



Maria
Nordin

REWIRE YOUR BRAIN

— AND HEAL —

12 steps to free yourself
from symptoms

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Original Finnish title: *Eroon oireista*

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Published by © Viisas Elämä, 2020

ISBN 978-952-384-195-6

Illustrator: Päivi Vesala Art

Photographer of the cover: Olga Poppius

Cover design: Jonna Nisu

Original layout: Keski-Suomen Sivu Oy

Printing: Books on Demand GmbH

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Mekaanikonkatu 19

FI-00880 Helsinki

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Dear Reader

I am deeply grateful and touched that you have given me your time and chosen this book to explore. Here, I want to introduce a whole new kind of way to obtain optimal health, and offer a different approach to any symptoms or other issues that you experience as burdening or negative in your life.

As an architect, I am tuned in to seeing the bigger picture. When the cause or solution to a dysfunction or illness is researched with a clinical approach, it is done by zooming in closer: taking blood tests, inspecting a diet, and analyzing smaller and smaller factors.

My intuition told me this wasn't the most effective—or at least not the only—approach to solving the problem. While going through my own illnesses, I started to look at things differently. Instead of concentrating on the symptoms, I took a step back in order to see the issue more comprehensively.

For years I have wondered what it is that makes a person, a cell, an organ, a whole society, or even mankind to get ill and self-destruct. What causes human beings to act in a harmful way toward themselves or their environment? What makes an organism destroy itself? Illnesses, polluting and destroying the environment, wars and developing nuclear weapons all basically come down to the same thing: something is causing life to self-destruct.

After exploring various branches of science and numerous studies, I started to outline a theory of the birth mechanism of different symptoms. In this book, I will introduce to you my theory and the research data which led to its creation. The theory can mirror all drawbacks in life, not only the body's physical symptoms. My theory might help you understand yourself, others, and life itself in a new way.

Creating something new requires questioning your own way of thinking as well as customary boundaries. As a child, when I was asked what I wanted to be when I grew up, sometimes I said an architect or a philosopher, but just as often I answered that I wanted to become an artist or a doctor. In my current work there are elements of all of these. I've studied and explored different scientific branches widely and created myself a body of know-how which wasn't available ready-made. It's no wonder that as a child I couldn't put into words just where I was heading.

If you want to find a solution to an unsolved problem, you need the courage to let your mind reach out toward the unknown. It is possible that the terms and definitions that you need in order to reach your solution do not even exist yet. Therefore, I have also needed to create new definitions in my theory, which I will explain to you in this book. Naturally, no scientific research can be found on these yet. Instead, the phenomena behind my theory and the Free to Heal® method I've created have been widely researched within several branches of science, and I will introduce them in this book.

You can test the functionality of my theory by practicing the Free to Heal® method, which I have created based on my research and which I will teach you in this book. This method is not a treatment nor an alternative to medical treatment. Practicing the method doesn't exclude any treatment counseled by a medical doctor, and it should not be taken as an alternative

to medical treatment. This book, my theory, and the Free to Heal® method are not about the symptoms and relieving them, they are about a new kind of take on the symptoms and life itself. The method can be practiced alongside the treatment offered by clinical medicine.

You will come to notice that with the Free to Heal® method it is possible to influence the root cause of the problem instead of merely treating the symptom. You will realize that all the symptoms are valuable signposts. The Free to Heal® method can offer help to any drawback in life, whether it's a health issue, relationship problem, difficulties at work, or managing daily routines.

One of the key elements of the theory is the change in attitude: that you renounce resisting the symptoms and battling against the illness. This doesn't mean it wouldn't be worth treating illnesses or that they shouldn't be treated. Renouncing resistance is about change on the level of consciousness: how we experience the symptoms, and the feelings in our bodies and ourselves. It is this mental change that I have witnessed affect the manifestation of symptoms and illnesses.

I've been sharing my understanding and teaching the method already to thousands of people from several continents through my online course published in the spring of 2019. Numerous people from all around the world have shared via letters and video messages how they have gotten rid of all different types of symptoms and gotten back their joy of living after embracing the method and practicing it. The Free to Heal® method is not about illnesses or treating them. Healing is the consequence of the change on the level of consciousness.

In this book, I will teach the method to you as well. I will show how your worldview and your experience to be "me" create a reason for the symptoms to appear in your consciousness.

I propose that you consider the symptoms to be valuable messages. You can stop fighting against the symptoms once you realize that the symptoms are actually on your side. The symptoms are stepping-stones on your journey to personal growth. When your body and mind have found balance, we no longer need the symptoms to guide us toward the defects.

The purpose of this book is not to prove my theory or method to be scientifically working. Myself and thousands of people guided by the online course have found a balance and a way to release the body's own healing power to support optimal health, all with the help of this method. If you want to find out if the theory is plausible and the method functional, the best way to do it is by trying it for yourself in practice. You do not have to renounce clinical medicine or doctors' treatments; all you need to do is learn to look at yourself and your symptoms from a new perspective. I want to share my theory and method as one possibility to understand life and support your optimal health.

The book consists of two parts. In the first part, I tell you about myself and my journey, and how I came to be the one to share these thoughts with you. In the second part, I present the theory behind and explain in detail the Free to Heal® method and guide you on how you can harness it to help you.

I wish you a rewarding healing journey!

Heal your body with your mind.



Rewire Your Brain and Heal presents twelve powerful steps to support healing. Developed by Maria Nordin, the revolutionary Free to Heal® method utilizes neuroplasticity and awareness skills to show how you can—with the mind and emotions—create favorable conditions in the body for a health-supporting microbiome. The book contains awareness skill exercises to harness the healing powers of the mind immediately.

The book, having already helped thousands of people, is a comprehensive package of information about the connection between the mind and healing. In the book, you will find up-to-date guidance on topics such as the mental and physical effects of stress and well-being, the benefits of the brain's malleability, the body's ability to heal itself, and how thoughts and emotions relate to the health of the body and mind.

Start reprogramming your brain now and take advantage of this method to:

- relieve physical symptoms and diseases
- manage anxiety and depression
- boost energy, cheerfulness, and enthusiasm.

In addition to the Free to Heal® method, the work covers Maria Nordin's own inspiring journey from illness to health. The author shares her story and what she has learned to help others unleash their own healing power.



Author **Maria Nordin** is a Finnish architect, wellness coach, the developer of the Free to Heal® method, and mother of four. Her own experiences with hypersensitivities and illnesses led her to research natural ways of supporting health.

ISBN 978-952-384-195-6
www.viisaselama.fi



Cover photography: Olga Poppius
Cover design: Jonna Nisu