# Your Untamed "Yes"



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## A GROUNDED GUIDE TO HEALING CHRONIC FATIGUE, ILLNESS & CONFUSION —

## AND FINDING TRUE HEALTH & PURPOSE

Mark McDonnell

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# Introduction




You Might Be Here Because...

- You’re exhausted — even after resting
- Your body feels off, but nothing seems to explain it
- You feel anxious, scattered, or stuck in survival mode
- You’ve tried all the usual solutions — and still don’t feel like yourself
- You feel misunderstood or unsupported by medical systems

If that sounds familiar, you're not alone — and you’re not broken. You may just be disconnected from what your system actually needs in order to heal.
This isn’t about doing more. It’s about creating the right conditions for healing to happen.

# Who is Mark?



Born in the west of Ireland aling the Wild Atlantic Way, Mark McDonnell was shaped by the raw wild beauty and stillness of nature.

His journey from those wild shores to the US and Netherlands brought both a sense of freedom and at the same time deep inner challenges — prompting a lifelong path of healing, growth, and rediscovery.

Through personal trials and cultural transitions, Mark uncovered that true transformation doesn't come from fixing what's broken, but from reconnecting with our natural rhythm and deeper sense of self — our Untamed Yes.

Now an experienced energy healer and guide, Mark helps others move beyond illness,  exhaustion, self-doubt, and disconnection.

His work blends ancient wisdom with modern tools to help clients reclaim clarity, vitality, and purpose.

With compassion and grounded insight, Mark invites you to step into your own untamed, authentic life — where healing is not effort, but a return to who you truly are.



# What keeps so Many of Us Unwell?



In a world that rewards doing, fixing, and performing, many of us are living far from our natural rhythm. The body keeps up — until it can't.

There are four common (and often hidden) roots of fatigue, burnout, and chronic emotional or physical symptoms:

# 1. Disconnection from our True Self



You may feel numb, unsure of who you are, or like you're living someone else's life. This often comes from years of prioritizing others, suppressing your needs, or staying in survival mode.

**What's needed:**
Reconnection. Not to an ideal self — but to what's real inside you. To your voice, your body's signals, and your internal compass.



# 2: Always ""ON"

When life and nervous system is always "on," we stay stuck in the future — planning, pleasing, performing, overthinking. Rest feels unsafe. Stillness feels unfamiliar.

**What's needed:**
A return to presence. When the body feels safe enough to settle, clarity and calm naturally follow.

# 3. Unprocessed Past

Old emotional imprints — trauma, grief, shame, or heartbreak — can linger in the body long after the event has passed. These unprocessed experiences create invisible patterns that drain energy and disrupt wellbeing.

**What's needed:**
Safe, non-verbal ways to let go of what the body is still holding. The nervous system can't reset until the past has been acknowledged and released.





# 4. Energetic & Biological Imbalance

Fatigue, anxiety, chronic pain, gut issues, and brain fog can all stem from deeper imbalances — often overlooked by traditional approaches. These may include microbial stress (viruses, bacteria, fungi), liver or adrenal overload, and energetic interference.

**What's needed:**
Whole-person support that addresses both the biology and the energy — restoring balance gently and holistically.

# When Your Illness Becomes an Invitation

Most healing journeys begin with a desire to feel better — more energy, less pain, clearer emotions. That is essential. And your symptoms deserve attention, compassion, and care.
But for those called to go deeper, healing becomes something else entirely:

**A doorway. A message. A turning point.**

What if your illness or challenge isn't just something to fix, but something to understand?

What if your fatigue, pain, or confusion isn't proof that something is wrong with you — but a message that something deeply true has been waiting to be seen?

In this healing journey, we explore this deeper layer.
Not as a requirement — but as an invitation.
We begin to ask questions like:

- What is my body trying to tell me through this?
- What am I being asked to stop, release, or finally feel?
- What would shift if I saw my illness not as punishment, but as an unfolding story that has meaning.

This doesn't mean symptoms are "all in your head," or that biology doesn't matter. They do. But alongside restoring balance in the body, we also listen for meaning. And when we do, something profound often happens:

**Life stops being a problem to solve — and becomes a meaningful story we are living.**

# The 4 phases of Sustainable Healing

Healing Is a Process of Remembering
Healing doesn't always look like effort.
Sometimes it looks like quiet.
Sometimes it looks like honesty.
Sometimes it begins when we stop pushing and start listening to what the body has been trying to say.
You don’t need more information.
You need understanding.
You need a path that works with the body, not against it.
You need support that honors both your biology and your inner truth.



## THE FOUR PHASES

Healing is not linear — but it is possible. Through observation, and hundreds of sessions, and client stories, four natural phases of transformation tend to emerge:

1: Release - Clear What’s in the Way
2: Reveal: - Hear Your Inner Yes
3: Realign - Build a New Baseline
4: ACT - Live the Mythic Yes

# 1: Release

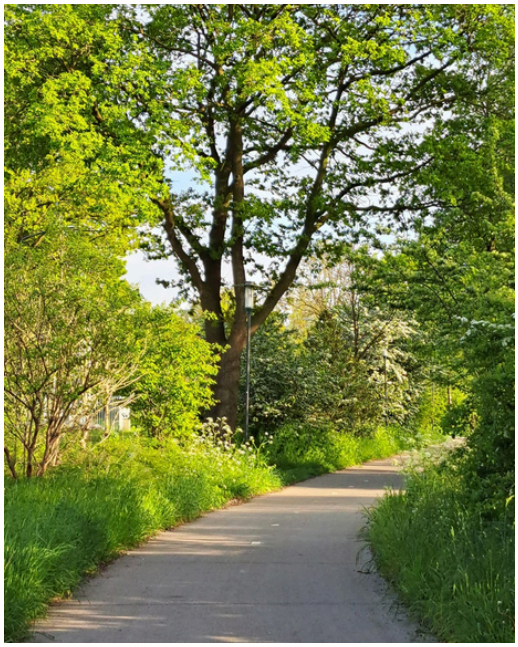
This is where we begin. Release what's been weighing on your system — whether emotional, energetic, or microbial — so your body can start to come back to baseline.

**Signs you're here:**

- Chronic fatigue, tension or uneasiness
- Feeling foggy, irritable, or disconnected
- Physical symptoms or pain that persists with no clear solution

**The focus here:**

Gently clear what's weighing on your system — emotional, energetic, or biological.





# 2: Reveal

As the body settles, your deeper truth begins to surface. You start to notice what feels aligned and what doesn't. You begin to reclaim your own voice — not the one shaped by people-pleasing or overdoing, but the one that's always been inside.

**Signs you're here:**

- Craving simplicity, quiet, or authenticity
- Questioning your current roles or patterns
- Wanting to live on your terms

**The focus here:**

Reclaim your voice. Learn to recognize what's real and right for you

# 3. Realign

In this phase, you begin to make gentle, practical changes — not from force, but from alignment. You learn to trust your body again. You build routines, relationships, and boundaries that reflect the truth you uncovered.

**Signs you're here:**

- Desire to create sustainable rhythms
- Letting go of outdated habits or expectations
- Feeling more emotionally resilient and physically steady

**The focus here:**

Create rhythms and relationships that truly support you.






# 4. ACT

This is integration. Not a perfect life, but a whole one. You begin to move through the world with a deeper sense of clarity, embodiment, and freedom. You say yes — not out of fear, but from truth.

**Signs you're here:**

- More energy and creative drive
- Saying no without guilt, yes without fear
- Living from clarity instead of chaos
- live with courage

# What Actually Makes Healing Work?

True healing supports the whole of you.:

- Physical and energetic
- Emotional and practical
- Spiritual and cellular



And we realize that true health is not about perfection — it's about living in integrity with who we really are.
This is the heart of the deeper work —
Not just healing from illness,

" There is a crack, a crack in everything — that's how the light gets in."

— Leonard Cohen

## DO YOU WISH TO GO DEEPER?:

If you feel curious about this layer — even just a spark — the Untamed Yes journey offers a space to explore it safely, gently, and in your own timing.
Your story matters.
And it may be more sacred than you've ever been told.

If this guide resonated with you, and you're curious about what's possible with the right support, here are two ways to begin:

# 1: Applied Biomagnetic Therapy Session

If you wish to simply begin the healing process then this is a gentle, energy-based session that helps your body **reset** and **release** what's been stuck. (Either face to face or Online)

This isn't talk therapy or just symptom treatment.

It's a way to work directly with your body's bioenergetic field — especially the heart's magnetic intelligence — to clear hidden imbalances that block healing.



**Perfect if you feel:**

- Heavy or stuck
- Physically unwell with no clear reason
- Emotionally drained, but don't know why

**This work addresses:**
Unresolved trauma, microbial stress, energetic blocks — all without needing to "push" through.

**BOOK AS SESSION NOW -**
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# 2: Begin the Untamed YES Journey

A complete journey that guides you through every phase of healing. Combining energy work, emotional release, and spiritual alignment, this path helps you reconnect with your true self and your purpose.

This isn't a program to fix you. It's a return to your natural rhythm — the yes you've always carried inside.




**What You'll Experience:**

**RELEASE**: Clear what's been draining your ener\gy — physically, emotionally,  and energetically.

**REVEAL:** Reconnect with your inner voice and remember who you are beneath the noise.

**REALIGN:** Create a sustainable rhythm that reflects your values, truth, and needs.

**ACT:** Step into your Untamed Yes Life — with energy, confidence, and freedom. Live your mythic life story.

**https://markmcdonnelltherapy.com/free-discovery-session**

# Conclusion



Ihank you for taking the time to read this guide. I hope it has offered you comfort, clarity, and a sense of possibility on your healing journey.

As you've seen, there are many ways to understand illness — and just as many paths toward healing. It doesn't have to be complicated. Sometimes, it begins simply with listening, slowing down, and trusting that your body is not working against you, but speaking to you.

It's my deepest wish that you not only find relief from symptoms, but also uncover the meaning woven into your experience — so that your healing becomes more than recovery. It becomes a return. A return to your true self. A return to wholeness. A life made complete, just as it was always meant to be.

With care and respect,
Mark McDonnell

**More info at → www.markmcdonnelltherapy.com**

# YOUR NOTES