



Healing Has a Blueprint

Whether you are here because you are healing from trauma, trying to find work-life balance or just simply feel stuck, there is a hierarchy and process to getting from your point A to point B. So whether you are healing, or transforming your life, this framework will help you effectively and efficiently navigate through that process.

In this guide you'll learn about the Hierarchy of Healing and discover where you are on your healing journey so that you can take the next step. You'll finish this exercise with a FREE meditation hypnosis that will help reprogram the subconscious so that you can take action without feeling anxious or guilty.

Hierarchy of Healing™

The blueprint for breaking loops and building empires.





Transformation Blueprint

There's a right order to healing. Go out of sequence and you recycle the same patterns—stuck, spinning, longer than necessary. I built the **Hierarchy of Healing™** to give you the exact progression. It's drawn from 20+ years of work and training as a **Certified Hypnotherapist (ABH), NLP Coach (ABNLP), Time Line Therapy® Practitioner (TLTA)**, with a background in **Applied Behavior Analysis** and **Reiki**—tested on my own overhaul and refined across client results.

1. **Level One: Awareness** – In order to be aware, you have to be awake, and then you have to make a decision. You must be able to look within and realize that something in your life is missing. Let go of the guilt about how you feel—this is the only way to truly see your reality. Stop sleepwalking through life and recognize that it doesn't have to be hard. Then, you can either take inspired action on your own, or the universe will shake you awake with a tragedy.
2. **Level Two: Committing & Surrendering to the Process** – You must accept where you are, accept help, and learn to surrender. Acknowledge that your current state is not where you want to be. Take responsibility for your life and let go of the victim mindset. Realize that you cannot do everything on your own. Just like a doctor can't operate on themselves, you need a trusted person, partner, or resource to help guide you through your healing process. If you can't even see what's wrong, how can you fix it?
3. **Level Three: Getting Clear on Values** – Understand what your personal values are across all areas of life. The key is to ensure these values come from within, not from external influences. Otherwise, you'll be spinning your wheels, focusing on all the wrong things.
4. **Level Four: Abolishing Limiting Beliefs & Embracing Self-Love** - This is the most important level. You must eliminate limiting beliefs, negative emotions, and a scarcity mindset. You need to understand the Law of Attraction and Law of Resonance, recognizing how powerful your energy is. Just like flies on garbage, like attracts like. Be grateful for where you are, even if it's not where you want to be. Practicing gratitude daily, especially during difficult times, is crucial. Pay attention to the small things you often overlook.
5. **Level Five: Intuition and Trust** – Learn to listen to your inner voice. This is why it's vital to release emotions like fear—otherwise, you won't be able to tell the difference between fear and your intuition. Once you trust your intuition, you begin to trust yourself, naturally increasing your confidence and self-esteem. This leads to making better decisions and stepping into your power.
6. **Level Six: Embrace Discomfort, Detach, and Flow** – You must become comfortable with being uncomfortable. This happens through small, consistent actions every day that push you out of your comfort zone. It's not about taking a giant leap into the unknown, which can be terrifying; it's about gradual, intentional growth. Because you've already built self-trust, you can detach from specific outcomes. Learning to flow with the universe means understanding that things might not go exactly as planned, but everything happens for a reason.
7. **Level Seven: Resilience** – You must be willing to take intentional, consistent action every day, regardless of failures. Because you've already conquered the fear of failure and embraced discomfort, you won't let setbacks define you.
8. **Level Eight: Manifestation** – Once you develop resilience, you can manifest anything you desire. With all the internal blockages removed, the world is yours to create.

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Self-Reflection Exercise

1. Have you noticed moments where you feel like you've been operating on autopilot? What signs or feelings have made you realize that something needs to change?
2. Have you noticed moments where you feel like you've been operating on autopilot? How long and often do you feel that way? What signs or feelings have made you realize that something needs to change?
3. How committed are you to your healing journey? How long have you been on your journey and what specifically have you been doing for personal growth? If not, what's holding you back from taking that step?
4. What values are most important to you and do they truly align with your goals and desires? Are there any internal conflicts or patterns that make you feel stuck?
5. What limiting beliefs (e.g. "I'm not good enough."), fears, or past experiences still affect you emotionally? Have you started to release them, or do you find yourself repeating the same cycles?
6. Do you trust yourself and your intuition OR do you second guess yourself (if so, how often)? Do you believe your thoughts and energy influence your reality? If yes, how specifically have they influenced your life?
7. How often do you take risks? Do you tend to lean into discomfort and take small steps forward, or do you hesitate?
8. How do you handle uncertainty and setbacks? Do you find yourself attached to specific outcomes, or have you learned to trust that everything is unfolding as it should?
9. In what ways have you witnessed your thoughts, actions, and energy shaping your life? Have you reached a point where things are effortlessly aligning, or do you still struggle with doubt and resistance?

Where do you fall on the Hierarchy of Healing? What insights did this reflection bring to you? What is one step you can take today to move toward the next level?



Hi!

I'm So Glad You Are Here

I didn't always love my life. For years, I felt numb, burned out, and stuck in cycles of self-sabotage—trying to escape the emptiness. Everything changed the day I looked in the mirror with compassion instead of judgment. I made a choice to stop settling, ask for help, and take aligned action.

As I healed, I became certified in the same tools that helped me—Hypnotherapy, NLP, Time Line Therapy®, and Energy Healing. Now, I help others break free from burnout, reconnect with purpose, and build lives they're excited to wake up to.

Danielle Lunamari



I have something special for you...

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Evolution Alchemy™



BONUS GIFT JUST FOR YOU

It's one thing to learn these tools — it's another to fully embody them.



A powerful hypnosis designed to reprogram the mind for confidence, self-trust, and resilience. By dissolving negative self-talk and limiting beliefs, this session helps restore mental clarity and emotional strength. Ideal for anyone struggling with self-doubt, emotional exhaustion, or feeling disconnected from their inner power.

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