Accelerate Your Spiritual Awakening & Transformation

Dagmar Oktabcova
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Get To Peace, Joy, Love, Abundance & Your Fulfillment Faster

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

- Mahatma Gandhi
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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. 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. He helped me find myself and awaken to my wisdom and my divine gifts.

The journey wasn't easy. I was divided between my fear and my love for him. He triggered so much pain in me, constantly mirroring to me my unresolved past. He sent me into darkness many times over, forcing me to heal. As a result, I connected with my clairvoyance and my wisdom as a healer from many lifetimes. As I kept healing, I reconnected with my true essence and my higher guidance. I started overcoming my fear and connecting with my inner power and my soul purpose. Having walked the path, it is my intention 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 may be simply 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.

If you are experiencing darkness, you are not alone. Many people are in the same boat. These challenging times are a part of the bigger picture. Darkness is the mother womb of new understanding. And we are embarking on a new dawn as spiritual human beings. In light we see and therefore we already know. Thus it is in darkness we have an opportunity to grow and learn.

We are moving through the biggest global energetic shift ever, referred to as ascension in the metaphysical world. I believe it all started in 2003, when the vibrations of our planet started to slowly increase. 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 off loading our unresolved pain and the 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. In order to off-load our unresolved pain we must properly integrate those unresolved experiences and transform our pain into wisdom and growth. It is also your job to find and re-integrate the lost parts of yourself and come back into wholeness.

In order to process our pain, we must first connect with it, which is what life does when it triggers us through our circumstances or the people we meet. When we get triggered into our pain, we enter the dark parts of ourselves, our unresolved pain, thus experiencing darkness.

There is a reason you are here on this earth at this time in our 3\textsuperscript{rd} dimension having these difficult experiences and are drawn to awaken and transform yourself. The solution to your ailments lies in the process of your awakening and transformation, which will bring about a new way of experiencing life you can’t even imagine. It’s a life filled with joy and love, with peace and abundance, and with personal freedom to live in full expression of your true essence. You will awaken to seeing life differently. And it is all a part of the bigger picture, your ascension.
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. In essence, it is about finding our authentic self by collecting and re-integrating the lost parts of ourselves and by letting go of those parts of us that no longer serve us.
I refer to this integration and transformation process as spiritual healing or quantum healing, and more precisely to the technique I have developed as Arial 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 accelerating your 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. I was once there. This trust needs to be re-established. My higher self has served me in many amazing and magical ways throughout my journey. It’s guided my personal learning, development, and growth by presenting me with specific situations. It has guided me through my own health challenges to finding solutions for healing my physical 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 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 view point of spirit. Engaging in the process of transformation and deep inner soul work, and accessing your past lifetimes while resolving your incomplete business, will help you learn heaps about your spiritual self, who you are, and 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 your soul learns through this 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. It starts 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, apathy, hopelessness, powerlessness, and judgement 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 and 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**

This is a crucial part of your journey. Intentions are like goals. Without intentions or goals you may wind up somewhere you don’t want to be. 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.

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 feel always supported. 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 the outcome, and be happy no matter what the external circumstances. Set your intention. Setting intentions is like telling the universe what you want as the end result and then allow the universe to figure out the details of how it will get you
there. It can be the difference between endlessly floating around on the big wide sea and having a big wave not only lift you onto the shore, but onto the right shore for you.

**Make Your Journey A Priority**

We all have 24 hours in a day, the wealthy man or woman and the pauper. The trick is in how we choose to spend our time, and that depends on how we prioritize what is important to us. And without making your journey a priority you will never get there. If it is on your list and it is not of priority, it will simply not get done. And no matter how busy you are, if something is important to you, you’ll find the time to get it done. And if you say something is of importance to you and you find yourself procrastinating, you should definitely consider some healing work. Procrastination is a sure sign of inner conflict. And unless resolved, you will never move to get it done. A good question to ask to determine the importance of something is, “Will this move me closer to my destiny or further away from it?”

**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.
essence makes the world go round, or not. You create your reality with your vibration. Understand that money flows through you and it will always go somewhere. The beauty is that you get to direct where it goes, and hopefully you are prioritizing its flow into those areas that will take you closer to your divine destiny. Understand that if you don’t direct the flow of your money, it will still go, just not where you want it to.

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 about mastering you, which will help you master your life. So, don’t cheat yourself by being cheap.

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 a journey of healing and transformation to discover it. The Shaman I worked with over the course of eight months was my mentor and healer who helped me make that initial connection with my spiritual self and the spiritual realm. I could have never made those discoveries without the help of the Shaman.
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. The mentor or healer you seek out should be someone who has walked the path before you. I am one such person and I would be flattered if you were to choose me as your mentor.

Throughout my journey and many other lifetimes I have accumulated an extensive amount of wisdom. All of my experiences have prepared me to be your mentor, healer and spiritual guide. It is my soul purpose to help you rise in the ascension process into the higher vibrational existence and live in full expression of your authentic self. And perhaps one day you will be that person for others.

∞ ∞ ∞
Let’s Get Down & Dirty

Who Are You Without Your Essence?

Connecting with your source is by far the most important thing you can do. It is the center of your inner power. It is your center of creation. You have an amazing power to create beyond your physical self. It is also your guidance system, your true north compass that will never lead you astray. It is your intuition that is never wrong. Amidst today’s challenging times, I sadly hear many people express that they don’t know who to trust. Always trust your Spirit.

Recognizing Your Connection

You can either be connected to your Spirit (your source) or to your EGO pain body (your survival mechanism). 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 to your Spirit and when you are connecting to your EGO pain body.
The EGO is all about survival and thus you derive at conclusions from your unresolved pain experiences. As long as you are operating from your EGO pain body, you will always just keep recreating your past. 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, fear, or anxiety to prevent you from going there again. It does not matter if the threat is actually real or not. At the same time the vibration of your unresolved pain will attract and create situations or draw in people to mimic your unresolved past in hopes that you will finally process it and learn from it. This keeps you on a treadmill of continuously repeating the past.

**Exercise 1:**

**What patterns are you living?**

Notice the dysfunctional patterns in your life. What are they? Do you keep attracting abusive people? Do people not appreciate you? Do you cheat on your partner? Does your partner cheat on you? Do you tend to run away from your problems? Do you keep procrastinating when it comes to doing the things you want to do? Write down your dysfunctional patterns.
Are you living from your Heart or your Pain? And how do you know? Take a look at the chart below. What are you mostly experiencing?

<table>
<thead>
<tr>
<th>Pure Spirit &amp; Heart</th>
<th>VS</th>
<th>EGO Pain Body/Survival</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Love</td>
<td>• Fear</td>
<td></td>
</tr>
<tr>
<td>• Connected to Source</td>
<td>• Disconnected</td>
<td></td>
</tr>
<tr>
<td>• Manifest w/Thoughts</td>
<td>• Manifest w/Pain</td>
<td></td>
</tr>
<tr>
<td>• Thrive</td>
<td>• Survive</td>
<td></td>
</tr>
<tr>
<td>• Wisdom</td>
<td>• Pain</td>
<td></td>
</tr>
<tr>
<td>• Inner Power</td>
<td>• Powerless/Weak</td>
<td></td>
</tr>
<tr>
<td>• Abundance</td>
<td>• Scarcity</td>
<td></td>
</tr>
<tr>
<td>• Being</td>
<td>• Doing</td>
<td></td>
</tr>
<tr>
<td>• Manifesting Effortlessly</td>
<td>• Striving</td>
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<tr>
<td>• Allowing</td>
<td>• Forcing</td>
<td></td>
</tr>
<tr>
<td>• Flow</td>
<td>• Resistance</td>
<td></td>
</tr>
<tr>
<td>• Create what we want</td>
<td>• Create what we don’t want</td>
<td></td>
</tr>
</tbody>
</table>

When we get triggered into our pain, we temporarily disconnect from our spirit. As some time passes, we disconnect from our pain and re-connect with our spirit. We can also be more permanently disconnected from our essence as a result of trauma, in which case deep inner healing work may be necessary to re-establish the connection. Healing work also gets rid of your triggers and helps you maintain your connection with your spirit.

How long we can maintain staying connected with our spirit entirely 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 2:

Look at the chart and notice where you are connecting right now? Spirit or Ego? Write it down.

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? Do you feel 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 to your source.

c. Where do you spent most of your time? Source or Ego? When you are living from your source you are living in the present moment. Your reference point is infinite possibilities based on your innate power to create.

When you are living from your Ego, you are living from your past and are constantly worried about the future, because your reference point is your unresolved pain. The possibilities are very limited.
Exercise 3:

Think of a life circumstance when you were connected with your EGO pain body?
What were you mostly experiencing at that time? Look at the chart. How did those circumstances work out for you?

Exercise 4:

Think of a life circumstance when you were connected with your Spirit?
What were you mostly experiencing at that time? Look at the chart. How did those circumstances work out for you?
What Is Your Relationship Like With Your Spirit?

In the last section you learned to identify your connection with your essence. In this section, let’s acknowledge your essence.

Here is my poem I wrote as I re-connected with my spirit.

**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 5:

**Acknowledge your connection with your Spirit.**

Describe the relationship you have with your spirit by writing a poem or a short story about you and your spirit.
Learn 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. If you don’t have a relationship with your Spirit, start one now. This will encourage an 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. It is Spirit coming through for you. Yes, you could say, but that was a coincidence. Well, I don’t believe in coincidences. Include the exercise below in your daily routine. It will help you establish trust with your Spirit over time. It certainly has worked well for me. And I am forever grateful for my relationship with my Spirit, all the countless times my Spirit had my back, and the amazing guidance I receive on a daily basis. And as with any relationship, it has to be cultivated, nurtured and tended to.

Exercise 6:
Establish Trust With Your Spirit

Every time Your Spirit comes through for you, 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. It is a great way to recognize, acknowledge and re-affirm your relationship with the inner most essence of yourself.
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 or a movie, or a person you meet who answers your question, even if in a very brief conversation. Or you may experience a sudden thought flash 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 may be hard for you to tell the difference, until you engage in deeper transformational work and heal some of your unresolved issues and declutter your soul. You can always refer to the “Heart vs EGO” chart earlier. 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. Remember that making decisions from your pain body will only help you re-create more of your past. If you were, for example, embarrassed while speaking sometime in the past and now you have a fear of speaking, the fear may stop you from engaging in any speaking activities, even if it is in your highest good to do so, especially if you are trying to develop a business where speaking could yield clients for you.

It is really important to learn to discern whom you are listening to, your pain body or Spirit. The more you heal your unresolved past, the clearer your communication will become with your higher self (your Spirit), and the better you’ll become at discerning where you are connected, to your source or your EGO pain body.

**Exercise 7:**

*Practice communication with your Spirit.*

Ask a question or set an intention. Something simple, where you could see immediate results. Wait to see what shows up. Acknowledge it and thank your Spirit when it does show up.
Heal Your Unresolved Pain

If you are having a difficult time connecting with your Spirit through the above exercises, you may need deeper soul work and heal your unresolved pain. I would recommend working with a professional healer. 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 real change happens. This is where you will achieve wholeness and integrity in your soul with the right spiritual healer.

Exercise 8:

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

Write down your experience. How did you feel before and after? Refer back to the “Spirit vs EGO” chart to see where you were connected before and after.
What’s NEXT?

While connecting with your Spirit may be the most important thing you can do, it’s not the end all. It’s a start. And if it is not working as you would hope or expect, be patient with yourself. Don’t be discouraged. The process of spiritual awakening and transformation takes time, effort, and the right guidance. It doesn’t just happen by itself and it certainly doesn’t happen overnight.

However, you can significantly accelerate this process by following the overall strategy described in this book. It is crucial to be intentional and active about it and have professional guidance. We can allow ourselves to be blown about by the wind or we can take charge of our divine journey. It’s best if we take charge and at the same time co-create with spirit.

It is key to 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 the right spiritual healer and mentor. Doing the deeper soul work with the right person is where real change happens very quickly. Additionally you will
learn so much about yourself and the metaphysical world once you dive into the depths of your soul, including your past lives and start experiencing true transformation.

It’s all about mastering you, which in turn will help you master your life and ensure your success and fulfillment. As such don’t be cheap when it comes to investing in yourself by investing in the right spiritual healer and mentor.

Not all spiritual mentors or healers are alike or have the same understanding, wisdom, or skill set. There are a lot of healers and light workers who are not the gurus they proclaim themselves to be. And there is a lot of misinformation and misunderstanding about the world of metaphysics and the inner workings of the soul.

In choosing the right spiritual healer and mentor follow the guidance of your own Spirit. If you feel drawn to someone, try them out. There is a reason you feel drawn to them. Usually it is because your soul knows that they can help you in some way, even if it is only to point you in the direction of your own darkness. It is up to you to discern.

There is a reason you were drawn to read my book, for example.

**Exercise 9:**

Why do you think you were drawn to my book?

Write down what you learned by reading this book. Why do you think you were compelled to read it?
The right spiritual healers and guide is crucial in your journey. They can help you see things you can’t. We all have blind spots when it comes to ourselves. They will not let you get away with things that you would let yourself get away with. They have skills you don’t have. They can teach you things you would otherwise never 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. I couldn’t have come this far without them.

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

When connecting with our pain, we can get overwhelmed by our subconscious mind, but our mentor will not and therefore can help pull us out. Otherwise you may find yourself stuck in your pain for a while, which can be quite unpleasant.

And it is not just about your own transformation. It is about your 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 growth in which you can overcome your fears and blocks. The right mentor will help you
connect with that part of yourself and facilitate your healing so that you can flourish, embrace your divine gifts, and gain the confidence you need.

I am such a spiritual healer, mentor and teacher with an amazing amount of compassion, understanding and wisdom, who can help you accelerate your spiritual awakening and transformation as well as embrace your divine gifts and align 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 Arial Quantum Healing and help others rise in their vibration, as well as 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 the 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.
WHAT'S NEXT?

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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 in the self-help/metaphysical world who has several good books out. Dolores Cannon was an amazing hypnotherapist. She has passed a few years ago. 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.

I published a personal memoir in 2013, “Meeting My Twin Flame”, a true story about soul connection, past life remembrance, spiritual awakening and multi-dimensional healing. It is available in e-book and physical form on Amazon or on my website (thesspiritualhealer.info). It’s a great read if you like a good mysteries, and are curious about Twin Flames, Soul Mates and
Past Lives. It’s my personal story 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/twinflamerelationships)
- [https://www.facebook.com/groups/risingspiritualentrepreneurs](https://www.facebook.com/groups/risingspiritualentrepreneurs)
- [https://www.facebook.com/groups/healthaltneratives](https://www.facebook.com/groups/healthaltneratives)
- [https://www.facebook.com/groups/darknightofthesoulmedicin](https://www.facebook.com/groups/darknightofthesoulmedicin)

I’m sure there are many groups also on Meetup 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. I offer some excellent classes and programs myself. Interested in serious transformational work or want to train as an advanced healer? Fill out the application by clicking on the link below.

AccelerateYourSpiritualAwakening.Com

Engage In Your Own Healing And Transformation

There is so much you can learn about metaphysics and yourself by actually diving into the depths of your soul through transformational healing work. I’m talking about some actual intentional deeper soul work, including past life regression. Unless you know how to do this on yourself, you will need to work with a spiritual healer. 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 them in that moment. It is incredibly effective and it helps you discover parts of yourself you never knew existed. And as you witness the shift in you and how your reality changes by aligning with your new vibration, you are also learning about metaphysics.

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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 has the gifts of clairvoyance and healing. She has experienced many past life persecutions for her divine gifts. The collection of her experiences and her own healing has gifted her with tremendous compassion and understanding for those who have divine gifts. She knows exactly what it takes to overcome the fears that can present incredible blocks in the 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.

She calls her healing methodology Arial Quantum Healing, which is a combination of Quantum, Akashic Field, and Multi-Dimensional Healing. It includes Past Life Regression and Soul Repair. It is based on transforming unresolved pain into wisdom.
Dagmar is very skilled in working with the subconscious mind and helping connect her clients with their own past life memories.

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 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 desires to make a bigger impact in the world. She teaches her unique soul wisdom and healing processes and trains advanced healers in vibration, wisdom and skill.
Disclaimer

Dagmar’s Arial 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 and provides guidance, she does not heal the client. The client heals themselves. Ultimately, each individual is responsible for their own unique journey, growth, healing and how they experience life. It is up to the client to discern if they need advice and/or services from a medical doctor.