

A serene sunset scene over a pond. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. Several swans are visible in the pond, and trees line the background. The overall mood is peaceful and contemplative.

**CLAIM TIME FOR PEACE,
FULFILLMENT, HAPPINESS,
& SELF-EMPOWERMENT!**

**FOR LOVERS OF SPIRIT WHO
FRET & FEEL FRUSTRATION**

**A CLEAR PATH & ACTION PLAN FOR
ALL 5 LEVELS OF YOUR BEING**

by Marcia Diane, LPC, LISAC



**ESSENTIAL
MASTERY**

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WHAT ARE 5 LEVELS OF YOUR BEING?

1. Physical body
2. Emotions (emotional body)
3. Subconscious mind (causal body, Akashic Records, home of memories)
4. Mind (thoughts - yours or others.' Yes, not all thoughts are yours!)
5. Soul (your true self. Unlimited. Gorgeous. Precious child of God.)

My mission is for you to benefit from understanding all of who you are so that you can nurture yourself on all levels, heal from traumas, let go of nonsense, cleanse, & emerge refreshed & empowered! I truly wish the BEST for you!

Marcia Diane





CREATE HEALTHY HABITS

FOCUS on:

- **F**orgiveness.
- **O**utstanding self-care.
- **C**ompassion.
- **U**nconditional Love.
- **S**ervice.

Build strength & resiliency by playing in new ways, understanding the intertwined nature of all life, and taking daily action.



YOUR PERSONAL ACTION PLAN



TAKE PHYSICAL ACTION

- Self-education through various resources, time, & place.
- SMART goals: Specific. Measurable. Achievable. Realistic. Time-bound.
- Follow through to create massive action.

STOP EMOTIONAL REACTION

- Release the stuck emotions thru tapping, shaking, art therapy, etc.
- Resolve objections posed by your mind on each issue as it arises.
- Get help as needed when you cannot adequately release alone.

REWIRE YOUR SUBCONSCIOUS

- Journal to catch your ANTs (Automatic Negative Thoughts).
- Notice triggers & prepare to sever the connections.
- Affirm your worthiness, strength, wisdom, & beauty.



MANAGE YOUR THOUGHTS

- Develop a positive mindset. Think & speak in positive terms.
- Envision. Explore. Build your inner visual vocabulary to match.
- Build your confidence. A+ for your efforts. Believe in yourself!

CONNECT TO GOD & YOUR SPIRITUAL SUPPORT TEAM

- Meditation & spiritual exercises daily to relax. Listen to inner guidance,
- Call upon & connect to God, Spirit, angels, ascended masters each day.
- Serve humanity. Send love to everyone. Share when uncomfortable.



Four Simple Positive Affirmations

**Remember your free
will to decide.**

Manifest Good Karma

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**Increase your power!
Focus your
attention to
manifest
your dreams.**

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**Believe in
yourself &
keep moving
forward.
Remember
the turtle
who makes progress
only when he sticks
out his neck.**

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**Since we
create with
our thoughts,
I create this –
*everything
is always
working
out for
me!***

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NEXT STEPS

Commit to taking steady,
consistent action.

You **DESERVE** to:

- Develop unshakable certainty in YOU.
- Exercise your mind to think positively.
- Swim in a safe, supportive Ocean of Love.
- Envision and create the life of your dreams.
- Renew a robust devoted spiritual practice.
- Visualize life working better than imagined.
- Energize feeling daily joy, delight, and renewal.

Want to learn more?

A sneak peak of wonderful weekly offerings in Essential Mastery (by my inner **GENIE** 😊)

- Grounding and shielding
- Eliminating worry in 5 minutes
- Neutralizing negativity
- Innovative Spiritual Exercises
- Emotional Freedom Technique (EFT*)

*EFT is a highly effective, clinically proven technique for the relief of psychological and physical distress.

Click here **NOW** <https://marciadiane.com/essential-mastery-founder> to join the waitlist for
Essential Mastery Founding Member Launch (with lowest ever price): January 2023.

Be sure to follow me on IG @MarciaDiane_author @Essential_Mastery

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Join & participate in Essential Mastery Facebook group.





Your Action Plan on All 5 Levels of Your Being

What did you learn? What do you want to do differently?

Define your commitment to taking new actions.

How will your life look when you take your desired new actions?



Happy Clients



Samantha

"In all the years of therapy, personal growth, and research I have done, no one has given me the tools to cope with my anxiety like the tools Marcia has taught me. Through working with her, I have learned to co-exist with my anxiety in a way that is validating and empowering. The experience has been life changing."



Harriet



"Meeting you was a true blessing and a gift from G-D. I have had many counselors over the past twenty years, and you are the counselor who helped me to find my Higher Power ... My husband and I appreciated what you did for us; our marriage is more beautiful now than it ever was. Marcia, you helped me to have a new lease on life, and I am eternally grateful for that. With So Much Gratitude,"





Meet Marcia Diane

A lifelong spiritual student & teacher, mother & grandmother, licensed professional mental health & addictions counselor, author, & artist. For decades, Marcia taught classes on advanced spirituality, led workshops, & helped thousands of people heal from trauma, abuse, addiction, & mental illness using traditional, creative, & spiritual technologies, including meditation, hypnosis, & Quantum Healing Hypnosis Therapy (QHHT).

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Disclaimer

There is no magic wand to instantly cure what ails you forever. We provide ancient wisdom and techniques combined with cutting edge technology to help you quickly cut through your traumas and triggers to gain spiritual mastery. You will go at your own pace and gain benefits that reflect your willingness and discipline.

Continue seeing your doctor, psychiatrist, or psychotherapist for pre-existing conditions.

Written testimonials are 100% true. The photos were changed to maintain privacy.

Essential Mastery is a 9-week online course & membership program designed to magnify your happiness & personal transformation.

We help sincere spiritual seekers who feel overwhelmed, frustrated, and anxious about their life situations to feel calm, peaceful, and confident by mastering needed skills, understanding a bigger picture, and creating the life they desire.

Books

Thriving in Unprecedented Times, How to Resolve Karma Using Timeless Techniques
(Kindle & paperback)

21 Ascended Masters, Messages for God Seekers & 19 meditation books based on ancient Kabbalah technology.

All titles are available in Kindle from marciadiane.com/books.

Sold on [Amazon.com](https://www.amazon.com)