



# CASE STUDY

## BEYOND HEALING: THE MIND-BODY TRANSFORMATION JOURNEY

How Focused Intention, Meditation, and  
Holistic Practices Sustained My Health  
CASE STUDY

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# INTRODUCTION



**This case study explores my continued health monitoring journey following the transformative healing I experienced in 2023. It serves as further evidence of the profound connection between the mind and body, demonstrating that individuals can rewire their brains, bodies, and lives through focused intention, meditation, and holistic principles. This study builds on my previous experience with a breast tumor, offering new insights into how sustained practices continue to enhance my health.**



# BACKGROUND



This case study focuses specifically on my health journey throughout 2024, following the disappearance of my breast tumor in December 2023. (See previous Case Study for more details.)

During 2024, I committed to regular health monitoring, undergoing blood tests every three months to track my progress. My focus remained on maintaining optimal health through holistic practices. As my health showed consistent improvement, my monitoring schedule shifted to every six months starting in 2025, reflecting the positive and stable progress in my overall well-being.

Per blood work done by Laboratorio Borbolla in Ensenada, BC, Mexico, ordered by Dr. Michael Hino from Hino Medical Center:

- **July 29, 2024:** My CA 15-3 level was 19.20, **raising concerns as it could indicate the return of the tumor.** After receiving this alarming result and hearing my doctor's caution, I decided to take immediate action.

I committed to utilizing **ONLY** the knowledge and techniques from Dr. Joe Dispenza. The most powerful tool in this process was the **Healing Meditation guided by Deepika Jandal from @circle.of.calm**. I dedicated myself to practicing this meditation at least twice a day, which became the cornerstone of my healing routine. This consistent practice allowed me to shift my body into a state of balance and coherence, supporting the theory that our minds have the power to influence our physical health.

Through these meditative practices, I was able to regulate my emotions, reduce stress, and activate my body's natural healing mechanisms. Additionally, I integrated my mental fitness skills, drawing from my own **teachings in Myrd2heal.com**

These skills enabled me to maintain mental clarity, focus, and resilience throughout the process, creating a strong foundation for sustained change.

Alongside meditation, I maintained proper nutrition through the **Triaveda Diet**, which provided the physical support my body needed. The combination of these practices created a holistic approach that nurtured both my mind and body, proving that intentional mental and emotional work can lead to measurable health improvements.





**After almost three months of this focused regimen:**



· **October 25, 2024:** A follow-up **test showed a reduction in CA 15-3 to 16.90.**

### **Laboratory Analysis:** Key Health Improvements

The lab **results from July to October 2024 revealed several notable improvements:**

1. CA 15-3 Levels: Reduced from 19.20 to 16.90 U/mL, indicating a positive shift in tumor marker levels.
2. HORMONA FOLICULO ESTIMULANTE (FSH): Decreased from 72.36 to 32.10 mIU/mL, reflecting better hormonal regulation.
3. PROGESTERONA (P4): Increased from 0.17 to 0.47 ng/mL, showing improved hormonal balance.
4. HORMONA LUTENIZANTE (LH): Dropped from 47.09 to 27.30 mIU/mL, suggesting enhanced endocrine function.
5. PROLACTINA (MATUTINO): Rose from 8.0 to 14.3 ng/mL, indicating healthy pituitary activity.
6. PROTEINA C REACTIVA (PCR): Reduced from 1.20 to 0.80 mg/L, pointing to decreased inflammation.
7. FACTOR REUMATOIDE CUANTITATIVO: Remained stable at 0.0 U/mL, confirming no signs of autoimmune activity.

These changes reflect the **profound impact of a disciplined**, holistic approach centered **on mind-body alignment**.

By integrating consistent meditation from circle.of.calm, proper nutrition through the **TriaVeda Diet**, and mental fitness techniques from **Myrd2heal**, I created an environment where my body could naturally restore balance and health.





# ANALYSIS



These **results** further **validate the profound impact of mind-body practices** on health and well-being.

One of the key learnings from this journey is that healing is not a "one-and-done" event—it's an ongoing process, a continuous work of art.

The more we nurture our mental health, the more resilient and vibrant our physical bodies can become.

This realization was the driving force behind the creation of Myrd2heal.com, a platform where I share my knowledge and experiences to help others embark on their own healing journeys.

It also inspired me to become a Certified Life Coach, equipping me with the tools to guide others toward finding the right alignment in their lives. My passion for healing extends beyond personal growth; I am dedicated to collaborating with like-minded individuals and companies around the world to promote holistic well-being and make healing accessible to everyone.

Key contributing factors include:

- Consistent Meditation: Sustained mental practices created a healing environment within my body.
- Emotional and Mental Mastery: Ongoing emotional regulation and mental fitness maintained my health gains.
- Focused Intention: Continued coherence between heart and brain through focused intention amplified healing effects.





# CONCLUSION

This continuation of my healing journey demonstrates that focused intention, meditation, and holistic practices not only initiate healing but also sustain and enhance long-term health. My experience provides ongoing, real-life evidence supporting the transformative power of the mind-body connection.

Dr. Joe Dispenza's research claims that we can rewire our brains and bodies by altering our thoughts, emotions, and behaviors, effectively creating new neurological pathways that influence our physical health. Through my own experience, I have proven this theory in practice. By relying solely on the principles I learned from his teachings—**without the use of medication**—I was able to achieve measurable health improvements.

What made this transformation even **more profound** was the integration of support from **Circle.of.calm**, whose Healing Meditation guided by **Deepika Jandal** served as a **powerful catalyst for my healing**. Additionally, the **TriaVeda Diet** provided the necessary nutritional foundation, while my own tools and **teachings from Myrd2heal reinforced mental and emotional resilience**. This holistic synergy amplified the effects of the mind-body connection, confirming that health is not solely a physical process but an intricate dance between mind, body, and spirit.

In essence, **my case CONTINUES to validate Dr. Dispenza's research through lived experience**, while showcasing how complementary practices like meditation, proper nutrition, and mental fitness can work harmoniously to create lasting health transformations.

**Disclaimer:** This case study is based on personal experiences and is not intended to replace professional medical advice. Always consult healthcare professionals when dealing with health-related issues.

