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Awareness of the being: The master key for mental health and healing

Problem: Challenges such as anxiety, depression, grief, PTSD, chronic pain, and disease are experienced in the body, yet our conventional treatments don't go deep enough to identify the deeply rooted unconscious thought patterns, fears, and emotions working in the body. The purpose of this workshop is to demonstrate how the Dalian Method™ brings forth and transforms the repressed beliefs and emotions stored in the body without using cognitive therapy or expensive medications.

Methodology and theoretical orientation: The theory is that: (1) awareness of the being is beyond the body, thoughts, emotions, time, and space, and is the master key for mental and physical wellbeing. (2) healing is an alchemical process that spontaneously occurs in the body by transforming the unconscious beliefs and emotions repressed in the body's cells into self-empowered consciousness of the being. The methodology of this workshop is to give participants a hands-on practical experience on how the Dalian Method™ (DM) by-passes the mind and works through the entire body (from feet to head) including; front/back and top of the head, the yin/yang energy polarities, front and back chakra points, knees, and bottoms of feet simultaneously, to access and transform the unconscious self-sabotaging thought patterns and emotions stored in the body's epigenetic code. Transformation naturally takes place as a result of awareness of the inner being which is always healthy and whole.

Findings: Documented case studies and preliminary research findings demonstrate how the Dalian Method™ helps to eradicate the root causes of anxiety, depression, grief, PTSD, chronic pain and disease and achieve a lasting change. It helps to naturally increase understanding and clarity, build self-awareness and self-confidence, learn valuable lessons, and experience self-acceptance, inner peace, joy, and wellbeing.

Conclusion and significance: The Dalian Method™ is a unique system, which works with the entire body, and not just the cognitive mind, to access and transform the causes of anxiety, depression, PTSD, and disease repressed in the body's cellular memory. The Dalian Method™ can be used with a trained facilitator or on one's own, using the Self-Healing Dalian Method home practice kit (book and 2 CDs).

Biography

Mada Eliza Dalian is an award-winning best-selling author, scientist of the human condition, and founder of the Dalian Method for Health and Consciousness. Her findings and the success of this new methodology are based on: her childhood ability to "read" repressed thought-patterns in people's body; her experience of awakening at age 33; explorations of human condition (interconnectedness of unconscious and conscious processes); experimentation and research, along with her work in the fields of social work and personal development over the past forty years. After developing and working with this powerful system with clients in her private practice for over eighteen years, in 2014, she devised the self-help version of the method for adults, followed by its variations for young adults, teens, and children. Due to consistent lasting results and increased interest from professionals, Mada also created Dalian Method Facilitator Training Programs to allow for seekers of one-on-one support to receive assistance from trained Dalian Method facilitators.

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