

BREAKING THE CYCLE



HOW TO HEAL FROM LIFE'S RECURRING CHALLENGES

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INTRODUCTION



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Introduction

This guide explores the transformative potential of uncovering and addressing the deep-seated emotional and psychological roots of physical symptoms. Discover how holistic healing approaches can offer not just symptom relief but lasting change.



Understanding Psychosomatic Health

Psychosomatic Connections: Emotions and physical health are deeply intertwined. Physical symptoms often signal deeper psychological distress, serving as an alert to unresolved emotional conflicts.

Example: Rohan, a skilled singer from Lucknow, suffered from severe stage fright that stemmed from childhood abuse which taught him to stay silent to avoid harm. Addressing these traumatic memories helped him gradually reclaim his voice and confidence, allowing his true talent to flourish on stage.



Understanding Psychosomatic Health

Questions to Ponder:

What physical symptoms do I experience regularly, and what emotions are they potentially linked to?

Are there traumatic events in my past that I haven't fully addressed?



The Power of Emotional Healing

Unpacking Emotional Baggage: Unresolved emotional issues can manifest as disruptive life patterns, impacting financial stability, relationships, and personal growth.

Example 1: Nileshe constantly struggled with debt and, through root cause healing framework, realized her spending was an attempt to gain approval from her father-in-law. Understanding this pattern was his first step toward developing healthier financial habits and finding internal validation.



The Power of Emotional Healing

Example 2: Priyanka in Jaipur used her obesity as a shield against vulnerability, hiding behind her physical size to avoid emotional exposure. Recognizing this helped her to confront her emotional fears and take steps toward a healthier lifestyle.

Questions to Ponder:

- In what areas of my life do I see destructive patterns repeating?
- How might these patterns be connected to unresolved emotions or past experiences?



Breaking Behavioral Cycles

Behavioral Patterns and Health: Learn how certain repetitive behaviors, like chronic stress from overcommitting, can stem from deep-seated needs to prove worth or gain recognition, often leading to physical and emotional exhaustion.

Example 1: A software engineer from Bengaluru took on too many projects to prove her worth, leading to stress and burnout. Realizing her worth wasn't tied to her productivity was a crucial step in reducing her workload and stress levels.



Breaking Behavioral Cycles

Example 2: A young boy from Mumbai often fell ill to receive attention from his busy parents, feeling neglected otherwise. Family therapy helped them understand and address his need for emotional connection, improving his health and their relationship.

Questions to Ponder:

- Do I take on tasks beyond my capacity to gain approval or recognition?
- How often do I feel physically unwell, and could it be related to seeking care or attention?



Optimizing Sleep and Nutrition

Sleep Awareness: Understand the critical role of sleep in mental and physical health and how improving sleep quality can dramatically enhance well-being.

Example: Rajat from Kolkata struggled with fatigue and irritability due to poor sleep. Establishing a routine that included winding down activities and a consistent bedtime improved his sleep quality and overall mood.



Optimizing Sleep and Nutrition

Nutritional Adjustments for Better Health: Small dietary changes can resolve longstanding issues by addressing nutritional deficiencies or imbalances.

Example: Meena in Hyderabad added Vitamin D3 and Magnesium to her diet, which alleviated her chronic aches and pains, highlighting how minor adjustments can have major health impacts.

Questions to Ponder:

- How does my current sleep routine affect my daily energy and mood?
- Are there nutritional changes I could make that might improve my physical or emotional health?



Conclusion

Emphasize the importance of introspection and holistic health approaches in uncovering and addressing the root causes of physical and emotional symptoms. Encourage readers to adopt these practices for a balanced and fulfilling life.

Appendix: Further Resources

This section provides a curated list of resources that can aid in your journey towards understanding and implementing holistic and root cause healing practices. These resources encompass books, practitioners, and educational programs that are renowned for their contributions to the field.

Books:

1. Louise Hay - Explore the pioneering works of Louise Hay, including "You Can Heal Your Life," which offers insights into the metaphysical causes and healing affirmations for various physical ailments.
2. Joe Dispenza - Delve into the books by Joe Dispenza such as "Becoming Supernatural," where he explains how you can change your body by using your mind, along with methods to experience a more mystical life.

Practitioners and Specializations:

1. Dr. Peeyush Saxena – Learn from Dr. Saxena's approaches in holistic medicine. His book and YouTube videos provide practical advice on integrating Ayurveda with modern medical practices to achieve balanced health.
2. Dr. Inder Bagha – Discover the specialization of Dr. Bagha, who focuses on integrating body, mind, and spiritual wellness practices to treat chronic diseases and promote overall well-being.

Healing Techniques and Programs:

1. Pranic Healing – Study the techniques of Pranic Healing, an energy medicine system that focuses on balancing the body's prana or life force to heal physical and emotional illnesses.
2. Chakra System – Gain insights into the chakra system through various books and workshops that explain how these energy centers influence our physical health and emotional states.
3. Seema Shenoy Manek – Explore the teachings and healing methods offered by Seema Shenoy Manek, noted for her work in energy healing and personal development.



Educational and Transformational Programs:

1. Landmark Worldwide – Participate in transformational programs offered by Landmark Worldwide, which provide profound personal and professional growth and foster powerful insights into improving one’s life.
2. Soul Journeys – Engage in Soul Journeys to understand and nurture the deep connections between the soul, mind, and body through guided retreats and spiritual counseling.

These resources are designed to support your exploration and practice of holistic health and provide a diverse range of perspectives and techniques to enrich your understanding of how to achieve and maintain optimal wellness.



WHAT'S NEXT

Stepping Into a New Future

Breaking free from life's recurring challenges requires deep healing, self-awareness, and consistent inner work. By applying the tools in this book, you will create lasting transformation and reclaim your power to shape a fulfilling life.

Next Steps:

I've prepared a free training designed to take you even further. This on-demand session will show you how to heal from the root causes of life's recurring challenges.

✨ [Watch the Free Training Now](#)

Your healing from the root cause starts today!

- **SAIMA MAHAJAN**
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