

The
ROOT CAUSE

HEALING FRAMEWORK

A STEP-BY-STEP GUIDE TO LASTING CHANGE

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INTRODUCTION



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Introduction

Dive into a transformative approach that goes beyond treating symptoms by addressing the underlying causes of your health issues. This guide equips you with the knowledge and tools needed to uncover the root of your physical and emotional ailments, offering a path to sustainable, transformative health improvements.



Understanding Root Cause Healing

Overview of Root Cause Healing: Root cause healing is a holistic approach that looks beyond the apparent symptoms to understand the underlying reasons for illness. It integrates physical, emotional, and environmental factors, offering a more comprehensive treatment than conventional methods that often focus solely on symptoms.

Self-Reflection Questions:

- What repeating problems am I facing in my health or mood?
- Do I think these issues might have deeper causes?
- Can I identify any life events that correlate with the onset of my symptoms?
- What feelings do I experience when my symptoms worsen?



Harnessing the Power of Attention Management

Introduction to Attention Management: Effective attention management can significantly impact your mental and physical health. By learning to control where and how you focus your attention, you can reduce stress, enhance your mood, and improve your overall health. This section introduces practical methods to enhance your focus, such as mindfulness and prioritization techniques.

Self-Reflection Questions:

- What times of day do I feel most distracted?
- What one change can I try this week to better manage my attention?
- How do my distractions impact my daily life?
- What tools or methods have I used in the past that helped me focus better?



Energy Management for Healing

Understanding Energy Management: Managing your personal energy involves making lifestyle choices that optimize your physical, mental, and emotional well-being. This chapter explores how to maintain a balance between expending and replenishing energy, including adjusting your diet, improving sleep habits, and engaging in activities that rejuvenate rather than drain you.

Self-Reflection Questions:

- How do I feel at the end of the day?
- What one activity could I reduce or remove that might help me save energy?
- What times am I most energetic, and how can I make the most of those moments?
- How do my eating and sleeping habits affect my energy levels?



Tools and Techniques for Root Cause Analysis

Using Techniques from Experts: This section integrates effective techniques from leading thinkers like Louise Hay and Joe Dispenza, who provide tools for self-exploration and healing. By using affirmations, meditation, and conscious intention-setting, you can begin to uncover and address the deeper reasons behind your health issues.

Self-Reflection Questions:

- Which one of my health issues do I want to focus on first?
- Which healing technique do I feel drawn to explore more?
- Are there specific emotions linked to my physical symptoms?
- How open am I to trying new approaches to healing?

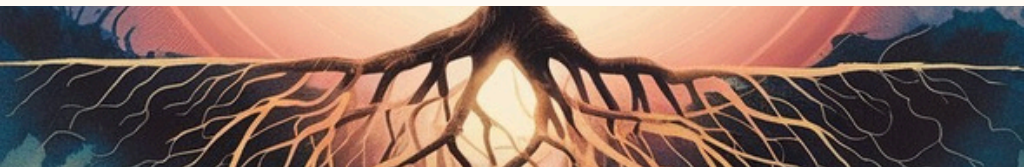


Creating Your Personal Healing Plan

Step-by-Step Healing Plan: Based on the insights gained, this chapter guides you in creating a personalized healing plan. It involves setting clear, achievable goals, deciding on strategies to meet these goals, and ways to monitor your progress, adjusting as necessary to ensure ongoing improvement.

Self-Reflection Questions:

- What is my main goal for improving my health in the next month?
- How will I check my progress?
- Who or what could help me stay motivated?
- Are there adjustments I need to make based on initial outcomes?

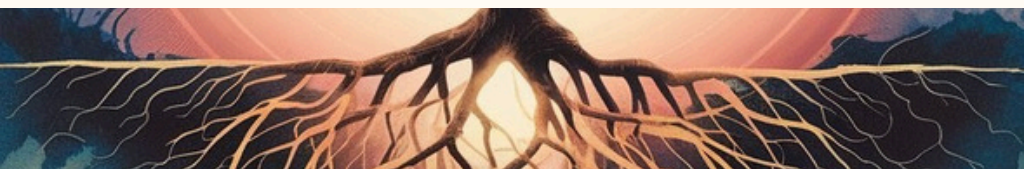


Maintaining and Expanding Your Healing

Sustaining Change: Learn strategies to maintain the healing changes you've implemented and to continue growing in your healing journey. This includes forming new habits, seeking community support, and engaging in continuous learning to adapt to new challenges and deepen your wellness practice.

Self-Reflection Questions:

- What simple habit can I start today to support my health?
- Who can help me stay on track with my goals?
- What challenges do I anticipate in sustaining the changes?
- How can I address potential obstacles in my path to continuous improvement?



WHAT'S NEXT

Stepping Into a New Future

Healing at the root cause is the key to lasting change. By following this framework, you have taken a major step toward true emotional and physical well-being. This is just the beginning of your journey to transformation.

Next Steps:

I've created a free training to take you even further. In this session, you'll learn how to apply the root cause healing framework to create real, lasting shifts in your life.

✨ [Watch the Free Training Now](#)

Your journey to lasting healing and change starts today!

- SAIMA MAHAJAN

