



**FEEL
HAPPY
&
FREE**

**DITCH YOUR TRAUMA
USE THIS ACTION PLAN**

by Marcia Diane, LPC, LISAC



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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: either yours or others. Yes, not all thoughts are yours!)
5. Soul (your true self. Here you are unlimited, gorgeous. A 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 (practice focusing on):

- **Forgiveness.**
- **Outstanding self-care.**
- **Compassion.**
- **Unconditional Love.**
- **Service.**

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 MORE?

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

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

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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 these 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 adventurer & 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 EFT, meditation, hypnosis, & Quantum Healing Hypnosis Therapy (QHHT).

Essential Mastery is a powerful program designed to super-charge your personal transformation.

Have you felt a profound connection to God?

Do you want more & know you deserve more?

Marcia helps smart, spiritually minded women who have survived trauma, toxic relationships, & are tired of struggling, & being controlled or neglected. Do you feel unworthy, not good enough, anxious, barely holding on? Have you lost your voice? Essential Mastery can help you gain happiness, confidence, mastery of your emotions & thoughts, peace, & greater success in your relationships.

Websites

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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.

Books

Thriving in Unprecedented Times, How to Resolve Karma Using Timeless Techniques

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21 Ascended Masters, Messages for God Seekers

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Awaken & Love It plus 18 power meditation books based on ancient Kabbalah technology ([Kindle](#))

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