**Title:** A Journey of Healing Through Self

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Healing is not a linear process, but one that requires patience, compassion, and the courage to sit with our emotions. By allowing ourselves to fully feel and process our experiences—no matter how complex or painful—we create the space needed for growth and transformation. In the face of enduring challenges, compassion emerges as both a salve and a compass, guiding us toward deeper connections and meaningful change. As Dedan Gills asserts, “None of the standard ways of resolving human conflict have worked for us,” urging us to rethink how we approach healing in a fractured world. Grounded in the spiritual principle of self-compassion, transformative potential, alongside forgiveness and mindfulness practices, as tools for personal healing and societal impact. Inspired by teachings such as Thich Nhat Hanh’s *Peace Is Every Step*, and rooted in personal reflections, this exploration delves into the rippling power of compassion—first within ourselves, then extending outward to our communities and beyond.