



REWEAVING HEARTS FOR VICTORY

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**Mental Health, Spiritual Awakening,  
Trauma Healing and Wellness  
WORKBOOK # 2**

Adapted from the Book

*My Child and the Tapestry of Life*

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Dictionary meanings referenced from *The Websters Dictionary 1828*.

**Whatever battle or struggle you are facing,  
whatever dream you are pursuing,  
with faith, hope and love,  
you can have the VICTORY!**

*Megan Reda*

# My Child - you can be Free!

First of all, I want to say thank you for reading my book, *My Child and the Tapestry of life*. I assume because you have downloaded this workbook you have identified with my life and my story and you are pursuing your healing.

I am deeply sorry you have suffered from known or unknown devastating and unfortunate traumas, whether through self-infliction or by someone else, but let me encourage you right here *if you don't give up*, with God's help, you WILL find your VICTORY in the way that's right for you!

I know when I was searching and pressing in for my healing over many years, I looked everywhere. I read books that came across my path, prayed earnestly, went to naturopaths, changed my diet, attended workshops, and I NEVER STOPPED BELIEVING that one day I would be made whole and healed! My healing victory took 55 years to complete, but I never gave up!

In this workbook, I have set out my personal tools and methods I discovered. Also, God-given promises and visions that eventually brought into my life my ultimate healing from the years and layers of suppressed traumas that had held me in bondage and illnesses all my life.

I have tried to keep this workbook easy to read with no in-depth theology or teaching, but rather it is natural, simple and personable. I suggest that you read it through first without doing it, so you familiarise yourself with the process. I trust that as you surrender to the process of discovering your healing, you will be open and find out what methods and tools work for you, and if I can offer you some of mine, as a guide, in a few lessons which took me a lifetime to learn – that is my gift to you. I am cheering you on and praying for you.

*My prayer for you*

*Father God, I pray as my dear friend takes a brave step of faith; you will take hold of their right hand and lead them on their own personal journey of healing. I pray you will weave, unravel, and reweave the threads in their tapestry according to Your great plan and destiny for their life. Amen.*

# Lessons

*Renew your mind*

(Revision from workbook #1)

**SWAP** *method*

(SEE WOUND APPLY PRAYER)

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*You are His masterpiece*

*If God wrote you a love letter*

# *Renew your mind* (Revision from workbook #1)

Renewing your mind is SO important. It is VITAL! Over the years, abuse and trauma set in place a negative programme into the mind. We need to re-wire our programme into a positive script.

As you believe and speak **the positive**, the power of these vibrations chemically boots the negative ones off, and positive cells take the place of the negative cells.

Think of your brain cells like an empty chair. A negative (dark) thought sits on this chair and releases toxins into your body. If you looked at your negative mind, full of negative thoughts, it would be black and toxic. Eventually, all the bad chemicals they release, make you sick and depressed.

But when you think happy, positive (light) thoughts, these are more powerful than the dark ones and forcefully bump them off the chair. The dark ones are released and swirl away and out of your system. They are gone.

The positive (light) thought then sits on the chair. It releases all the happy chemicals and over time, create positive re-wiring in your brain to be healthy, happy and well.

YOU have the POWER with YOUR thoughts – to create your happiness and well-being. BELIEVE you are worthy, beautiful and deserve healing, justice and freedom.

When the ENOUGH IS ENOUGH is so dark, dig deep inside and replace all the negative thoughts with positive ones.

Use affirmations, Bible scriptures, quotes, or anything positive to redirect your brainwaves in your cells to change. Whatever method you feel comfortable to use – DO IT!

As often as you can, speak, meditate, draw, colour and know by ridding your mind of the negative cycles, this will aid in breaking the strongholds of darkness that have kept you trapped in mental trauma and sickness in your body.

The SWAP healing method is nothing new. Changing or letting go of thought patterns have been done in many forms of inner healing over the years. This method is biologically, chemically and scientifically proven to work.

SWAP © is just the name I formulated to make this method of healing easy to remember and do.

**S** – See (or any of your senses)

1. Visual – you can see it
2. Sound – you can hear it
3. Feel – you can feel it
4. Know – cognitive download

All of the above can be used in the meditative state which is a very powerful way to get in touch with your subconscious on a spirit, soul, mind and body level.

**W** – Wound (spirit, soul or body)

Whatever your pain, hurt, trauma, unforgiveness, grief, subconscious triggers or past or present turmoil.

**A** – Apply (put into action)

You have to tangibly take part in the steps.

**P** – Prayer (asking God to help)

This is simply talking to God from your heart.

If you have read in my book my chapter *Wardrobe Door - You are Defeated* you will understand SWAP is the method I used to cognitively (re-wire) change

my old suppressed and trapped trauma memories from dark to light, from panic to peace and bondage to free.

And the fact that I was an adult, going back in my vision, to when I was a baby still growing inside my mother's womb didn't matter. Time and space do not affect our ability to cognitively heal no matter when it was or how old we were. The SWAP method is an effective tool for healing anybody, for anything, at any time.

At the time, when I was doing it, I hadn't thought of the term SWAP but putting together this healing PDF # 2 the acronym came to me to share this scientifically proven healing technique with such a title.

If you have not read my book or that chapter, it would be of great benefit for you to understand how this works. It is not necessary – but it would help.

Also, in Isaiah 61:3 it says; *“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness, that they may be called the trees of righteousness, the planting of the LORD, that He may be glorified.” (NKJV)*

God's Spirit comforts those who mourn, He gives them beauty instead of ashes, the oil of joy for mourning, and praise instead of despair.

So, God WILL do an exchange with us or swap these things in our life because His word in the Bible says so.

What do you need to swap?

Forgiveness for unforgiveness?  
Love for hate?

Womb healing for womb trauma?  
(See workbook#1 for in-depth process of womb trauma healing steps)

Self-love for self-hate?  
Old memories of trauma for them to be erased away?  
Joy for depression?  
Grief for healing?  
Anxiety for peace?  
Toxic voices for pure truth?

The list is personal to you, so I invite you to write down yours.



Swap your negative for the positive you want.

I am going to swap...

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So, let's start with the application of **SWAP**.

**See** – (or sense using the four senses) To be able to subconsciously visualize, feel, hear or know - something in your past, present or future is a great way to heal cognitively. If you are not a visionary person that's okay, you can use your other senses. The way to explain this is to get into a meditative state of calm and peace where you can get in touch with what is inside you.

I suggest – sit comfortably in a peaceful and safe surrounding if you are by yourself, (or if you are with a counsellor or therapist, do the same.)

**See (sense)** the old hurt, **wound**, pain, trauma, etc., the area of need you have and want to get rid of out from your spirit, soul, mind and body.

Write it down here if you need to: \_\_\_\_\_  
(My example) (self-hate)

Write the new here you are going to swap: \_\_\_\_\_  
(My example) (self-love)

Replace whatever your negative is and **apply** the new, fresh, positive, healing, words, pictures or scriptures from the Bible that are applicable. (The area below is to write or draw your new perspective of what you want.)

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Now – **see (sense)** in a meditative state, the old going and the new taking its place.

**Say and feel and hear and believe**

\_\_\_\_\_ and I swap it with \_\_\_\_\_

**Pray** (in your meditative state) and ask, God’s Spirit to come and make the changes necessary for you to be whole and set free, renewed, restored and victorious in whatever it is you need.

If you haven’t prayed before you can say something like this -

*Father God, I thank you that you know and see my pain and deep wounds of trauma and I ask that through your Holy Spirit that you heal me. Replace the darkness for light, sickness for healing, sadness for joy, and bring me to a place of complete recovery, in Jesus name. Amen*

Now **see** it happening. Believe it **IS** happening!

Don't rush this process. Stop, breathe, get in touch with your emotions, your thoughts, your reactions, everything that is real to your pain. You can stay in this position for as long as you need until you see the old completely gone out of your spirit, soul, mind and body. I think I was doing this process for hours – in my womb trauma healing, so there is no time on this. And if you need to do this again and again in a few sessions, then do it!

Do it as much as YOU need to until your trauma, pain, and grief have changed. It will happen if you keep doing it and don't give up! You **will** get the VICTORY! If you **don't give up** focusing on this technique, it **will** automatically be removed from the negative to the positive!

Healing is like layers of an onion, and sometimes there is no quick fix but to work with your wounds until you are healed. The process can be instant, or it can take years, so don't be discouraged if you either 1. don't feel any different or 2. only a slight change. The fact is you **are** shifting things, so keep going. One day the onion will have no more layers, and the healing will be done. And you will **know** when it is done! That's the day you long for, and it **will** come if you don't give up! I'm so proud of you for doing this, so keep going! (Can you hear me cheering you on because I am!)

By doing this, you are cognitively resetting your cell structure at the roots as you have already read with the revised lesson from #1 workbook, Renew your mind.

And because you have prayed God will also by His Spirit work with your prayers in the unseen miracle realm.

It's about tuning into your senses and getting in touch with your triggers, seeing what needs to be changed from negative to positive (see Identifying Trauma in workbook #1). Following the SWAP method and the more you do it, the easier and quicker healing comes.

*My prayer for you,*

*Father God, I pray for my friend as they apply the SWAP method of healing you will take them by the hand and walk with them in their healing journey no matter how long it takes and how you are going to lead them. May they trust in you completely and believe for their miracle healing, repair and restoration as YOU do it in YOUR way and in YOUR time. Bless my friend abundantly and lead them into a deeper relationship with you, and may favour and abundance be theirs forever. Amen*

AND... **Don't forget** –

You are God's Masterpiece, and He has an excellent plan for your life. In my book, I include a beautiful poem called *The Weaver* – but as I sat before the Lord one day, I felt Him give me this poem – *just for you!*

## *You are His Masterpiece*

I am a simple strand of thread  
in my Father's hand.  
And I must truly trust  
whatever - He has planned.

His colours for me are gold;  
His path for me is bright.  
He keeps me in the palm of His hand,  
I never leave His sight.

Sometimes He weaves so tightly  
I feel like I will break.  
And I am not exactly sure  
how much pulling I can take?

I see the underside at work,  
frayed knots and tangled ends.  
Makes only sense my life's a mess  
that never has an end.

Then I turn the fabric over  
to see my stitching-story told.  
My Father's love planned all along  
I am His masterpiece, foretold.

*Megan Reda*



To also download your FREE PDF healing workbook #1 please visit [www.meganreda.com](http://www.meganreda.com) at the Heart Weaves Website and remember –

You can be free, you deserve to be free, and  
VICTORY is yours!