

Lesson 1:

Healing from Disconnection

Introduction: On earth we live in a state of separation or disconnection from our Heavenly Father. We will not be whole until we are again reunited with our Heavenly Parents. The mission of Jesus Christ was to heal us and make us whole again. The New Testament stories of Jesus healing physical maladies are also symbolic of spiritual healing. One example is found in Mark 5:37-42 where Jesus physically raised the damsel from the dead. Spiritually he healed the family by taking the father, mother, and daughter and sealing them together to make them whole.

Heart, Mind & Body Connection

*And the spirit and the body are the soul of man And the resurrection from the dead is the redemption of the soul.
D&C 88:15-16*

1. The heart, mind, and body are vehicles of creation. We can become disconnected from any or all three. Disconnection from body can occur as a result of abuse, accident, injury, or other physical trauma. Disconnection from heart occurs when we ignore or suppress feelings. Disconnection from mind can occur when we live too much in the automatic, repetitive thoughts of our brain instead of tuning in to our true intelligence.

2. Class Rules: Observe your *self* (heart, mind, & body) without judgment. While stretching, listen to your body and do what's comfortable. Don't force any pose. Become more aware of your thoughts and feelings without judging. Throughout this course you will naturally become more aware of and more connected to your *soul*.

Scan your heart. Is it soft? Open? Teachable? If not, don't judge. PRAY for help in that tightness. Observe and breath into that tightness. PRAY for the *desire* to be open and teachable.

3. Believe in yourself. Where you are right now is exactly right. All events of your past have led to this perfect moment where our heart is open and you are ready to learn, to receive, to become the woman you are meant to be. Remember that YOU deserve to be the best version of yourself. You increase your ability to serve and bless the world as you become more of your best self. Declare: "I have everything I need right now in order to make progress, move forward, and create my best life.

4. Knowledge and Power:

When we feel stuck, we need Knowledge and Power to get us out of the rut. Sometimes we just need an answer to the problem (knowledge) and sometimes all we need is more energy (power) in order to get us un-stuck. Sometimes illness, habits, and problems come because our souls are under-challenged. Our brains, bodies, and hearts yearn for progress, learning, and growth. If we don't give them healthy challenges, they will create problems just to have something to solve.

Doctrine & Covenants 4:1-3

1. *A Marvelous Work is about to come forth.*
2. *O ye that embark in the service of God, see that ye serve him with all your **heart, might, mind and strength**.*
3. *If ye have desires to serve God ye are called to the work.*

Heart = Emotions

Might = *Source of Power

Mind = Creative Intelligence

Strength = Physical Power

Declarations/Affirmations

I deserve to be the best version of myself.

The Universe and all its power supports me in becoming my best self.

I am in the right place at the right time.

I have everything I need right now in order to make progress, move forward, and create my best life.

I can take the next best step.

I am ready for more good than I have ever experienced, imagined or realized to come into my life.