spend your energy without results?
- How will you recognize the illusion of success?

Congratulations on arriving at the Prosperity Palace!

## ***Prosperity Palace (Realized)***

- How has your story changed since you arrived?
- In what ways is your life better since arriving?
- What new responsibilities have you gained since arriving?
- How will you use your prosperity for yourself?
- What new expectations do others have of you since arriving?