

Stop Panic Now

Stop Panic Now by Edit B Kiss

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Dedication

This book is dedicated to all my beautiful clients

Thank you for your trust!

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Introduction

Panic attacks can happen to you anytime, anywhere. You can't prepare for them, and often you don't even know why they're happening until much later... or sometimes never.

I suffered from panic attacks for decades.

At the beginning, I had no idea what was happening to me. They seemed to come out of nowhere. Suddenly, I felt scared, fearful, dizzy, and completely out of control. And the worst part? The fear stayed with me even after the attack ended.

I remember walking down the street feeling like the trams and buses were leaning toward me. The buildings felt as if they were closing in. The streets felt narrower as I walked. I constantly carried a bottle of water with me, drinking from it all the time, even though I didn't fully understand why it helped me feel calmer. I just knew I needed something, some kind of action, to ground myself.

So what exactly are panic attacks?

Panic attacks are amplified anxiety. But anxiety doesn't become panic for no reason. There are deeper causes behind why your nervous system escalates into full panic mode instead of calming itself naturally.

Back then, I didn't understand any of this.

Now I do.

And in this book, I'm going to share those answers with you.

I truly believe that if you go through this book and apply the techniques and principles I share, your panic attacks can stop for good. That is exactly why I wrote this book — because I know there are still people out there silently suffering, going through the same hell I experienced for years, and I don't want them to stay trapped there.

Why would I allow people to continue suffering when I know freedom is possible?

Because life without panic attacks is completely different.

The peace.

The calmness.

The harmony.

The freedom of not constantly wondering when the next attack will come.

It's priceless.

At the time my panic attacks started, I was studying at university, in relationships, and traveling abroad. One of my first major panic attacks happened while I was away from home. A doctor prescribed me tranquilizers, but after taking them I felt even worse. Deep inside, I knew medication was not the answer for me.

So when I returned home, I stopped searching for solutions in hospitals and turned toward holistic healing instead. I discovered Reiki energy healing, where practitioners channel universal life-force energy through their body to support healing in others. After a few sessions, I felt much better.

But the panic attacks still came back.

For years, it was all about managing them. Coping with them. Waiting for the next one. Sometimes they hit while I was driving and I had to pull over and call my husband to come get me. Sometimes they came when I felt physically weak, exhausted, or sick. I experienced chest pressure, dizziness, numb fingers, shortness of breath, high blood pressure, and overwhelming fear.

I genuinely thought something terrible was happening to me.

Later, I learned what was actually happening inside the body.

When you panic, your breathing changes. You begin breathing faster and more shallowly, which affects the balance between oxygen and carbon dioxide in your system. That's why your fingers can feel numb or strange. That's why dizziness happens. Learning to calm your breathing can help you regain some control during an attack.

But breathing techniques alone do not solve the root problem.

There are many methods people teach — breathwork, mindfulness, grounding exercises, meditation. And yes, these tools can help manage symptoms. But most approaches still don't address the deeper question:

Why did the panic attacks begin in the first place?

This book goes deeper.

We are going to explore the root causes of panic attacks, so they stop returning.

And if I'm completely honest with you, part of this journey became spiritual for me as well. I discovered that unresolved traumatic experiences, whether from childhood, painful life events, toxic relationships, or deeply emotional experiences do not simply disappear when ignored. They become buried in the unconscious mind and stored within the body.

Then one day, something triggers them.

A situation.

A memory.

A feeling.

A fear.

And suddenly your nervous system reacts with anxiety or panic.

Your panic attacks are not random.

They are reactions to unresolved emotional wounds and nervous system overload.

Throughout this book, we will go through practical steps and lifestyle changes that support healing, how to nourish your body, calm your nervous system, and create emotional safety within yourself. But one of the most important parts of healing is learning how to release unresolved emotional pain from the root.

Because once the root is healed, the triggers begin to disappear.

And when the triggers disappear, panic no longer has anything to react to.

That doesn't mean life becomes boring or emotionless. Quite the opposite. Life becomes lighter, calmer, more joyful, and more peaceful because you're no longer constantly falling into fear and emotional overwhelm.

You stop living in survival mode.

In this book, I'll also share stories from clients who came to me struggling with panic attacks and anxiety. You'll see different situations, different root causes, and how their lives transformed through healing.

My hope is that as you read these pages, you'll begin to recognize yourself, understand yourself more deeply, and finally realize that freedom is possible for you too.

I'm wishing you the most beautiful transformation as you begin this journey toward healing, peace, and freedom from panic attacks.

So let's begin.

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Chapter 1: Why Are You Having Panic Attacks?

Most of the time, panic attacks happen because you feel out of control.

You feel alone.

You feel unsupported.

You feel overwhelmed.

And honestly, this can happen for so many different reasons because every person is different. Everybody has different triggers, different fears, different emotional wounds, and different situations that make them feel unsafe.

For some people, panic attacks happen before speaking on stage or being seen publicly. For others, they happen in uncomfortable social situations, stressful work environments, toxic relationships, or during periods of major life change.

Sometimes it's physical exhaustion, burnout, pressure, uncertainty, or simply feeling trapped in a life that no longer feels aligned.

For me personally, my panic attacks were deeply connected to losing control.

I felt uncertain. I felt unsafe in my own body because I didn't understand what was happening inside me. I didn't understand why I was suddenly feeling dizzy, disconnected, shaky, or breathless. I became hyper-focused on every sensation in my body, constantly worrying that something terrible was happening to me.

This is often called health anxiety or hypochondria, when you become frightened of physical sensations and interpret them as danger.

That fear itself became one of the biggest causes of my panic attacks.

Some of my clients experienced panic attacks because they felt trapped in situations they couldn't control. They felt like they had no choices, no freedom, and no support. Others experienced panic attacks after divorce or heartbreak. They felt betrayed, abandoned, lonely, and emotionally shattered. At the same time, they often had to rebuild their entire lives: moving homes, changing cities, starting over financially and emotionally.

That level of overwhelm can absolutely push the nervous system into panic mode.

Panic attacks often happen when you feel emotionally isolated. Sometimes people are physically around you, but you still feel alone because you believe they can't truly help you, understand you, or support you.

That feeling of being unsupported is one of the biggest emotional triggers behind panic attacks.

Now, many people go to traditional therapy and begin talking about these situations:

"I'm in a bad relationship."

"I got divorced."

"I feel abandoned."

"I feel unsupported."

And awareness is helpful. Understanding your life situation matters.

But awareness alone doesn't instantly solve the problem.

A therapist may help you understand why you feel lonely, but they cannot magically create a supportive circle around you overnight. If your environment feels unsafe, toxic, or emotionally disconnected, healing takes deeper inner work as well.

Let me give you another example.

Imagine a young woman in her early twenties moving abroad for university. Suddenly she's in a completely new country, surrounded by unfamiliar people, unfamiliar expectations, and uncertainty. She's away from family, away from emotional safety, and trying to prove herself while adjusting to a completely different reality.

At first, she might feel excited. Strong. Independent.

But then the pressure builds.

Unexpected situations happen. Stress accumulates. The nervous system becomes overwhelmed. And suddenly panic attacks begin.

Now what is she supposed to do? Quit university and move back home because fear appeared?

Of course, that is one option. You can avoid life. You can hide under a rock. You can create an extremely small, controlled comfort zone where nothing unpredictable ever happens.

But is that truly living?

Or would you rather live a vibrant, fulfilling life, while learning how to regulate yourself emotionally, mentally, physically, and spiritually?

That's what this book is about.

Not avoiding life.

But learning how to fully live without panic controlling you.

So again, why are panic attacks happening?

Because you feel:

- uncertain
- unsupported
- emotionally overwhelmed
- unsafe
- out of control
- burned out
- disconnected from yourself

If this resonates with you, I want you to pause here for a moment and make a list of the situations, thoughts, people, or environments that may be triggering your panic attacks.

Awareness is the first step toward healing.

But we are also going to go deeper than awareness.

We're going to talk about how to stop anxiety from escalating into panic attacks.

Because not every intense emotion is anxiety.

Sometimes what you call anxiety is actually excitement.

This is something incredibly important to understand.

Many people mistake excitement, anticipation, and nervous energy for anxiety because the physical sensations can feel similar. Butterflies in the stomach. Increased heartbeat. Tingling sensations. Adrenaline.

But excitement and anxiety are not the same thing.

Excitement expands you.

Anxiety contracts you.

And the story you tell yourself about your sensations matters enormously.

If you tell yourself:

“Oh my God, something bad is happening to me,”

your nervous system reacts differently than if you say:

“Wow, this is new. This is exciting. My body is activated because I’m stepping into growth.”

Your thoughts shape your emotional experience.

This is why mindfulness will become a very important part of your healing journey later in this book.

Learning how to shift your inner dialogue changes how your nervous system responds to triggers.

For example, imagine you begin feeling overwhelmed.

One path looks like this:

“What if something terrible happens?”

“What if I lose control?”

“What if I can’t handle this?”

Those thoughts escalate fear.

But another path sounds like this:

“Maybe I just need rest.”

“Maybe my body needs nourishment.”

“Maybe I need to pause, breathe, and let this moment pass.”

See the difference?

One story creates panic.
The other creates safety.

And often, when you stop escalating situations with catastrophic thinking and allow life to unfold naturally, you begin realizing something very important:

You are not as alone as you think you are.

Now, this is where my healing journey also became spiritual.

I began realizing that even when humans could not fully support me emotionally, there was still support available to me energetically and spiritually.

You may call it God.

Source.

The Universe.

Angels.

Spirit guides.

Ancestors.

Higher consciousness.

Whatever language feels aligned for you.

But once you begin opening yourself to the possibility that there is a greater intelligence supporting your journey, something shifts inside you.

You begin noticing signs.

Synchronicities.

Unexpected support.

Moments where things somehow work out better than you imagined.

You begin trusting life more.

And slowly, being “out of control” no longer feels terrifying because you realize maybe everything does not need to be controlled all the time.

Maybe sometimes surrender is safer than force.

This perspective became a huge part of my healing.

And throughout this book, I'll share practical tools and exercises that helped me embody this way of thinking — not just intellectually, but emotionally and spiritually as well.

Because true healing is not just about calming symptoms.

It's about creating a life where your nervous system finally feels safe enough to relax.

So let's continue this journey together and move into the next chapter, where we'll begin taking practical steps toward regaining control over your panic attacks — and eventually stopping them for good.

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Chapter 2: Your Body

You are going to be surprised how connected your body is to your panic attacks.

The way you treat your body, what you consume, how you sleep, how you nourish yourself, and even the stress you carry daily can all affect anxiety and panic in a major way.

For me, this realization became even deeper because my panic attacks originally started through health anxiety. I became extremely sensitive to physical sensations in my body. Every little symptom scared me. Every discomfort felt dangerous.

And once I started understanding the body more deeply, I realized how connected everything truly is — digestion, hormones, sleep, emotions, nutrients, stress, and even inherited family patterns.

My First Panic Attack

In my case, one of the biggest triggers behind my panic attacks was actually heartburn.

After large meals or spicy foods, I would feel pressure and burning in my chest. I was in my mid-twenties when my first major panic attack happened while I was traveling in Mexico. I had eaten spicy food and suddenly felt chest pain and discomfort.

Immediately my mind went into fear:
“What if I’m having a heart attack?”

Then came the weakness, dizziness, exhaustion, fear, and panic.

Looking back now, I can clearly see what was happening. I was overtired, stressed, overheated, eating foods my body struggled with, and completely disconnected from understanding my own body signals.

At that time, I didn’t understand the connection between digestion and panic attacks. I only knew that my body felt terrifying.

Years later, when I told my mother about my panic attacks, she admitted she had experienced the exact same thing — heartburn triggering panic and fear.

Then something even more interesting happened.

My daughter began experiencing similar symptoms around the age of eleven or twelve. She would get heartburn in the evenings before sleep, feel uncomfortable in her chest, and begin panicking before bedtime.

Eventually, she learned exactly what my mother learned years earlier — certain foods late in the evening triggered her symptoms. Once she stopped eating those foods after a certain time, the panic before bedtime disappeared.

That's when I truly began understanding how deeply connected family patterns, biology, and emotional reactions can be.

Now, people often talk about inheriting diseases genetically — heart disease, cancer, certain conditions. But what about digestion patterns? What about emotional reactions to discomfort? What about sensitivity to stress?

Sometimes we inherit physical sensitivities. Sometimes we inherit emotional coping mechanisms without even realizing it.

Coffee: The Trigger I Didn't Expect

One of the biggest wake-up calls for me was caffeine.

I used to drink three coffees a day while working in corporate life at Shell. One in the morning, one in the afternoon, and sometimes another one before driving home because I felt exhausted.

At that time, I truly believed coffee helped me function.

Then one day, during an especially stressful period, my daughter was crying while I was trying to shower and get ready. I felt exhausted, overwhelmed, frustrated, and emotionally overloaded.

Suddenly I felt pressure in my head, my heart racing, and intense anxiety building up inside me.

The next day, I decided to stop coffee temporarily.

Within one week, I felt dramatically different.

The rollercoaster of dizziness, nervousness, energy crashes, and emotional highs and lows disappeared. I remember thinking:

“Oh my God... I thought coffee was helping me, but it was actually making everything worse.”

That was a huge realization for me.

Coffee overstimulates the body and pushes you into fight-or-flight mode. And when you already struggle with anxiety or panic attacks, caffeine becomes fuel on the fire.

If you truly want to reduce panic attacks, one of the first things I recommend is reducing or eliminating caffeine.

And if you're worried about withdrawal symptoms, I highly recommend Rooibos tea — also known as red bush tea or red tea.

It has a beautiful calming taste, contains no caffeine, and surprisingly helps soften coffee withdrawal symptoms like headaches and irritability. It also keeps the comforting ritual many people emotionally associate with coffee: holding a warm cup, slowing down, having “me time.”

At one stage, I even switched to decaf coffee with almond milk just to keep the comforting experience while helping my body calm down.

The goal is not punishment.
The goal is supporting your body.

Alcohol, Gluten, Dairy & Inflammation

Alcohol is another major trigger for many people.

Some people use alcohol to calm anxiety temporarily, but long term it affects sleep quality, drains energy, increases inflammation, and impacts emotional balance.

If you reduce alcohol significantly — even just to occasional social use — most people notice improvements in:

- anxiety
- sleep

- emotional stability
- energy levels
- weight management

The same can happen with gluten and dairy for sensitive individuals.

I've had clients who became significantly calmer simply after removing gluten or dairy from their diet.

I'm not telling you that you must become extremely restrictive or obsessive with food.

What I am saying is this:

Start paying attention to how your body responds.

Your body is always communicating with you.

My Vegan Journey & Iron Deficiency

There was a period in my life when I became deeply involved in spiritual practices, retreats, meditation, Reiki healing, Karma Yoga Healing, and energy work.

Naturally, I felt drawn toward veganism and raw foods for a while. At one stage after an intensive retreat in India, I stopped craving cooked food altogether and mainly wanted raw food.

At first, it felt incredible.

But eventually, I began experiencing:

- exhaustion
- frequent illness
- weakness
- panic attacks
- dizziness
- anxiety
- infections
- extreme fatigue

I was constantly getting sick and recovering slowly. At the same time, I still experienced panic attacks because feeling physically weak made me feel unsafe and out of control.

One day, I became so unwell that I ended up in hospital.

That's when doctors discovered I had severe iron deficiency.

Suddenly, everything made sense.

Iron deficiency can massively affect:

- energy levels
- emotional balance
- mental clarity
- physical strength
- anxiety symptoms
- overall wellbeing

For 1-2 month I did nothing. Even though I knew I supposed to. I just started to eat more beans, somehow, I ignored the diagnoses. Until I got sick again and I decided to do a healing session on myself. After my source memory healing related to this incident (see below), I began taking liquid iron and completely changed the way I ate.

I researched iron-rich foods obsessively because I wanted to recover naturally and properly.

I started eating:

- beef
- eggs
- spinach
- spirulina
- flaxseeds
- iron-rich snacks like apricots

Within weeks, I felt dramatically better.

And interestingly, my daughter later also began taking iron support during adolescence, and many of her evening anxiety symptoms disappeared as well.

This is why I want you to understand something important:

Sometimes panic attacks are not only emotional.

Sometimes your body is physically depleted.

Especially women.

Women lose iron regularly through menstruation and often become deficient without realizing it.

Please do not ignore your body.

Source Memory Healing & Emotional Triggers

At the same time as my physical healing journey, I also began doing deeper emotional healing work.

One of the most important modalities I used was Source Memory Healing, which I learned through Karma Yoga Healing.

This work helped me access unresolved memories and emotional wounds buried deep within the unconscious mind.

I remember one particularly powerful session when I was sick in bed with flu symptoms, weakness, fear, and emotional overwhelm. I realized that the illness itself was triggering feelings of helplessness, fear, loneliness, and loss of control.

So, I did a Source Memory Healing session on myself.

During the session, one of the memories connected to my healing involved blood loss and physical weakness from my past.

And this is what still amazes me to this day:

Literally minutes after finishing the healing session, I received a message from my doctor telling me my iron prescription was ready to collect.

Not days later.

Not weeks later.

That exact evening.

For me, moments like this showed how deeply connected healing, awareness, energy, and the body truly are.

Sleep: The Most Underrated Healing Tool

One of the biggest contributors to my early panic attacks was sleep deprivation.

I was traveling, stressed, overstimulated, partying, going to bed late, waking early, and completely exhausting myself.

Poor sleep affects:

- cortisol
- serotonin
- emotional balance
- stress tolerance
- immune function
- anxiety levels

Your body heals during deep sleep.

And when you constantly disrupt your sleep cycle, you become far more vulnerable to panic attacks and emotional overwhelm.

This is why sleep is not laziness.
Sleep is healing.

Creating a regular sleep routine can dramatically improve panic attack symptoms.

Meditation, Energy & Healing

Part of my healing journey also involved meditation, energy healing, and spiritual practices.

One meditation that deeply helped me was Samadhi meditation, which helped me enter deep states of relaxation and healing.

I even experienced physical healing through it.

One evening, I felt symptoms of a urinary infection and already planned to visit the doctor the next day. That night, I practiced the meditation before sleep and entered

an extremely deep relaxed state where my whole body felt like it was softly vibrating with energy.

The next morning, every symptom had disappeared completely. I had to cancel the doctor appointment.

During Samadhi meditation you activate your pineal gland, and you get into Delta brainwaves, where you normally are during deep sleep between 11pm to 1am and start to produce the necessary hormones like serotonin, melatonin, oxytocin and grows hormone. Melatonin helps regulating your biological clock and support a good sleep, serotonin brings better mood, oxytocin makes you a better and kinder person, grows hormone keeps your body vital. So, when you lack sleep Samadhi helps you to get an extra boost of these hormones.

Experiences like this are what inspired me to eventually begin helping others through healing work as well. Because when the body finally feels safe, healing begins naturally.

Nourishing Yourself Properly

If you struggle with panic attacks, I highly recommend creating stable eating patterns instead of constantly skipping meals or overstressing your body.

Your body needs consistency.

I personally recommend:

- breakfast
- lunch
- dinner
- nutrient-rich snacks if needed

Protein, minerals, healthy fats, vitamins, iron-rich foods, hydration, and stable blood sugar all help support emotional balance.

One of my favorite breakfasts is:

- gluten-free granola
- almond milk
- banana
- spirulina

- chia seeds
- flaxseeds
- cinnamon
- berries
- honey

It's simple, nourishing, and full of nutrients.

The goal is not perfection.

The goal is supporting your body so you no longer feel like you're constantly surviving.

Because healing panic attacks is not only emotional.
It's physical too.

Your body is not your enemy.

Your body has been trying to communicate with you all along.

And once you begin listening to it with compassion instead of fear, everything starts changing.

In the next chapter, we're going to go deeper into emotional healing, mindfulness, and the practical steps that help stop panic attacks at the root.

Chapter 3: The Mind

Many people think the mind is just the brain, but the mind is much more complex than that.

Your mind has four major parts: the conscious mind, the subconscious mind, the unconscious mind, and the superconscious mind.

The Conscious Mind

Most of the time, we are not even using our conscious mind.

Our body is biologically programmed to save energy. When you use your conscious mind, you use a lot of energy. You probably noticed this when you were taking an exam, learning something difficult for the first time, or trying to solve a complicated problem. You needed full focus. Afterwards you felt exhausted, tired, maybe even sweaty. That is because deep thinking uses energy.

So what happens most of the time?

You move into the subconscious mind.

The Subconscious Mind

The subconscious works like autopilot. It runs your habits, beliefs, emotional reactions, and routines. When you wake up in the morning and brush your teeth, make your breakfast, shower, or drive to work, you are mostly operating from the subconscious because you have done these things so many times before.

You do not need to think consciously about every traffic light or every turn while driving to work. Your subconscious already learned the pattern.

But then something new happens.

A challenge at work.

A difficult conversation.

A presentation.

A new relationship.

A big life decision.

Now you need to use your conscious mind again. You need to focus, analyse, think deeper, and that requires much more energy.

So the real question becomes: what is actually stored in your subconscious mind?

Your beliefs.
Your fears.
Your habits.
Your emotional reactions.
Your self-worth.
Your identity.

And most of those things were programmed into you before the age of seven.

Under age seven, children spend most of their time in theta brainwave state. That means the brain acts almost like a sponge. Everything around you gets absorbed — your family environment, culture, religion, school, friendships, fears, limitations, emotional patterns, and beliefs about life.

What you saw around you became your programming.

If you grew up around fear, uncertainty, criticism, shame, or limitation, those things entered your subconscious mind.

If you grew up hearing things like:

“You are not good enough.”
“That is not for people like us.”
“Be careful.”
“Don’t take risks.”
“Life is hard.”
“Money is difficult.”
“You will fail.”

then those sentences became programs.

Later in life, even if consciously you want more for yourself, those deeper programs can still hold you back.

This is why people talk so much about subconscious reprogramming.
Because many people realise they want a different life than the one they were conditioned for.

Maybe you grew up in a small town or on a farm, and later you moved to a big city like Miami. Suddenly you see a completely different lifestyle. Different possibilities. Different mindsets. Different standards of living.

You start seeing successful people, entrepreneurs, luxury lifestyles, freedom, travel, investments, businesses, beautiful homes, and you think:

“Wow... maybe my life could look different too.”

So consciously you begin setting new goals for yourself. Maybe you want financial freedom. Maybe you want peace. Maybe you want confidence. Maybe you want to travel the world, speak on stages, build a business, or simply wake up feeling calm and happy.

But your old programming is still sitting underneath.

Part of you wants growth.
Another part is scared.

One side says:
“Go for it.”

The old programming says:
“Stay safe.”

And this inner conflict creates stress, anxiety, self-doubt, procrastination, and sometimes panic attacks.

I saw this often with clients. Even after we worked on their body, nutrition, lifestyle, and healing sessions, they still woke up in the morning thinking:

“What if the panic attacks come back?”

That thought alone was enough to trigger fear again.

Why? Because their old programming was stronger than their new belief.

Their old programming believed:

- panic attacks are dangerous,
- healing is difficult,
- they are broken,
- they are unsafe,
- they cannot trust themselves.

So even when healing already started, their mind was still expecting danger.

This is why mindfulness and affirmations are so important.

You need to start feeding your mind new messages.

Simple daily affirmations can be extremely powerful:

- I am safe.
- I am supported.
- I am healthy.
- I am calm.
- I trust myself.
- Today is going to be a beautiful day.
- I can handle challenges.
- I am becoming stronger every day.

Write them on sticky notes.

Say them in the mirror.

Repeat them before sleep.

Repeat them when fear appears.

At first it may feel strange because your old programming will resist it. But repetition creates new pathways in the mind.

I had to do this myself many times.

When I was having panic attacks, there were moments when I genuinely believed something terrible was happening to me physically. Especially because I was a hypochondriac. Every sensation in my body felt dangerous. A chest sensation felt like a heart attack. Dizziness felt terrifying. Fatigue felt terrifying.

So I had to consciously retrain my thoughts.

Instead of:

“Oh my God, something is wrong with me.”

I learned to say:

“My body is reacting to stress. I am safe. This will pass.”

That small shift changes everything.

The same thing happens with challenges in life.

If you receive a difficult project at work, old programming may say:

“I am not smart enough.”

“I cannot do this.”

“I will fail.”

But mindfulness teaches you to shift the perspective:

“This challenge is helping me grow.”

“This is an opportunity.”

“I can learn.”

“This can improve my future.”

The situation itself may be the same, but your interpretation changes your emotional reaction.

That is true mindfulness to me.

Not just sitting quietly and breathing.

Mindfulness is becoming aware of your thoughts, emotions, and actions.

Because those are the three things you truly have control over:

- your thoughts,
- your emotions,
- your actions.

Everything else is outside your control.

And when you understand this deeply, life becomes lighter.

Many people create suffering because they constantly try to control things outside themselves:

other people, outcomes, situations, timing, relationships, the future.

But peace comes when you focus on what you *can* control.

Your thoughts create emotions.

Your emotions influence your actions.

Your actions shape your future.

So if your thoughts are full of fear, assumptions, negativity, and worst-case scenarios, your emotions will follow.

That is why I strongly recommend protecting your mind.

If you struggle with panic attacks:

- stop watching horror movies,
- stop consuming negative news all day,
- stop reading frightening medical stories online,
- stop feeding your mind fear before sleep.

Healthy, calm people may watch those things without issue. But when your mind is already overloaded with fear, those things can intensify your anxiety.

Instead, feed your mind things that create peace, empowerment, healing, inspiration, and hope.

Another important thing I want to mention is assumptions.

Most panic and anxiety starts with assumptions.

“What if something bad happens?”

“What if I fail?”

“What if I embarrass myself?”

“What if I get sick?”

“What if I lose control?”

Most of the time there is no evidence for these fears. The mind simply creates stories based on old programming.

So when you catch yourself doing this, pause and ask:

“What if everything actually turns out fine?”

“What if this becomes something beautiful?”

“What if I am stronger than I think?”

That is mindfulness in action.

The Unconscious Mind

The unconscious mind holds deeper emotional wounds — unresolved trauma, guilt, shame, betrayal, grief, fear, and suppressed emotions. These are often the hidden roots behind panic attacks and emotional triggers.

You may consciously want peace, but your unconscious still carries pain from the past.

That is why healing work becomes important.

The Superconscious Mind

The superconscious mind is the part connected to Source, God, the Universe, Divine Intelligence, or whatever name resonates with you. I believe we are multidimensional beings. We are not separate from the universe, we are part of it.

Sometimes people ask:

“Why is this happening to me even though I’m trying my best?”

Or:

“Why do certain patterns keep repeating in my life?”

This is where karma and the Akashic Records come in.

The Akashic Records are like an energetic blueprint of your soul. Your past, present, and future timelines already exist there. Every thought, action, emotion, and experience leaves an energetic imprint.

When we do healing work, especially source memory healing, we can access memories, emotions, and unresolved situations stored deeply in the unconscious mind and also energetically in the Akashic Records. When those memories are healed and rewritten with forgiveness, love, safety, and peace, your future timeline can also shift.

Sometimes the things we carry are not only ours.

We can inherit ancestral karma and emotional patterns through family lines. Anxiety, fear, abandonment, poverty consciousness, betrayal, suppression, panic attacks, limiting beliefs — these things can travel through generations until someone becomes conscious enough to heal them.

I noticed this in my own family too. Like I shared before with the heartburn and panic attacks through the women in my family line. My mother experienced it, then me, then my daughter. These patterns repeat until someone becomes aware enough to break the cycle.

And there is another thing people rarely talk about: DNA exchange.

When you exchange body fluids with another person through kissing, intimacy, saliva, sexual connection you also exchange DNA and energy. Through that exchange, you can also take on karmic patterns from another person.

That is why certain relationships can completely elevate your life, while others can drain you emotionally, mentally, spiritually, and physically.

Now probably some people reading this are shocked or disagreeing with this completely, and that is okay. You do not need to believe every spiritual concept I share in this book. I am simply sharing my experiences, my understanding, and what I have learned through years of healing work and working with clients.

What matters most is understanding that there are many things in life we cannot fully control. And instead of obsessing over everything outside of us, we should focus on the things we *can* control:

- our thoughts,
- our emotions,
- our actions.

Because those three things shape our future.

Every decision you make moves you toward a different timeline and a different outcome. That is why mindfulness is so important. When you constantly think negative thoughts, assume the worst, feed fear, and emotionally spiral, you create suffering inside yourself.

But when you learn to shift your thoughts, calm your emotions, and take empowered actions, your reality also starts shifting.

That is why healing the mind is such an important part of stopping panic attacks.

Stop Panic Now by Edit B Kiss

Chapter 4: Your Soul

Your soul is eternal. It doesn't matter if you are religious or not. It doesn't matter if you believe in the universe, God, source or something else. There are already scientific studies, spiritual experiences and thousands of real-life stories showing that consciousness continues beyond this lifetime. There are children remembering places they have never been to, speaking languages they were never taught, remembering names, streets and houses from another lifetime, and later those details being verified.

So yes, your soul is eternal.

And if your soul already lived through other lifetimes, then your current reality can also be affected by those experiences.

How Past Lives Can Affect Your Current Reality

Can you imagine how much trauma a soul could carry after living through many lifetimes?

Back then there were wars constantly. People lived in survival mode. They experienced hunger, violence, illness, loss, betrayal and suffering on levels many people today cannot even imagine. Your soul may have gone through all of it.

Those unresolved experiences do not simply disappear.

They can stay stored within the soul and later become triggered in this lifetime.

Then in your current life, when painful situations happen during childhood or adulthood, those emotions pile on top of the old unresolved wounds from previous lifetimes. Over years and over lifetimes, the emotional weight becomes heavier and heavier until eventually it can show up as anxiety, panic attacks, emotional struggles or even physical illness.

How Emotional Pain Affects the Body

When you are constantly in fear, sadness, anger, guilt, betrayal or shame, your vibration drops.

Everything in the universe is energy and frequency. Your body also carries frequency. When your emotional state becomes heavy and negative for a long time, it affects the energetic system of the body.

These energetic centers are called chakras.

You do not need to follow a specific religion to understand this. Whether someone is Christian, spiritual, religious or not religious at all, humans still have energy centers and an energetic field around the body.

The chakras are connected to emotional experiences and also to different areas of the physical body.

When emotions stay unresolved, the energy centers can become blocked, and over time this can affect the organs connected to them.

The Root Chakra

The root chakra is connected to safety, stability, survival, finances and your connection to family and ancestors.

If someone grows up feeling unsafe, abandoned, unsupported or unstable, the root chakra can become blocked.

This can later show up as financial struggles, fear of change, fear of taking risks or constantly feeling insecure in life.

The Sacral Chakra

The sacral chakra is connected to relationships, intimacy, emotions, creativity and passion.

This area is connected to the lower abdomen, kidneys, reproductive organs and lower back.

People who experienced betrayal, toxic relationships, sexual trauma or emotional abuse often carry blockages here. It can later show up as digestive problems, pelvic issues, lower back pain or emotional instability.

The Solar Plexus Chakra

The solar plexus is connected to confidence, self-worth and personal power.

When people constantly feel “not good enough,” powerless or controlled by others, this chakra becomes weak.

This often affects the stomach area. Many anxious people already know this because stress immediately affects digestion and stomach pain.

The Heart Chakra

The heart chakra is connected to love, grief, abandonment, guilt, shame and heartbreak.

When someone experiences deep grief, betrayal, rejection or emotional loss, the heart center can become blocked.

This can affect the chest, lungs, upper back and heart area.

I worked with people who carried grief for years, and eventually it started affecting their physical health as well.

The Throat Chakra

The throat chakra is connected to communication and speaking your truth.

People who constantly suppress themselves, stay silent, avoid confrontation or become pushovers often develop blockages here.

This can affect the throat, thyroid, jaw, mouth and even sinus areas.

Many people with thyroid imbalance struggle with expressing themselves honestly.

The Third Eye Chakra

The third eye is connected to vision, intuition, purpose and fear of the future.

People who feel lost, directionless or trapped often have blockages here.

This chakra is connected to the eyes, ears and mental clarity.

When it opens, people often begin to receive visions, ideas, inspiration and clarity about their future.

The Crown Chakra

The crown chakra is connected to higher consciousness, openness and spiritual connection.

When someone refuses growth, stays stuck in old thinking patterns or completely closes themselves off from learning and expansion, this chakra can become blocked.

This can create feelings of mental heaviness, confusion, migraines or feeling disconnected from life.

Why Temporary Healing Methods Often Feel Short-Term

Many people try to release emotional heaviness through yoga, Reiki, massages, sunbathing, meditation, Qi Gong or exercise.

These methods can absolutely help.

They help move energy, release stress and temporarily clear blockages.

I personally tried many of these methods too. I went through Reiki healing, family constellation work, yoga, gym training and many different healing practices.

They helped temporarily.

But then life would trigger me again, and the emotional rollercoaster would return.

That is why I eventually moved deeper into Karma Yoga Healing and Source Memory Healing, where the goal is not only to temporarily release energy, but to heal the root cause inside the unconscious mind.

The Unconscious Mind and Source Memory Healing

Your unconscious mind stores unresolved emotional memories.

Sometimes people say:
“I never had trauma.”

“I don’t remember anything bad happening.”

“I don’t know why I feel this way.”

But when they enter Source Memory Healing and access the unconscious mind, memories begin to appear that they completely forgot about.

Suddenly they realize:

“Actually yes... that situation deeply hurt me.”

The unconscious mind already knows which memory needs healing.

The challenge is learning how to access it.

That is why Source Memory Healing can be so powerful. It helps release emotional charge from unresolved experiences stored within the unconscious mind.

Forgiveness and Healing

One of the biggest parts of healing is forgiveness.

Not forgiveness for the benefit of others.

Forgiveness for your own freedom.

You need to forgive yourself.

You need to forgive others.

And sometimes you even need to forgive the universe or source itself.

Because many people carry anger toward life without realizing it.

The Akashic Records

The Akashic Records are often described as the energetic blueprint of your soul.

Your past experiences, soul lessons and possible future timelines exist within this energetic field.

When healing happens, it is like rewriting emotional patterns within those records.

You release old emotional pain and step into a different future path.

After deep healing, people often suddenly receive ideas, solutions, inspirations or intuitive guidance about what they need to do next in life.

Why Healing Makes Change Easier

Earlier we talked about the body and the mind.

Healthy habits.

Mindfulness.

Affirmations.

Positive thinking.

Many people already know these things, but still struggle to apply them consistently.

Why?

Because unresolved emotional wounds are still sitting underneath.

Once healing starts happening at the root level, taking action becomes easier and more natural.

People suddenly begin changing habits effortlessly.

They stop overthinking.

They feel lighter.

They start moving forward.

Karma and Karmic Cycles

Sometimes difficult situations are not only connected to this lifetime.

Sometimes they are karmic patterns.

A karmic cycle repeats when the same painful lessons continue happening again and again through lifetimes or family lines.

Mindfulness becomes extremely important here.

Because every decision creates consequences.

When life gives you a choice, one path may continue the karmic cycle while another path may finally break it.

If someone continues harmful patterns, betrayal, manipulation or destruction, the karmic cycle continues.

But when someone chooses awareness, compassion, honesty and healing, the cycle can stop.

The universe recognizes growth.

DNA Exchange and Karma

There is also the belief that people exchange DNA and energetic information through intimacy, saliva and bodily fluids.

This means relationships can deeply affect your energetic state and karmic experiences.

Many people feel emotionally different after certain relationships because they exchanged more than emotions alone.

Whether people fully believe this or not, it is still important to be mindful about who you allow into your energy and life.

Ancestral Trauma and Ancestral Karma

We can also inherit trauma and karmic patterns from our ancestors.

Not only through energy, but also through learned behaviors, emotional conditioning, family beliefs and even DNA.

That is why sometimes people repeat the exact same struggles as parents, grandparents or entire family lines.

The healing work is not only for you.

Sometimes you are the person chosen to stop the cycle.

Final Thoughts

The body, the mind and the soul all work together.

When you heal the body, calm the mind and release emotional pain from the soul level, life becomes lighter.

Your habits improve naturally.

Your emotions stabilize.

Your thinking becomes clearer.

Your actions become more empowered.

And this is why soul healing became such an important part of my own journey and also the work I now share with others.

Stop Panic Now by Edit B Kiss

Chapter 5: The Three-Layer Method

The three-layer method. Why is it so important?

Most of the time when someone has panic attacks, they think about speaking therapy and medication. Speaking therapy is working with layer one, or sometimes not even fully with layer one. Hypnotherapy and EMDR are also kind of working with layer one.

So what is layer one?

Layer One – The Unconscious Mind

It is accessing the unconscious mind and releasing traumatic experiences, what we already talked about in the soul chapter.

Layer one is when we do those exercises and healing experiences where we access the unconscious mind through activating the pineal gland.

I talked about Samadhi meditation before and how it brings your brain into delta brainwaves, but I did not tell you what else Samadhi meditation can do for you.

So let me elaborate on that.

Samadhi meditation contains chakra de-blocking. When you do the guided Samadhi meditation, you are actually spinning up your chakras, releasing the negative vibrations from the chakras and helping them to balance and open again.

Then we move into the part where we activate the pineal gland.

What is the pineal gland?

The pineal gland is a small pea-shaped gland in the middle of your brain, close to the cerebellum. It is called the pineal gland because it looks like a pine cone. It is also called the third eye.

I know we already talked about the third eye chakra, but the third eye chakra is connected to the pineal gland. The pineal gland even contains retinal cells, similar to the cells inside your eyes. That is why it is called the third eye.

But what you see with your third eye is different from what you see with your physical eyes.

Usually when people say, “I need to use my third eye,” they close their eyes to see.

The third eye helps you sense the unseen. It is your sixth sense.

When you activate the pineal gland during Samadhi meditation and enter those brainwaves, you produce powerful hormones, but you also gain access to the unconscious mind.

And once you access the unconscious mind, you can communicate with it.

You can receive yes and no answers.

You can ask questions.

You can ask the unconscious to show future visions.

You can receive memories connected to your current issue.

This is where healing starts.

What is important to understand is that during this process, you are safe.

I do not see your memories.

Some practitioners who are clairvoyant or highly intuitive may step into the same memory as the client, but I personally do not. What happens is that you experience your own memory while I guide the process.

And many people actually feel relieved because of this.

A lot of people avoid therapy because they do not want to talk about what happened to them. They feel ashamed. They feel guilty. They feel embarrassed.

Maybe they were sexually abused.

Maybe they experienced violence.

Maybe they were kidnapped.

Maybe something extremely traumatic happened to them.

And they do not want to sit there and explain every detail to another person.

With Source Memory Healing, you do not have to.

Sometimes people clearly see the memory. They step into it almost like watching a movie.

If it is a memory from this lifetime, they usually remember it.

If it is from a past life, they often do not recognize it consciously, but they still experience it emotionally.

Sometimes in the beginning they do not even understand why the memory is traumatic. Then suddenly the emotional part appears and they realize, "This is the painful moment."

That is when we start collecting the emotions connected to it.

"I feel betrayed."

"I feel abandoned."

"I feel angry."

"I feel ashamed."

"I feel terrified."

They can tell me the emotions out loud, or they can keep them inside their mind.

When I do the release, I communicate with the superconscious and ask for those emotions to be healed and released from the multidimensional existence of the person.

If the client tells me the emotions, I include them in the release sentences. If they do not want to share, I ask them to place the emotions silently into the process in their own mind.

Because everything is energetically connected, the healing still works.

So if you are someone who does not want to share your story, that is okay.

If you do not want to be on video, that is okay too. Most of my sessions are online and I can still guide the healing without seeing you.

And the amazing thing is that I also created recorded healing tracks, so people can experience the process privately by themselves at home, just by following my voice.

This makes people feel safe.

The process is not dramatic the way many people imagine it.

You are not shaking on the floor or reliving trauma in a terrifying way.

It is more like watching a movie with emotions attached to it. Sometimes tears come up. Sometimes people cry a little. I always recommend tissues nearby. But after the release, most people feel lighter, calmer and peaceful.

Sometimes one issue contains several memories.

For example, panic attacks may connect to five, six or seven different memories. Sometimes only one or two memories appear during a session. It depends on the issue and the person.

At the end of the healing, people often receive visions, emotions or realizations connected to their future path. They can feel how the Akashic Records shifted after the release.

They suddenly see hope again.

They feel lighter.

They feel free.

They feel peaceful.

And it is beautiful to witness.

Some people talk a lot during sessions. Others stay quiet and focus deeply inside themselves. Everybody experiences the process differently.

There are also people who do not see memories clearly at all.

Why?

Because sometimes the unconscious mind is protecting them.

Maybe the memory is extremely painful. Maybe it involves torture, violence or something very traumatic from another lifetime. Instead of showing the images, the unconscious only allows the emotions to come through.

So the person may simply feel sadness, fear or anger without seeing the actual story behind it.

And that is completely okay too.

The healing still works.

Before doing these sessions, I always recommend avoiding alcohol the night before and avoiding caffeine before the session. These things can affect how easily you enter the brainwave state and how well you connect with the unconscious mind, especially if you are new to the practice.

I also recommend practicing Samadhi meditation daily for at least five days before doing deep healing work.

Twenty minutes a day is enough.

You can do it in the morning, afternoon or evening.

If you struggle with insomnia, evening meditation can help you sleep better. I even created overnight meditation tracks for this purpose.

The more your brain becomes familiar with entering delta and theta brainwaves, the easier the healing process becomes.

And healing those memories is important because unresolved emotional pain can eventually create more suffering, emotional struggles and even physical illness later in life.

So this is layer one: healing traumatic emotional experiences from the unconscious mind.

Layer Two – Ancestral Healing

The second layer is ancestral healing.

Why do we need to heal our ancestors?

Many people think, “My ancestors already passed away. They are probably peaceful now.”

But your ancestors are also eternal souls.

They also experienced trauma, pain and suffering through many lifetimes. Most of them never learned healing methods. Many carried unresolved emotions until death.

So if we now have the tools to help heal those energies, why would we not do it?

I learned powerful techniques from my mentor during retreats and training programs where we step into the family unconscious and bring healing not only to ourselves, but also to the ancestral line.

And I noticed something incredible.

As I healed my ancestors, my own life started shifting too.

There was a ripple effect.

Things became lighter.

Blocks started dissolving.

Life started flowing differently.

So when you heal yourself through this process, you are also healing your ancestral line.

Years ago, I used to do Family Constellation Therapy for these kinds of issues. Family constellation work is powerful, but it often requires groups of people acting as representatives for family members and many hours of emotional processing together.

With the meditations I use now, you do not need large groups of people.

You access the family unconscious directly through meditation.

The process guides you to the exact place in the family line where trauma or unresolved pain started. You begin with your own issue and then trace it back through the ancestral field.

And when healing happens there, the effect reflects back into your own life.

It is powerful work.

You can even receive blessings from your ancestors through this healing.

There is also something called ancestral spirit attachment or ancestral defect.

Sometimes people are born with illnesses, repeated tragedies, emotional heaviness or patterns that feel bigger than their own life story.

Sometimes these are connected to unresolved ancestral energies.

There are spirits who became stuck between dimensions. This can happen after traumatic deaths, abortions, accidents or unresolved suffering.

Some souls do not move fully into the light and instead remain attached to the family field.

And when someone lowers their vibration through fear, anger, sadness, addiction or despair, their energetic protection weakens.

The aura weakens.

The chakras become blocked.

And these spirits can attach themselves to the person's energy field.

This is why some people feel completely out of control with addictions or destructive behaviors.

Consciously they know:

"I should stop drinking."

"I should stop smoking."

"I should stop overeating."

But they still feel pulled toward it.

I know this may sound shocking to some people, but this is part of my truth and my experience working with clients.

I had a client I knew many years ago. She contacted me later in life and told me she suddenly started smoking and drinking wine every single day, even though she never used to live that way.

She told me, "I come home from work, light a cigarette and pour wine automatically. But this is not who I really am. I want to do pottery. I want to play my cello."

I knew immediately we needed ancestral release work.

We worked together for two weeks using specific meditations and Reiki healing. After two weeks she told me:

“I stopped smoking. I stopped drinking. I started doing pottery again. I started playing my cello again.”

She felt like herself again.

I also remember sitting on a bus in London next to a woman who could not sit still for even one minute. She was tapping constantly, looking around anxiously, moving nonstop.

I felt intuitively that something spiritual was affecting her energy.

So silently I called upon the ascended masters connected to spirit release work and I started sending Reiki energy toward her.

Within minutes she became calm and peaceful for the rest of the journey.

Even though I have experienced these things many times, it still amazes me every time.

Because we are deeply connected energetically.

I also worked with a young student who developed severe panic attacks after staying in an old house during a holiday in Italy with her father.

After returning home, she became extremely anxious and unable to function normally.

Her mother contacted me because she could barely leave the house anymore.

We started working on her body first — nutrition, sleep, supplements, calming the system with Reiki — because she was too overwhelmed for deep healing work in the beginning.

But intuitively I felt there was also ancestral spiritual energy involved.

During the healing process, I received guidance that her grandmother's spirit was attached to her field.

So during the ancestral release meditation, I guided her to speak directly to the spirit in Slovakian, her native language, asking the soul to move into the light.

She cried deeply during the process and afterward she felt significantly lighter.

Later we were able to continue with Source Memory Healing and mindfulness practices as part of the full healing process.

This is what the three-layer method looks like in practice.

Healing the body.

Healing the unconscious mind.

Healing the ancestral and karmic layers.

And as you continue doing this work, you often receive more blessings, support and synchronicities in life.

Because higher-dimensional beings can interact with our reality much more easily than we can understand.

I always explain it like this:

Imagine two cartoon characters drawn on a flat piece of paper. They live in two dimensions.

Now imagine you are sitting above them in the third dimension holding a pen.

One of the cartoon characters says, “I wish I had a cup of tea.”

You simply draw a cup into their hand.

To them, it would feel like a miracle.

But from your perspective, it is easy because you exist in a higher dimension.

This is similar to how spirit guides, ancestors and higher energies can interact with our reality.

That is why people receive signs, synchronicities, angel numbers and unexpected support.

Layer Three – Karma

The third layer is karma.

I already talked a little about karma before, but now I want to explain it deeper.

Karma is not only past-life karma.

It is also current-life karma and ancestral karma.

Your actions create energetic consequences.

And karmic cycles can continue through generations until someone becomes conscious enough to stop them.

There are two main ways to heal karma.

The first way is mindfulness.

When you become more conscious of your thoughts, emotions and actions, you stop repeating harmful patterns.

At certain moments in life, you stand at a crossroads.

One decision continues the karmic cycle.

The other decision ends it.

If you choose the harmful action again, the karmic pattern repeats.

But if you choose the healthier, more conscious path, the karmic cycle can finally stop.

The second way is through karmic release meditations.

These meditations are designed to help release karmic debts and replace old energetic patterns with healthier actions and choices.

I have seen incredible shifts happen through this work.

People naturally change habits.

They stop destructive behaviors.

They start making healthier decisions effortlessly.

And yes, words matter too.

Your words create programming.

That is why I tell people not to say things like:
“This is killing me.”

Because your subconscious mind listens to everything you say.

Your words create internal images and emotional reactions.

So when you catch yourself saying something negative, say “delete” and replace it with something healthier.

Language matters.

Energy matters.

Thoughts matter.

There are also meditations specifically for ancestral karma because our ancestors created enormous karmic patterns through wars, violence, suffering and pain.

These meditations work deeply through those layers so future generations do not need to continue carrying the same burdens.

This is why karmic healing is also part of my 30-Day PTSD to Peace Intensive.

Because true healing is not only about stopping panic attacks.

It is about creating peace and harmony across the body, mind, soul, ancestral field and karmic field together.

And in the next chapter, we are going to talk about daily habits and how to build a lifestyle that supports this healing journey.

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Chapter 6: Daily Habits

So let's talk about daily habits. What would your life actually look like while you are healing your panic attacks? What would a normal day look like during the 30-day healing period and also after it?

Even though I'm going to talk about the complete healing plan in the next chapter, I want to include some of it here too because your daily habits matter so much.

If you are someone who is struggling with panic attacks, anxiety, stress, fear, overwhelm, maybe you already tried speaking therapy for years, maybe you tried medication, EMDR, hypnotherapy, or different healing methods, but you still feel triggered and unsafe inside yourself, then these daily habits are for you.

These are the “don'ts” and the “does.”

The things you need to stop feeding, and the things you need to start building.

So let's say you wake up in the morning.

I encourage you to start your day with Samadhi meditation. Put on my Samadhi meditation from YouTube and begin your morning by calming your nervous system and raising your vibration before the outside world reaches you.

After that, stretch your body a little. You can do yoga, Qigong, or even simple movements. This is very good for your energy centers. As I mentioned before, not just your major chakras, but also the smaller energetic channels in your body need movement and flow.

After around 20 minutes of movement, have a nourishing breakfast.

Use superfoods if you can. Spirulina, berries, acai, flax seeds, chia seeds. You can mix them into coconut yogurt or Greek yogurt if you still eat dairy. You don't need to change your whole life overnight.

If right now all you can do is reduce coffee and start adding healthier foods, that's already progress.

Maybe you still love cheese. Maybe you still drink milk. That's okay. Don't overwhelm yourself trying to become perfect overnight. But maybe instead of sugary cereals, start using gluten-free oats. Start replacing processed foods little by little.

Add honey if you want sweetness. Add cloves too. Cloves are amazing for the immune system. Two cloves a day can really support your body.

So after your healthy breakfast, we move into the day.

When you go to work or interact with people, start becoming aware of your triggers.

What creates anxiety in you?

Do you feel unprepared? Do you feel not good enough? Do presentations scare you? Then prepare properly.

Sometimes anxiety is worse because we procrastinated and didn't give ourselves certainty.

If you know you need to present something tomorrow, spend the evening preparing instead of watching horror movies or emotionally heavy dramas.

Be more conscious about your time.

Be more conscious about what you allow into your nervous system.

I also recommend avoiding the news as much as possible.

If you work somewhere where the news is constantly playing, that's different. Maybe you're a trader or working in a busy office. But try not to emotionally absorb everything you see.

You are not causing the wars.

You are not causing the accidents.

You are not responsible for the suffering you see on television.

What you can do is send blessings, pray for people, or support charities if you want to help. But don't stay in anger, guilt, fear, or emotional overwhelm because it lowers your vibration and affects your health.

Protect your peace.

At lunchtime, go outside if possible. Walk in nature. Sit in a park. Listen to birds. Look at greenery.

Green is connected to the heart chakra. Every chakra has its own color and frequency.

Root chakra — red.
Sacral chakra — orange.
Solar plexus — yellow.
Heart chakra — green.
Throat chakra — light blue or turquoise.
Third eye — indigo.
Crown chakra — violet, white, or crystal clear.

You can support your chakras through colors in your environment, your clothes, your food, crystals, even the colors around your home.

If you struggle with throat issues or thyroid imbalance, surround yourself more with blue.

If you struggle with lower back pain, pelvic issues, or relationship trauma, orange may support your sacral chakra.

If you struggle with leg pain, feet issues, stability, finances, or feeling unsafe, focus more on red for your root chakra.

These things matter energetically.

For lunch, nourish your body properly. Eat vegetables, fruits, healthy proteins.

If you are vegetarian, use plant proteins or pea protein powders.

If you eat meat, choose cleaner proteins like chicken, fish, or quality meat.

Then we move into the afternoon.

Communicate clearly with people around you. Double-check information. Clarify plans. Uncertainty creates anxiety.

Sometimes people suffer because they rush through life without proper communication. They assume things, then later they discover misunderstandings and feel stressed.

Connection and information bring certainty.

This is where I also want to mention the six human needs because understanding them changed a lot for me.

The six human needs are:

- Certainty
- Variety (uncertainty)
- Growth
- Significance
- Connection
- Contribution

You need to ask yourself:

Are these needs being fulfilled in your life?

Do you feel certainty in your relationships, your work, your future?
Or do you constantly feel unstable and unsafe?

Do you have enough variety and excitement in life?
Are you trying new things, traveling, learning, experiencing joy?

Are you growing?
Are you learning new skills and getting outside your comfort zone?

Do you feel significant?
Do people appreciate you?
Do you appreciate yourself?

And then connection.
Are you spending quality time with people?
Are your relationships healthy and nourishing?

And finally contribution.
Do you feel useful?
Do you feel needed?
Do you feel like you matter and can contribute to others?

A lot of anxiety comes from unmet human needs.

For example, if you constantly feel uncertain in a relationship, your nervous system will stay activated.
If you never feel appreciated, eventually resentment builds up.

If you never grow, you feel stuck.
If you never contribute, you feel disconnected from purpose.

Everybody has different priorities within these six needs. Some people crave certainty. Others need adventure and variation. Some people need deep connection. Others need growth.

So become aware of your needs.

In the evening, you can go to the gym, spend time with family, meet friends, read a positive book, watch a comedy, or prepare for the next day.

Again, preparation creates certainty.

If you have an important presentation tomorrow and instead of preparing you sit watching triggering movies all night, of course your anxiety will rise.

Your nervousness is often just unprepared energy.

Now let's talk about habits.

Make two lists.

One list: habits you want to stop.
Another list: habits you want to build.

Then implement them one at a time.

Don't overwhelm yourself trying to become a completely different person overnight.

When one habit becomes natural, move to the next one.

People often ask me about cheat days because of my health journey and weight loss journey.

Personally, I don't really do cheat days anymore.

Not because I'm forcing myself, but because I genuinely don't desire those foods anymore.

I don't feel restricted. I feel elevated.

I know how strong, healthy, and peaceful I feel when I nourish my body properly, so processed foods don't excite me anymore.

When I go to birthday parties, I don't feel upset that I'm not eating the sugary cake. I simply choose foods that support my body.

I eat fruits, salads, proteins, healthier alternatives.

And if I want something sweet, there are healthier versions.

Dark chocolate without processed sugar.

Coconut milk ice cream.

Dates.

Power balls made from peanut butter, almond flour, flax seeds, dates, acai powder, spirulina.

These things can still feel delicious while nourishing your body.

And honestly, when you stop eating processed sugar for a while, fruits start tasting unbelievably sweet.

I remember eating oranges and thinking, "Wow, this is so sweet."

Your taste buds reset.

In my twenties I traveled a lot. I partied. I drank alcohol. I lived all around the world, from Europe to Mexico to New Zealand. I had amazing experiences.

But I was also sick a lot.

Panic attacks. Illnesses. Anxiety.

Now I don't drink alcohol anymore. I stopped in 2017 during my healing and weight loss journey.

And honestly? I feel healthier, stronger, calmer, and happier than ever.

For me, that was a beautiful trade.

Now let's talk about sleep.

Sleep is extremely important for healing.

I recommend going to sleep before or around 11 PM because your body produces important hormones during those deeper nighttime cycles.

You can use Samadhi meditation before sleep too.

But if you practice Samadhi too many times a day, sometimes you may feel a little lightheaded because your vibration becomes very high. If that happens, use grounding exercises.

Imagine roots growing from your feet, your palms, and your root chakra deep into the earth.

Visualize connecting to the center of the earth and say:

“I am a human being. I belong to Earth.”

Then breathe Earth’s energy back into your body through those roots.

Grounding is very important.

And please, don’t sleep with the TV on.

If possible, remove the TV from your bedroom completely.

Your bedroom should feel peaceful, calm, and safe.

You can read before bed, but don’t read thrillers, horror, or emotionally triggering books.

I once worked with someone who had severe insomnia and PTSD. She told me she always read before sleep, which sounded good at first. But when I asked what she was reading, she said thrillers and crime stories.

What you consume before sleep affects your subconscious mind.

This society normalizes stress, fear, overstimulation, alcohol, caffeine, drama, negativity.

But a dysregulated, exhausted person is easier to control.

Stop Panic Now by Edit B Kiss

I want you empowered.

I want you peaceful.

I want you healthy.

So protect your nervous system.

Protect your energy.

Protect your peace.

Stick to these daily habits and your life can completely transform.

Stop Panic Now by Edit B Kiss

Chapter 7: Complete Healing Plan

In this chapter, I'm going to explain how the 30 Days PTSD to Peace Incubator, also called the PTSD to Peace 30-Day Intensive, actually works. How you can truly experience peace, harmony, confidence, and emotional freedom again in just 30 days.

Many people believe healing takes a lifetime. People say you need years of speaking therapy. They say you need medication forever. They say panic attacks and emotional struggles can only be managed, never truly healed.

But that's not my experience.

I have seen people shift incredibly fast. I have seen people come to me completely overwhelmed, hopeless, anxious, emotionally exhausted, and within 30 days they were feeling lighter, calmer, empowered, motivated, joyful, and back in control of their lives again.

Can everything change in 30 days? Yes. Absolutely.

Will you become a completely different person overnight? No. But your energy, your emotions, your perspective, your habits, your confidence, and your inner peace can shift massively in four weeks when you commit to the process.

I've done this with many clients and the transformations were incredible. I'll share more results and stories in the last chapter, but right now let's focus on what actually happens during these 30 days.

What The 30 Days Includes

During these 30 days, I pay attention to everything connected to your healing journey.

Your nutrition.

Your habits.

Your sleep.

Your lifestyle.

Your emotional triggers.

Your daily routines.

Your mindset.

Your spiritual practices.

Everything matters.

Because healing panic attacks is not just about calming yourself down during a panic attack. It's about transforming your entire reality little by little so your body, mind, emotions, and energy can finally feel safe and aligned again.

I also include my Life Transformation System course.

I created this course years ago when my transformation programs were eight weeks long. Back then, I thought transformation had to take a long time. But after working with clients, I realized something really important.

Most people already experienced massive shifts after four weeks.

People who came to me with depression.

People who felt hopeless and lost.

People who were heartbroken.

People dealing with grief.

People who had anxiety and panic attacks.

After 30 days, they already felt stronger, happier, clearer, more confident, and more empowered than before.

So I realized, okay, we can do this in 30 days.

I kept the original eight-week course, but during the intensive I guide clients through the most important parts of it.

Basically, I ask my clients to watch two videos per week.

The videos are around 15–20 minutes long, and they explain deeper concepts about energy, ancestors, healing, positive thinking, habits, manifestation, emotional healing, and many of the things I talk about in this book.

This helps a lot because then during our healing sessions we don't need to spend all the time explaining concepts. You already understand the process. You already gain awareness and knowledge from the videos.

And awareness is powerful.

After the first week, I give homework.

You write about your past.

You write about your current life.

You write about your future.

Your dreams.

Your goals.

Your fears.

Your struggles.

This creates awareness.

Then later, around week seven in the course structure, I ask you again to write about your future and your life vision.

And this part is really powerful.

Because between the first writing and the second writing, healing already happened.

Your perspective changes.

And that's one of the biggest keys in healing.

When you heal emotionally, your perspective changes naturally. Suddenly you see opportunities where before you only saw fear. Suddenly you become open to solutions, possibilities, ideas, dreams, and future visions which earlier felt impossible.

You begin to see life differently.

So the first part of the program is the course itself.

The Meditation Library

The second part is the meditation library.

This includes the Samadhi meditation, which I highly recommend you start practicing from Day One.

During the first week, I usually recommend focusing mainly on Samadhi meditation daily so your brain and body learn how to relax deeply and access those delta brain waves easier.

Then at the end of the first week, we do the first Source Memory Healing session.

This is a two-hour healing session.

We begin with Samadhi meditation, then we access the unconscious mind, revisit the memories connected to the issue, collect the emotions, release them, heal them, forgive, and shift the emotional charge connected to those experiences.

Because there are four healing sessions during the 30 days, it means we usually focus on four major issues in your life.

If you come to me with panic attacks, obviously the first session is usually focused on the panic attacks.

But after that, we move deeper.

Maybe the second issue is relationship pain.

Maybe it's grief.

Maybe it's fear of abandonment.

Maybe it's physical illness.

Maybe it's childhood trauma.

Maybe it's financial fear.

Sometimes clients already know their four biggest struggles at the beginning.

And sometimes new things come up during the healing journey.

I had clients who suddenly realized in Week Two that something they thought was "normal" was actually deeply affecting them emotionally.

They suddenly recognized:

"This thing is actually keeping me awake."

"This situation is draining me."

"This memory still hurts me."

"This relationship is making me anxious."

So then we work on that.

We always focus on what feels most urgent in your timeline and emotional reality at that moment.

Because my goal is to help you feel free.

Peace of mind means freedom.

Freedom from emotional heaviness.

Freedom from fear.

Freedom from emotional pain constantly controlling your life.

If something keeps triggering you, frustrating you, draining you emotionally, then it needs healing and release.

The Weekly Structure

So usually the process flows like this:

Week One

Samadhi meditation and emotional preparation.

Week Two

Karmic depth healing meditations.

There are several meditations focused on releasing karmic patterns, emotional cycles, addictions, anger, guilt, shame, fear, and destructive repeating behaviors.

Week Three

Ancestral healing.

This includes ancestral trauma healing, ancestral defect release, karmic ancestral healing, and entering the family unconscious to heal deeper family patterns.

Week Four

Integration and manifestation.

This week focuses on future vision, grounding, healing integration, manifestation meditations, connecting with spirit guides, ascended masters, visualizations, and building your future reality from a healed state.

You also learn grounding exercises and pranayama breathing techniques during the process.

So there are many different healing experiences inside the meditation library.

And you receive lifetime access to the meditation library and also lifetime access to the Life Transformation System course.

Plus the four healing sessions with me.

And throughout the whole process, I also check in with you about your daily habits.

Your supplements.

Your nutrition.

Your exercise.

Your routines.

Your emotional state.

Your progress.

Your sleep.

Your energy.

Everything works together.

If You Don't Work With Me Directly

Now, maybe you are reading this and thinking:

“What if I don't have the resources right now to work with you one-on-one?”

That's okay too.

I still want you to heal.

So this is what I recommend.

Go to my YouTube channel @MagicalKarmaPriestess.

I already uploaded many powerful meditations and healing resources there. The YouTube playlist is not as complete as the private meditation library, but it still contains many really valuable practices.

It includes:

- Samadhi meditation
- Karmic depth releases
- Addiction and intoxication healing
- Anger release meditations
- Manifestation meditations
- Grounding meditations
- Spirit guide meditations
- Energy healing practices

So you can absolutely begin your journey there.

I also created a show back in 2025 called *Release With Ease*.

It was a 17-episode healing show and it's available in my YouTube playlists.

One episode in particular, the Trauma Healing episode, is very important.

Why?

Because it is basically a recorded Source Memory Healing session.

The only difference is that during the recording I cannot personally hear your story or guide your emotions individually like I do in private sessions.

When I work one-on-one with clients and they share the memory with me, I can help them identify hidden emotions.

Sometimes people don't even realize what they are truly feeling.

I might ask:

“Do you also feel abandoned?”

“Do you also feel unsupported?”

“Do you also feel betrayed?”

“Do you feel hopeless here?”

And suddenly they realize:
“Yes. That’s exactly what I feel.”

Then we release those emotions.

But when you are listening to the recording alone, you need to identify your own emotions and place them into the healing sentences yourself while following my guidance.

And it still works beautifully.

In that Trauma Healing episode, I guide you through two memories.

If more memories come up, you can simply rewind the track and repeat the process with additional memories.

Many people do that.

Panic Attack Healing Episode

I also created a specific Panic Attack Healing episode.

You can listen to that too.

In that episode, I talk more deeply about panic attacks, emotional healing, and calming practices. There is also a gentle meditation included.

But honestly, for deeper healing, I still highly recommend the Trauma Healing session together with the full 30-day process.

My Course

You can also find my Life Transformation System course on Udemy. Inside the course, you can also access meditations like the Ancestral Defect Release meditation, which helps release stuck ancestral energies from your aura and energetic field.

So if you don’t currently have the resources for one-on-one healing, a really good combination is:

- My Udemy course

- My YouTube playlists
- Daily Samadhi meditation
- Consistent healing practices

That alone can already create massive shifts in your life.

Final Words

So this is what I can offer you.

This is what I created from my own experiences, my healing journey, my spiritual work, my studies, my clients, and years of helping people transform their lives.

And if you feel called for more personal support, deeper healing sessions, or direct guidance from me, then book a one-on-one Synergy Session with me and we can discuss your journey together.

All right.

So let's move into the next chapter.

Stop Panic Now by Edit B Kiss

Chapter 8: Your New Life

Here is a disclaimer.

If you love your current life exactly as it is, if you do not want change, then do not do this program.

Don't do the healings. Don't even do the Samadhi meditation.

Because the moment you start practicing Samadhi meditation and activating your pineal gland, your life will begin to change.

How?

You will start experiencing more synchronicities.

You will become more intuitive.

You will feel inspired.

Ideas will begin downloading into your mind.

You may suddenly feel like writing a book, recording videos, creating something, helping people, speaking your truth, or sharing your story with the world.

You will begin taking action toward your needs.

You will start receiving visions, ideas, guidance, and clarity.

And for many people, this is the moment when they finally begin discovering their purpose and mission.

This starts happening because your third eye begins opening. For many people, that energy center has been blocked for years. If you constantly worried about the future, feared the unknown, felt stuck, confused, lost, or disconnected from your direction in life, then your intuition was not flowing freely.

Meditation starts opening that portal into your new life.

And here is another truth people rarely talk about:

Some people are actually scared to heal.

When someone has been depressed for years, struggling with panic attacks for years, carrying emotional pain for years, they build an identity around the suffering. Suddenly imagining life without the pain can feel unfamiliar and even uncomfortable.

Sometimes people use their struggles as protection or excuses without realizing it.

They say:

“I can’t come because I’m depressed.”

“I can’t join because I’m anxious.”

“I can’t go because I’m having panic attacks.”

And because emotional suffering often affects the physical body too, they also experience more illnesses, exhaustion, infections, flu, colds, fatigue, and weakness. Their body reflects what they carry emotionally.

So they slowly isolate themselves from life.

But when you truly begin healing, something changes.

You start wanting to be around people again.

You start wanting to experience life again.

You feel healthier, stronger, lighter, happier.

And suddenly, those old excuses are gone.

But this does not mean you should constantly say yes to everything.

You still need your “me time.”

You still need quiet moments.

You still need rest.

You still need space for yourself.

Do not feel guilty if sometimes you want to stay home.

Do not feel ashamed if you want a slow morning.

Do not feel bad if you skip one workout and simply stay in bed resting.

Actually, those quiet days can become some of the most powerful days of your life.

Because when the world becomes quiet around you, you can finally hear yourself.

That is when guidance comes.

That is when new ideas arrive.

That is when inspiration flows.

Maybe you sit quietly listening to birds outside.

Maybe you do a Samadhi meditation and remain in that peaceful vibration afterward.

Maybe you simply rest without distractions.

And suddenly, ideas start arriving.

You may feel guided toward a new business, a new relationship, a move, a creative project, a healing path, or a completely different future.

Keep a notebook next to you.

Because the ideas can come very fast.

This is how life works with the universe, with Source, with God — whatever name you connect with.

You put out your intention through prayer, meditation, manifestation, or visualization. But life is always co-creation.

You do your 50%, and the universe meets you with the other 50%.

Sometimes people know what they want, but they do not know what steps they should take.

That is why quiet time matters.

Because the guidance comes during the stillness.

This is how your new life begins unfolding.

It unfolds through:

- new people,
- new opportunities,
- new hobbies,
- new experiences,
- a stronger body,
- a healthier mind,
- deeper peace,
- and a completely new lifestyle.

Let me share some beautiful stories from my clients.

One of my clients came to me with depression. She also felt completely lost. On top of that, doctors found a tumour in her brain, and she was terrified because she did not yet know whether it was cancerous or not.

She had known me for years, but that diagnosis finally pushed her to start working with me.

We did the 30 Days PTSD to Peace Intensive together.

Shortly after we finished, I started seeing her everywhere online. She was suddenly doing live videos, showing up confidently on social media, writing novels, publishing children's books, and even launching her own podcast.

I honestly could barely recognize her because she used to be extremely shy.

So I asked her:

“What happened to you? I see you everywhere!”

And she laughed and said:

“You happened to me.”

That made me so happy.

Another client was a university student suffering from severe panic attacks. We also did the 30 Days PTSD to Peace Intensive together.

Shortly after finishing the program, she returned to university feeling strong and confident again. A few months later, she applied for a scholarship abroad and won it.

Suddenly, the girl who was once trapped in fear was preparing to move to another country and start a completely new chapter of her life.

That is the power of healing.

Another client went through one of the hardest situations imaginable.

She experienced betrayal, divorce, financial loss, a car accident, grief after losing her mother, another accident afterward, and massive instability in her life. Even her own family treated her like the black sheep.

Eventually she sold her house, left the state she lived in, and moved somewhere completely new where she hardly knew anyone.

When we started working together, she suffered from panic attacks, heartbreak, grief, fear, and exhaustion from life.

But slowly everything started changing.

She met incredible new people.

She found genuine love and support.

She finally experienced what a loving family felt like through new connections she created in her new environment.

For the first time in her life, she felt safe, appreciated, and accepted.

She originally joined the 30-day program, but afterward she continued working with me in a six-month VIP experience because she had gone through so much trauma that she needed deeper support and longer healing.

And by the end of it, she truly felt alive again.

Another client came to me after experiencing serious heart issues during a retreat. Her heart literally stopped, and afterward she needed a pacemaker.

Underneath everything, she was carrying unresolved grief from losing both her brother and her nephew.

As we discussed earlier in this book, grief deeply affects the heart chakra.

After the hospital experience, she developed panic attacks whenever she needed medical checkups. Even going to appointments terrified her.

She first found my YouTube trauma healing session and tried it alone. But afterward she told me:

“I need your help personally. I need to do this with you.”

So we worked together through the 30 Days PTSD to Peace Intensive.

And everything started shifting.

She released deep grief.

She became calmer, happier, more understanding, more compassionate toward herself and others.

When people suffer deeply, they often become trapped in victimhood. They become angry, impatient, resentful, and disconnected from others because they feel abandoned by life.

But healing changes perspective.

After the sessions, she finally began understanding her family members differently too. Her relationships improved. Her communication improved. Her peace returned.

And because she was already a life coach herself, she eventually decided she wanted to learn these healing methods and use them with her own clients.

That is why I also teach Karma Yoga Healing and Source Memory Healing methods for practitioners and coaches who want to help others heal.

There is a four-week facilitator certification program where you can learn these methods, practice them, and complete an exam with me to become certified.

So if you deeply resonate with this work, that opportunity is also available for you.

And now, before we finish this book, I simply want to say thank you.

Thank you so much for buying my book.

Thank you for trusting me.

Thank you for allowing me to guide you on this journey.

And please remember this:

Your life is not over because you had panic attacks.

Your life is just beginning.

There is life after panic attacks.

There is peace after fear.

There is joy after suffering.

Stop Panic Now by Edit B Kiss

You are going to experience miracles, happiness, love, adventures, new beginnings, and beautiful transformations.

So stop panic now.

Do the work.

Practice the exercises.

Follow the guidance in this book.

And your life can completely transform.

I love you.

Take care.

Bye bye.