

Six Keys to Empowered Healing

Congratulations on your choice to be empowered in your healing!

If you know inside your being it isn't 'your time,' it doesn't matter what the doctor says about your odds. *You can beat cancer and you will* – if you set your mind to it and make a choice to do so.

So how do you summon the strength and the will?

How do you get the clarity you need to know what's best for you?



Being a late stage cancer survivor myself I am happy to share the many powerful tools of transformation and healing I have acquired to facilitate others like you in your healing. Because I believe if I can do it, anybody can. Cancer doesn't have to be a death sentence, even in a late stage. In wanting to help others I took time out to analyze what were the most powerful elements of my healing path. Out of this came the Six Keys to Empowered Healing, part of my comprehensive healing program.

The complete program is designed to supercharge your healing process giving you the ability to make clear empowered choices, remain centered and positive, tap into your inner strength. Each of the five sessions includes dynamic processes to remove inner blocks to healing followed by an energetic healing treatment in each session as well as guidance in implementing the Six Keys.

[Learn more about the Six Keys to Empowered Healing Program.](#)

For now, you are off to a great start with the Six Keys themselves.

Six Keys to Empowered Healing

These Six Keys will ACCESS your inner healer:

- #1. **Assess your Life.**
- #2. **Choose from an empowered place.**
- #3. **Cultivate support.**
- #4. **Eliminate blocks to healing.**
- #5. **Stay the course.**
- #6. **Savor your life!**

Each one of these keys is important and you will see that they work together.

#1. Assess your life.

Ask the important questions. What do you really want?? What is missing? What are your dreams? What gives you reason to live? Tap into your body's aliveness. What parts of your body have vitality? What makes it feel more alive? What gives it energy? What depletes its energy? Note this is not always physical things. Check into your connection with your spirit or higher source. What makes you feel more connected? What gets you disconnected?

#2. Choose from an empowered place.

Once you establish a connection to your Source, you can tap into its power and wisdom to make the right decisions for you. The challenge often is that others want to decide for you and feel they know more than you. Granted, medical people have their training and expertise and it is wise to consult them, but ultimately you want to

choose your course of action from your own inner wisdom. This goes with life decisions you may be called to make as well. "To thine own self be true."



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#3. Cultivate support.

Support can come from family, friends, church and community groups, social groups etc. Feel out who can stand with you and who can't. The reality that someone they care about has a life threatening condition may be too much for some to deal with, and you don't want to be having to emotionally take care of them when you are the one needing support. Some may be uncomfortable with



the choices you make regarding treatment. There is no need to judge; just find those who can be strong for you and can respect your wishes, and let the others be. Support is like wind beneath your wings.

#4. Eliminate blocks.

We all have mental patterns that do not serve us. Often they make us sick. I cannot emphasize enough how powerful the mind is in creating illness or health. It's time to let go and allow only what is true for you. Let go of the stories, the traumas, the guilt, the resentments. Are you ready and willing to let go of everything that doesn't allow complete healing – and greater joy? I urge you to find an effective method to do this such as the one I offer. This is probably the one key that saves the most lives. And it gives the greatest peace, joy, and freedom.

#5. Stay the Course.

Create your structures of self support such as mantras, routines, spiritual practices, inspirational audios and books, or a gratitude list. Choose some to do on a daily basis to nurture your spirit and maintain the faith. Have "anchors" to reach for in your challenging moments.



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#6. Savor your life!

This is an extension of #5 with the emphasis on fun. Live and laugh, and do fun things that get your mind off your problems. You are more than your cancer! Have things to look forward to. Take a moment to breathe and appreciate the miracle of life in this moment. Celebrate your victories! Find what makes you come alive and do it!



Six Keys to Empowered Healing Mentoring Program

Now you can super charge your personal healing journey in my five week program.

In each of the five sessions I will walk you through empowering processes that you can continue to do on your own along with a spiritually guided energetic healing treatment to release unconscious blocks to healing, harmonize the body and mind, and to boost the immune system. The verbal processes and the energetic treatments work in synergy to create major shifts in consciousness. You also will be guided during the series to implement the Six Keys to Empowered Healing.

This program may save your life, and it will certainly improve the quality of it, filling it with peace and joy.

Six Keys to Empowered Healing

In this program you will come to:

- Find your inner strength and access your inner truth.
- Get peace, clarity and faith in your ability to heal.
- Make clear empowered decisions that will work best for you.
- Clear the doubts and fears and hidden inner blocks to your healing.
- Practice self-healing.
- Live more in joy!

Cancer doesn't have to be a death sentence. What if it is the wake up call, that if you heed it, could lead you to whole new life beyond what you thought was possible?

Please contact me now to set up an appointment for a clarity session at no charge to see if this program is right for you.

SET UP CLARITY SESSION

Call or text 808-633-1497 or email ahigherlife4u@gmail.com with questions.

Blessings,

A handwritten signature in black ink that reads "Rita".

Rita Massey

