



Having guided hundreds of clients through their journey to healing, I can see that the path to be traveled is predictable. Here are the five milestones through which everyone is likely to travel.

## **The Five Milestones to Healing**

### **Milestone 1: Losing Your Way**

Your life is going along fine, and then something blindsides you and turns your world upside down. When you finally get up, the world no longer looks the same. You find that what has helped you navigate your world no longer works. You can no longer trust the street signs and mile markers - things you believed would never change. You're lost, disoriented, and confused.

### **Milestone 2: Walking in Circles**

You've handled challenges before and are attempting to respond to this life event the way you have before. You think you can figure out how to get back on the path. You use logic, perseverance, your life experience, yet nothing is working. You try different paths but they all lead you back to where you started. You may become frustrated ("Why didn't I see this coming?" or "Why wasn't I more prepared?" ) and angry ("How did this happen?"). If you're used to being a strong, self-reliant person, your newfound feeling of helplessness will eat away at your self-image, self-esteem, and confidence. Feelings of helplessness may pull you into a deep abyss or pit of depression and despair.

### **Milestone 3: Calling for Help (or Not)**

This is a critical stage, where you need to decide. Do you keep trying to handle this on your own, or do you ask for help? To ask for help will require a leap of faith. To continue it alone will only prolong your suffering.

(continued)

**Call Wendy today at (650) 961-6381  
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## Milestone 4: Climbing the Mountain

The way forward is not easy, as you've already discovered. In fact, you will find your journey takes you up a mountain range. Along your ascent, you must travel through places that frighten you, places you may have tried to avoid.

Although it is not impossible to do this on your own, your chances of being successful increase with the help of an experienced guide. An expert guide, who already knows the way, can quickly illuminate the safe passages as well as the trails that dead end. A guide will find you shelter along your sojourn, and hold your hand as you traverse the mountain. A guide will show you how to build a fire for warmth, navigate by the stars, and care for your wounds.

## Milestone 5: Reaching the summit

Healing is an incremental process in the journey. Sometimes you may not even notice that you've shed unnecessary baggage or can now climb steep hills without getting winded. Other times, you will find yourself at a scenic vista, pausing to overlook the valley you traversed. At these times you will be awed by your own strength and perseverance. This progress will spur you on. And just as unexpectedly as the event which catapulted you on your journey came into your life, you will suddenly find yourself standing at the Summit.

The version of You that reaches the top of the mountain is the person you were meant to become: stronger, wiser, more resilient, and more at peace. You marvel at your newfound courage and resilience, and feel inspired to fulfill long abandoned dreams and desires.

**You deserve relief from your pain, and a fresh start on a full, rich life.** As a Transpersonal Psychologist and Certified Panic to Powerful Coach, I have worked with hundreds of clients in my private practice facing a variety of life challenges such as cancer, infertility, infidelity, loss, and more. I would be honored to guide you on your journey to healing.

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