



You Are Your Own Healer

E-Book | ONE

WHAT DOES HEALING
MEAN TO YOU?



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HEALING ARTS

MARIEKNOETIG.COM

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You are your own healer, you just a little direction.

When it comes to healing there is no one size fits all solution. We all live different lives, come from different backgrounds and have different challenges which means everyone needs their own way to heal.

I want to help you do just that! By learning how to listen to your Body Within life becomes less complicated, healing becomes more directed and personal, and the knowing inside teaches you how to live a truly fulfilling and productive life.

After working with countless clients and navigating my own healing journey, undergoing major surgery, and being disabled on one side, I learned first hand that there is no one way to heal.

Here you'll find the hope, resources and tools to take back control of your health.



Your Health. Your Future. Your Choice.

Marie Knoetig



What Does Healing Mean To You?

Being healthy and learning to self-heal not only serves you now in the present, but it plays a large role as you age and when you reach the end of your life.

Have you ever really thought about what health and healing means to you? My definition of healing may be very different from yours, as it is an entirely individualized process. Using the Body Within modality to health and aging gracefully is about being present and aware as you age.

This is why it is so important for you to define healing and what healing means to you individually. Let's answer some questions and see what it means to you!

The medical definition of healing is:

To make sound or whole, especially in bodily condition.

My definition of healing is:

To be the best me that I can be. Having a strong mind, a healthy body, and an awareness to be able to help myself make positive choices.

What is your definition of healing?

Off the top of your head, write your definition of healing before you keep reading. Then ask those around you what it means to them.





A Reality Check

It is not rare for people to think healing comes from going to your doctor, checking your cholesterol or blood sugars, but what about all the other things in life that put stress on your body that you are not aware of that ages us and damages the body over time?

How many people around you have never given their big picture any thought and now you are picking up the pieces for them and trying to help them?

We are all going to live well into our 90's, so if you are 40 or 50 and you feel sluggish and your joints hurt, how are they going to be in 40 years. How is that for a reality check?

Don't let your healing come only from something you read. Guide your destiny, let your Body Within guide you to your truth. Your truth is not the truth of others.



Notes & Observations

Recall when you answered what healing means to you. Did it make you think a bit deeper?

By observing others and your own interpretation, do you see healing in a different light? And how?



**Have you ever broken up
healing into...**

WHAT DO I DO FOR MY *BODY*?

WHAT DO I DO FOR MY *MIND*?

WHAT DO I DO FOR MY *SPIRIT*?

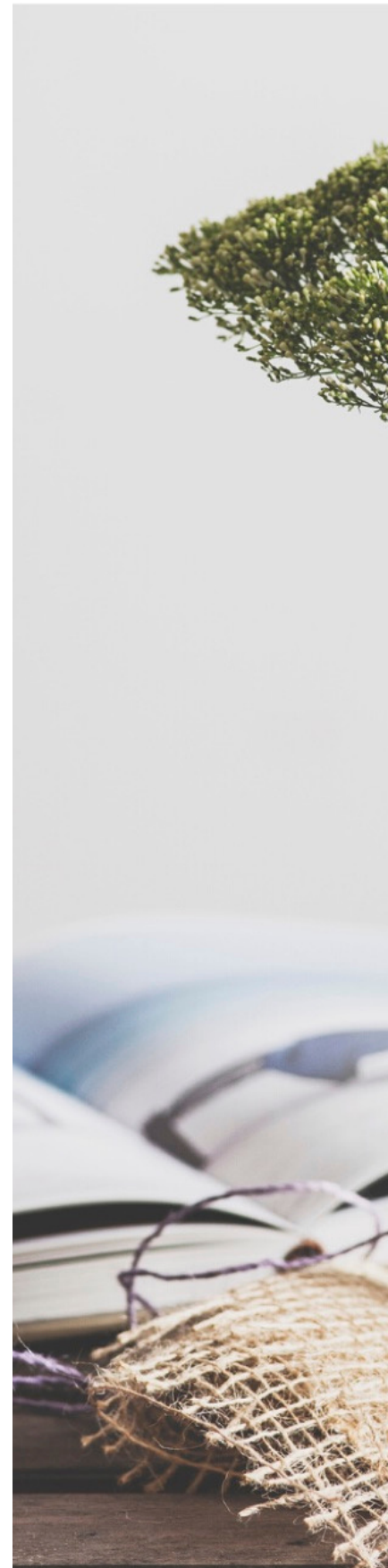
WHAT DO I DO TO *AGE GRACEFULLY*?

Notes & Observations

IF YOU HAD TO CHANGE ONE HABIT THAT YOU THINK IS CAUSING YOU TO AGE QUICKLY, WHAT WOULD IT BE?

DO YOU FEEL NUTRITION HAS A ROLE IN YOUR PAST, PRESENT, AND FUTURE HEALTH?

DO YOU KNOW HOW NUTRITION WILL HELP YOU AGE GRACEFULLY AND HEAL YOUR MIND, BODY, AND SPIRIT?





Notes & Observations

**DO YOU LOOK AT MOVEMENT AS HEALING?
DO YOU MOVE ENOUGH, TOO LITTLE, OR TOO
MUCH?**

**DO YOU BELIEVE IT'S IMPORTANT TO EXERCISE? IF
SO, WHAT ARE YOUR REASONS? IF NOT, WHAT
ARE YOUR REASONS?**



Notes & Observations

WHAT ABOUT YOUR MIND?

WHAT IN YOUR DAILY HABITS AND CHOICES KEEP YOUR MIND BALANCED AND FOCUSED AS YOU AGE?

HOW ABOUT YOUR SPIRIT? YOUR BODY WITHIN?

DO YOU TAKE THE TIME TO LEARN ABOUT YOURSELF AND YOUR CHOICES?

DO YOU KNOW WHAT INTUITION IS? HOW IMPORTANT IS IT TO AGING GRACEFULLY?

DO YOU HAVE STRONG INTUITION TO HELP GUIDE YOU TO MAKE GOOD HEALTH CHOICES?



Next Steps

- 1)** Take the time to make a short term plan to focus on long term health. Keep it simple. It's just a plan so you can start to see what you believe healing can be. Visit my website ,Facebook or You Tube channel for more resources.
- 2)** Keep asking others, and observe how many ways people define health, wellness, and what they think will keep them from aging. Become the observer of yourself and others and your insights will grow!
- 3)** Start to work with your new insights and see if they feel right for you. Then get started with Book 2 in this e-Book healing series.



Hi, I'm Marie!

With no choice but to navigate my own healing journey after a life-long struggle with severe allergies and significant injuries leading itself to chronic pain, I learned first hand that the path to health and balance is not one size fits all.

From traditional western techniques to exploring everything complimentary and alternative medicine has to offer - my journey has been 25+ years and set me on my path to helping people learn to be their own advocate and healer.

I've been working with private clients since 2000 and have learned that no matter what you're going through, the journey to heal your body is unique to everyone. Here you'll find the hope, resources and tools to take back control of your health.

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