



A COMPANION GUIDE

The Ten *Healing* Principles

*The body was made to heal itself.
The mind was meant to allow it.*

Drawn from *Diary of a Found Soul*

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Before you begin

For years I described my life the same way: I am on a train and I can't get off. The train had no destination. I didn't even know what I wanted. I only knew I had to keep moving, and I could not have told you who I was moving for.

My body told me before I was willing to hear it. There was a season when I saw five specialists in one county and not one of them spoke to another. Each treated a symptom. None of them treated me. I was handed one prescription to manage the side effects of the last, and somewhere in that cycle I stopped expecting to get better.

What finally changed was not another medication. It was the slow, unglamorous work of looking inward — gratitude first, then awareness, then the beliefs I had carried so long I mistook them for facts. I was the strongest I had ever been mentally before my body caught up. The mind goes first. The body follows.

These ten principles are what that journey taught me, distilled. They are not a treatment plan and they are not a replacement for your doctor. They are the things I wish someone had handed me at the beginning, when I still believed healing was something done to me rather than something I could participate in.

You do not need to believe all ten today. Start with the one that made you uncomfortable.

With love,

Jenny

LOUDOUN COUNTY, VIRGINIA

The ten, at a glance

Tear this page out. Put it where you will see it.

- 1 You are not broken — you are energy before you are biology.

Your identity is not your symptoms.

- 2 Your thoughts create your emotional state — and your emotional state shapes your biology.

If thoughts can make you sick, thoughts can make you well.

- 3 Chronic stress is the silent destroyer — reducing it is your first medicine.

Most symptoms of disease are symptoms of unrelieved stress.

- 4 Awareness is the first doorway out of suffering.

You heal the moment you observe your thoughts instead of obeying them.

- 5 Limiting beliefs create limiting lives — rewrite them to become limitless.

What you believe becomes what you perceive.

- 6 Gratitude is the fastest way to shift your state and begin healing.

It is not possible to hold gratitude and fear at the same time.

- 7 Meditation reconnects you to your power and regulates the nervous system.

It is free medicine, and your body asks for it.

- 8 The heart is your healing engine — not the brain.

Coherence is the state in which healing becomes possible.

- 9 You must take back the driver's seat — healing requires personal responsibility.

No one is coming to save you. That is the good news.

- 10 Love — especially self-love — is the ultimate healer.

You cannot heal a body you hate.

Healing happens when you reclaim your thoughts, regulate your nervous system, rewrite your beliefs, reconnect to your soul, and live from love instead of fear.

1 You Are Not Broken — You Are Energy Before You Are Biology

Before you were told who you are, what you should be, or what your body can't do — you were energy, intention, consciousness. You are not broken. You are becoming.

We all have a soul, we are spiritual beings having a human experience... the fact that we have only uncovered 2–4% of our DNA is evidence that we are so much more than we know.

DIARY OF A FOUND SOUL

IN MY WORDS

When I looked honestly at my life, this is what I saw: empty, unfulfilled, lost, depressed, sad, dark, lonely, powerless, helpless, and purposeless.

That was the moment I understood my body wasn't failing me. It was whispering for help. The emptiness wasn't a flaw. It was the doorway back to remembering my soul.

SIT WITH THIS

- Where in my life have I believed I was broken?
- What symptoms or patterns might actually be signals, not failures?
- When did I forget my soul?

PRACTICE

One hand on your heart. One hand on your belly. Breathe for two minutes. Whisper:
I am whole. I am healing. I am energy in motion.

WRITE IT DOWN

If my energy came before my biology, then my pain means...

2

Your Thoughts Create Your Emotional State And Your Emotional State Shapes Your Biology

Your thoughts generate chemistry. Your inner world becomes your cellular world.

Thoughts create emotions... We can change our reality and create a new reality.

DIARY OF A FOUND SOUL

IN MY WORDS

For everything I thought that was negative, I replaced it with what I was grateful for. It became a beautiful world of possibilities.

My mind had been my battleground. Gratitude became my medicine, and it changed the entire emotional climate of my body — not metaphorically. Chemically.

SIT WITH THIS

- What thought do I repeat that harms me the most?
- What thought could replace it — even if I don't fully believe it yet?

PRACTICE

Catch one troubling thought. Replace it with a grateful one. Say the new one out loud, three times.

Out loud matters. Your body is listening.

WRITE IT DOWN

A thought that has shaped my biology is... / A thought I choose instead is...

3

Chronic Stress Is the Silent Destroyer — Reducing Stress Is Your First Medicine

Stress becomes sickness when the nervous system forgets how to return home.

When we are in a state of fear we are in a state of helplessness... we feel powerless.

DIARY OF A FOUND SOUL

IN MY WORDS

If you had asked me then, I would have told you my stress level was low. Step back and look at the life: three boys, a company full of people depending on me, and a calendar I kept saying yes to. I was overextended and I could not see it.

When I was near death I asked myself one question: if I were to die tomorrow, would I regret not making the change? That was my reckoning. Stress had taken the wheel, and I decided to take it back.

SIT WITH THIS

- Where is fear running my life?
- What is my body begging me to stop tolerating?

PRACTICE

Vagus nerve breath. Slow inhale for a count of four. Slow exhale for a count of eight. Ten cycles.
The long exhale is the signal. That is the whole trick.

WRITE IT DOWN

Stress shows up in my body as...

4

Awareness Is the First Doorway Out of Suffering

Awareness breaks the spell. You cannot heal what you do not see.

It's when we start becoming the observer... having the awareness of your feelings and asking "Why?" can help wake us up.

DIARY OF A FOUND SOUL

IN MY WORDS

I became aware of the boxes — the ones society builds for us and we climb into without noticing. School, then work, then the right house, the right pace, the right amount of busy. I was living a life scripted by expectation rather than intention.

It almost becomes robotic. And you cannot question a script you don't know you're reading.

SIT WITH THIS

- What am I doing on autopilot?
- What am I avoiding seeing?

PRACTICE

Observe one emotion today without judging it. Don't fix it, don't explain it. Just notice it arrive and notice it leave.

WRITE IT DOWN

Name one behavior you repeat. Then ask "Why?" five times, and write each answer.

5

Limiting Beliefs Create Limiting Lives — Rewrite Them to Become Limitless

Beliefs frame biology. Beliefs frame identity. Beliefs frame destiny.

We believe what we tell ourselves... the reality is we are what we tell ourselves we are.

DIARY OF A FOUND SOUL

IN MY WORDS

Self-love is the foundation, and most of us have built on sand: *I am not worthy. I am not good enough. I am too much. I am behind.* Beliefs like these are usually formed in childhood or in a crisis, and then never questioned again.

I had to learn to speak to myself with the same love I had been handing out to everyone else for years.

SIT WITH THIS

- What belief have I inherited that isn't mine?
- What belief is quietly controlling my life?

PRACTICE

Stand in front of a mirror. Hold your own gaze — this is the hard part. Say:
I am worthy of a limitless life.

WRITE IT DOWN

List three limiting beliefs. Then rewrite each one into its empowered form.

6

Gratitude Is the Fastest Way to Shift Your State and Begin Healing

Gratitude is coherence. Gratitude is alchemy. Gratitude turns the nervous system toward safety.

Obligations turned into opportunities... It fueled me instead of draining me.

DIARY OF A FOUND SOUL

IN MY WORDS

I started small, and smaller than you think. *Thank you for my sight, that allowed me to read this email. Thank you for the ability to walk up the stairs today. Thank you for the ability to see my children get off the bus.*

This shift wasn't tiny. It rewired my chemistry. Gratitude was the moment my biology finally said: we are safe.

SIT WITH THIS

- What is one thing today that I normally overlook?
- What is one struggle I can be grateful for?

PRACTICE

The gratitude walk. One step — say *thank*. Next step — say *you*. Keep going until the rhythm takes over.

WRITE IT DOWN

Ten things you are grateful for — big or microscopic. The microscopic ones count more.

7

Meditation Reconnects You to Your Power and Regulates the Nervous System

Meditation brings you back to your body's original blueprint: safety, grace, connection.

When I meditate, I feel like I am home.

DIARY OF A FOUND SOUL

IN MY WORDS

It is the purest, most overwhelming sense of unconditional love. Tears stream in release, and nothing is wrong.

This is my origin point. Everything else in this guide came after it. If you only take one practice from these ten pages, take this one.

SIT WITH THIS

- What keeps me from stillness?
- What am I afraid will come up if I slow down?

PRACTICE

Three-minute heart meditation. Close your eyes. Breathe into your heart rather than your lungs — imagine the air arriving there.

WRITE IT DOWN

Describe one experience of stillness — or describe your resistance to it. Both are useful.

8

The Heart Is Your Healing Engine — Not the Brain

The heart is the conductor; the brain is the instrument.

The electromagnetic field around us... correlates to our wellbeing.

DIARY OF A FOUND SOUL

IN MY WORDS

I found heart coherence the long way — through pain first, and then through surrender. I had spent years trying to think my way out of a body that was asking for something else entirely.

Emotions are energy. They do not stay in the mind where you filed them. They settle somewhere, and they wait.

SIT WITH THIS

- What emotion dominates my field right now?
- Where in my life do I need heart, not logic?

PRACTICE

Think of someone you love without condition. Breathe that feeling into your chest and hold it there for five slow breaths.

WRITE IT DOWN

Write from your heart, not your head, for five minutes without stopping or correcting.

9

You Must Take Back the Driver's Seat — Healing Requires Personal Responsibility

Healing is not passive. It is chosen, moment by moment.

Your inner environment creates your outer environment.

DIARY OF A FOUND SOUL

IN MY WORDS

Replace doubt with faith. Trust the evidence of neuroplasticity — your brain is not finished, and neither are you. This is not positive thinking. It is biology that happens to be encouraging.

This is where my transformation stopped being accidental and became intentional. Nothing outside of me changed that week. I did.

SIT WITH THIS

- Where am I giving my power away?
- What one choice can I reclaim today?

PRACTICE

Take one small alignment action today — a single thing that moves you toward the life you actually want rather than the one on the script.

WRITE IT DOWN

If I took full responsibility for my life, I would...

10 Love — Especially Self-Love — Is the Ultimate Healer

Self-love is not a luxury. It is the root system of healing.

You can't give unconditional love unless you give it to yourself first.

DIARY OF A FOUND SOUL

IN MY WORDS

You cannot heal a body you hate. You cannot become whole in a state of shame. I know this because I tried, for years, and it does not work — the effort itself is made of the thing you are trying to escape.

This is where my healing truly began. Not with medicine. Not with research. With coming home to myself.

SIT WITH THIS

- Where do I withhold love from myself?
- What will I no longer apologize for?

PRACTICE

Place your hand on your heart and say:

I am worthy of my own love.

WRITE IT DOWN

Write yourself a love letter. Address it to the version of you who was struggling most.

IN ONE SENTENCE

Healing happens when you reclaim your thoughts, regulate your nervous system, rewrite your beliefs, reconnect to your soul, and live from love instead of fear.

- 01 Pick one principle and stay with it for a week. Not all ten. One.
- 02 Do the practice, not just the reading. The practices are small on purpose — two minutes, ten breaths, one walk. Small is what survives a hard week.
- 03 Write it down. A belief you have never written is a belief you have never really looked at.

*If this guide opened something, the full story is in
Diary of a Found Soul — and I would love to hear from you.*

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This guide shares personal experience and reflective practice. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified physician or mental health professional. Please do not start, stop, or change any medication or treatment based on what you read here. If you are in crisis, contact a licensed professional or emergency services.