



Day 2 : The 5 Phase Process of Neuroforgiveness

Welcome to The Heal Your Past & Transform Your Future Experience!

If you didn't catch Day 1 yet, please [CLICK HERE](#) to watch the replay.

Today, in Day 2 of the Heal Your Past Experience, I'm going to break down the 5 Phases of the Neuroforgiveness Healing Method.

If you are ready to move from your current hurt & pain into your EPIC LIFE, then forgiveness is your bridge.

Get ready - because you are about to go on your very own Hero's journey of healing!

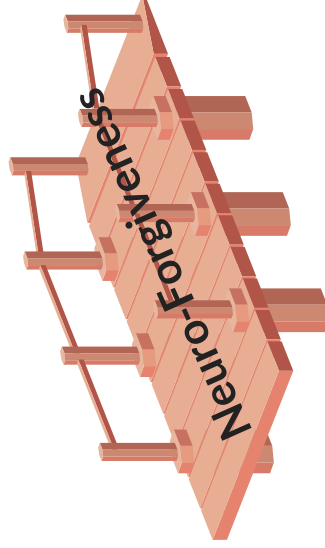
Best In Love & Healing,
Valerie Kolick, M.A.
[#healyourpastexperience](#)

Write Down Your Current Circumstances That You Want To Change

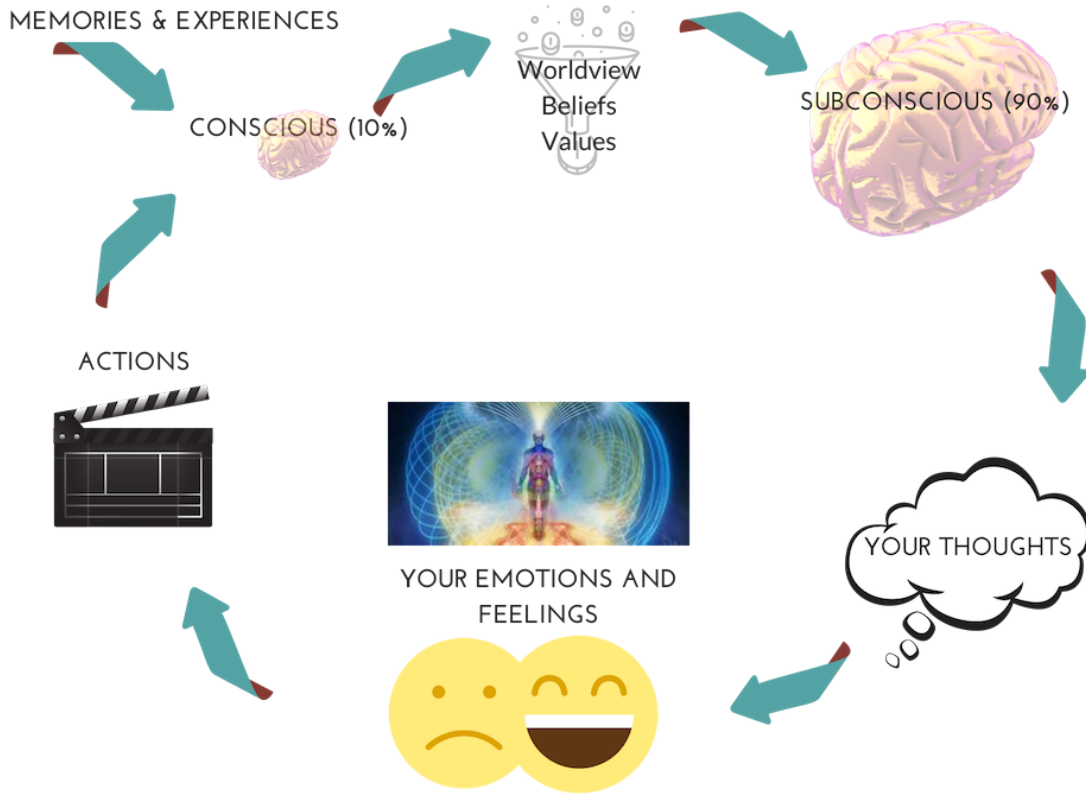
(i.e., how do you feel on a daily basis, what relationships are hurting, how fulfilled do you feel, what in your life do you want to change?)

Write Down Your EPIC Life

(i.e., what are your dreams, your desires? How do you want to feel, to act? What do you want to have?)



The Model of Neuroforgiveness



The 5-Phases of NeuroForgiveness

Phase 1: Prep

Phase 2: Discovery

<https://www.facebook.com/groups/healtotransform>
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Phase 3: Healing

Phase 4: Self-Forgiveness & Boundaries

Phase 5: Unlock Your EPIC Life (Meaning & Purpose)

Your Commitment To Healing & Forgiveness

Even though I have some fears around healing my past, I am 100% committed to releasing the hurt and pain that has kept me trapped. I will take action every day until I have truly forgiven.