



KARYN SHANKS MD

Heart, Hope, Healing

Four Simple Steps to Jumpstart Change

BY KARYN SHANKS MD | FEBRUARY 21, 2017



...and your healing. (All healing requires change.)

Getting started is the hardest-and the *simplest*-part.

Four simple (I didn't say *easy*) steps to get you rocking and rolling:

1. **Make. the. Decision.** Make the *decision* to change and heal. Say it, write it, tell someone. Your intentions are powerful medicine.
2. **Take an action.** Just one-any-simple action. An action that leads to something. Or an action that goes no where. It doesn't matter. It's all about you stepping up for yourself-this simple action calls in resources you need to guide and support you. One

action begets an outcome that begets knowledge that begets insight that begets another action...see how that works?

3. **Persevere**—in the face of success *or* failure—it’s all guidance, it’s all wisdom, it’s all another step toward your growth and success.
4. **Pause**. Or as my yoga teachers say, “Open to Grace.” What does this mean? Let it all go. Let your intentions go. That’s right—let them go. This is the pause that releases your effort, that opens you up to the in-flow of creative juice and guidance.

Four simple steps. This is where *all* healing begins. Nothing fancy. No elaborate plan. No giant support structure. No big wad of cash.

Just the simple decision. The one action (that leads to another). The perseverance. The pause. The change you requested as you move forward on your journey of healing.

Try it and share your stories.

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

[READ MORE ARTICLES](#)

[CONTACT KARYN](#)

[GET INSPIRED](#)