



Module 3

Transformation

Turn Obstacles into Opportunities

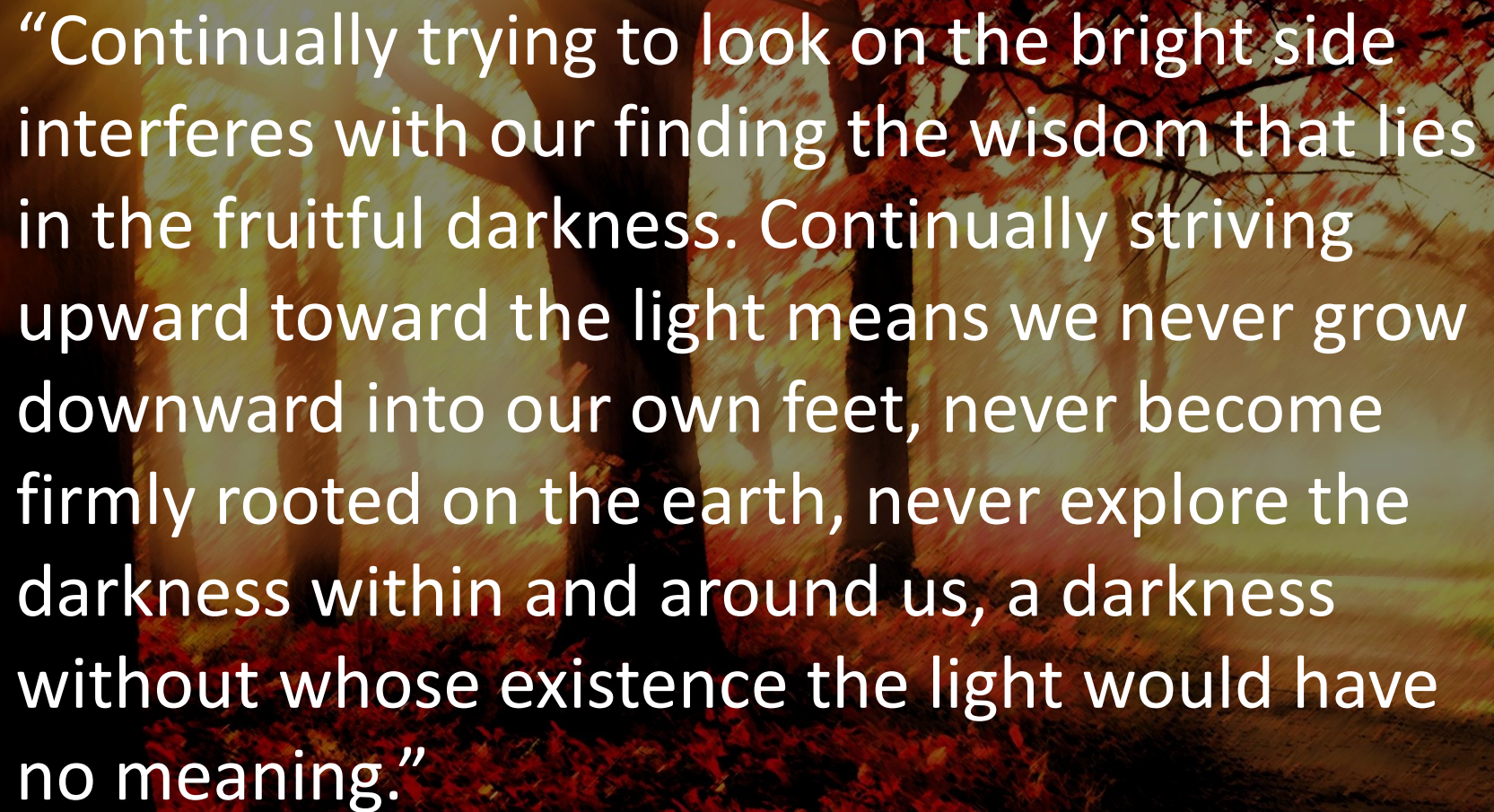
Wholeness



Kirlian image of
the phantom leaf
effect, taken in
São Paulo, Brazil

in 1973 by H.G.
Andrade,
director of research at
the Brazilian Institute of
Psychobiophysical
Investigation.

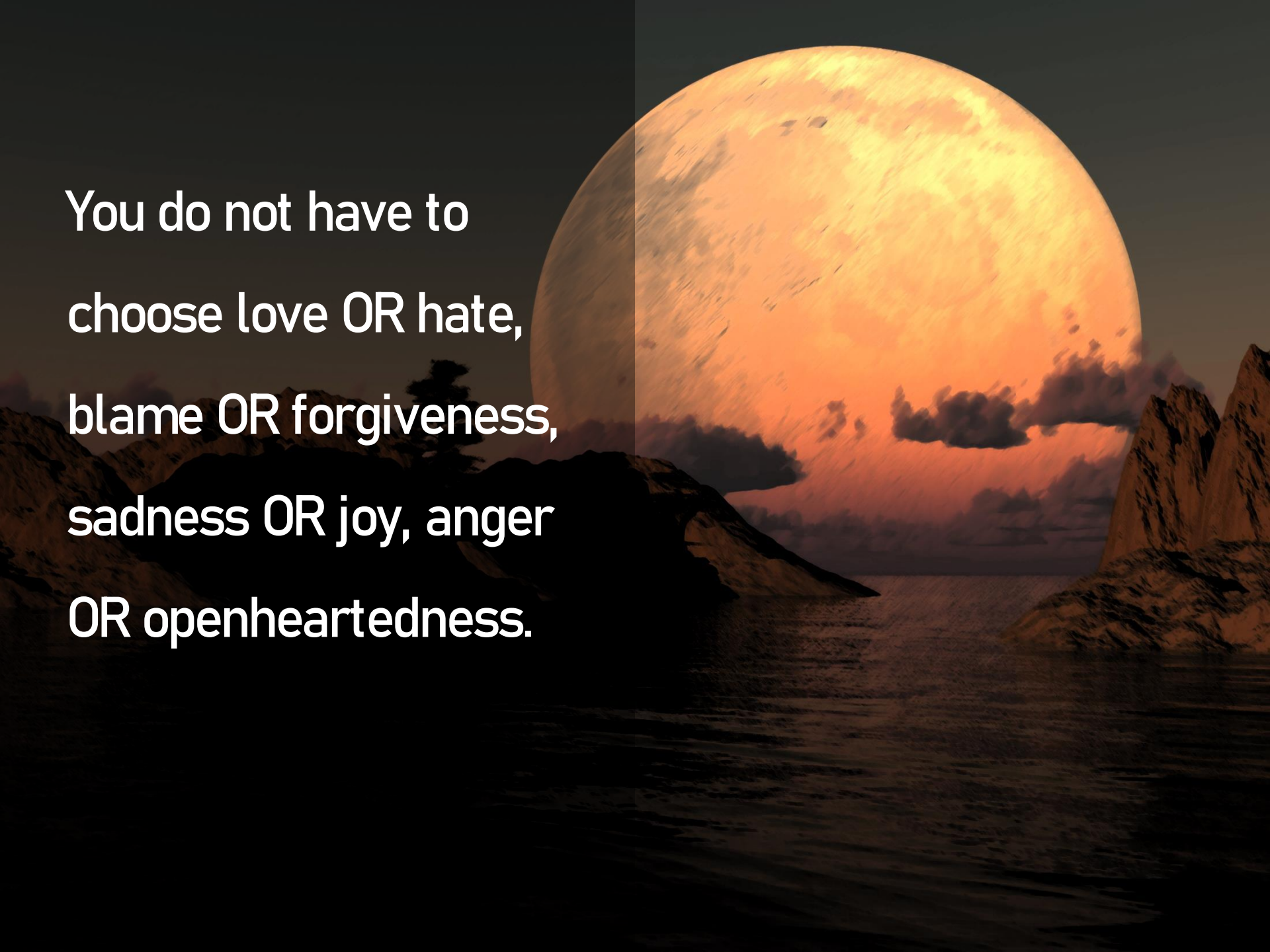


A photograph of a forest path covered in fallen autumn leaves, with tall trees and a soft, hazy light in the background. The text is overlaid on the image in a white, sans-serif font.

“Continually trying to look on the bright side interferes with our finding the wisdom that lies in the fruitful darkness. Continually striving upward toward the light means we never grow downward into our own feet, never become firmly rooted on the earth, never explore the darkness within and around us, a darkness without whose existence the light would have no meaning.”

— Stephen Harrod Buhner, *The Fasting Path: For Spiritual, Emotional, and Physical Healing and Renewal*

You do not have to
choose love OR hate,
blame OR forgiveness,
sadness OR joy, anger
OR openheartedness.



Authentic Self



Step One – Watch Video Kirlian Photography

Rosemary Levesque
SecondNatureHealing.com



Step Two – Download Wholeness Exercises

A person is shown from the waist down, sitting in a meditative pose on a rocky beach. Their legs are crossed, and their hands are resting on their knees in a mudra. The background features a calm ocean with gentle waves under a warm, golden sunset sky. The person is wearing a light-colored, possibly white, top. The overall mood is peaceful and serene.

Step Three – Meditation

1. The Gift
2. Sound Video



I.A.M.

Part 3 - Wholeness

	INSIGHT	Reflect on your experience.
	ALIGNMENT	Inner Child & Joy
	MANIFESTATION	Integrate new concepts and practices.

Deeper Work

- Align with gratitude
- Listen
- Explore
- One-on-one





“Why am I here?”

Power Tool
Inspiration Tool
Manifestation Tool

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SecondNatureHealing.com



Module 3 – Transformation

Video

Wholeness Power Tool

Meditation

I.A.M., Part 3

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You're doing great. Keep going!

Rosemary