



HOW TO ACTIVATE YOUR SELF-HEALING POWERS WHEN YOU ARE IN A DARK PLACE

AN EMPOWERING GUIDE FOR
RELEASING

F E A R

A N X I E T Y

O V E R W H E L M

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SACREDVIBEHEALING.VIP

Table of Contents

Introduction	1 – 4
Step 1: Acknowledge Your Feelings	5
Step 2: Aligning Yourself With Your Intention	6
Step 3: The Power of Your Breath	7 – 8
Step 4: The Journey from Your Head into Your Sacred Heart	9 – 10
Step 5: How to Limit Exposure to Stressors	11 – 12
Step 6: The Power of Earthing	13 – 14
Step 7: Discovering Your Choices	15
Conclusion	16

INTRO

Hi. We are Marnie & Ege. We are Sacred Vibe Healing.

We would like to thank you for downloading your copy of “How to Activate Your Self-Healing Powers When You Are In A Dark Place”.

Our greatest hope is that you will remember these 7 key steps so they may help you to move out of the "dark" place of fear, overwhelm and anxiety and get you to a place of light, empowerment and inner confidence.

Remember, you are not alone.

With love ❤️

Marnie and Ege



Marnie Clark, Breast Cancer Coach



Ege Demirkan, Healing Empowerment Coach

INTRODUCTION

About us:

Marnie Clark is a breast cancer coach and a breast cancer survivor. Marnie's goal is to empower women with a diagnosis of breast cancer how to negotiate that journey in the best way possible for themselves.

She draws from the holistic healing methods she has studied and employed in the past 25 years, including naturopathic medicine, nutrition, herbal medicine, aromatherapy, emotional healing, meditation, and energy healing.

Marnie is passionate about teaching people on a healing journey how to be more fully present in the driver's seat of their own vehicle to enable them to heal on a deeper level than they might otherwise have done.

Marnie can be found at:
<https://marnieclark.com>

Ege is an intuitive, heart-centred Root Cause practitioner, a Hypno- Breathwork facilitator, NLP and Matrix therapy practitioner, energy healer and a spiritually guided Healing Empowerment Coach who is also an inspiring cancer thriver.

Ege is passionate about blending ancient wisdom and modern research, whilst she continuously grows and develops new techniques to integrate a mindful and energetic flow of living into everyday life. Especially when things are tough.

She takes the people who works with on a Divine Healing Path by showing them how to live from a place of Alignment, Empowerment and magnificent Spiritual Guidance.

Her website is <https://egedemirkan.com>

Marnie and Ege have found that they worked extremely well together - they share a passion for helping others to unlock their innate healing abilities.

They have been active in sharing knowledge together with people on a healing journey about the things they can do to help themselves to heal body, mind and spirit for over 5 years.



INTRODUCTION

The Purpose of this Guide



This guide is intended to help people from all walks of life connect with the Inner Healer we all have inside ourselves – no matter the diagnosis, staging or other challenges.

We all have the ability to heal our bodies.

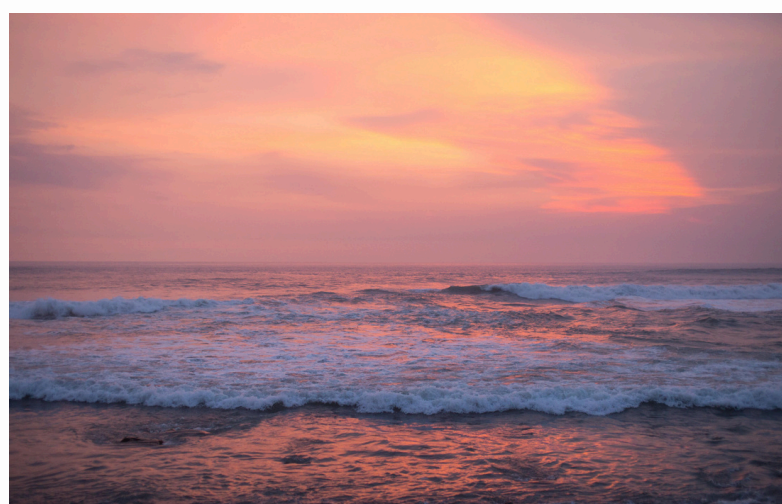
Often, however, we struggle. And we have forgotten the ability to heal our bodies. We haven't been blinded, deafened, silenced by a system in place, its primary interest is to **control**.



As a result, the day-to-day challenges and expectations we rise to meet can wear us down and put us in what we are calling a "dark place".

We've all been there – a heaviness of spirit, a what-is-the-use feeling, a sense of despair.

This guide was written to help YOU out of that paralyzing state of overwhelm, anxiety, fear, dread, depression – whatever it is you are currently dealing with that's putting you in that dark place.



We hope that you will remember using this guide to empower your Self with the knowledge that YOU are in charge, not your fears, negative thoughts or anxiety.

REMEMBER:

We all have the ability to heal our bodies.

As Louise Hay once said, “Invite your fears in, then tell them to sit down and shut up!”

In other words, don't let your fears or other dark thoughts overtake you - this journey is all about Self-Discovery and Self-Mastery.

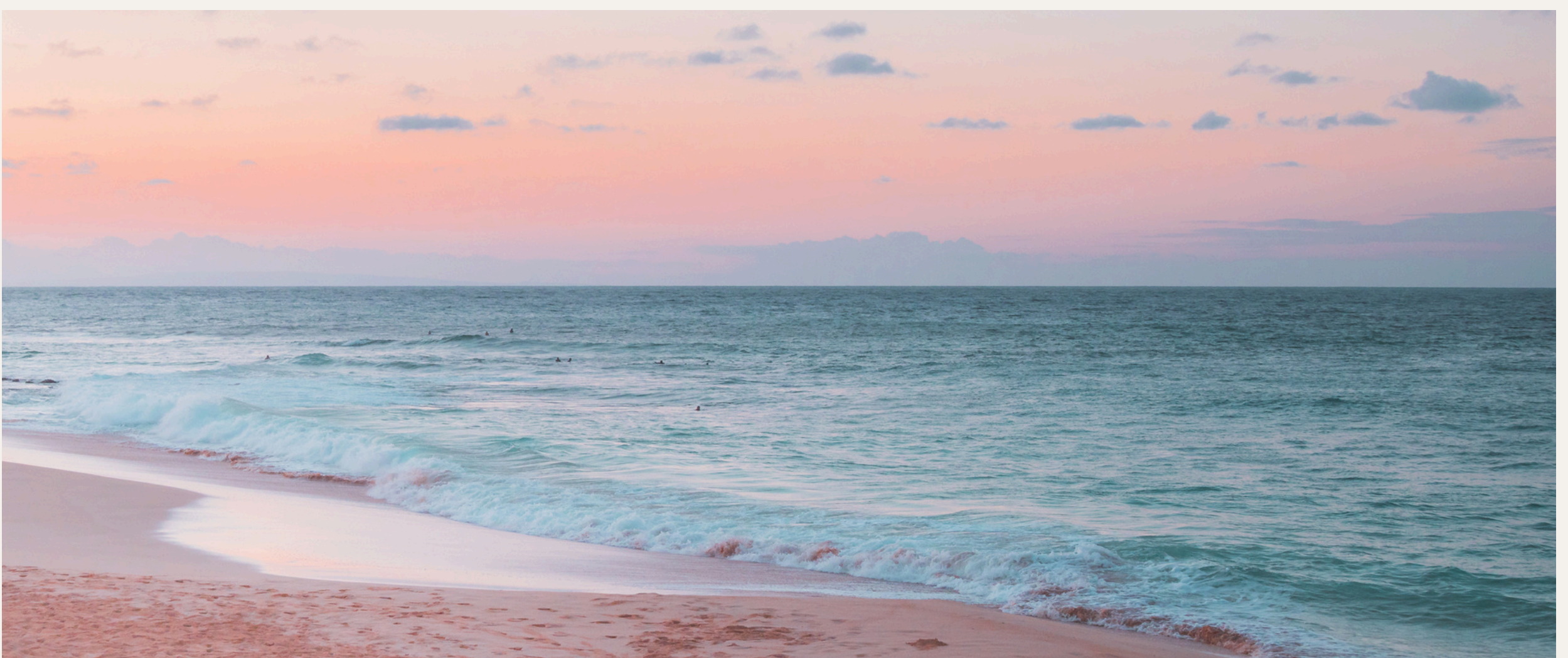
We have to go through the darkness. It's there for a reason. It has a purpose, and it has much to teach us. We don't learn what we need to know or do when things are going extremely well. It's only through crisis that we make the changes and learn the lessons, that we need for moving forward, for our evolution.

This guide outlines in detail (and in our phone app of course, Sacred Vibe Healing) simple, and very effective tools for helping you to change the energy from being in that dark place to being a high vibrational Self-Healer.

We hope you find comfort, powerful life skills, and most of all, as you take that journey towards healing, love for yourself.

We hope you enjoy the journey to your most creative, powerful Self-Healer!

MARIE and Ege xxx



STEP 1

Acknowledge Your Feelings



The first step is to acknowledge your feelings without judgment. It's okay to feel anxious, fearful, or overwhelmed. These emotions are a natural part of being human. So love yourself with gentleness during these difficult emotions.

Once you've acknowledged your feelings, the next step is to *explore* their roots and understand why you might be experiencing them.

This Self-Reflection can provide valuable insights into your inner world and help you identify patterns or recurring themes.

How To Acknowledge Your Feelings:

Reflect on your Triggers:

Take time to think about what events or thoughts preceded your feelings. This can help you recognize patterns and understand why certain situations evoke specific emotions.

Explore Underlying Causes:

Consider if there are deeper reasons behind your feelings, such as past experiences, fears, or unresolved trauma.

Strong emotions are usually linked to broader themes, so leaning into those deeply felt emotions that are lingering beneath the everyday emotions will give more clarity.

Seek Support:

Discuss your reflections with a trusted friend, mentor, or therapist. They can provide guidance, offer different perspectives, and help you navigate through the web of emotional complexity .

Journaling for Insight:

Journaling your thoughts and feelings – not only to express your feelings but also to track your reflections and insights which help you to get beneath the surface of everyday emotions. This will liberate those stuck emotions effectively.

Practice Self-Compassion:

Throughout this process, be kind to yourself. Recognize that exploring emotions and their causes can be very challenging *but* it is a vital part of personal growth and emotional well-being.

By exploring the roots of your feelings with curiosity and compassion, you empower yourself to manage them effectively and cultivate greater emotional resilience.

STEP 2:

Aligning Yourself With Your Intention

Here is why having an Intention is powerful.

Aligning yourself with your intention means understanding and connecting with your core values and goals that are authentic to you.

When you focus on your true intentions, it becomes easier to manage stress and stay grounded.

How to Align Yourself With Your Intention:

Reflect on what *truly matters* to you. What are your core values and goals that reside within your heart?

Live Your Values:

Ensure that your daily actions are aligned and in harmony with your core values.

For example, if one of your values is health, incorporate regular movement and healthy eating into your routine.

Use your heartfelt values as a guide when making decisions, big or small. This can help you navigate choices with clarity and confidence, knowing that you're staying true to yourself at all times, non-negotiably.

Create a vision board that visually represents your innermost intentions. This is a powerful tool because it reinforces the visions you hold for your future.

Being in alignment is having a straight line between your head and your heart that you express with the most powerful force of the Universe – your Intention.



STEP 3:

The Power of Your Breath

“For Breath is Life, and if you breathe well you will live long on Earth”.

Sanskrit Proverb

When you practice deep breathing, you turn on your body’s natural ability to relax.

Deep breathing sends more oxygen to your brain and will have a very calming effect on your nervous system, putting you into a state of deep rest which then can change how your body responds to stress.

Deep breathing also stimulates the vagus nerve, which is the nerve that connects the brain to the body, it allows for enhanced communication between the body and the brain.

When the vagus nerve is stimulated it immediately helps to reduce anxiety and activates the branch of your nervous system known as the parasympathetic nervous system, which is all about resting and digestion.



Activating the vagus nerve is like your secret weapon against stress!

Deep breathing not only helps to ease stress, it also strengthens your immune system, improves concentration, helps your body with detoxification, improves cardiovascular health, and much more.

∞ **How to Dissolve Stress with the Power of your Breath** ∞

BOX BREATHING TECHNIQUE -

This technique gets its name from the evenness of the breaths you are taking in and expelling, and it helps to imagine that you are drawing a box with your breath.

This is a powerful tool you can use anytime, anywhere.

Get comfortable, close your eyes, and place one hand on your stomach and the other on your your sacred heart space.

- Sitting quietly, take a breath in through the nose to the count of 4
- Hold that breath to the count of 4
- Let that breath out through the nose to the count of 4
- Holding still to the count of 4.
- Then repeat at least 3x.

Do this for as long as you feel necessary until you feel more calm.

**If you want to gain
Mastery over the Mind,
Master your Breath**

STEP 4:

The Journey from Your Head into Your Sacred Heart

It's in the heart that we awaken and unlock the potential of a self-realised being, access our innate wisdom and embody the power within ourselves.

Your heart is the seat of the *soulful Self*, where your inner teacher of wisdom resides. This is where you find the revealing door to unlock emotional and mental fulfilment and happiness in the physical experience of life.

Cultivating the connection between your head and your sacred heart helps you to support your physical and etheric body.

You can unlock your body's innate healing capacity when you connect the two biggest power centres of your body - your head and your heart - essentially allowing you to harness and sustain an elevated state of awareness.



How to Connect Your Head with Your Sacred Heart

1. Find a Quiet Space:

Sit comfortably in a quiet place. Close your eyes and take a few deep, calming breaths, releasing tension.

2. Centering:

Focus on the present moment. Notice your breath, the rise and fall of your chest, and the sensation of air entering and leaving your nostrils.

3. Visualize the Head:

Picture a bright, golden light above your head, representing your thoughts and mental energy.

4. Creating the Bridge:

Imagine a golden bridge forming from your head into your heart, shimmering with bright light and vibrant energy.

5. Construct the Bridge:

Visualize building the bridge step by step. With each breath you take, see it becoming more solid and radiant.

6. Crossing the Bridge:

Picture yourself walking across the bridge with each breath, moving closer to your heart and leaving mental clutter behind.

7. Engage Your Heart:

Place one hand over your heart. Feel the warmth and the beating of your life force. Imagine your breath filling your heart with warmth and love.

8. Connecting Head and Heart:

Sense the flow of circulating energy between your head and heart through the golden bridge, creating harmony and balance.


9. Rest in the Heart Space:

Recall a moment of deep connection, joy, love, and/ or gratitude. Visualize it in detail and let these emotions fill your heart.

10. Return to the Present:

Slowly bring your awareness back to your breath and your surroundings. Take a few deep breaths, wiggle your fingers and toes, and gently open your eyes.

Carry this heart-centered awareness into your day, knowing that you always have access to this golden bridge connecting your head and heart.

Here is a guided meditation that we have created for you to journey from your head into your sacred heart: [Click here](#) 

STEP 5:

Limit Exposure to Stressors



Stressors can trigger you and here you will learn how to manage triggers.

Triggers are stimuli or events that provoke a strong emotional or psychological response, often because they are connected to past experiences, memories, or trauma, you may not even be aware of.

These responses can be automatic and may include feelings of fear, overwhelm, anxiety, sadness, or anger and can show up anytime and anywhere. We see triggers as messengers alerting you to invite more trust, love and clarity into the situation that triggers you.



Understanding your triggers can be an important step in managing emotional responses and developing coping strategies.

Remember: You Are In Charge!

Identifying and limiting your exposure to things that trigger your anxiety and overwhelm by creating a calm environment. You can then choose consciously whether you want to invest yourself in the trigger and create unfavourable emotions or whether you would rather detach yourself from the meaning you give to the trigger.

Tips:

Set boundaries with people or situations that cause stress.

Limit your consumption of news and social media, especially if it heightens your anxiety.

Create a peaceful environment at home where you can relax and unwind, knowing that you are safe, loved and protected.





How to Limit Exposure to Stressors



To deal with the elephant in the room, you have to name the elephant in the room. So let's tackle it: Firstly – You must identify what triggers your fear, anxiety & overwhelm:

Make a list: Take some time to write down situations, people, or things that trigger your anxiety, fear and/or overwhelm. This could include crowded places, certain tasks at work, or even certain people.

Reflect: Think about why these triggers affect you. Is it because they remind you of past experiences, or do they make you feel out of control? Understanding the root cause can help you better manage your reactions.

After pinpointing the sources of your anxiety, fear and/or overwhelm it's essential to develop strategies to manage and reduce their impact. This involves minimizing exposure to these triggers and adopting habits that promote emotional resilience. We show how to do that within our course Sacred Vibe Healing.

Create boundaries: Once you have identified your triggers, think about ways to limit your exposure to them. This could mean avoiding certain places or people, setting boundaries with others, or using the methods from the previous steps to help you cope when you do encounter triggers.

Practice self-care: Taking care of yourself is crucial in managing anxiety, fear and/or overwhelm. Make sure to prioritize self-care activities that help you relax and recharge, such as movement, meditation, massage therapy or spending time in nature.

Seek support: Don't be afraid to reach out for help if you are struggling to manage your triggers on your own. Talking to a coach, mentor or therapist can provide you with tools and strategies to better cope with anxiety, fear and/or overwhelm.

Remember, it's okay to prioritize your mental health and set boundaries to protect yourself from triggers. By being proactive and taking steps to limit your exposure to these triggers, you can better manage your symptoms and improve your self-healing capabilities.



STEP 6:

The Power Of Earthing

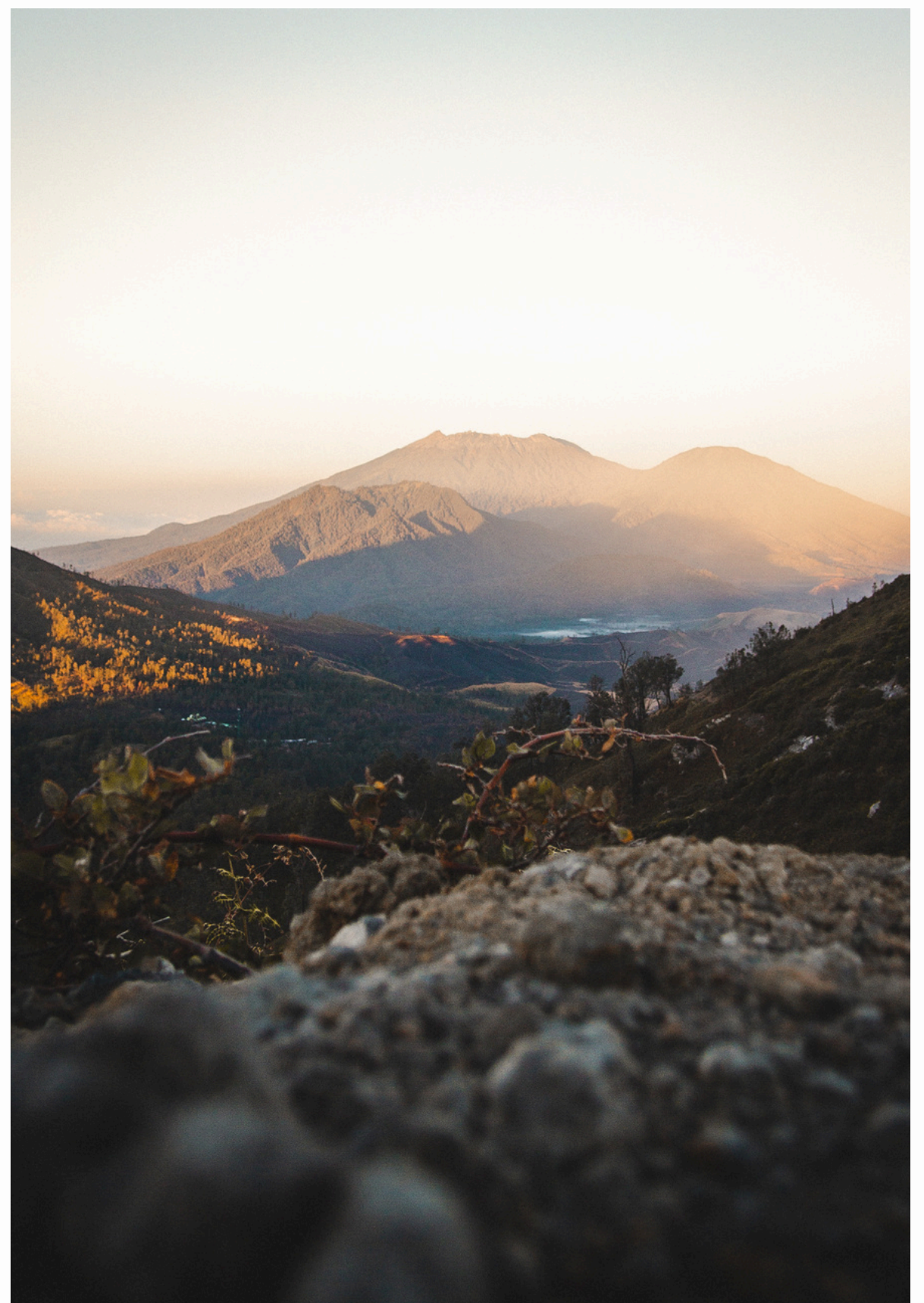
What is Earthing?

Earthing is based on the idea that the Earth's surface has a negative electrical charge, and by connecting with it, you can absorb these electrons, which can have numerous health benefits.

Earthing involves making direct physical contact with the Earth's surface.

Here are the incredible benefits of Earthing:

- Reduces Inflammation: Neutralizes free radicals, lowering inflammation and pain.
- Improves Sleep: Regulates circadian rhythms for better sleep quality.
- Enhances Mood: Reduces stress and anxiety, boosting overall mood.
- Boosts Immunity: Strengthens the immune system.
- Increases Energy: Many feel more energized after earthing.
- Accelerates Self-Healing: Speeds up the healing of wounds and injuries.
- Improves Blood Flow: Enhances circulation and cardiovascular health.



∞ **How to Harness The Power Of Earthing** ∞

How to Practice Earthing:

1. Go Barefoot: Spend at least 20–30 minutes a day walking barefoot on natural surfaces like grass, sand, rock or dirt, be present and intentional.
2. Sit or Lie on the Ground: Spend time outdoors sitting or lying down on the ground, making sure your skin is in contact with the Earth. Be present and intentional.
3. Use Earthing Tools: Use specially designed earthing mats, sheets, or bands that connect to a ground port in an electrical outlet, allowing you to practice earthing indoors. Be present and intentional.

Here is a recording to be used while you are doing the earthing practice :
[Click here for your daily dosage of earthing](#) 🌳

We hope that by incorporating earthing into your daily routine, you can enjoy the numerous health benefits, feeling yourself supported by earth and present in the moment.



STEP 7:

Discovering Your Choices

Recognizing that you have the birthright of Free Choice empowers you to take control of your life.

You **always** have a choice!

And the privilege of *Free Will*.

Remember that!

Exploring your options can help you feel less trapped in the web of complex emotions and more empowered in your healing journey.

How to implement your birthright of Free Choice in 3 simple steps:

1. Identify the Situation:

Clearly define the situation or challenge you are facing.

2. Prioritize Preferences:

Identify which choices resonate most with you *personally*. Consider factors such as your intuition, values, beliefs, and preferences. Trust your intuition when weighing your options.

3. Consider Consequences:

Evaluate the potential outcomes and consequences of each choice. Think about how each option aligns with your values, goals, and long-term objectives.

Tips:

Brainstorm different ways to handle stressful situations.

Will your choice take you closer or further away from your desired outcome?

Remind yourself that you **always** have the power to choose your response.

Seek advice or alternative perspectives from coaches, mentors and trusted friends or family members.



Conclusion

Overcoming anxiety, fear and/or overwhelm, especially in this distracting, constantly-attention seeking and busy world is a **journey**. This journey is called **Life**.

It's going to have to be done in small steps! Small, do-able steps will help you to stay strong and resilient on your self-healing journey.

By acknowledging your feelings, aligning yourself with your intentions, harnessing the Power of your Breath, Connecting with your Heart, Limiting Exposure to Stressors, implementing the Power of Earthing and Discovering Your Choices, you can take control of your emotions instead of being controlled by them.

This will enable you to live a more peaceful and fulfilling life. By doing so, you are now creating a powerful environment from the *inside out*, setting yourself up for the best on your self-healing journey.

Throughout this journey, it's vital to practice self-compassion. So treat yourself with the same kindness and understanding you would offer your child or a friend, recognizing that growth takes patience and love. Also seek support when needed because sharing your journey with others can provide encouragement, perspective, and a sense of community. And make sure to celebrate your progress!

Remember, you've got this! You have the strength and resilience to overcome anything that comes your way.

Believe in your ability to navigate through challenges and create a life that you desire. Trust the process, and take it one step at a time. Keep moving forward, staying committed to yourself, you are the best investment you can ever make!

By your side, Marnie & Ege xxx

