**Narrative Medicine-Earth Spirit Medicine Class**

We will be using a good part of the day to journal and then get together and share stories. Here is what we will ask.

Questions to ponder-

1. What in me is calling to still be healed?

2. How might I approach this?

What can I do to help myself?

Ideas and action steps.

Who might I seek for extra help?

3. What have I already healed?

a)What has helped me the most?

b) Have I head healing with herbs?

c)Have I had healing with western medicine?

d) Have I had healing with aromatherapy?

e) Have I had healing with flower essences?

f) Other

3. What has been my major health wound?

5. what has this wound taught me?

6)What is the major healing story of my life?

(If this is the same as # 4, that is o.k.)

7) Have I ever had a healing dream?

If so what was it?

8)How did it help me heal?

9)What has my wound and studies taught me about my skills?

10)Who are the people I can help because I have learned from my wound?

11)What are my next steps to put my skills out into the world, either with self, family, friends or as a business?