

PATTERN RESET

A Self-Healing Method to
Break Cycles the Mind Can't



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Holistical Method



PATTERN RESET

A Self-Healing Process to Break the Loops That Keep
You Stuck

By Angel Dimitrov | Holistical Method™

INTRODUCTION

Healing isn't just about what you feel—it's about what you do.
Most trauma doesn't scream. It whispers. It lies in the background of your
choices, routines, and reactions. You think you're being productive - when,
in reality, you're avoiding stillness.

You think you're in control, when really, you're just trying not to fall apart.
The overthinking. The people-pleasing. The emotional shutdown.

These aren't flaws. They're echoes.
Echoes of a time when you had to survive.
But you're no longer here to survive.

You're here to reset.

To reclaim your body. To choose again. To heal. Not just mentally, but
energetically, physically, and behaviorally.

This isn't mindset work. It's nervous system liberation. It isn't a surface
change. It's cellular truth.

This practice will help you uncover the habits that trauma left behind and
release them from the field where they still hold power.

Let's begin.

Follow for daily healing tools, energy resets, and
conscious awakening.



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1. Witness the Loop

Place your hands over your heart.

Close your eyes.

Take a deep breath in through your nose -

Exhale slowly through your mouth.

Now ask:

"What pattern keeps repeating in my life?"

Let your body answer.

It may manifest as a memory, a feeling, or simply a sense of heaviness.

You don't need to label it.

Just witness it.

Say out loud:

"I see you. I've loved you. But you are not me."

2. Feel Where It Lives

Bring your attention inward.

Where in your body does this pattern live?

It could be pressure in the chest, a tight jaw, or a feeling of emptiness in your stomach.

Don't judge it. I feel it.

It is how the pattern holds on-by staying hidden.

Say:

"I feel this energy now. I'm no longer afraid to face it."

3. Interrupt the Loop

Start tapping gently on the center of your chest.

It is your reset point.

Say:

"This pattern is not mine anymore.

I've learned the lesson. I release the loop.

I am safe to choose a new response."

Visualize the energy breaking apart - unraveling like threads of light.

Let it fall away.



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4. Install the New Pattern

Ask your inner self:
"What do I want to feel instead?"
Let the answer rise: a word, a color, a sensation. Trust it.
Say:
"I breathe in [your chosen word or feeling].
I install this truth in every cell.
It is my new frequency.
This is who I am now."
Feel the new energy ripple through your entire field.
Anchor it.

5. Seal It with Stillness

Place both hands on your heart again.
Breathe into the space you just reclaimed.
Say:
"My patterns don't define me.
My past doesn't own me.
I am free to respond, not repeat.
I am home in my body. I am whole."
Sit in the silence for a moment.
Let this become your new baseline.

Final Reflection

You're not broken.
You were living a memory on a loop.
But now you've interrupted the story.
And in that break, you've created a new one.
Want to go deeper?
Comment or **DM "PATTERN,"** and I'll guide you to your next
step.



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Ready for a True Healing Journey?

Content Block:

The Holistical Method is a complete healing system that blends energy work, subconscious rewiring, and quantum restoration. I'll guide you step-by-step based on your emotional patterns and energetic blueprint.

DM "**PATTERN**" on Instagram @holisticalmetod
Or email me at: contact@holisticalmethod.com

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**THE
HOLISTICAL METHOD™**

A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.