

# HOW TO BECOME PERFECTLY IMPERFECT *(or imperfectly perfect)* AND HEAL.



*“You are already perfect, just in  
different stages of knowing.”*

*Jean Sheehan*

Hello, and welcome.

I am so glad you have joined me on the path to the imperfectly perfect life.

After years of looking on the outside to solve my 'issues', I finally figured out that healing comes from within. I would like to introduce you to the 3 steps that I use with my clients, and that you can use, with *ease* and *grace*.

They are really simple, and the results are profound.

*Maria x*



# 2) Awareness

*"The key to growth is the introduction of higher dimensions of consciousness into our awareness" Lao Tzu*

Once you've noticed

- Work out what it is telling you
- The body gives you clues
- Where the pain presents – is the clue
- Work out the message

You may need support at this point. The sooner you navigate towards being total aware and become conscious or even enlightened, the quicker you can transcend this part of your journey.

Pain comes into your life as a message. This message may be part of a bigger life lesson but dis-ease or illness requires some attention or quality of life can be affected, sometimes catastrophically.



# 3) Acceptance

*"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it."*

*Michael J Fox*

Take inspired action

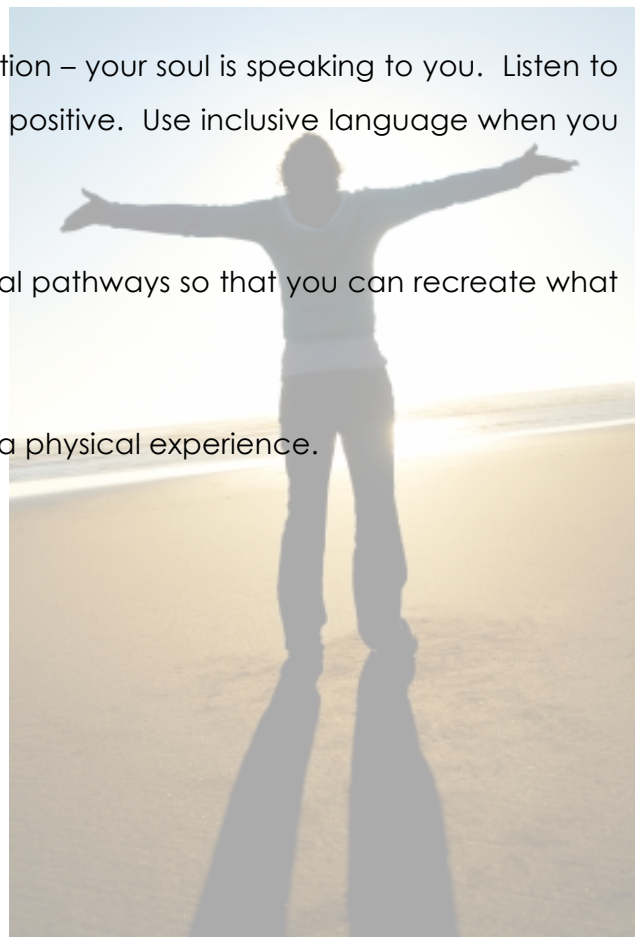
eg.

- Gratitude, list 10 things that you are grateful for daily for 3 weeks
- Followed by a love list – list 10 things you love about yourself for 3 weeks
- Meditate – I started with 5 secs at a time
- Use discernment not judgement, particularly towards yourself
- Take time out when needed to revitalize and fill your cup so that you are in overflow
- Be kind to yourself

Take time to tap into your inner intuition – your soul is speaking to you. Listen to your thoughts – turn them around to positive. Use inclusive language when you are communicating.

All these practices change the neural pathways so that you can recreate what is happening in your physical body.

After all we are a spirit (soul) having a physical experience.



**APPLY FOR YOUR FREE**

*Body whisper*

**SESSION**

If you are ready to make friends with your body and listen to what it is really trying to tell you, book your free Body Whisperer Session with me. In this 30-45 mins session you will have the sacred space to voice what you desire to feel like, physically and emotionally, and if we are a good match, how I can help you create exactly that.

With love and gratitude,

*Maria Davis*



Maria Davis, Medical Intuitive, Manifestation Mentor and Educator. I guide you how to heal yourself, then how to manifest what your heart desires – body, relationships, money – give you the tools, the courage and the action required to do so. Navigation and guidance in a safe sacred space is my genius. I am thrilled to share my knowledge base to enable women to realize their dreams and recognize their own potential. “Ignite Your Inner Healer” is my VIP Signature program. [www.mariaheals.com](http://www.mariaheals.com)