Accelerate Your Spiritual Awakening & Transformation

Get To Peace, Joy, Love, Abundance & Your Fulfillment Faster.

Dagmar Oktabcova
Be The Change You Wish To See In The World

- Mahatma Gandhi
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Forward

My story began in 2005 when I met my Twin Flame, a man I've never met before, but whom I knew intimately for many lifetimes. After all, he was the other half of my soul. He rattled my world and woke me up in the process, causing me my spiritual awakening, for which I will be forever grateful. It helped me find myself. It helped me awaken to my wisdom and my divine gifts. And it helped me connect with my soul purpose. It is what I wish to gift to you.

The journey wasn’t easy. I was divided between my fear and my love... for him. He triggered so much pain in me, pain of betrayal, loss, loss of love, suppression, control, dependence and so much more. He constantly mirrored to me my unresolved past. He sent me into the Dark Night of the Soul. However, luckily we are never given a problem for which we cannot find a solution. Throughout my journey I reconnected with my wisdom as a healer from many lifetimes, my clairvoyant abilities and I found mentors along the way who helped me. I started healing my past. As I started healing my past, I reconnected with my spirit, my true north compass. I started overcoming my fear. I started connecting with
who I truly was, with my passion. I started to connect with my power and my soul purpose. It is my intention with this book to give back and to help you on your journey to your fulfilment.
The Big Picture

You may feel lonely and frozen in fear. You may be in emotional, mental or physical pain. Or you may be dealing with an illness. You may feel hopeless and in despair and your world may be falling apart around you. Or you simply are just curious. No matter where you are, the words of wisdom I’m about to share with you work the same for all who wish to speed up their process of awakening and transformation.

For those of you who are experiencing the Dark Night of the Soul at present, I am here to tell you that you are not alone. We are never given a problem for which there is no solution. Many people are experiencing their own darkness right now. In light we see, and therefore we understand. In darkness we cannot see, and therefore we don’t understand ...yet. Thus darkness is the womb of all possibility of birthing new understanding and growth. In light we already know and therefore will not learn anything new. And as such I am here to say that darkness serves, as in the universe “everything’ serves.

We are moving through the biggest global energetic shift ever. You may have heard of Ascension. I believe it all started in 2003, when the vibrations started to slowly increase on our planet. Ascension is our rise into a better existence, into higher vibrations
and higher dimensions, where we can live a love based rather than a fear based existence. A very integral part of the Ascension process is us off loading our unresolved pain, our karma, we have accumulated over lifetimes through our pain experiences that we have not fully processed. Pain is heavy in vibrational terms and thus hinders us from rising. The off-loading of our unresolved pain is really about us properly integrating those experiences and transforming our pain into wisdom.

However, in order to process our pain, we must first connect with it, which is what life does for us when it triggers us through our circumstances or the people we meet. Integrating our pain unfortunately is not the same as disconnecting from it, although it can give us relief as well, but only temporarily and we certainly would miss out on the wisdom and the growth and our ability to rise. Your experiencing darkness of your soul, your spiritual awakening and your transformation is all a part of this bigger picture of ascension. As we transform our pain, we come out of our darkness into light, and then we can see, our vision becomes clear and we awaken to seeing life differently. To me it appeared as if nothing was what it seemed.

There is a reason you are here on this earth at this time in our 3rd dimension having these difficult experiences and are drawn to awaken and transform yourself. And there is a solution to your ailments on the other side of awakening and your transformation that will bring about possibilities into your life you would never dream of, a life that is filled with joy and love, with peace,
abundance and personal freedom to live in full expression of your true essence. However, you may have to work for it.
Overall Strategy

This is your spiritual journey and only you can walk it. However, you don’t have to do it all alone. It helps when others have walked the path before us and can help us with words of wisdom or a hand up along the way.

When we live life, and experience pain, physical, mental, or emotional, sometimes we don’t fully process it. We shove it, and it becomes our baggage, which is heavy to our soul. We carry this baggage around with us even from lifetime to lifetime. As a result of trauma or pain, we also tend to disconnect from pieces of our soul and sometimes completely from our spiritual essence.

Spiritual Awakening is about reconnecting with our spirit and the spiritual realm. Transformation is about processing our unresolved pain and properly integrating our experiences so that they can become a part of us in the form of wisdom and growth. It is also about recollecting the lost parts of ourselves and re-integrating them and becoming whole as a soul. In essence, it is about finding our authentic self and letting go of those parts of us that no longer serve us.
I refer to the integration and transformation process as spiritual healing or quantum healing. It changes our vibration so that we may create a different reality for ourselves, a better one, one not based on our past pain, but rather based on our vision of what we want to create from a place of our love, our inner most essence of who we are and what we wish to express in the world.

Here is a basic strategy of what to do to start the process of accelerated spiritual awakening and transformation. For those experiencing Dark Night of the Soul, your transformation will shift you out of your pain.

1. Reconnect with your Spirit
2. Learn about the Spiritual Realm
3. Engage In Your Own Healing and Transformation
4. Set intentions
5. Make your journey a priority
6. Hire a spiritual mentor and healer

**Reconnect With Your Spirit**

Reconnecting with Your Spirit is an integral part of your journey. When we live life and experience trauma and pain, we tend to disconnect from our spiritual essence. Once you reconnect with your spirit, you will never feel lonely again. I experienced this personally. In fact, I wrote an entire poem about reconnecting
with my spirit as I reconnected. I will share it with you in the next chapter.

Your spirit or higher self is your true north compass. No one knows you better or your journey better than your higher self. Your spirit will never lead you astray. Thus connecting with your higher self, following its guidance, and learning how to work in union with your higher self is an absolute must in your journey, and is part of your awakening process.

Learning to trust that inner voice and that your spirit has your back is another important aspect. Some of us have been disconnected from ourselves for so long that we don’t trust the messaging or that our spirit will come through for us when we need it. I understand because I once was there. This trust needs to be re-established. My higher self has served me in so many amazing and magical ways throughout my journey. It’s guided my personal learning, development and growth in the world of spirit by presenting me with specific situations. It has guided me through my own health challenges to being able to heal my body without doctors or medications. It’s brought important people into my life whom I needed to learn from and who served me on my journey. It’s guided me through my own spiritual healing and growth, and it helped bring to my attention what I needed to understand.
Learn About The Spiritual Realm

The more you can learn about the world of spirit, how your soul works and the rules called spiritual truths under which the universe and life operates, the more you will expand your awareness, the more you will wake up to a new understanding of your circumstances, life and the world. You will no longer see life just from the mundane 3D perspective, but rather from the depth of the multi-dimensional viewpoint of spirit. In the process of your transformation, during your deep inner soul work, and by accessing your past lifetimes while resolving your incomplete business, you will learn heaps about your spiritual self and who you are, as well as how the world actually works.

Engage In Your Own Healing And Transformation

As you transform your pain into wisdom, integrate the lost parts of yourself, let go of the parts that no longer serve you, you will be more and more bringing your soul into its integrity and wholeness and aligning your vibration with your authentic self, and who you truly are. It is in this wholeness that we function at our optimum. After all, you are not your pain. At the same time, as you keep transforming your pain, you are also decluttering your soul. Your higher self and intuition become clearer. You lose that negative self-talk. And you will gain clarity around your soul purpose and your divine gifts. As you allow your soul to learn through the
process, you will also expand your consciousness, as well as the
global consciousness of us all. This is, by the way, how you change
and heal the world, by changing and healing yourself.

This healing process of transforming pain into wisdom is crucial in
moving you out of your pain and suffering (emotional, mental and
physical), and out of the low vibration energies of fear, depression,
anger, despair, anxiety, sadness, hopelessness, powerlessness and
up the vibrational tone scale into the energies of peace, love and
joy and into your own inner power.

What I mean by engaging in your own healing and transformation
process is that you consciously and actively go deep within and
actually do specific activities to heal and reconcile painful issues
within yourself that have not been fully processed, in this lifetime
and past lifetimes. Healing and transformation is not something
you leave up to the stars or up to chance. You can. However, that
is the slow method, not the accelerated version.

While there is a certain amount of healing (processing of our pain)
that occurs naturally, it may take months, years or even lifetimes.
On a soul level we have to reconnect with the unresolved pain and
thus we tend to re-create similar situations and then re-live them.
We attract people to us that trigger us into our unresolved pain, all
in hopes that we will finally heal it. But do we? ...finally heal it?
Most of the time, we don’t, because we are not aware of what is
happening and why. Or we heal only to a certain degree. Most of
us don’t know what to do or how to do it. But mix in some
intention and knowledge and you can reduce the process of healing from months, years and lifetimes down to a few hours.

**Set Intentions and Make Your Journey A Priority**

This is a crucial part of your journey. It is usually taught in goal setting classes for any project you may embark on. Without intentions or goals you may wind up somewhere you don’t want to be. And without making it your priority, you will never get there. Yes, while the stars align for us and we have a certain divine destiny before us, it is a co-creative process we engage in with the universe, spirit, or God. This requires your effort, your intention, and some investment of time and perhaps money. And like anything that is important to you, you must make it a priority.

Perhaps you wish to experience real freedom as a soul, or live in abundance, or make a huge impact in the world. Perhaps you want to develop an amazing relationship with your spirit and always feel and be supported by spirit. What could you accomplish and what would you dare to do, if you knew, without a doubt, that spirit always had your back, no matter what?

Perhaps you want to know that you can handle anything that comes your way. Perhaps you want to learn to love unconditionally. Or perhaps you want to be able to detach from any outcome, and be happy no matter what the external
circumstances. Set your intention. Make your journey a priority and devote some resources to it. It can be the difference between endlessly floating around on the big wide sea and navigating to a specific harbor.

While you may feel like a pioneer in this journey and life does not come with an instruction booklet, there are people who have gone before you. Seek them out. Learn from them. I am one such person who has gone before you and I would be flattered if you wanted to learn from me. Throughout my journey I have accumulated so much wisdom that I can share with you. I don’t want it to go to waste. I want to give back to the world. It is my soul purpose, to help you. And I’m sure one day you will be that person for others.

**Hire A Spiritual Mentor And Healer**

Lastly, hire a spiritual mentor and healer or take some classes with them. I see so many people not wanting to spend their money in the field of healing, yet it is the most important place you could hope to spend your money. It is an investment in you. Your essence makes the world go round, or not. You create your reality with your vibration. Understand that money is flows through you and it will always go somewhere. It will not forever stay with you. If you don’t spend it in this area, you’ll end up spending it somewhere else. The beauty is that you get to direct where it gets
spend, and hopefully you are prioritizing its flow into those things that take you closer to your divine destiny.

There is nothing like working with a spiritual mentor, teacher, guide or healer that will teach you tremendous amounts about the world of spirit. Invest in yourself by investing in a mentor and healer. It’s all about mastering you. The knowledge you acquire will help you in mastering life and being successful in every area of your life. So, don’t be cheap with yourself.

Working with a mentor will also teach you how to be a mentor to others, if you choose to be a mentor and healer yourself and make a difference in the world.

For me it was working with a Shaman that gave me the initial idea that I could possibly be a healer and mentor to others. It turns out that I had been a healer in many other lifetimes, but I had to embark on my journey of healing and transformation to discover that. The Shaman I worked with over the course of eight months was my mentor and healer, who helped me reconnect with my spiritual self and the spiritual realm. I could have never made the discoveries I made without the Shaman’s help.
Let’s Get Specific

How to Re-Connect with Your Spirit

Recognizing Your Connection With Your Spirit

You are either connected with your Spirit or your EGO pain body. You can’t be connected to both at the same time. But you can fluctuate back and forth between them. It might help to recognize when you are actually connecting with your Spirit and when you are connecting with your EGO pain body.

The EGO is all about survival and thus it is also the area where all your unresolved pain experiences are stored. Pain is considered anti-survival. It’s based on the premise that the more pain you experience, the more likely you are to die. And thus to help you survive, your EGO compares your current situation against your previously experienced unresolved pain and if there is any resemblance, it will start to alert you in the form of stress or fear to prevent you from going there again.

How do you know when you are living from your pain or from your heart? Take a look at the chart. What emotions are you experiencing?
Pure Spirit & Heart VS EGO Pain Body/Survival

- Love • Fear
- Connected to Source • Disconnected
- Manifest w/Thoughts • Manifest w/Pain
- Thrive • Survive
- Wisdom • Pain
- Inner Power • Powerless/Weak
- Abundance • Scarcity
- Being • Doing
- Manifesting Effortlessly • Striving
- Allowing • Forcing
- Flow • Resistance
- Create what we want • Create what we don’t want

We can be completely disconnected from our spirit or temporarily disconnected from our source. Usually we get triggered into our EGO pain body by a certain set of circumstances that act as reminders of our unresolved pain. If we are generally connected with our Spirit, but got triggered, then we might be temporarily in our EGO pain body. As some time passes and we disconnect from our pain, then we may re-connect with our spirit. If we were to permanently heal that particular pain, then we may also swing back into re-connecting with our spirit.

How long we can maintain staying connected with our source (our spirit) depends on how many unresolved issues we carry and how often we get triggered. Each unresolved pain experience can trigger us into our pain and disconnect us from our source.
Exercise 1:

Look at the chart and notice how you feel right now?

a. Do you feel afraid or anxious? Do you feel disconnected? Do you feel like things aren’t working and you need to force things or make things happen? Then you are connected with your EGO pain body.

b. Do you feel connected to your source? ...like everything is flowing? Do you feel at peace? Do you feel like everything is working out the way it needs to? Do you feel in your power? Then you are connected with your spirit.

Exercise 2:

What life circumstance can you think of when you were connected with your EGO pain body?

What was the main feeling you were experiencing in that circumstance that caused you to believe you were connected with your EGO pain body?

Exercise 2:

What life circumstance can you think of when you were connected with your Spirit?
What was the main feeling you were experiencing in that circumstance that caused you to believe you were connected with your source?

**Acknowledge Your Connection with Your Spirit**

In the last section you learned to identify your connection with your spirit. In this section, let’s look at your relationship with your spirit.

Here is my poem about my re-connection with my spirit as it happened.

**Looking for Love in all the Wrong Places, Dear Spirit of Mine.**

I searched the world.  
I searched for years to find my guy,  
the one and only love of mine,  
like you dear Spirit of mine,  
unconditionally and always with the best for me in mind.

I looked for the guy who’d be my knight and shining armor, my hero,  
my dragon slayer,  
who’d protect me come rain or shine,  
like you dear Spirit of mine.  
I looked across the ocean miles,  
I looked everywhere,  
for the guy whom I could count on, trust and who would care.  
I even searched in the darkest of places to find him,  
the one and only love of mine.

Surely, I thought, he must be there somewhere hidden in the dark of the darkest of corners,
since I couldn’t find him in the bright of shine.
I searched everywhere for the guy who’d love me,
like you dear Spirit of mine.
It was you I trusted and I knew you’d help me find my guy.

I was growing desperate to find the guy who’d love me,
like you dear Spirit of mine.
I finally asked you for help and you agreed to help me find that guy.
You promised and I still could not see,
the love that only you had for me.

It was then that you made me look in the darkest of hearts and I finally saw,
that which there was not,
the love I’d been looking for.
Without it I was lost.
So for the longest time I wouldn’t dare see it not.
You had me again search in the darkest of hearts so that I could finally see,
see what there was not.

It was in the reflection of an empty heart that I finally saw the substance in mine.
I had to see first what there was not, in order to see,
what there was within me, my Sprit, within me.
It was then that I realized, it was you I’d been looking for all this time, dear Spirit of mine.
You were the one who loved me,
you were my guy.
You were my knight in shining armor, my hero, my protector came rain or shine.
You were the one who loved me unconditionally all this time.
It was you I counted on and trusted, dear Spirit of mine.
Especially in my weakest of moments, you were the one who always cared
and had my best interest in mind.

I was looking for love in all the wrong hearts, when all along you were inside of mine.
You, dear Spirit, you were the true essence of me,
I so desperately needed to find.

Exercise 1:

Acknowledge the connection with your spirit by writing a poem or short story about it
Describe the relationship you have with your spirit by writing a poem or a short story about you and your spirit.

Learning To Trust Your Spirit Again

When disconnected for so long from our spiritual self we lose trust. We need to re-establish that trust. The best advice I can give you is to start observing when your spirit comes through for you. Recognize it, acknowledge it and appreciate it. This will encourage this interaction to happen more often. It could be as small as you wishing to get a parking space close by, and there it is, a parking space waiting just for you. Then write it down on a piece of paper and stick it in a jar. The next time you find yourself in doubt that spirit has your back, reach into your jar, pull out a piece of paper, and read about the last time spirit had your back. This will help you establish your trust with spirit. It certainly has worked well for me. And I am forever grateful for my relationship with my spirit and the amazing guidance I receive on a daily basis.
Learn To Work In Union With Your Spirit

By asking questions and setting intentions and then observing the message you may be receiving in response is how you can learn to communicate and work in union with your higher self. Some people sit in meditation for hours. I prefer to be more interactive with my spirit. I have a hard time sitting still for hours. I prefer to ask a question or set an intention and then release it into the universe and see what comes back.

I may not get an answer until a few days later. In some cases I have not received an answer until years later. Most likely I wasn’t ready for the answer any earlier. But eventually I do receive an answer. The answer may come in the form of a video on Youtube or a movie you watch. Or you may meet someone who will answer your question, even in a very brief conversation by what they share with you. Or you may experience a sudden thought flashes through your mind, seemingly out of nowhere. Or you may pick up a pendulum and get some Yes or No answers right away. Or you can very carefully listen to your heart and see which way you are leaning. This works great if you are trying to decide between two choices. For example, you are trying to decide if to go to this particular meeting or staying home and working on your project you are trying to finish. Close your eyes and imagine yourself going to the meeting. Carefully observe how you feel about doing so. Then close your eyes and carefully observe how it would feel
staying home and working on your project. Then notice which activity you feel most drawn toward.

However, you must be careful to discern between communicating with your spirit and your EGO pain body. Initially it might be hard for you to tell, until you heal up some of your unresolved issues and declutter your soul. You can always refer to the “Heart vs Pain” chart above. If, for example, fear is the reason why you are gravitating away from something, understand that fear is coming from your pain body and it is not necessarily in your highest good to follow the advice of your unresolved pain. Most of our pain is not life threatening. In other words, it’s not like we are facing a bear that is going to maul us. Say that you were embarrassed while speaking in the past and now you have a fear of speaking. Not going speaking may not be in your best interest, if you are trying to develop a business where speaking could yield clients for you. If you have that fear, it may stop you from trying to go, even if it would be in your highest good.

It is really important to learn to discern as to which part of you is speaking. The more you heal your unresolved past, the clearer your communication with your higher self will be, and the better you'll become at discerning whether you are connected to your source or your EGO pain body in that moment.
Heal Your Unresolved Pain

If you are having a difficult time re-connecting with your spirit through the above exercises, no worries, healing your unresolved pain through the deeper soul work I advocate will help you re-connect with your Spirit. Trauma tends to disconnect us from our source, while healing tends to re-connect us. The actual healing and deeper soul work is where the rubber meets the road. This is where change happens. This is where you will achieve wholeness and integrity in your soul with the right person.

Exercise 1:

   Remember a time when you experienced a trauma or pain (emotional, mental or physical) when you felt disconnected afterward?

Describe your pain experience and how you felt afterward that was different from the way you felt before the experience. Take a look at the “Spirit vs EGO” chart to see where you were connected before and after.
What’s Next

This book is intended to get your big toe wet and point you in the right direction. The process of spiritual awakening and transformation takes time and effort. To the contrary of popular opinion it doesn’t just happen by itself and it doesn’t happen overnight. However it happens much faster if we intentionally and actively participate in the process. We can allow ourselves to be blown about by the wind or we can take charge of our divine journey.

To accelerate your process of awakening and transformation immerse yourself in the right information, surround yourself with the right people who have walked the path before you and who have the right wisdom and skills, and choose to intentionally engage in your own transformation with the help of a mentor and healer. Doing the deeper soul work with a skilled practitioner is where the rubber meets road so to speak.

There is nothing like working with a spiritual mentor, teacher, or healer that will teach you tremendous amounts about the world of spirit. Invest in yourself by investing in a mentor and healer. It’s all about mastering you. The knowledge you acquire will help you
in mastering life and being successful in every area of your life. So, don’t be cheap with yourself.

It is equally as important to find the right spiritual mentor. Not all spiritual mentors or healers are the same or have the same understanding and knowledge. There are a lot of healers and light workers waking up these days and not all that proclaim themselves to be gurus actually are. There is a lot of misinformation out there about the world of spirit.

Good guidance to follow in choosing the right mentor and healer is your own spirit. If you feel drawn to someone, try them out. There is a reason you feel drawn to them. Usually it’s because your soul knows that their soul can help you. There is a reason you were drawn to read my book, for example.

Hiring a spiritual mentor and healer is the best thing you can do for yourself, especially if you are serious about accelerating your journey of awakening and transformation. A mentor can see things we can’t. They can help us with our blind spots. They can take us to places we wouldn’t even think to go. They can teach us things we don’t know about. I’ve had many mentors along my journey, each teaching me invaluable spiritual truths and propelling me to the next step in my journey.

The process of transformation isn’t easy. It takes courage to face your pain. But the reward is absolutely amazing. When we are in the process of transformation, we are changing and sometimes we
can get disoriented, especially when we are shedding the old self but haven’t quite stepped into the new self. The key is to be patient with yourself and be kind to yourself throughout this process.

When we are connecting with our pain, we can get overwhelmed by our subconscious mind, where our mentor will not, and thus can help pull us out of it.

And it is not just about our own transformation. It is about our soul purpose, finding it and aligning with it. I bet deep down you too have divine gifts and perhaps wish to make a difference in the world. But perhaps that thought overwhelms you or triggers fear. All I can say is that it is a process of also growth in which you can overcome your fears and blocks. The right mentor will help you connect with that part of yourself, will help you flourish, embrace your divine gifts, and help you gain the confidence you need.

I am such a mentor, healer, and teacher with an amazing amount of compassion, understanding and wisdom who can help you accelerate your spiritual awakening and transformation as well as embracing your divine gifts and aligning your vibration with your soul purpose. I not only talk the talk, but I have walked the walk. I’ve been once where you are, in fear and uncertain where this journey would take me. I had to heal myself every step of the way.

With me you have an opportunity to not only work on yourself, but also learn Quantum Healing and help others rise in their
vibration, and accelerate their spiritual awakening and transformation, if you choose to continue your journey beyond your own transformation. This is an opportunity for you to participate in helping our entire planet to rise into the higher dimensions of a love based existence, all the while embracing and working with your own divine gifts and blooming into the flower you are meant to be.

My 6 month “Heal The Healer & Train The Healer” program will train you to be an effective healer, in your vibration as well as in your wisdom and skills. Please check my websites below for currently available programs and classes.

**Your Next Step**

If you liked what you have learned so far and want to continue your learning, your next step is sign up on my email list and watch my free master webinar on Quantum Healing and more about my personal story... [https://advancedhealersacademy.com/free-quantum-healing-master-webinar/](https://advancedhealersacademy.com/free-quantum-healing-master-webinar/)

I also offer private individual healing sessions. I also can work with you long distance via video conferencing software or simply the telephone. Please feel free to get in touch with me.
My Websites and Contact Information

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Other Resources

Ways To Learn More About The Realm Of Spirit

Read Books

There are a lot of great books out there. Here are just a few suggestions for you. Eckhart Tolle is a popular writer who has several good books out. Dolores Cannon was an amazing woman and a hypnotherapist. She has passed since. She has a number of books out. I have one of her books called “The Three Waves of Volunteers and The New Earth”. Another good book is “Soul Retrieval” by Sandra Ingerman. Brian Weiss, M.D. has also some really great books out, like “Many Lives, Many Masters” and “Only Love Is Real”. Or try “Radical Forgiveness” by Colin Tipping.

My personal book, “Meeting My Twin Flame” is available on Amazon or on my website, if you are curious about Twin Flames, Soul Mates and Past Lives. It’s my personal journey of having met my Twin Flame and my spiritual awakening that resulted. I also have contributed a chapter called “It’s Time To Take Our Power Back” in the book “R*eVe*olution, The Return of the Divine Feminine” by Denye Robbins. It’s a compilation of stories of 40 global women leaders, if you are looking to be inspired.
Join Groups

Facebook has some amazing groups you can join. I have started several of them myself. There are groups about Empaths, Dark Night of the Soul, Spiritual Awakening, and so many more. All you have to do is search for them. Some of my groups are:

https://www.facebook.com/groups/twinflamerelationships
https://www.facebook.com/groups/risingspiritualentrepreneurs
https://www.facebook.com/groups/healthalternatives
https://www.facebook.com/groups/healerschangetheworld

I’ll be soon creating a group called “Dark Night Of The Soul Medicine”.
I’m sure there are many groups also on Meetup.com or LinkedIn and I’m sure other places. Join some groups and have fun with it.

Take Classes

There are some awesome classes out there. Please check on my websites for current classes I am offering or contact me directly.

https://thespiritualhealer.info
https://advancedhealersacademy.com
Engage In Your Own Healing And Transformation

There is so much you can learn about the spiritual realm and yourself by actually going through some transformational healing work. I’m talking about some actual intentional deeper soul work, including perhaps past life regression work. If you have never done anything like this, work with a spiritual healer who knows how to facilitate healing by working with your subconscious mind and helping you transform unresolved pain into wisdom through the process of healing. Past life regression work is an amazing experience. During my sessions I take my clients through the depth of their own subconscious mind into the pain memory of their past lifetime and we proceed to heal my client in that moment. It is incredibly effective and it helps you learn about yourself and who you are based on what you did in your past lifetimes. And as you witness the shift in you and how your reality changes accordingly, you are learning also about metaphysics.
Testimonials

“I decided to invest in myself and purchased a packaged deal of 10 private healing sessions with Dagmar. I needed to heal some issues in my past and the relationship with my mother. I was angry. I didn’t feel good enough. Life was hard and filled with fear and anxiety. I felt stuck. Unfortunately, I had gone through 2 years-worth of counseling with no change to speak of. As such I was skeptical. Even though I took the leap with Dagmar, I still wondered, “What if this doesn’t work?”

I was pleasantly surprised as I noticed changes within myself after only 2 or 3 sessions. Each subsequent session I felt a new shift. The amazing part is that as I changed, I witnessed how everything around me changed. Not only was I responding to people differently, people responded to me differently. Situations that would have previously angered or upset me don’t faze me anymore. I am no longer attached to specific outcomes. I feel calm and at peace with whatever may come, understanding that there is a divine reason for everything.”

Beverly

“Dagmar is a spiritual healing genius! What great results I have gotten from just a few sessions. I was skeptical at first, but Dagmar follows a methodology that really works. I highly recommend Dagmar as a healer. She is truly gifted.”

Angela
“For 20 years I suffered pain in my right hip. It considerably restricted my abilities. I couldn’t do certain yoga poses. It would lock up on me. I’d have to brace myself when getting up from sitting. I was very uncomfortable sitting and laying down for long periods of time. I couldn’t lay at all on my right side. I had seen doctors and had x-rays taken. They never could find anything wrong with my hip and I was told it was arthritis. I had been to chiropractors and acupuncturists and nothing ever took the pain away. I was told to do Yoga but that didn’t help either.

Then I met Dagmar. It’s been an amazing journey of healing with Dagmar ever since. In one of her sessions, I remembered a past lifetime in which I had suffered the pain in my right hip that I was still carrying in my body today. After the healing with Dagmar, I walked out of her session with no hip pain. The pain in my hip literally vanished and never returned. After 20 years I was once again pain free and mobile. I could now sit and lay comfortably and I could even sleep on my right side. I was completely blown away.”

Vicky

“I highly recommend Dagmar and her teachings! After completing a self-healing she taught me, I was able to heal a wound regarding Loss with my current daughter. Because of this I feel freer and more confident and my daughter’s attachment behaviors have nearly stopped. I can leave her without a problem and she even gave up her pacifier. This is huge! She’s only 3!!! Quantum Healing has changed my current life.”

Carrie
“I tried a trial Quantum Healing that Dagmar offered. I was able to heal my 30 year trauma from a past relationship that turned violent. During the healing I started feeling pain in my right shoulder and arm, the same spot where I was injured due to that violent incident. By the end of the healing, the pain was dissipating and I felt lighter, like a weight had been lifted.

I decided to sign up for the membership, so I could heal other traumas/pain. I have listened and performed the healing twice since. OMG!!! The first one was from my client that I lost in February (I’m a caregiver). She reminded me of my mom, whom I lost to cancer years ago. I had tears streaming down my face and in the middle of the healing my left leg became extremely twitchy and itchy. But by the end, it completely dissipated.

The second one was from my cat that I had a huge connection with, that passed 2 years ago, I was sobbing. Both were at an emotional pain level of 7-8 (of a possible 10) at the beginning, but by the end they were 0-1. Just wow! I highly recommend Quantum Healing with Dagmar. Dagmar is phenomenal! You won’t be disappointed. You will heal like you didn’t think was possible! I am looking forward to more healing of my past.”

Jane
About the Author

Dagmar Oktabcova - International Clairvoyant Spiritual Healer, Teacher, Author and Speaker

Born in the Czech Republic, Prague, Dagmar escaped her home country with her parents and her brother in 1969, one year after the communist invasion. Traveling different parts of the world, her journey eventually took her to Colorado, where in 2005 she met her Twin Flame. The encounter was so profound, she wrote a book about it, titled “Meeting My Twin Flame”, available on her website and on Amazon. This marked the beginning of her spiritual awakening, self-discovery, and transformation journey and is the reason for what she does today.

One of her main discoveries as a result of her past life journeying is that she had been clairvoyant and a healer in many other lifetimes. As such she had also experienced many past life persecutions for her divine gifts. These experiences and healing herself through them gifted her with tremendous compassion and understanding for others who have divine gifts. She knows exactly what it takes to overcome those fears that can present incredible blocks in our journey to self-realization.

Dagmar has facilitated deep integrative soul work and transformational healings for 15+ years and has helped hundreds of people improve their lives.

Her healing work is a combination of Quantum Healing, Akashic Field Healing and Multi-Dimensional Healing. It includes Past Life Regression Work, Soul Repair and Re-Integration. It is based on transforming unresolved pain into wisdom for the soul. She uses colors and other energies such a love and forgiveness to
accelerate the healing process. Dagmar is very skilled in helping you connect subconsciously with your own past life memories. She is very apt in working with the subconscious mind.

Dagmar has a vast understanding of past lives, soul mates, twin flames, the deeper meaning of relationships, the spiritual world and its reflection in the physical, the ascension process, the inner workings of the soul, and the healing process. She also has a very unique world view thanks to her travels and real life experiences.

Answering her soul call, Dagmar recently launched Advanced Healers Academy in support of healers and light workers or anyone who wishes to learn the art and science of deep transformation and make a bigger impact in the world. She teaches her unique soul wisdom and healing processes and how to become a spiritual healer in vibration as well as in wisdom and skill.
Disclaimer

Dagmar’s Quantum Healing is a process which facilitates reconciliation deep within the soul, repair of the soul and spiritual growth, improving relationship with self, others, physical body and life itself, thus improving the individual’s circumstances and experiences. While Dagmar facilitates the healing process and provides guidance, she does not heal the client. The client heals themselves. Ultimately, each individual has their own unique journey and is responsible for their special journey, growth, healing and how they experience life.

Dagmar is not a doctor and her advice does not replace the traditional doctor/patient relationship.