

# A Checklist for Healing

## Symptoms and Causes of Soul or Power Loss

- Craving substances or things (sex, gambling, shopping ...); any addictions
- Taking poor care of your body (food, exercise, sleep ...)
- Being emotionally needy or clingy (“slave” side of codependence)
- Trying to control others (“master” side of codependence)
- Blaming or shaming (others or self)
- Seeing yourself as a victim
- Being unable to say no, set boundaries or limits
- Being unable to say yes to life, building too many boundaries/walls
- Being unable to forgive yourself and others where appropriate
- Feeling prolonged fear or doubt (momentary is natural)
- Feeling separation of mind, body, or soul
- Feeling separate from the rest of nature
- Feeling separate from community or tribe
- Feeling separate from “All That Is/Creator” or “Source”

## Signs that You're Giving Away or Taking Soul Essence or Power

- Giving away parts of ourselves to others (codependence)
- Taking on others' baggage and issues (codependence)
- Wanting or taking others' light or power or energy
- Taking in (accepting) the light, power, or energy that others, in their illness, give away

## Signs that You're “Sending” Negativity to Others (“Psychic Vomiting”)

- Feeling reactive, having knee-jerk reactions, something is “pushing your buttons”
- Feeling self-righteous or offended (This is victim mode)
- Blaming yourself or others (This is victim mode)
- Going into “drama queen mode”
- Trying to change others