



DharmaGaia Integrative Medicine

Empowering the Healing Process!

YES,
I can
do this!

Free
Guide





DharmaGaia Integrative Medicine
Empowering the Healing Process!



Hi there!

Welcome to DharmaGaia Integrative Medicine. I'm so happy you are here, reading this!

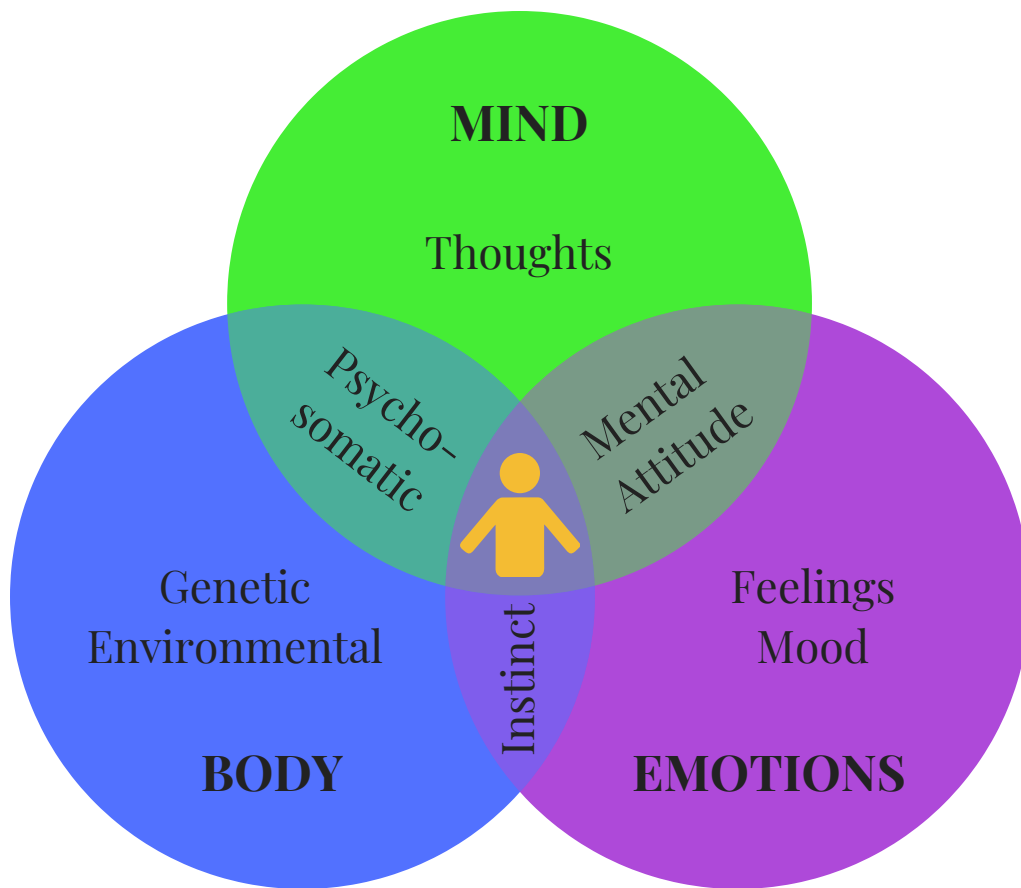
When you think about the requirements for healing you may think that it mostly depends on something external to you, like a medication or a therapy.

The truth is that a big part of that healing works from the inside out...





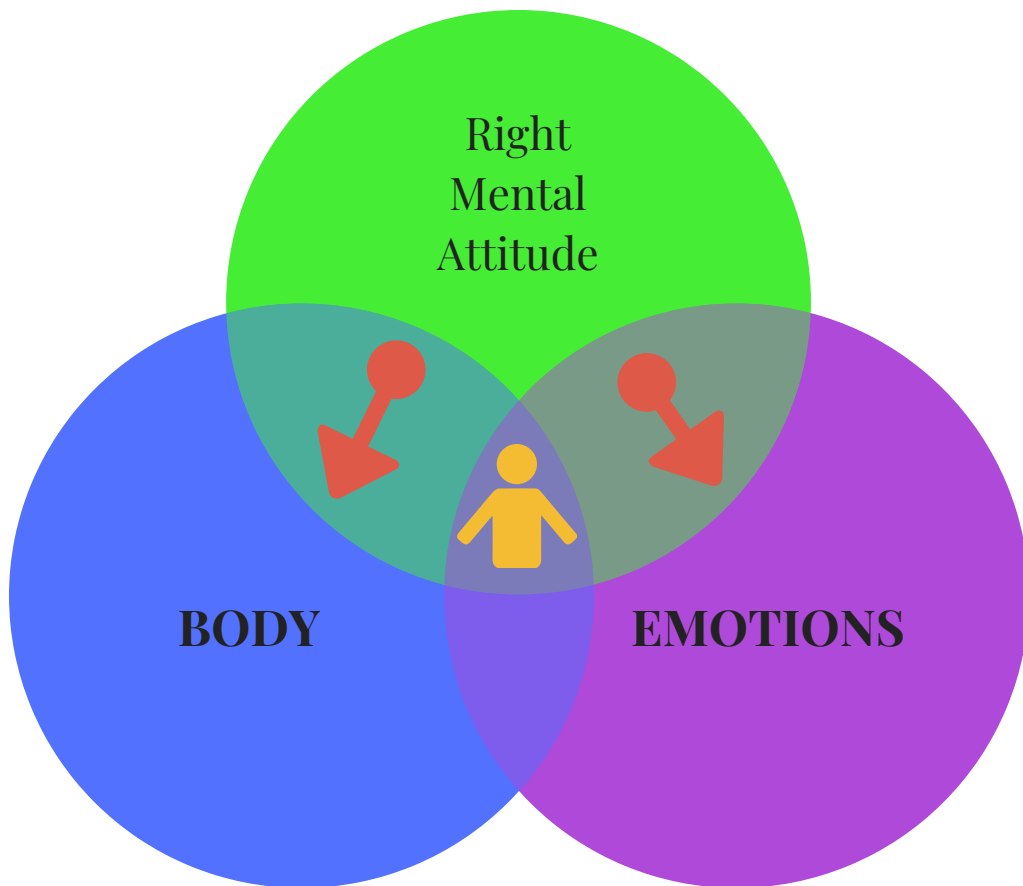
Let's begin by reviewing the three key aspects of your being:





First you need to set a steady, well-defined goal, and align it with the right mental attitude which facilitates its realization. This will allow you to enjoy durable, long-term responses to the various treatments and interventions available to help you get the amazing health you deserve.

GOAL





HOW TO USE IT AND WHAT WILL YOU GET FROM THIS GUIDE:

- It will allow you to start training your mind to support the realization of your goals.
- These are 5 simple steps that can be done anywhere and at any time. You can use the PDF online, print it out, or use a journal and write your responses there. Go back to this guide from time to time to check how are you doing and to see how much you have achieved.
- It can be used for everything, from physical ailments to the setting up of general goals. It is not intended to treat medical emergencies or to replace the need of professional assistance. You can also try it if your problem is resistance to seeking professional help or to try something new.
- Listen to your inner self in the process. It will give you clarity and will contribute tremendously to your health and success.





STEP 1

Define Your Goal



It's extremely important that you define exactly what is that you want, do you want a specific physical or psychological symptom to go away? Do you want to loose weight?

Take a moment to really think about it and write 5 specific goals you would like to achieve:

1. _____
2. _____
3. _____
4. _____
5. _____





Now decide which one is the most important goal for you right now. If you look closely, sometimes some goals can depend on a main one. Let's say that you want to get rid of a headache, want to be more successful in life, and want to be able to write a book.

When you think about it, the secondary goals could be attained if you would not have headaches anymore. If you are headache free, you will be able to focus more and invest more time working on your computer and going to more networking events.

If your goal is something medical, a specific physical symptom that has been lingering for a while, or something you would like to talk about, please don't hesitate to contact me so we can discuss what can be done.





STEP 2

How Would You Feel Once You Have Achieved This Goal?



It's very important for you to align your goals and deepest thoughts to your emotions as it engages the parts of your brain needed to create a long lasting effect. Imagine yourself already fulfilling that goal, how are you feeling? Are you feeling content? Excited? Powerful? Invincible? Perhaps a little bit sad? Make a list of at least 5 of these feelings:

1. _____
2. _____
3. _____
4. _____
5. _____

And now, choose the feelings that make you feel empowered and full of optimism. Connect with them, imagine yourself living your goal and feel it with your whole body.





STEP 3

Any Downers?



Did you identify any thoughts, attitudes, and/or behaviors that could be slowing down the achievement of your goal? Write them down here and make sure you include every single disempowering thought or feeling that comes to your mind.

1. _____
2. _____
3. _____
4. _____
5. _____

Examples:

It is impossible to get rid of this pain!
I've been told there's no cure for this!
It's just the way it is!






Ask yourself: Why am I feeling like this? You can also try and bring any one of these thoughts down (or up) by analyzing it and being practical and rational about it. In other words, looking at it with a clear mind, like a neutral witness.

You could research different people who have conquered a similar condition or who have been through a similar situation, google it, ask your friends and relatives, read their stories. I can assure you that you will find plenty and will be surprised about all the things you have in common with them.

And most importantly, ask yourself:



What are the stories
I tell myself
over and over
again?





Write down some of the repetitive scripts you hear inside your head and take a moment to think how could you re-write these stories so they can support your goal instead of bringing you down or holding you back.





STEP 4

The Power Of Positive Affirmations



The seed is one thought, it then becomes a word. The word is one of the most powerful things in the universe. Your thoughts and words are energy waves that can affect matter. Every time you speak you are changing the vibrational rate of all the molecules inside and outside of your body.

Neuroplasticity is the capacity of your brain cells to change and create new neural connections and brain pathways. The power of these repetitions also lies in the neurotransmitters secreted while your brain and nervous system perceive the word and make associations.

These neurotransmitters affect how you feel because of how they interact with the limbic system (emotional brain), as well as the autonomic nervous system (sympathetic - parasympathetic), digestive, immune, hormonal (adrenals) and respiratory systems.

In a nutshell this means that when you think a certain thought or speak certain words, you initiate a neurochemical reaction creating a ripple effect throughout your entire body.





Chose 5 positive affirmations to support the achievement of your goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Examples:

I'm beautiful!
I'm powerful!

I'm strong!
I'm healthy!

I'm confident!
I'm positive!





Once you have chosen 5, you are going to repeat each one 3 times every morning in front of the mirror for at least 40 days. Yes! 40 days of affirming something powerful that is going to support the completion of your goal.

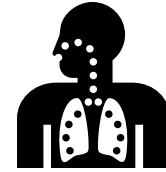
Don't give up! You are reprogramming your brain and changing your vibrational frequency. These words have a strong impact on your psyche and your entire body, so allow yourself to give it a try it and say every single word like you mean it.





STEP 5

The Power Of The Breath



"The breath is the king of the mind, when you control your breath, you control your mind." Dr. Joseph Michael Levy

This seems like an easy step but requires your total commitment to yourself and your goal. Every time you find yourself going back to a repetitive negative behavior or a disempowering thought, you are going to close your eyes, inhale through the nose counting until 10, holding the breath for 10 and exhaling for 10.





BONUS STEP

Connection



Find a spot in your house where you can be by yourself. It does not have to be an entire room; it could be a corner or a small space in the backyard. Have a place to sit, you can sit on the floor and have a mat or a rug especially for it, and a little cushion to support your back or a comfortable chair.

Have some flowers, maybe a candle or incense, and make it pretty for you, make it your own space. If you want put some uplifting pictures, a little statue of something that represents love for you and that connects you with your inner self or guides.

This place can be as big as you want. Have some books, things that remind you of how powerful you are, maybe some crystals. The idea of this is to have a place that will help you to connect physically with yourself and from there to a higher source. You can call it spirit, God, or just find the connection to your heartbeat.

Find some time to sit there on a regular basis and make time to just relax, breathe or write.





DharmaGaia Integrative Medicine
Empowering the Healing Process!



Need Some Inspiration?

Check out my Instagram for some pictures of empowering places.

If you found it quite difficult to do some of these exercises, it's OK, some minds are more trainable than others. There are many things that can be done to help you through this process. Harmonyum[®] healing, for example, is a gentle healing modality that helps with the healing of deep-rooted patterns.

Feel free to contact me to know more and remember, changing the status quo is not easy, but it's totally doable. You just need to be open and ready to do what it takes.

When is the best time to start being the happiest, healthiest you? **NOW!**

With love,

Dr. Maria

