

REAL EYES REALIZE “Nine Petals of Clearbright Innate Medicine”

Our **REAL Eyes Realize** podcast interview with Cain Carroll includes wisdom, seeds of universal truths, and practical skill-building to foster innate healing, no matter what ailment is creating dis-ease in our body-mind-spirit. In the podcast, and here as an exercise, Cain Carroll leads us through the Clearbright model of Innate Medicine and Inner Healing.

To find out more, check out: [Innate Medicine](#) and/or [Cain Carroll's website](#) for more practice opportunities.

Tool Description ...

CAIN CARROLL'S NINE PETALS MODEL



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Tell Me More ... Clearbright: Nine Petals Basic Practice

Take some time to reflect on your current level of fulfillment in the Clearbright nine areas of life. The more honest and direct you can be with yourself, the greater the benefit will be as the practice unfolds.

1. Physical
2. Mental
3. Emotional
4. Sexual
5. Relational
6. Financial
7. Creative
8. Environmental
9. Ancestral



Now, pick three Petals you want to focus on, here and now. Ask yourself **"What can I do differently in each Petal to increase fulfillment?"**

Choose one key action for each Petal.

Make these actions the focus of your self-cultivation practice for the next 30 days!

Remember that each Petal is affected by and affects the others.

Growth in one Petal helps growth in all areas of life.

Onward,

CAIN