

# THE SOUL-LEVEL HEALING PROCESS

## The 5-Steps to Healing & Forgiveness

The Five-Step Soul-Level Healing Process can generally be defined as “a two-part process of Emptying one’s cup of faulty belief systems AND Refilling this cup with new, healthy, and loving systems of belief.”

### STEP 1: RECOGNIZE

*“I recognize I am struggling with (describe the issue below):”*

The issue might be an illness, a relationship, the inability to buy a new house, the loss of a job, etc.

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### STEP 2: ACCEPT

*“I accept that hidden behind this situation are my unhealed wounds and lessons, both known and/or unknown.”*

A. Identify memories from your life where you had similar feelings and/or experiences. This helps identify the core issue. Healing the inner cause will create the miracle of unraveling the problem and help prevent the problem from re-occurring.

B. What emotions does the person or event bring up for you (sad, angry, afraid, guilt)?

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### STEP 3: SURRENDER

*“I surrender to God both the problem and my unhealed wounds that I know lie beneath the surface of what I think I see.”* Here you surrender it all to God and visualize/feel the negative emotions and thoughts associated with the problem and the past causes all being removed from your mind, body, soul and energy-systems.

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### STEP 4: REFILL

*“I refill all the space left by the issues I just surrendered with all that God truly intends for me, including Love, Peace, Joy and Abundance.”* Once you empty yourself of an issue, you must then refill the energetic space with something new and positive. For example, if you felt attacked, call in safety. If you felt confused, call in clarity. If you felt, alone, call in God’s loving embrace.

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### STEP 5: GIVE THANKS

*“I give thanks that this process is complete and is already bringing me miracles of healing. Thank you. Thank you. Thank you. And so it is!”* Giving thanks tells the universe that you have completed the healing process related to the current issue and have released ALL the feeling and memories behind it to Source. Also giving thanks allows for blessings to come your way because you have freed up more space to fill yourself with Love, Joy, Peace and Abundance.

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For an in-depth explanation and examples of the Soul-Level Healing Process, please read [Healing the Heart & Soul](#) by Michael Mirdad.

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