



# HOW TO GET EXACTLY WHAT YOU WANT

**DITCH YOUR TRAUMA  
USE THIS ACTION PLAN**

by Marcia Diane, LPC, LISAC



## YOU CAN HEAL FROM TRAUMA & PTSD & GET WHAT YOU WANT TO LIVE HAPPY & FREE!

I healed from my own traumas & helped hundreds of clients in treatment centers & my private practice to heal also. My mission is for you to understand & benefit from all of who you are so that you can nurture yourself on all levels, ditch your traumas entirely, let go of nonsense, cleanse, & emerge refreshed & empowered!

### YOU WILL BENEFIT MOST BY WORKING ON 5 LEVELS OF YOU

1. Physical body (a collective of many interconnected systems)
2. Emotions (emotional body, passions, the driving force of your physical body)
3. Subconscious mind (causal body, Akashic Records, home of memories)
4. Mind (thoughts & beliefs - yours or others.' Yes, not all thoughts are yours!)
5. Soul (your true, eternal self. Unlimited. Gorgeous. Precious. A child of God.)

I truly wish the BEST for you!

*Marcia Diane*



## FOCUS ON CREATING HEALTHY HABITS WITH THESE SIMPLE DAILY ACTION STEPS

- **Forgiveness:** Focus on one person who hurt you & repeat: “I forgive you for focusing only on your own needs & not mine.”
- **Outstanding self-care:** Take frequent 1 minute rest points to breathe in for a count of 3, hold for 3, exhale for 3, & hold for 3.
- **Compassion toward yourself:** Cultivate present-moment awareness & non-judgmental observation of your thoughts & emotions.
- **Unconditional Love:** Imagine nourishing love of your Higher Power surrounding you & everyone at all times, whether felt or not.
- **Service:** Perform small acts of kindness throughout the day, such as smiling and offering a genuine compliment.

Daily **FOCUS**, even for a minute, will magnify & bring momentum to what you want in life. Increase your effort & time invested to see increasingly positive results.

# YOUR PERSONAL ACTION PLAN



## TAKE PHYSICAL ACTION

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

## STOP YOUR EMOTIONAL REACTIONS

- Release your stuck emotions through 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 your 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 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 daily spiritual practice.
- Visualize life working better than you ever imagined.
- Energize feeling moments of delicious joy, delight, & renewal.

## Want to learn 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

View [marciadiane.com](https://marciadiane.com) NOW to join the waitlist for **Essential Mastery** course & membership program. Check out my books, blogs, artwork, counseling, & other offerings.

Please follow me & like my posts on IG [@MarciaDiane\\_author](https://www.instagram.com/MarciaDiane_author) & [@Essential Mastery](https://www.instagram.com/Essential_Mastery).

Watch, like, & subscribe to [youtube.com/@marciadiane\\_counselor\\_author/videos](https://youtube.com/@marciadiane_counselor_author/videos)

On Facebook: [Marcia Diane Artist/Author](https://www.facebook.com/MarciaDianeArtist/Author). [Essential Mastery](https://www.facebook.com/EssentialMastery) Facebook group.

You can connect to my various social media accounts from icons on [marciadiane.com](https://marciadiane.com)



# Your Action Plan on All 5 Levels of Your Being

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

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What new actions are you committing to taking?

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

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# 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,"*



### Websites

[marciadiane.com](http://marciadiane.com)

[marciadiane.com/blog](http://marciadiane.com/blog)

[youtube.com/@marciadiane\\_counselor  
\\_author/videos](https://youtube.com/@marciadiane_counselor_author/videos)

[app.essential-mastery-transformation.com](http://app.essential-mastery-transformation.com)

### Email

[admin@essential-mastery.com](mailto:admin@essential-mastery.com)

## Disclaimer

There is no magic wand to instantly cure what ails you forever. We provide ancient wisdom & evidence-based psychological techniques to help you cut through your trauma triggers to gain mastery of the essentials of your life as quickly as possible. You choose. You will go at your own pace & gain benefits that reflect your willingness & self-discipline.

**Continue working with your doctor, psychiatrist, or psychotherapist for any pre-existing conditions.**

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

# 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).

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

Have you survived trauma, toxic relationships, & are tired of hurting, struggling, being controlled, or neglected? Do you feel unworthy, not good enough, anxious, barely holding on? Have you lost your voice? You deserve more! Help is on the way!!!

**Essential Mastery** is designed to help you gain more happiness, confidence, & mastery of your thoughts, emotions & actions. Women who have worked this program achieve much greater peace, more love & success in their relationships, & a profound connection to God / the universe.

## Books

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

Click for [paperback](#) or [Kindle](#)

*Climbing Out of the PTSD Hole*

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*21 Ascended Masters, Messages for God Seekers*

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