

**In this video, I am explaining what to expect in your healing journey** through the **Self-Healing Journey Map** and how to navigate this journey.

**Every single part of your journey is valuable.** Finding out where you are will give you an idea of why you are experiencing what you are experiencing. The key to remember is that we all go through this map multiple times. Please be gentle and kind with yourself wherever you are in your healing journey while taking the next steps.

**Where are you in your healing journey?** Please share in the comments below after watching this video.

**Take Your Energetic Wound QUIZ** to find out what your wounds are and how they may show up in your life.

**Learn more about the Chakra Bliss Vault Crystal Healing Membership** to clear, ground, transform, expand, and nourish your energy system with easy to access and follow crystal energy healing sessions and more.