



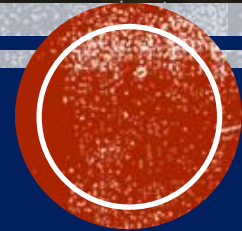
**INTELLIGENT
EASE**

**COMPULSION
STRUGGLE**

**HEALING
CURIOSITY**



SPELLS



Extracts from the work of Mary O' Malley





Dr Newton & Dr Laxmi

To best enjoy the sessions:

Use headphones or ear phones.

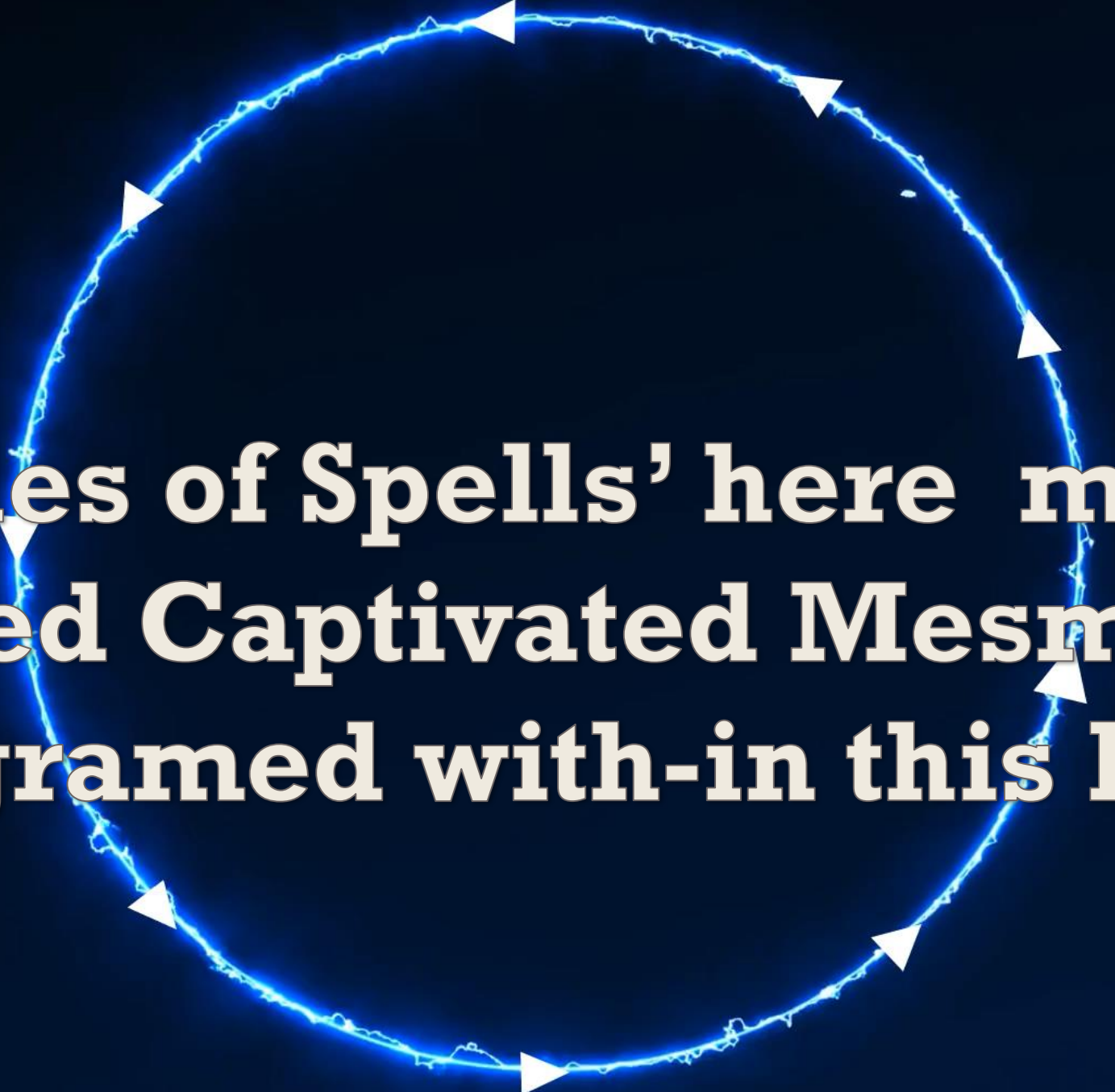
Meditation music is more effective.

**Find a good quiet place, comfortable, not
disturbed.**

**Keep some place around, if you want to move
during some of the meditative processes**

It is not advisable to attend this while drive.



A large, glowing blue circle with a jagged, lightning-bolt-like border. White arrows are placed along the inner edge of the circle, pointing in a clockwise direction.

**‘Circles of Spells’ here means
Charmed Captivated Mesmerized
Programmed with-in this loop**

We are carrying a life time of conditioned beliefs, fears, attitudes that are accumulated from your womb-life till the present day. This circle of spell carries transgenerational programing, or even past lives.



Operational Spell

Foundational
Spell

Hidden spell



I am separate from life
I am not safe



Foundational Spell





Operational Spell

**Control life
Do it right
I am not doing it
right enough**





**Because I am not doing it right, I am wrong
I am unlovable
I am all alone (core)**

Hidden spell





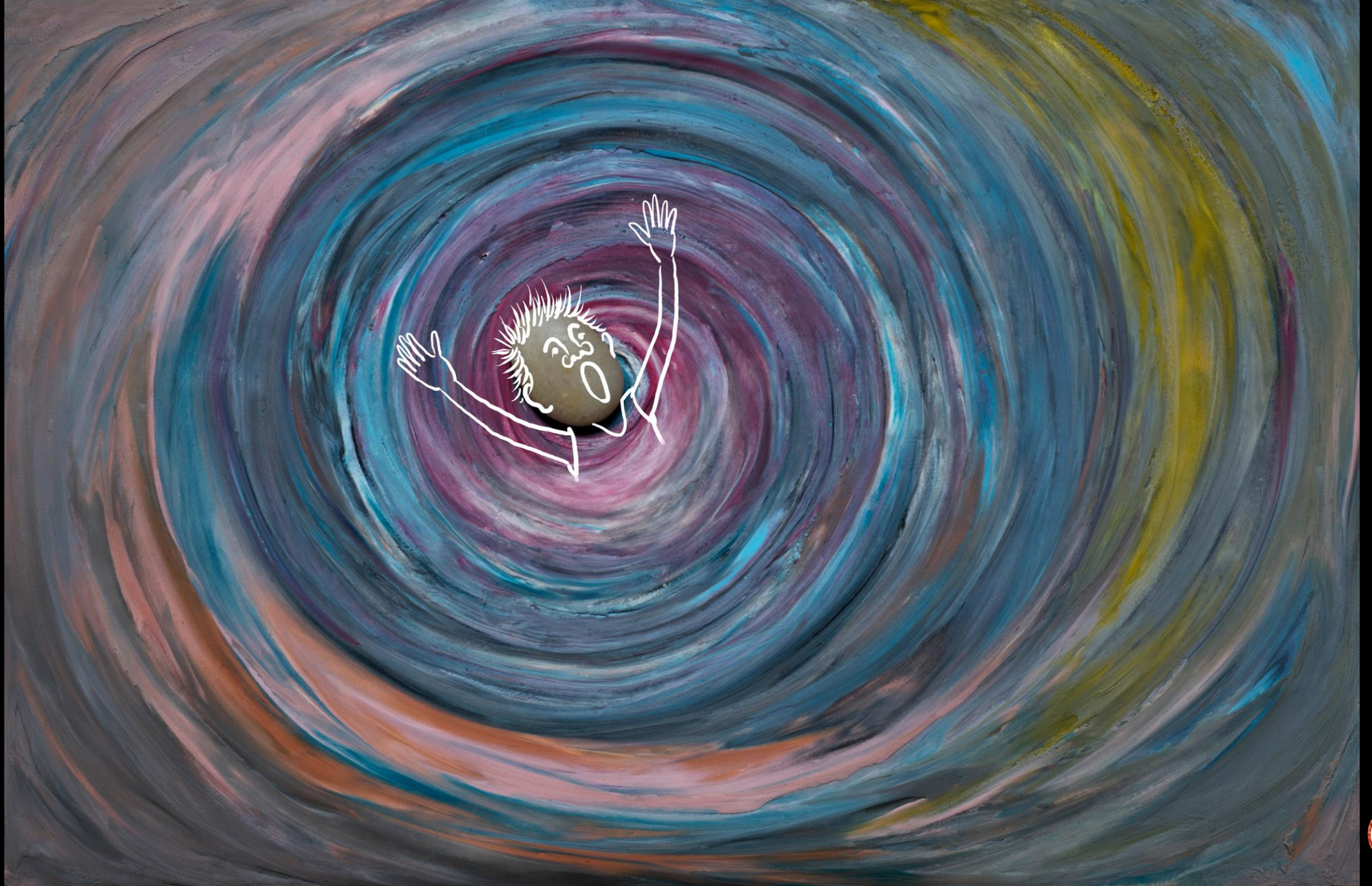
Without inner-gps, no radar





„Heute ist die Deadline“







I am separate from life

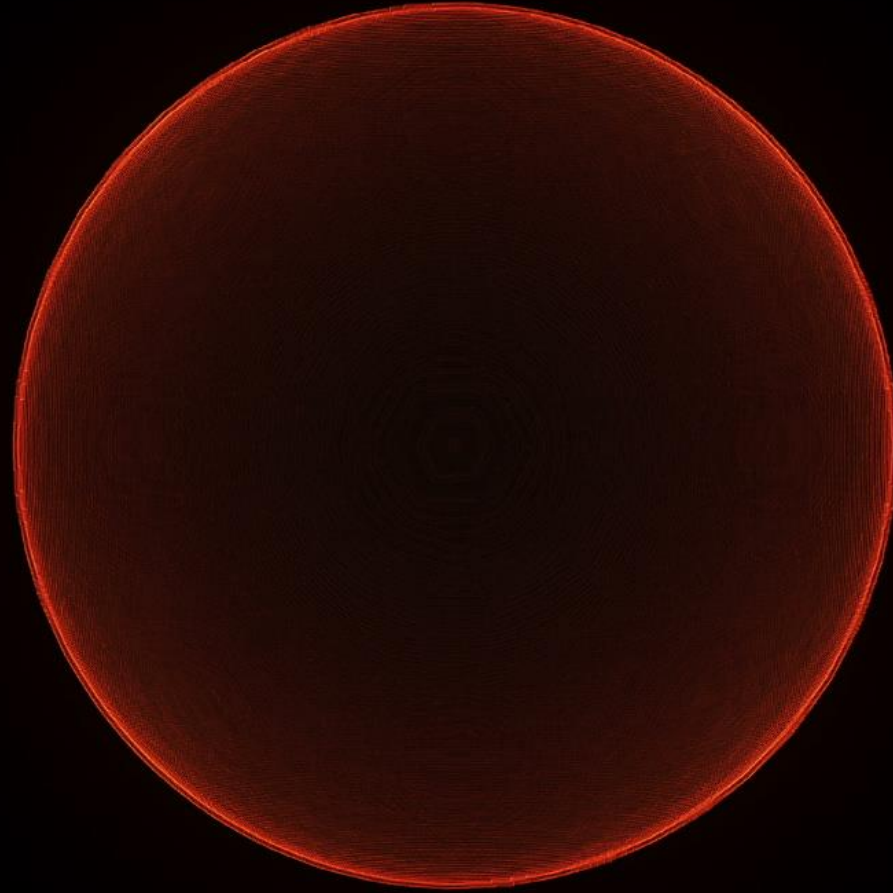


I am not safe



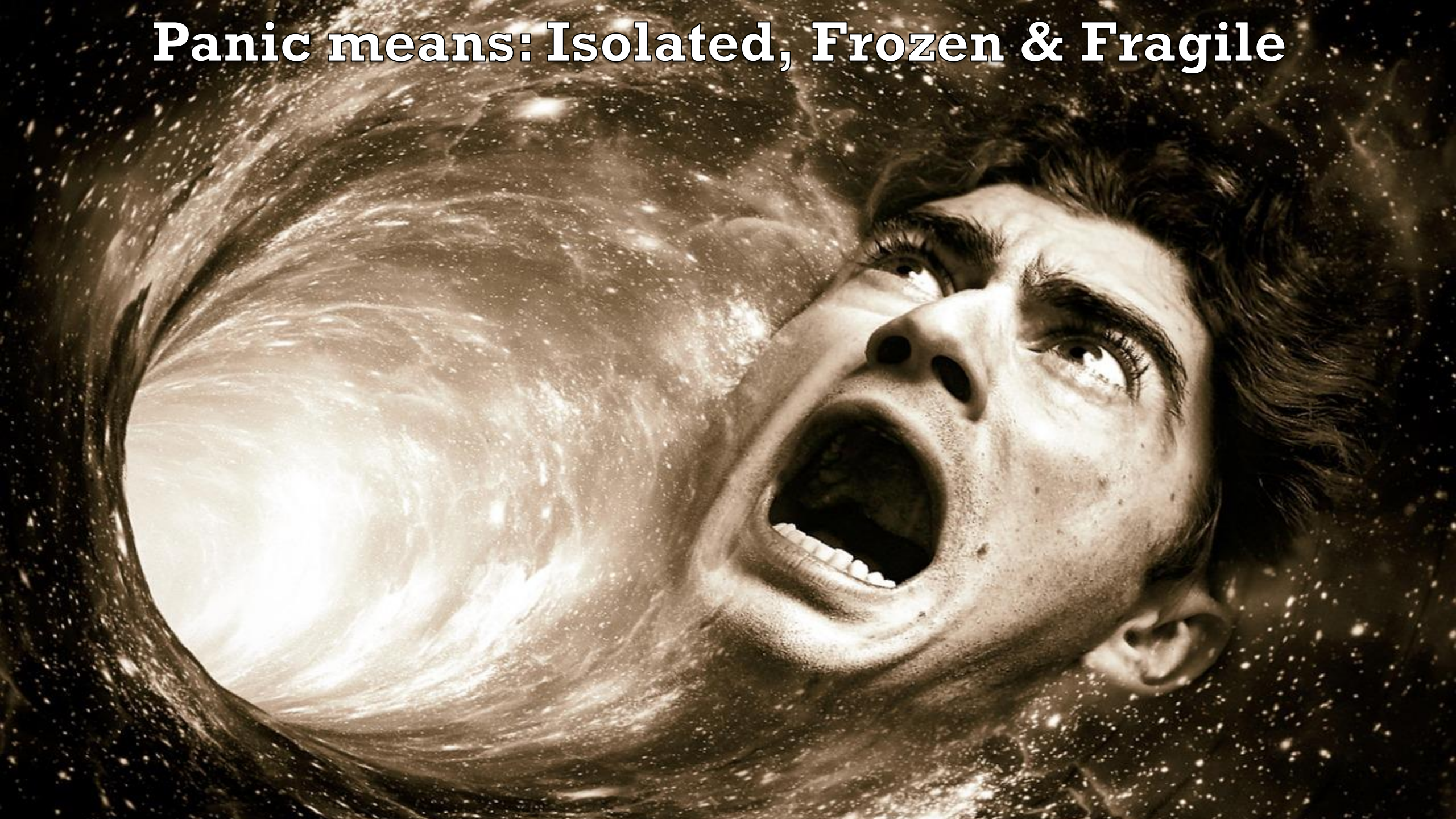


Not safe



Life in
Danger

Panic means: Isolated, Frozen & Fragile



Panic, fright anxiety!

When panic and fear strike, you don't need love and peace!

One needs connection with life-energy.

A 30 second vibrational-vagal reset:

Locate your seat or feet. Drop all your weight on the seat/feet. Feel the pressing down. You may either short jump or drop once into the chair, as if gravity has dropped you.

Let the shoulders drop.

Take a deep gentle breath as deep to fill your entire tummy.

Your pulse will slow down. Keep your consciousness dropped into this 6 sextillion rock called earth!

Hum V...O into the ground. Three times. Meditate 2 mins.



Panic is seeking connection

When panic attack strikes, find a little time 2-5 minutes:

Keep your head straight & still, facing forward.

**Pick a spot straight in front of you an object. Allow
focused slowly soften the gaze.**

**Without moving your head or your eyes, begin to
constantly opening your awareness extreme left and right
margins of your vision. Edges of the peripheral vision
possible. Acknowledge walls shapes colors buildings etc**

**One will immediately feel a connection with life's
creation and the panic will recede.**

Frantic me dissolves back into panoramic field of life.



- **Twice in a day open yourself for a few minutes allowing focused attention on all the sounds that you hear!**



So!

**“Let us expand our lifeline – beyond any
deadline.”**

**„Erweitern wir unsere Lebenslinie – jenseits
jeder Todeslinie.“**





The Cicle of Spells
Mary O' Malley



Paul Avgerinos

He one angel from the sound-seventh dimension

Joy of gratitude



Operational Spell



**Control life
Do it right
I am not doing it
right enough**









**Directing
controlling**

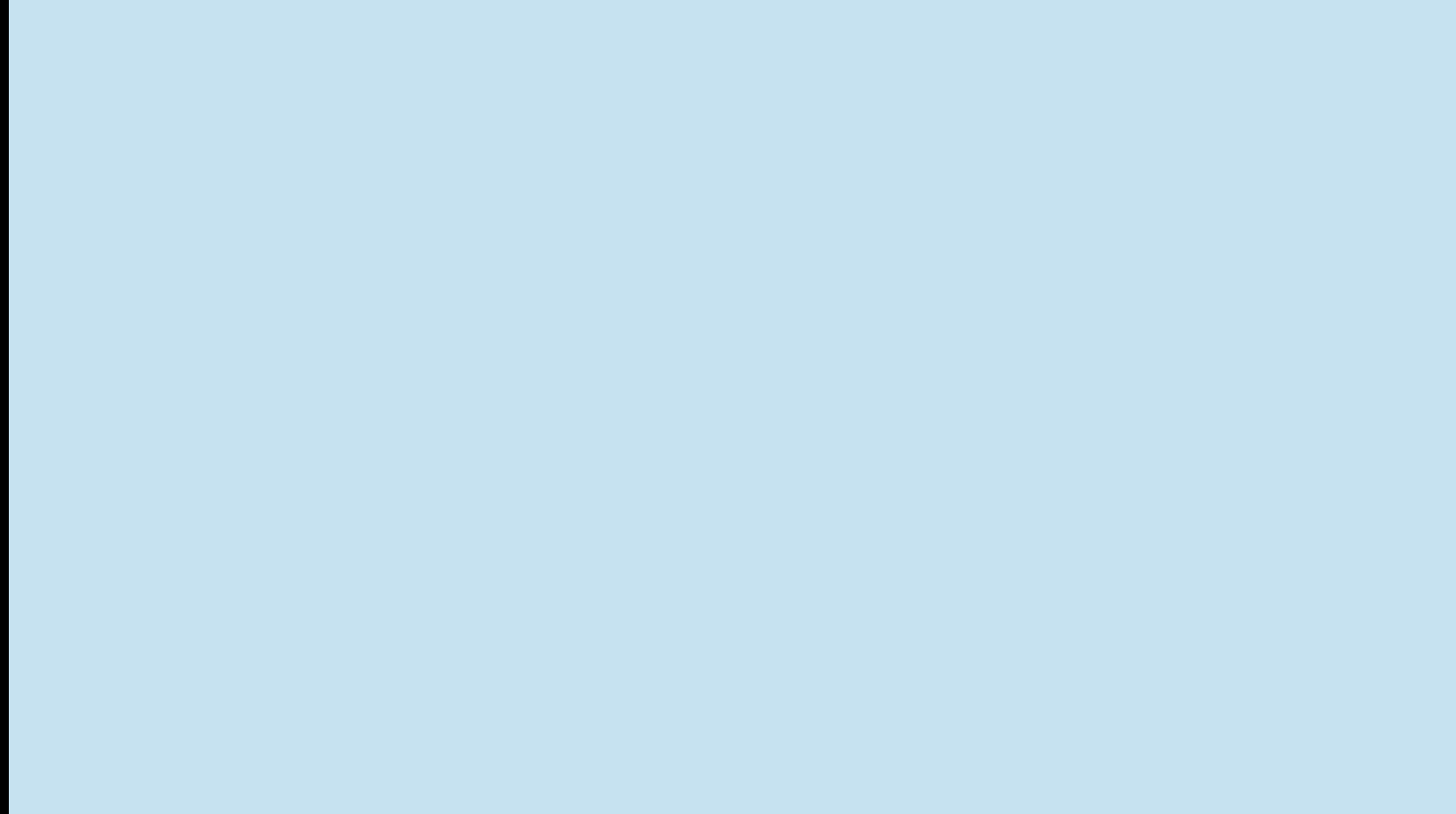
Do it right + not safe = HURRY-UP



Right thing at
the right time

Catastrophe





Doing your 'life' right!



I must figure it all!

Understand it all

Bring it all under my control....





Cosmetic Restructuring !!
Micro-cosmic psychic re-structuring!!



study









Risk of rejections











**Fear, terrible is anticipated
I am the cause
I am wrong.
no resources
Dread!!!**







Ave Maria
Celeste Gakudan
Japanese group
Great spiritual music

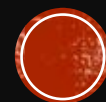


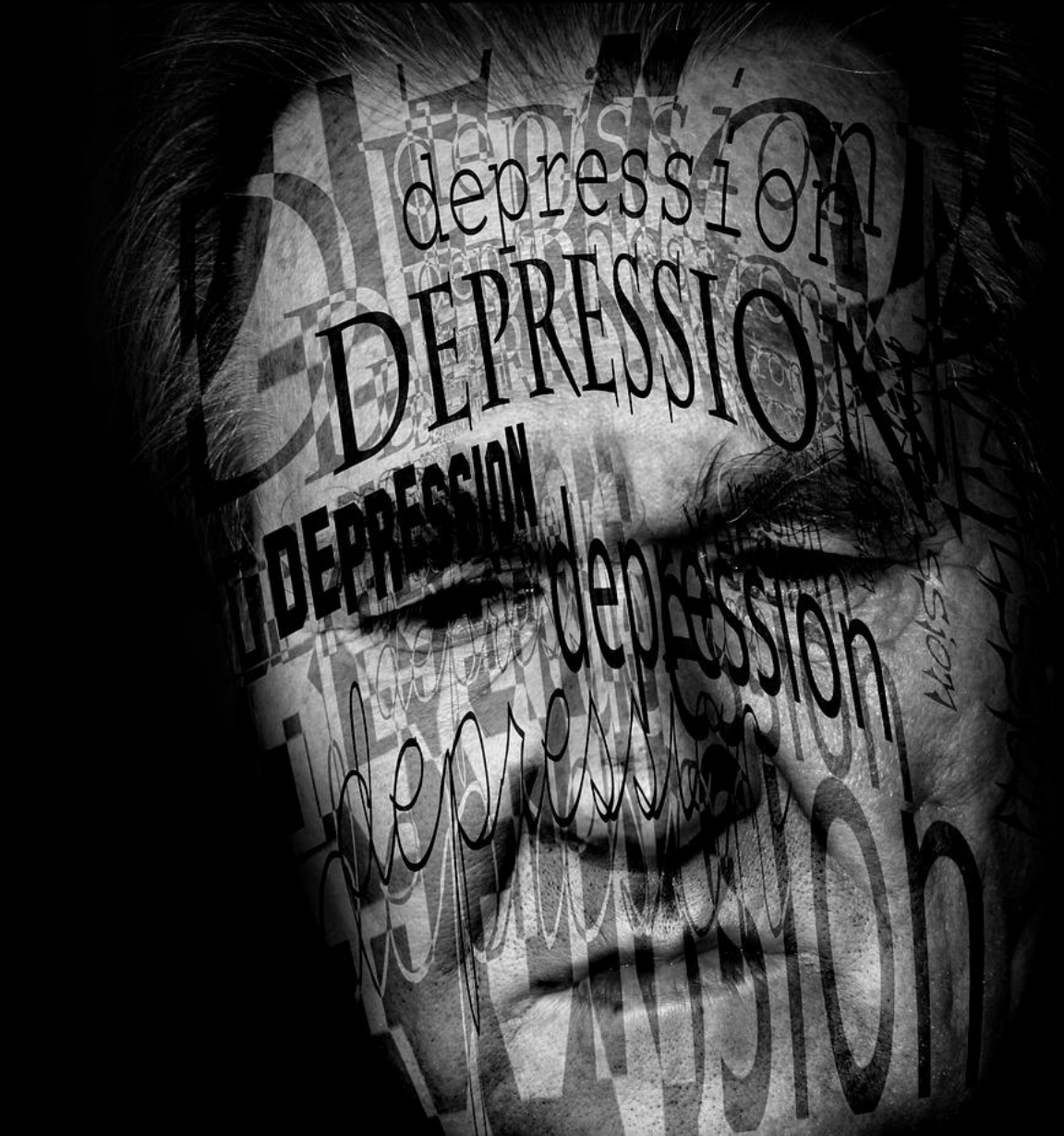
Not lovable Alone





I am not lovable





I am all alone

I am all alone

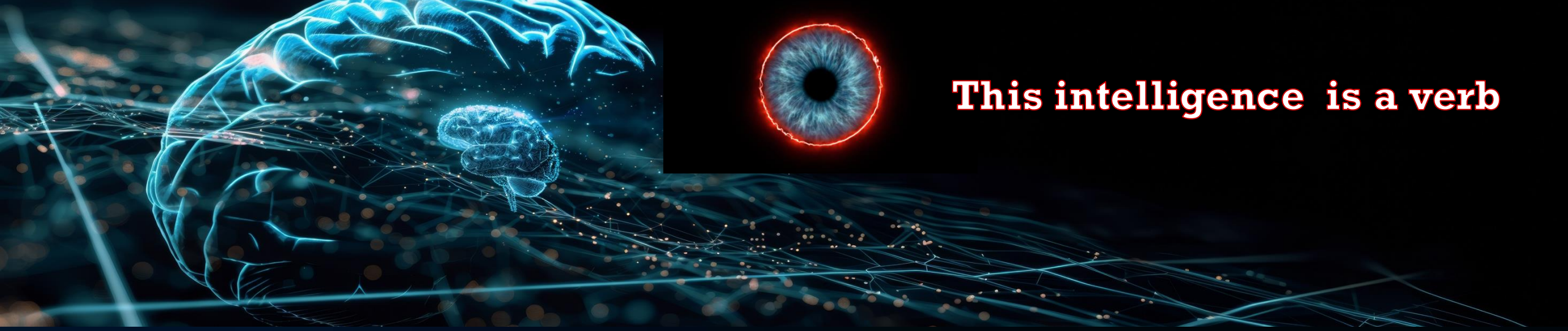
I am all alone



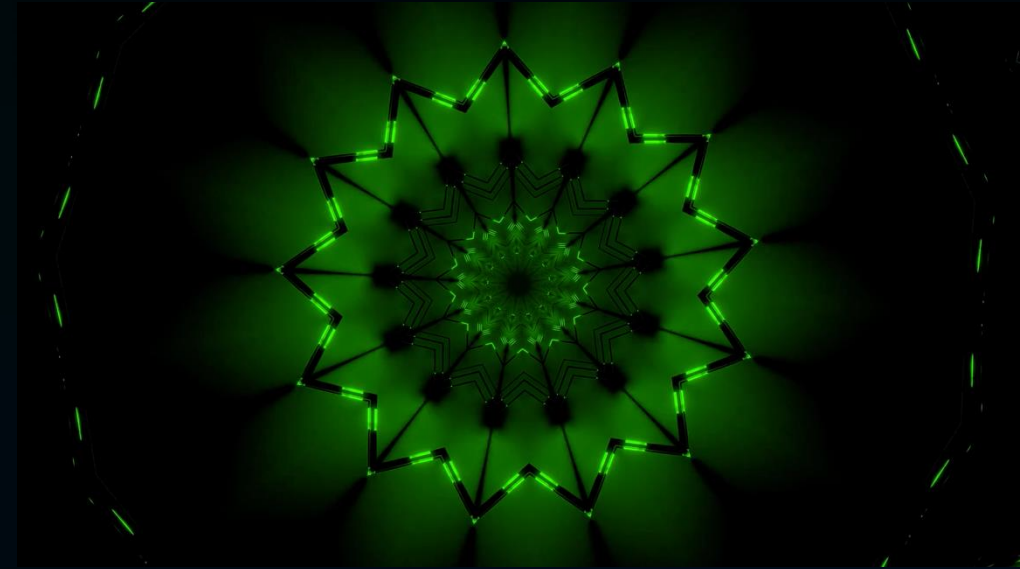
I am all alone

I am separated





This intelligence is a verb



intelligence of life is omnipresent



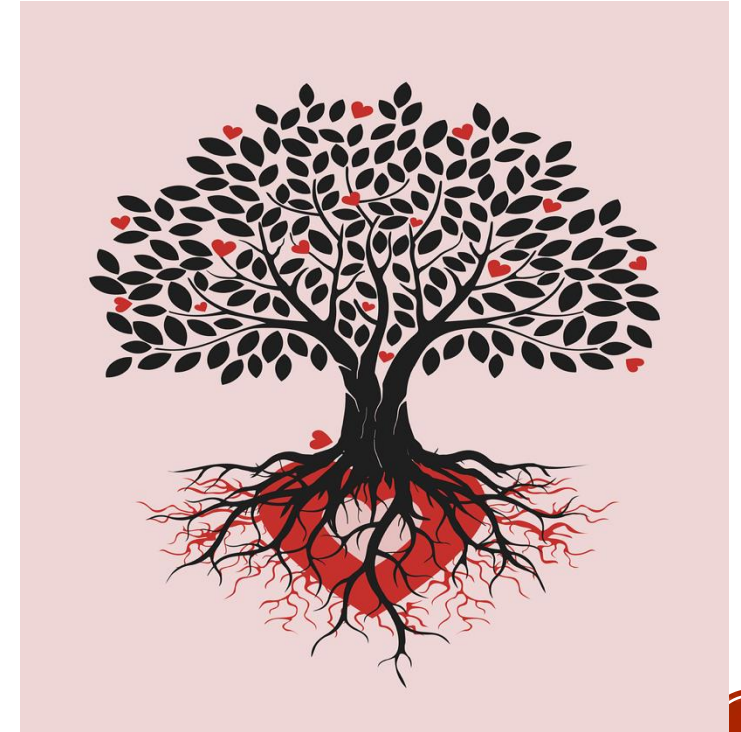
Aatmn
Parmar

Recognize, Retrieve, Reposition, Realign, Reframe, Redecide, Respond, & Regenerate

R8



Rajul
Shah





R1: Recognize

- **Recognition is courageous commitment to see our lives clearly, exactly, as they are with out blame or prejudice.**
- **Habit of observing the self-limiting patterns.**



R2: Retrieve

- Retrieval is practice of welcoming back, dreams, emotional patterns blurred desires that were disowned, buried, severed in order to feel pseudo-safety.
- Internal self-reconciliation.



R3: Reposition

- **Repositioning is shifting the center of gravity away from external approvals and opinions.**
 - **Looking at it from your place of trust and introspection.**
- **From a place of victim to your own internal center of gravity, equilibrium.**
 - **Curiosity**



R4: Realign

- **Realign is synchronization of emotional resonance with your day to day actions.**
- **True integrity when our inner realities match our outer actions.**
 - **Frictionless action.**



R5: Reframe

- **Rewriting the emotional alchemy, the script, of your story.**
- **Past becomes a profound teacher for mastery!**
- **What hidden talents, wisdom, strengths came to surface facing these challenges.**
 - **How do I now use these attributes for my growth and joy.**



R6: Redecide

- Integrated awareness and reframed past allows execution of free will.
- Allows you to shed out dated identity, break recurring emotional loops.
- Allows to make declarations to the self, who you are going to be.
 - You may write these self-declarations after the meditation – awareness.
 - Covid brought social distancing!
- Actually it has increased communication between humans to another level.
- We are able to pass this love so effectively today! 

R7: Respond

- **Respond is moving through high-stress challenges without falling back to conditioned reactivity.**
- **You act from a centered place. It is a shift from knee-jerk reactions to measured, value-based evaluated effective productive response.**



R8: Regeneration

- **Regeneration is the activation of your baseline biology. Vital renewal of your mind, body and your nervous system.**
- **You radiate peace, presence and creative power.**
- **Even damaged tissues, start to regenerate and restore healthy functions!**



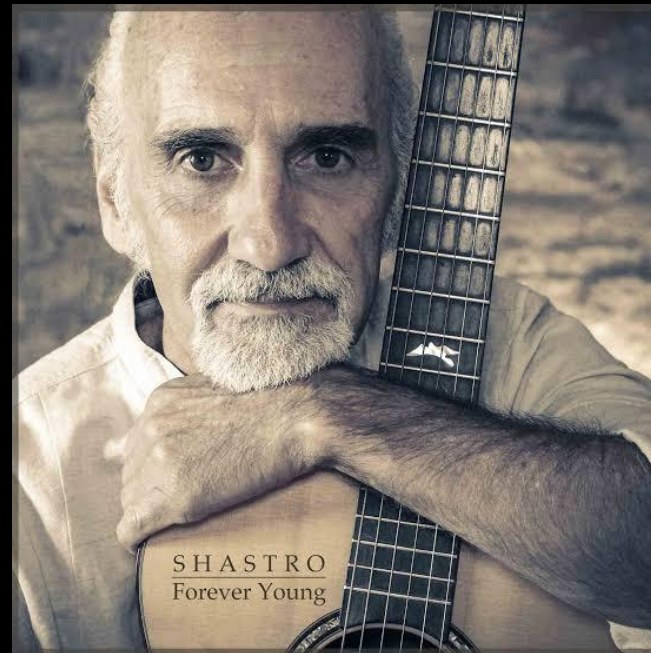


**Allow healing curiosity
to bring revelations!**



■ **Salute the master:**
“Prayer”
by Shastro

His music is ‘healing-divinity’
Gratitude for touching so many hearts





**Allow the warm-fire
Energy-frequency
Soul's Love**





The ease of being

Dr. Jayesh Shah

An extraordinary 10-part journey drawing on 40 years of clinical experience, profound insights, meditations and inner journeys. For greater ease, connectedness and inner peace.



Does that sound familiar to you?

- You keep finding yourself caught up in the same conflicts, thoughts or challenges.
- You've already worked hard on yourself, yet old patterns keep resurfacing.
- Your mind is constantly searching for solutions – but inner peace remains elusive.
- You ask yourself:

"Why does this keep happening over and over again in my life?"

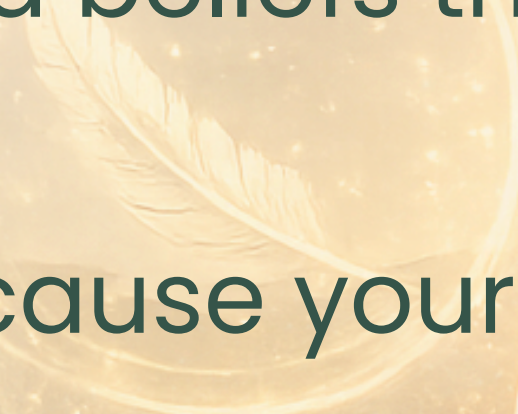


What if the solution isn't to do even
more...

**... but to understand what lies behind your
recurring patterns?**

Just imagine ...

- You will recognize the invisible mechanisms that give rise to stress, conflicts and inner turmoil.
- You will see what's behind the stories and beliefs that shape your experience.
- You will experience greater ease, not because your external circumstances change, but because your relationship with them transforms.



The journey through the course

10 Livesessions (Start july 1st, wednesdays, 18 p.m.) with Dr. Jayesh Shah – an in-depth journey through consciousness, resonance and the ease of being.

Live Session 1



The Five Foundations

The foundation for a new understanding of consciousness, perception and inner freedom.

Live Session 2



The Anatomy of Compulsion

Recognise the forces behind unconscious patterns and automatic reactions.

The journey through the course

Live Session 3



The Six Levels of Ease

A journey from separation
towards resonance, connection
and inner peace.

Live Session 4



Encounter with the Inner 'Storyteller'

Discover the stories that shape
your reality – and open yourself
up to new possibilities.

The journey through the course

Live Session 5



The Standard Strategy

Recognise the mind's familiar strategies and find a new way of dealing with them.

Live Session 6



Burn-out & Bore-out

Understand the causes of exhaustion and emptiness, and discover new sources of vitality.

The journey through the course

Live Session 7



Divine Resonance

Experience the connection with a higher order and the intelligence of life.

Live Session 8



Circle of Spells

Recognise recurring patterns of thought and open yourself up to new realms of consciousness.

The journey through the course

Live Session 9



Shamanic Journey into the Elements

Experience the wisdom of the elements as a path to deeper connection and insight.

Live Session 10



Elemental Integration

Incorporate the experiences of the entire journey into your everyday life and your very being.

Here's how your daily life could change

- Conflicts lose their old dynamic and new encounters become possible.
- Relationships are filled with greater mindfulness, understanding and presence.
- You no longer react out of habit, but consciously
- You face challenges with greater composure and confidence.



Your Bonus

Weekly Live-Chat with Dr. Jayesh Shah



Explore the content of each session in depth with Dr Jayesh Shah and get answers to your personal questions. The live chats provide a space for discussion, new perspectives and valuable insights to help you on your individual journey.



Shamanic journey, meditation and integration of what has been learnt



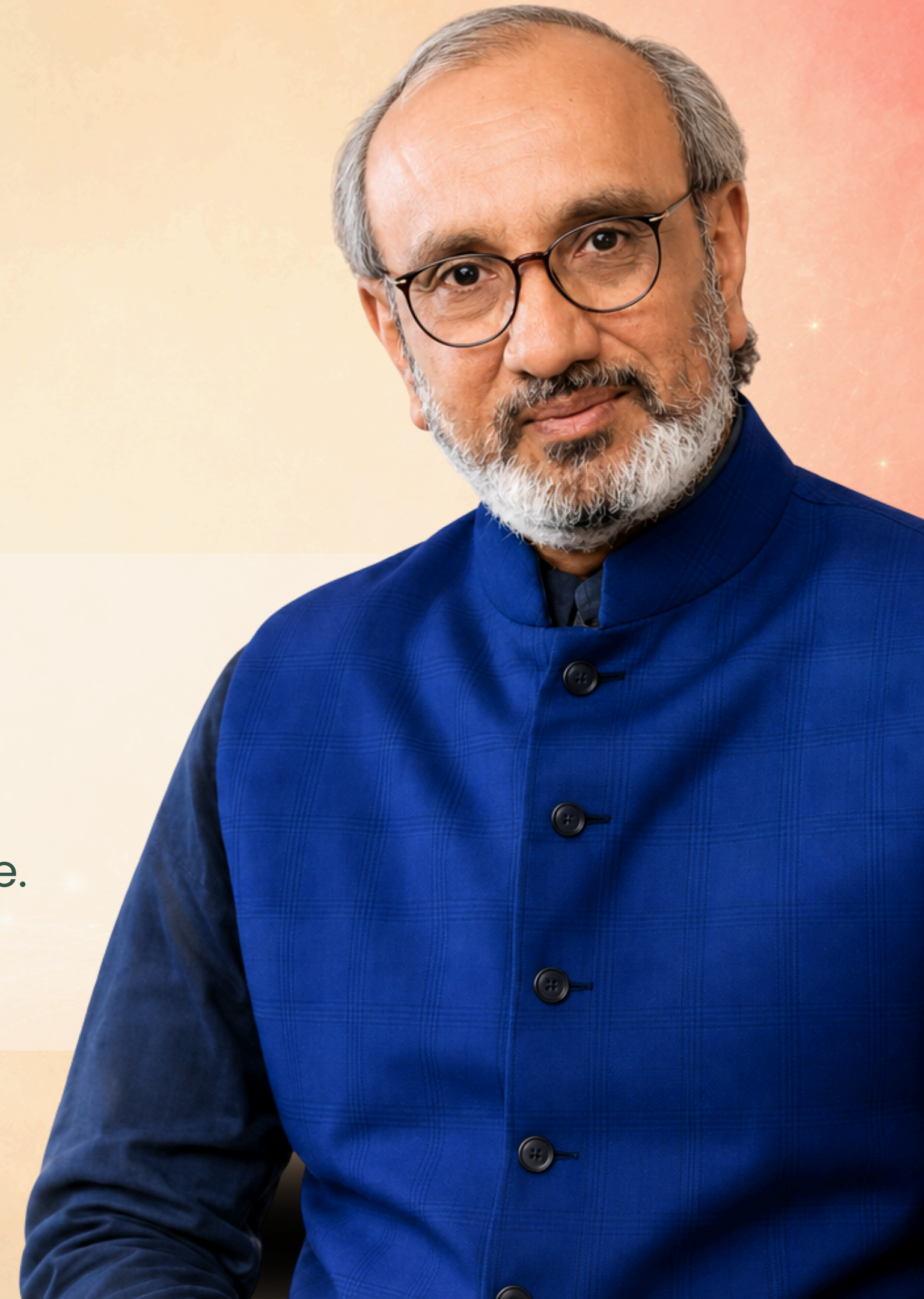
Experience guided meditations and a shamanic journey that will help you not only to understand the material, but also to experience it on a deeper level. This will allow these insights to have a lasting impact on your everyday life.



Weekly tasks to consolidate your learnings



Every week, you'll receive an inspiring task to help you consciously integrate what you've learnt into your life. Step by step, this leads to lasting change based on your own experience.



All meditations as MP3- Download



All the guided meditations are available as MP3s, so you can repeat them at any time and at your own pace. This allows you to deepen your practice between live sessions.



Transformation Booklet for each session

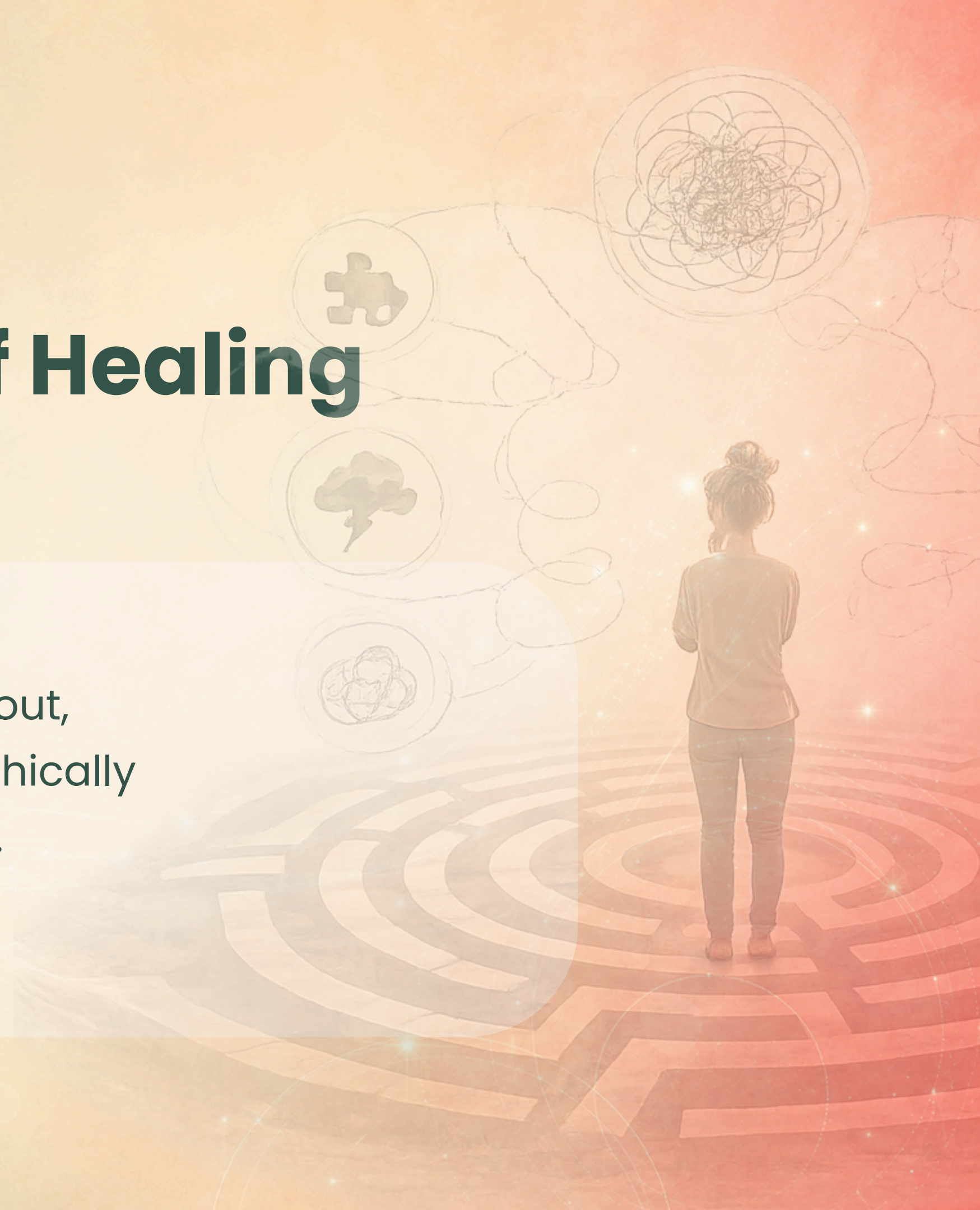


With each module, you'll receive a workbook with space for reflection, personal insights and putting the content into practice. It will be your personal companion throughout the entire journey.

Burn- or Boreout: Exklusive Dimensions of Healing Session



Find out how Dr Jayesh Shah treats burnout, demotivation and depression homeopathically using a simple combination of remedies.



Deine Reise beginnt jetzt

Sichere dir deinen Platz und erlebe die Leichtigkeit
des Seins mit Dr. Jayesh Shah.



Deutsch

Your journey starts now!

Get your place and discover the Ease of
Being with Dr. Jayesh Shah.



English

