

Healing Multiple Sclerosis

Reduce Your Symptoms by Healing Your Beliefs, Inner Conflicts, Repressed Emotions and Past Trauma

What is Your Map of the World?

Ms. Maleficence

- One Chance
- What is the RIGHT WAY?
- **Compete, compare, isolated**
- Everything is a **reflection of me**.
- It has to be PERFECT. I have to be the BEST.

Miss. Weatherspoon

- Wow, each time it gets better!
- I'm authentic and finding fun ways to do it.
- **Collaborate, share, bond**
- I'm me. That is not about me.
- As long as I'm having fun, collaborating and learn something new, it's all good.

So What Do You Sort For?

Ms. Maleficence's Ask You

- What is the RIGHT WAY?
- What's wrong?
- What if I fail?
- How can I make this BETTER?
- What are they going to think of me?
- Shouldn't you be more / better ...?
- Do your BEST

Miss. Weatherspoon's Asks You

- How can this be fun?
- How can this be rewarding?
- How can I contribute here?
- What's to LOVE here?
- What's to enjoy about this?

Who's Class are You In Right Now?

Ms Maleficence's Class

- Only gives you **one chance** or it's the **end of the world**.
- Only one RIGHT answer. All else is **FAILURE** (B&W thinking).
- **Competitive** and fierce **independence**
- Your answers and grade **reflect who you are**. No one will like you if you fail.
- Do your BEST means **do your ALL in everything**. Or **don't even try**.

Miss Weatherspoon

- It's a **learning** process. You can do it as many times as you want.
- As long as you **participate** and are **authentic**, you are doing great.
- **Ask** for what you **need**. **Collaborate**.
- I know who you are and **I like you** for it. Your answers and grades are just that, answers and grades.
- Do your BEST means just show up, **have fun** with it, **collaborate** and **learn** something new.