



The Beginner's Healing Toolbox

Within this document are the activities and resources I used to begin my own journey of healing, many of which I continue to use to this day since we are always in various stages of growth. Please do not use this as a substitute for professional therapy if you are suffering from depression or other mental health condition.

Guided Meditations

Meditation breaks down the wall between the conscious mind (the mind we think is in control) and the unconscious mind that really is driving everything we do and think. Our conscious mind keeps us busy and distracted with beliefs, justifications, blame, causes and solutions. It works things out, it comes up with answers and then we think we're done and move on. Not so. It's a shock to realize how little power our thinking minds have. The power lies beneath. If we are willing to stick with it, to really do the work, then meditation can show us how unconscious conflicts are processed and recreated in the mind on a moment-to-moment basis.
– Mary-Lou Stephens

[Let Me Reach YouTube Channel](#) – Educational videos, as well as meditations to help with relaxation and mental well-being.

[Vortex Success](#) – Meditations that are embedded with healing binaurals and subliminal affirmations

A favorite that I listen to frequently by Vortex Success:

- [Overcoming PTSD: Releasing The Past and Moving Forward](#) | Subliminal Meditation Isochronic Tones



Kelly Howell Meditations

- [The Secret Universal Mind](#)

You can find all of [Kelly's meditations on Brain Sync](#), where you can purchase specific titles for various purposes. This is a better option since YouTube has implemented their new ad-free program. If you don't purchase YouTube Red, they often place ads in the middle of the videos.



Helpful Blog Articles from Let Me Reach:



- [8 Ways to Cut the Energy Ties with the Narcissist](#)
- [6 Steps to Emotional Healing after Narcissistic Abuse](#)
- [Why go No Contact with the Narcissist?](#)
- [Aromatherapy and Meditation: Essential for Recovery](#)
- [7 Signs You've Arrived as a Survivor](#)

Small actions that make a big difference

- Get some index cards, write affirmations on them, and tape them up in areas where you will see them the most. These affirmations might include:

“Good things are **supposed** to happen to me”, “I am safe in the world and all of life supports me”, “I am good enough just as I am”, “I am at peace with my age”, “In my sadness, I love myself”, “I am free to make my own choices and decisions”, “I deserve all that is good. I release any need for misery and suffering”
- Buy an adult coloring book and crayons or colored pencils. Spend some time coloring, letting your inner child express his or her self.
- Adopt a pet. Animals are wonderful at giving unconditional love.
- Take yourself to the movies. (No violence or docudramas depicting human suffering)
- Consider taking up a creative hobby such as: Art, Music, Dancing, etc. It's a form of self-expression that aids in healing as many of us spent a large portion of our lives stifling our inner selves.
- Do some [mirror work](#). Other affirmations you can say to yourself are, “I love you ____ (insert your name)”, “You are doing an amazing job!” In times of sadness, you might say to yourself in the mirror, “It's okay, I love you. This thing will pass, but I love you and that's forever.”
- Spend time in nature.
- Rest when you need to. Try not to overwhelm yourself by adding too many activities to your daily routine. It may feel strange to take time out for yourself, but it is essential for healing.



Kim Saeed

Integrating emotional, physical, and spiritual recovery designed to heal trauma caused by toxic relationships



Essential Oils and Aromatherapy

The use of aromatherapy for emotional healing and release

In order to access and release emotional trauma, we must stimulate the amygdala. One way to do this is through the sense of smell. Our sense of smell is directly related to emotions that have been stored, often as far back as childhood.

Smell is the only one of our five senses that is directly linked to the lobe of the brain that houses our emotions. Along with all positive emotions, negative emotions such as fear, anger, depression, and anxiety also originate from this area. This explains why certain smells can trigger deeply buried fears and trauma, such as those experienced with PTSD or C-PTSD.

Essential oils allow us to access these buried emotions and memories so that we can accept and release them.

FOR AROMATHERAPY

- **Organic Lavender Essential Oil** - This herb has been used as a remedy for a range of ailments from insomnia and anxiety to depression and fatigue. Research has confirmed that lavender produces slight calming, soothing, and sedative effects when its scent is inhaled.
- **Frankincense Essential Oil** - In aromatherapy, frankincense oil is either inhaled or diffused via a vaporizer – a very effective sedative that induces a feeling of mental peace, relaxation, and satisfaction, and helps relieve anxiety, anger, and stress.
- **Palo Santo Essential Oil** - Palo Santo Oil or “Holy Wood” is a very spiritual essential oil. Like frankincense, Palo Santo is known as a spiritual oil and is called holy wood. Used to combat negative energy and to cleanse the space / to purify and cleanse the spirit from negative energies. The essential oil is distilled from the heartwood of the Palo Santo tree.
- **Rose Essential Oil** - Rose Oil boosts self-esteem, confidence, and mental strength while fighting depression. This oil is widely used in aromatherapy and invokes positive thoughts, spiritual relaxation and feelings of joy, happiness and hope.

Let Me Reach with *When you're ready to take control of your recovery*



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- **Oil Diffuser for the Home** - Spread the transformative, aromatic power of essential oils throughout your home. Diffusers let you reap the benefits of essential oil aromatherapy in any room in your home or office.

In my own healing journey, the first thing I implemented was guided meditations. Guided meditations are extremely helpful because they help cleanse the mind, re-write negative internal narrative scripts, as well as decode any self-defeating beliefs we may have about ourselves and about life. However, in order for them to be truly effective, you'll need to listen to them daily. I find that listening to them at bedtime doesn't require much modification to my daily schedule.

At the very minimum, you'll want to listen to them (preferably in the morning or nightly) for six weeks. This is the required amount of time for initial healing of your subconscious wounds to take place. For added benefit, you can diffuse essential oils while meditating for the ultimate transformational experience.

In closing, try to remove from your mind all notion of yourself that has to do with your childhood, where you live, what you have done, and what your circumstances are. Try to concentrate on only one thing and that is your power of choice.

I hope you find these healing modalities as therapeutic and enjoyable as I do.

Further Healing Recommendations:

[The Essential No Contact Bootcamp](#) - Dramatically increase your chances of maintaining No Contact, have a better understanding of why you feel an unbearable urge to go back, connect with the real reasons why you break No Contact and then heal them for good! And FINALLY join the tribe of survivors who've not only stayed No Contact, but have survived and THRIVED after narcissistic abuse.

[30-Day Self Love Journey with Belief Clearing Kit](#) – Includes daily emails, steps, processes, and guided meditations

[Our Family Wizard](#) – End the “He Said/She Said” in cases of shared custody. Keep your children out of the middle, create compelling documentation, and get the resources you need to organize your shared parenting.