



The Natural Healing Podcast

with Dr, Setareh & Salvador

Episode 53: Embracing Your Authentic Self with Tamara Nakhjavani

[00:00:00] Setareh: Today we have a special guest, Tamara Nakhjavani who's here to join us. She is an eclectic healer, a graduate of the energy therapy, Reiki, EFT clinical hypnotherapy, and shamanic practices programs at HCH. She's the founder of Seraphim Center for Healing and Education, a healing practice based in Oakland, California.

[00:00:29] Tamara has been facilitating free Reiki clinics and teaching Reiki for nine years. She combines her knowledge gained at HCH with her developing psychic abilities and ongoing studies of Qigong to strengthen her clients and students' connection with the divine. Tamara is also a small business and nonprofit, transactional attorney, a longtime human rights activist, and a mother of a beautiful 12 year old girl.

[00:00:57] Tamara is passionate about helping young [00:01:00] children and adolescents, and is currently studying to become a licensed marriage and family therapist. She lives and works in Oakland, California. Welcome to the show, Tamara. It's so nice to have you here. Thank you so much.

[00:01:37] Welcome to The Natural Healing Podcast, the show designed to guide, inspire and empower you to elevate your health so you can achieve your goals and dreams. We are your hosts, Dr. Setareh Moafi and Salvador Cefalu, a husband and wife team of acupuncturists and owners of A Center for Natural Healing, an integrative wellness [00:02:00] clinic based in the heart of Silicon valley.

[00:02:02] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

(Salvador)

[00:02:15] Tamara, it's a pleasure to meet you and exceptionally wonderful to meet a conscious attorney. Right? Thanks. Pretty unique there. So what we often do with our interviews is we like to get a little background, how you got involved, especially as an attorney and now as a healer, how did that evolve for you?

(Tamara)

[00:02:38] Yeah, it's been a really long, long journey, but I immigrated to the United States at 16. I think from the moment I arrived, I would say I had it like basically I started experiencing trauma, not from the moment, but I would say it, it started within a month. And [00:03:00] so I went to high school, so I studied half of high school in Iran.

[00:03:05] And then I guess, It was September of the second year of high school. I was in Iran. And by October of that year, I was here in a public high school in the US and my parents didn't stay. So I came with them and my five year old brother, and then they left. So it started. And a lot of things happened after I arrived.



[00:03:31] A lot of things happened I would say from 16 to 23, so I went to college on the east coast and then I studied molecular biology. So I started working at universities and companies as a biologist, and I went to one year of medical school cuz my lineage. Primarily made of physicians. So that was the path they had sort of carved [00:04:00] for me.

[00:04:01] And then when I got here, I had all of that to say, when I arrived in California, I had severe PTSD. And I was very confused. Like I, I was young and I had PTSD and I was really confused.

(Salvador)

Was it from the new environment or what?

(Tamara)

It was like a culmination of many traumatic events that happened, but it was more than that.

[00:04:28] A lot of things happened. I had a lot of lack of clarity as to what I wanted to do with my life, especially because my family had kind of programmed me to become a physician and that created even more confusion. I was so young. And so I went to law school. My intention was to do humanitarian work, to go to law school and do humanitarian work.

[00:04:55] And then. That kind of, I came out and I actually [00:05:00] became a business, transactional attorney, but all the, while I was in law school, I had PTSD. So it was very hard to concentrate. I couldn't sleep. I had all the typical PTSD symptoms, but I got through law school. I passed the bar. I don't practice, I don't practice law anymore.

[00:05:22] And so then I remember I saw a flyer for a Reiki clinic at, um, HCH Institute in Lafayette, California. And I thought, I guess like the part of me that I call it, my spirit. Go to this, like, this is, you need to go to this. And so I went to this free clinic and it was 10 minutes per person, and I lied on the table and the Reiki practitioner put her hands on me and I would say, [00:06:00] It was the first moment since childhood that I was like, oh, I'm home.

[00:06:05] You know, this feels like home. And it's like that part of us kinda knows that this is medicine for you. You know, it was very clear that Reiki was my medicine to heal all the trauma. And then that was it. I came home and I didn't, I had no idea what Reiki was. I just felt that. You know, just so mad. Like I, on every level I felt that this was good for me.

[00:06:33] And I remember saying to a friend, I don't know what this stuff is. I just know I have to learn it. I have no idea what this is. I didn't even know. I didn't even research it. I said, all I know is I'm gonna sign up for this class. I have no clue what this is. And then that was it. Like Reiki, one led to two and master.

[00:06:56] That led to me actually quitting my [00:07:00] legal job, because you know, when you're going through a healing journey, your life can turn a little bit, obviously in dramatic ways.



Yeah. Dramatic. Yeah, so I left and then I started a part-time healing practice in Oakland. Uh, actually it started by me giving a lot of free Reiki sessions to teachers and family and friends.

[00:07:26] Then after that I studied hypnotherapy clinical hypnotherapy at HCH, which I now realize, it was more for me. I don't practice it for others that led to tapping and shamanism. And then just on and on theta healing, um, poly fire Reiki, angelic Reiki, many, many different. Healing modalities. I just kept expanding and expanding and expanding.

[00:07:56] And then I realized like, since I was very [00:08:00] young, that one of my sweet spots is helping children and adolescence. And actually one of my dreams since before I think since I was like 14 or 15 was to become a psychologist. So when the pandemic. that was it. I was like, I'm not waiting anymore. So I joined the graduate program and I'm currently placed with K through eight children at a school.

[00:08:33] So I'm, I'm a trainee still, still, but I'm helping them with PTSD. You know, there are a lot of at risk youth right now helping them. And it, it really does feel like a dream has been realized, you know, I'm finally like in it. And so, and then I also help adults with energy healing. So I have, um, a [00:09:00] teaching and healing practice where I combine, you know, all the different things I've learned.

[00:09:05] And then I go to the school. And I work with these children and adolescents. Yeah. And I, I really attribute it all goes back to Reiki though. like, it was that moment on the table. That kinda activated me. I wanna call it. Yeah. And, and I was just gonna ask you, if you, for some of our audience, they may not even be aware.

[00:09:32] Of what Reiki is.

(Salvador)

If you could give us a little definition of that, maybe a little bit of history.

(Tamara)

Yeah. I mean, I wanna say it's existed since we've existed. Like, uh, essentially I know it's, it's a body of work and I'll talk about the origin of it, but it's essentially the channeling of the universal healing force.

[00:09:57] A human who is willing and who [00:10:00] does his or her own inner work to get to the juncture of service. So there's an initial path of embodying it for the self for a while. So it's almost like a, you go through the initiations of the actual body of work. And then you become somewhat of a conduit for it. And then the Dharma.

[00:10:28] The purpose of service gets activated, and then you can hold space and by placing the healing hands on energy centers. Now logistically the main body of Reiki that's being



practiced on the planet at the moment is what they call. Well, actually there are multiple, but I'll talk about the two main bodies of Reiki.

[00:10:53] So one is Tibetan ZUI Reiki. And that system [00:11:00] was created by miao Yi, Dr. Miao Yi, Japanese, who was enlightened essentially, and became a channel for the system. I always use that analogy of if you are given a set of, uh, watercolor brushes and the actual palette. Is one thing, but to actually create a system out of it that you can teach others is another.

[00:11:33] Cause I, I really feel like we all have what Dr. Macau had, but he was so persistent on his own inner mystical experience that he became a very clear conduit. So, and then he channeled this beautiful art and he channeled the system and even. The system that he created changed over time. So there is a [00:12:00] lineage of ZUI masters and each person who gets attuned through these activations to Tibetan ZUI Reiki has his or her own particular lineage. [00:12:15] So that's the main body of Reiki that's being practiced. Still, but then there's another branch of Reiki that developed along with others called poly fire Reiki. And that is according to the USSU system, but the energy is a more updated Reiki energy that was channeled through Jesus Christ. So it's a different vibration of rage.

[00:12:47] And so. But to summarize that, I think Reiki is going back to the primordial way of healing, which is remembering, it's not learning. It's [00:13:00] remembering that we are conduits of this energy and then yeah. And yeah. Beautiful. And it's really interesting that that's where you're going with your discussion because I've been around a lot of Reiki practitioners.

[00:13:13] I haven't studied. But that was my impression is like, as you get involved in the work, you're essentially tapping into something that's, that's there for, for all of us to basically use to help ourselves and others. And I love the way you said it, Tamara, how you described that we have to cultivate ourselves and it's almost like you have to experience the medicine yourself.

[00:13:37] Like you did the first time that you experienced Reiki. It was like you came home as you described it, which is such a beautiful way of describing that, because that is when you come back to your essence, when you really connect to the divine, it brings you back home. And so that experience propelled you to wanna study and share that medicine with others.

[00:13:58] because that was the most authentic thing for [00:14:00] you. And before I have you go on, I just wanted to go back to where you had said about your experience of having the trauma and then going through school. What made you pivot? Because I find it interesting that you do come from a lineage of doctors and you didn't wanna practice medicine.

(Dr. Setareh Moafi)

[00:14:19] I'm curious what made you pivot from Western medicine into law? And then you explained how. You know, returned you back, but I wanna understand a little bit more about that



transition. I should start by saying that I actually, my parents are both Western physicians, Western trained MDs, and my grandfathers too.

[00:14:42] I have so much respect for this system. I do. I think actually all of them are healers, right. Or healing practitioners, but there is something to say about programming, right? Like. It's one thing to arrive at your purpose on your [00:15:00] own court versus being conditioned, you know, being conditioned since childhood.

[00:15:07] And I really feel that my case was more of conditioning. Since I was very young to go and study Western medicine. And I went along with the conditioning for a long time because I, I focused, I was a very creative child, but my family focused more on sort of left brain academic upbringing. And in a way I feel like I had so loss.

[00:15:41] My creativity wasn't being embraced. And so going along with all the programming and actually one of my passions in life is to help people deprogram from, I consider it kind of like a prison [00:16:00] to live according to this. Uh, cause I it's like we're like a software program. Right. And they code us and.

[00:16:09] Consider it maybe not a prison, but like I consider it very limiting to operate in this existence, according to a program. And I think a lot of it is totally unconscious. I mean, I know that I'm sure your parents had the best intentions cuz they wanted you to have a career that would be stable and successful.

[00:16:28] And this is how it often is. And I think maybe more often than not more in older cultures. Because you and I share a culture, we're both Iranian. So I can totally understand where that comes from because there is a need to create that stability to create that the definition of successes in these certain professions, in some ways, I think that's changing, it's evolving, but it has been like that for so long.

[00:16:51] And you get condition in these ways. Not because, you know, people are necessarily trying to control you, but maybe there's some of that , [00:17:00] but mostly because it's, you know, A concern that you want your daughter to, to have a career that's good and helps her flourish. And I bet so many people listening to this episode can relate that many, many people follow a path, not because they've thought about what they authentically want for their lives, but because they believe this is, you know, the next step you go to college, you study something in particular, and then you get a job that's related to that per you know, whatever you studied.

[00:17:29] God forbid you study something and then you throw away your college degree and do something else. But that's just the norm in some ways. I mean it's ancient, right? Like at the core, we are all striving to be safe and survive. And I feel that it's an illusion because a lot of the programming gives us the illusion that we can survive better.



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[00:17:54] And that we can be safer in this existence. Whereas actually, [00:18:00] if we operate according to these conscious and unconscious programs from childhood ancestors past lives, Interdimensional existences. What happens is there is a point where our truth is sort of like our essence knows that it's not in alignment with the true.

[00:18:24] Blueprint of our, of our unique soul journey on earth. And so there is a crisis that happens a healing crisis. And for me, that happened at 33 where the unrealized part of me sort of pinged me and said, this is not your. You need to remember that extract the gifts of your ancestors extract, the gifts of your childhood, your past lives, all those existences, but get in touch with what you really need [00:19:00] to do in this lifetime.

[00:19:02] And that's actually quite powerful. Those moments of, um, when our like, wisdom. Our higher self descent and says like, this is a, like, remember, remember, so none of it is with, uh, I say all of this, not with resentment. I'm saying that it's part of our journey. Everyone goes through programming and it comes from many, many dimensions.

[00:19:34] And most people, especially right now are getting P. That's what we call it. Awakening. It's like, wake up, wake up. Is this how you are meant to live your highest Dharma in this lifetime? You know, are you embodying? And even our Dharma is, is not linear, right? It's ever unfolding. Like, are you on that [00:20:00] path of that unfoldment?

[00:20:02] So it's beautiful. And I've seen it in. I've seen it in myself. I've seen it in many, many students. It's almost like our best friend is saying, get up, get up. Like you have to awaken to your true self. And so, yeah. And it's really good to like, not look at the programming with resentment. It's more or, or like, feel like it's controlling us.

[00:20:30] It's more. Okay. I went through that and now I'm waking. Right. I'm waking up to my true path. It's all part of a paradigm.

AD—

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(Tamara)



I wanna share something with you, which is really profound. When I, because I've always had a very deep connection with Christ's energy. Christ's consciousness very, very deep since childhood and I turned to Christ and God, and I said, I want to serve this body. [00:21:58] I wanna serve.

[00:22:00] You know, thank you for welcoming me for the sacred heart connection that I felt. And I said, I wanna. You know, this is a part of my Dharma. I knew it. And then a couple of months passed and I was supposed to apply for my first practicum, which is in the second year of licensed marriage and family therapy.

[00:22:24] You apply for practicum. And I remember I went to church every day and I said, okay, God aligned me with a practicum that. The path of Christ, like helped me find it. And I sent out something like 40 applications and I have a solid resume. I've done a lot of different things. The only application that responded the only organization was the program for counseling in.

[00:22:57] So I said, perfect. Right. I wanna [00:23:00] work with children. I wanna work with adolescents. This is why I went to graduate school. Well, little did I know it wasn't program for counseling in schools. It was program for counseling in Catholic schools. I mean, the whole thing was so serendipitous and a striking. And I didn't even get interviewed.

[00:23:24] My supervisor came on the interview and said, I don't need to interview you. You were sent, I know, like you were one of our counselors. It was just beautiful. The way that it came together. And yeah, so it's so hard to explain to my family also, Why I've chosen this path and I got goosebumps as you shared that story.

[00:23:49] I got too. Yeah. That story still gives me goosebumps. And I'm, I'm in a Catholic school and I'm serving the children of a Catholic school. It's just, [00:24:00] it's very beautiful. And it's not dogmatic, you know, it's like, if you feel in your heart, if you feel something in your heart, And you know, that that's how you get close to the source around and the source within.

[00:24:18] And that's what we mean by deprogramming because actually the program, according to our culture is you cannot do this. And then the opposite is true. People are born into a body of work and they're being conditioned and they don't believe in it like their LGBTQ adolescence who have a really hard. Being in Catholic schools really hard.

[00:24:44] So the opposite is true too. I just like, I find it so important to land on a path where the right tools allow us to find how we connect, you know, and there's so many, [00:25:00] we live in a time where like the blessings of knowledge. You know what I mean? We are receiving initiations of like the indigenous people of the Americas on, on call.

[00:25:22] It's so true. That point about, you know, not wanting things to be dogmatic is so key because I have this feeling that as people are listening to you speak some people. Because there's so much around, you know, this institutionalization of religion and of making it this one



way that people bear judgements, whether it's, you know, Islam or Catholicism or Judaism or whatever your background is, but there is so much beauty and so many tools and resources to connect and deepen our awareness and deepen our practices through these arts.

[00:25:59] If you don't call [00:26:00] them religion through all these. Philosophies and knowledge and art that if we were open to receiving from whichever way comes to us, then we could cultivate true healing in our lives and in the lives of other people. Just, I mean, it's a beautiful example for you to follow that. And in terms of like, you know, wanting your family to, or trying to explain it to your family, that's always gonna be difficult because there's different levels of awareness.

[00:26:24] And I think we just have to learn to live as authentically as we can. And just trust that that authenticity will, will kind of be our savior will kind of shine through past the darkness. That's really true. And also I think society and sort of like humans are masters of linear, creating linear boxes, linear thinking.

[00:26:49] It's either this way or that way, or you can be this or not, but if you are this, you can't be that. And cause I've been asked many times by [00:27:00] my students, like how can you be a Reiki practitioner and be Catholic or how can you be a shamanic practitioner and be this? What do you consider yourself? What do you call yourself?

[00:27:14] And I really think at the end of the day, these are just labels. They're just labels. Ultimately we are here to embody crystal and energy, right? Like our being has the potential to carry a lot of light. Frequency and the density comes. So the, within our energetic matrix there's density and the density comes from again, the multidimensional existence of our soul.

[00:27:50] So do come our gifts, our DNA gift. So our DNA code and I, um, I wanna discern, so there is a sole [00:28:00] DNA code, and then there is dancer show DNA code, the biological DNA code. And so our code has gifts and it has woundings the pain of the wounding carries density. The density doesn't allow us to embody. Sort of that potential of holding light frequency.

[00:28:26] So as we shut the density and we extract the gift of our woundings, we can hold more light and then. By holding more light, we embody the freedom. We embody freedom and we come out of this linear paradigm, you know, this linear thinking, we come out of limitation. So it's almost like the matrix, you know, the movie.[00:29:00]

[00:29:00] There is a different way. , there's a different way. It's such a beautiful journey though. Like it's such a stunning to watch this unfold. Now, some children nowadays are born having already transmuted a lot of the density. So there's so much intelligence in these young being. They're coming already having transmuted a lot of it.



[00:29:32] So they are already here knowing their purpose early on, embodying a lot of light early on, and that's beautiful too to witness, but I don't know. I find at least in my journey, uh, I had to go through that process that experiencing a lot of density in my lineage and in my own life. And then that kind of [00:30:00] turning on the switch of, okay, here starts your process of remembering, you know, that you can embody high frequency and that can be confusing to some people like, what do I mean by light frequency?

[00:30:17] It just means the healing force of the universe. We don't have to make it so complex. It's not complex. It's just like this energy like Qi right. Qi of acupuncture. It's just healthy Qi.

AD

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(Tamara)

[00:31:31] One of the things. I often ask my patients after treatment with acupuncture is – so how do you feel? And the key thing is not about, well, my neck pain is better, or my stomach pain is better. It's about just noticing that you feel lighter, that you just don't feel so burdened in your body. [00:31:59] And now, you [00:32:00] know, that the Qi is flowing better, right. When that state is achieved.

(Tamara)

And so, and once again, you're articulating all these things so beautifully. Thank you very much for sharing.

Like I've had really, I don't know how to describe it. I've had moments of emptiness on an acupuncture table.

[00:32:21] Like my mind, just thank God. My mind went empty. I was like, this is amazing. Like those moments of no mind, you know, that no mind. And it's, I have several acupuncturists by the way. I, I have several acupuncturists acupuncture is exactly what you described. Like the Qi starts flowing. And then the mind starts decluttering and just like the harmony that's our innate birthright.



[00:32:54] So our like original blueprint has that harmony. [00:33:00] It's like we remember Reiki is the same. It's like remembering. Yeah. It's like remembering that our original state is not, is meant to have harmony. It's meant to have it. And it's easy to forget. Like I've had a very hard week this week and, you know, I think also nature is my, our physician too.

[00:33:24] so I usually utilize nature and acupuncture and Qigong And Reiki to kind of recover, restore back. Yes. You know?

(Salvador)

Well, I see you live in the, in the beautiful woods in the Oakland Hills there. That's gonna clean your energy quite a bit. Yeah. Just being in the, in that environment, just being there. Yeah.

(Tamara)

This place is very beautiful.

[00:33:47] It's um, serene and, you know, I think, uh, universe places, us where we meet. Cause I deal with so much trauma work. That it's almost like I come back to this [00:34:00] sanctuary to kind of reset, but I also walk at the park every day, you know, just pray, walk at the park, lot of good nutrition and, um, self care. I think healing practitioners have to up, we have to up our own self care by a thousand percent to be able to do this.

(Dr. Setareh)

[00:34:24] When you have the tools, it's not so difficult to heal yourself. It always helps to have the support of good practitioners, not to invalidate that at all. That's I think very important, but there's so much that we can do for ourselves. And I think. Hearing stories like yours and just sharing this kind of work with people I think inspires and empowers them to know that there are tools and resources they could pick up and do on their own and journey and listen to your own inner journey.

[00:34:54] A lot of people don't listen. They keep that mind so busy and so stimulated. They don't have that [00:35:00] emptiness to just listen to the higher self. I think that higher self often comes in the moments when we're most quiet in the mind, like the moment that you're laying on the table in an acupuncture clinic and during a session or doing Reiki or something like that.

[00:35:12] That's why those modalities are so beautiful because they get us to that place without having to try so hard. And also the key point here is our innate healing requires us to just let go of that stagnation that's generated from or created from our, what we hold onto, whether it's, uh, you know, physical stagnations or emotional stagnations, you know, so whatever we need to do to lighten up.

[00:35:42] Is really essential to our healing. And sometimes lightening up first comes with the burden of that healing crisis. And maybe that's what scares people. A lot of times is that, that erupts, as you're going through the changes, you notice something is wrong with your life, or



you wanna change something. And [00:36:00] then that wind gets generated the resistance to change.

[00:36:03] And then that healing crisis. Erupts. And you're not really sure what to do. And then oftentimes people go back into the hole that they were in because it's almost like more comfortable to be uncomfortable than to deal with wanting to make the change.

But I think after a period of time, you can't stay there anymore.

[00:36:19] Once that, that first spark hits you, it's just gonna keep knocking on your door until you fully wake up. This is a big reason why people, they reach to alcohol drugs, you know, these types of things definitely as a way to lighten up, but really it's just really a way to, to numb out. And they're just, they're not feeling really what's going on at all.

[00:36:38] It's escape coping, you know, and I think I it's, we've all been there and like, this is where I, because I give presentations on escape, coping to young people because there's actually a crisis of escape right now with social media, cell phones and gaming in younger. Oh, yeah. So [00:37:00] there's a serious crisis of escape coping in children right now, even in my own daughter, I constantly remind her a little bit of it is okay.

[00:37:10] But at some point it's sort of like escaping from what you have to deal with in this moment. And so I always give presentations to them on just like raising awareness about coping. It's easier almost, you know, to fall into that. But also it's so good to be self compassionate for each of us going through, especially what's happened over the last three years.

[00:37:41] The most important thing right now is to be self compassionate. Things are not linear. We fall in and out of these. There are moments when we are connected. There are moments when we fall apart, we are, [00:38:00] it gets ugly and it gets chaotic and we escape cope. And then, you know, we come out of it a little bit and then we can fall back into it.

[00:38:12] But what I find is it's not a linear process, but if we can. Make that decision from our place of will to start raising our awareness of when we fall into escape, coping and start introducing small things like a walk in nature. Or a salt bath or all the beautiful ways that humans connect, right? Maybe journaling or painting or listening to music.

[00:38:46] Thank God. Each unique being has his or her own unique ways, but you know, if we can just raise our awareness and start introducing little, little changes, then [00:39:00] we spent less time on the side of escape coping, we shift more into healthy sort of management of life is happening, right? Stress is there. Life is happening.

[00:39:17] So I really like to emphasize this for everyone, for myself, my family, and everyone that I work with is it's not black and white. Don't shame yourself. If you know, you shift into. The



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other side of it, like, just start raising your awareness and guides are so important. Like when you are going through this journey, um, there are these amazing, I call them guiding lights that appear.

[00:39:50] They're not your guru. In my opinion, I think I wouldn't call it a group. I call it, uh, temporary guides that remind us of our own divinity.

[00:40:00] These guides here, according to divine order and intelligence. And so I find that to be really beautiful too. The process of receiving like my supervisor right now is one of the most phenomenal humans I've met.

[00:40:21] And then, you know, They come, these guiding lights up here and we, they help us sort of on this path of this unfolding Dharma. And it, I guess my point is it's really important to utilize these guiding lights on the path because it can be a tricky path. It can, and the self saboteur, a lot of people who've been taught when they're young.

[00:40:49] Or through their epigenetics or through their past life experiences, they have these core beliefs of, I am not worthy or [00:41:00] it's not safe, healthy, or okay. For me to receive or to evolve or to embody health harmony and peace that program can really get in the. You know, so the guides help us overcome those obstacles on this path.

[00:41:19] And the epigenetic influences nowadays on these young people, especially is so tremendously difficult. Cuz I see some of the, these schools, the pressure, the amount of work they have to do, the competition in their classes is, is really just way more than I ever had to deal with. And I really. I can imagine, uh, the need to escape cope, you know, under those circumstances, plus the methods for escape coping.

[00:41:48] There's like almost too many you're. So over stimulated with like internet and social media, the methods are, are exploding at the moment tomorrow.

It was [00:42:00] really, really special to meet you today. Yeah. Thank you very much for sharing. Yeah, thank you for your wisdom, your insights for your story, for the inspiration to just listen.

[00:42:13] And as you said, one of the most important things is awareness is we always say awareness is the first step to healing. So just heightening your awareness and just noticing the things that you need, the messages that are coming into your life. That's, what's ultimately going to be your guiding. Thank you so much.

[00:42:30] I appreciate it. thank you so much. Yeah. And you brought a lot of awareness today. Thank you. Yes, definitely. Thank you. Now we want to hear from you visit a center for natural healing.com/reiki. That's R E I K I and let us know in the comments, which part of your internal



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programming can you bring awareness to, to change so that you can start to live out the path that you are destined to fulfill in this lifetime?[00:43:00]

[00:43:00] Thank you so much for joining us tomorrow. We had such fun. It was such a pleasure to meet you and just hear the depth of your wisdom and insight. Thank you again for sharing. (Tamara) Thank you for having me. (Salvador) Take care. And thank you all for joining us for another episode of the natural healing podcast.

Until next time.[00:43:19] Bye.

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