



# Elicia Miller

Your symptoms are a gift!

## Developing Your Inner Guidance System

**A guide to developing your inner guidance system  
so you can make decisions with confidence.**

Journaling is writing that journeys into your heart, which makes it the best tool for developing your inner guidance!

We've been taught to leave ourselves, to find direction outside of ourselves, and to abandon our true needs. Journal writing is a safe and proven way to connect to yourself, to feel and experience your inner world. It is an effective empowerment tool to help you work through problems, emotions, and to move towards positive change.

With the right techniques, journaling will help you learn to trust your inner guidance system, creating a safe haven that provides support and clarity - whenever and wherever you need it.

### **Only you can:**

- Know what you want and what's best for you
- Process and respond to your feelings
- Design your life
- Make the changes you need

If there is something you want to do, write it down and you'll get it done.

If you dislike anything in your life, write it down.

If you work with distaste, this must end.

If a relationship makes you feel bad, write it down to be worked on, change or move on.

Listen to the messages that come to you in your life; if nothing is working or going right, get support and change it.

If it's flowing and going your way without trying, pay close attention to the signs.



## INNER GUIDANCE PROMPTS

*Questions invoke a deep response from the subconscious mind and your higher self.*

### Writing prompts for self-care...

- How do I feel right now? Why? What do I need?
- What is my body telling me?
- What gives me energy?
- What drains my energy?
- How can I nurture my mind, body, & soul?
- What am I allowing that is keeping me from supporting myself?

### Writing prompts to create a life you love...

- What do I want? What am I embracing?
- What don't I want? What am I releasing?
- What changes do I want to make?
- What would my ideal life look and feel like?
- What am I grateful for?
- What am I working on?
- What is causing stress?
- What am I worried about?
- What do I need to do to best take care of me and my life?
- What am I craving?
- What do I want to do today, this week, this year?
- What are my passions?
- What brings me joy?
- What do I love to do?
- What are my dreams and desires?
- What (belief/behavior) is holding me back that I need to release?



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**Whenever someone tells you what you “should do”, ask yourself these questions and write out the answers in your journal. These questions can also be helpful when you are doing something because your own inner critic is telling you that you “should” do something:**

- Is this true?
- What is true for me?
- Are they taking the time to get to know me?
- Is this just about them?
- How does this feel to me?
- What is best for me?
- What feels good to me?

You can come back to this exercise over and over again when you need to check in on your true feelings around a situation.

### **Closing thoughts...**

The Core Emotional Healing® process will help you connect more to authentic feelings, intuition, and inner guidance so you are aligned with what’s best for you.

With your soul in alignment, health and happiness are a natural result. When you are true to yourself, you live your purpose and experience joy and bliss while also contributing to humanity. To be in alignment is the greatest joy and service to all.

Lots of love,

Elicia



## **Elicia Miller is the Founder of Core Emotional Healing® and Candida Expert**

Elicia has guided hundreds to freedom from Candida, other chronic symptoms, restrictive diets, and emotional chains, but just like any wounded healer, she had to go through her own process first. After a string of abusive relationships (including to herself), multiple addictions, and ongoing physical complaints, she resolved to get free from unwanted symptoms and patterns.

Since fully healing all of her symptoms, Elicia has been able to actualize her inherent empathic gift to read people, know the root of their suffering, and how they can heal. She has worked with people from all over the world who still suffered after trying programs that focus solely on diet and supplements.

Elicia created the Core Emotional Healing® process as the culmination of 10 years of intensive trauma and experiential training, personal healing, and empathic intuitive psychological gifts. Based on her personal and professional experience, she developed a guided step-by-step process to heal the wounded inner child, which addresses the emotional root cause of Candida, autoimmune, disordered eating, perfectionism, codependency, and many other symptoms and problematic relationship patterns.

Elicia taps into the gifts she was born with, practicing her ability to see deep into others' pain, connect to their inner child and provide insightful, direct, compassionate guidance to support her clients in taking care of their feelings, ask for what they want, and to set healthy boundaries.

She is the author of the ebook *Detox 101* and coauthor of the books, *One Crazy Broccoli* and *What's Left to Eat*. Her new book, *Your Symptoms Are A Gift*, to be released in 2021, is an inspirational guide to help readers realize the emotional connection to their symptoms. The book details the Core Emotional Healing® process to help anyone heal from physical, emotional, and relationship challenges.

Along with her husband, Psychologist Doug Miller, PhD, Elicia offers Core Emotional Healing® Online Group Programs and Private Healing Immersions in Costa Rica for individuals and couples.