

A Return to Truth

If you're holding this book, something inside you is searching. Not just for answers, but for something more profound. For peace. For truth. For a way back to yourself.

I didn't create the Holistical Method to impress anyone. I made it because I was drowning. Because my mind was at war with itself. Because no one ever taught me how to heal, only how to hide.

For years, I lived in a state of constant survival. My body was tense. My breath was shallow. My thoughts were loud and relentless. My spirit was silent and distant.

Beneath that chaos, something ancient pulsed a whisper, a memory

~~that I~~ didn't intend to live this way. Suffering isn't noble, it's a signal. Trauma is not our identity, it's a story we get to rewrite.

This book isn't just information. It's a transformation. Everything I learned from falling apart, feeling broken, losing myself, then finding something far greater.

The Holistical Method is a return to harmony, not just of the body, but of the mind, energy, and

spirit. It

integrates everything that saved me: EFT, breath-work, frequency healing, quantum energy, ancestral clearing, subconscious reprogramming, and spiritual consciousness.

You are not a diagnosis. You are not your trauma, your mistakes, addictions, or anxiety. You are the space where healing happens.

Section 1: My Breaking Point

I never planned to become a healer. In truth, I was just a man trying to make sense of his pain.

There was a time when everything looked fine on the outside. I was functioning, working, and even smiling when necessary. But inside, I was quietly drowning. My nervous system raced in overdrive. I couldn't rest. I couldn't breathe deeply. No matter what I tried, peace remained elusive.

It wasn't one traumatic event that broke me: it was a lifetime of buildup. Trauma left unprocessed. Emotions I never permitted myself to feel. Patterns and burdens I inherited without realizing they weren't mine.

I didn't know I was living in survival mode. I didn't realize that the anxiety, exhaustion, and emotional shutdown weren't signs of weakness, but signs of disconnection from myself.

That was my breaking point. But it was also an opening of a doorway to something

On the silence that followed, I realized I had forgotten a vital truth: the answers were never outside of me. I started learning not just how to cope but how to heal. I explored energy psychology. I sat with my emotions through mindfulness. I rewired my subconscious beliefs. I connected with the quantum field.

And slowly, layer by layer, I began returning to myself.

The Holistical Method was born from raw experience: from nights I cried alone, from moments I doubted I'd ever feel light again, from the breath I finally took without tension.

Section 2: What Is the Holistical Method?

The Holistical Method is not a therapy. It's not a wellness trend. It's not another technique you cram onto an already overloaded to-do list, hoping for a miracle.

It's a return. A return to your body. To your truth. To yourself.

At its core, the Holistical Method is a multidimensional system for re-connection. It helps you restore balance between your nervous system, subconscious mind, emotional field, and spiritual essence.

This method doesn't pick sides between science and spirituality; it blends both seamlessly. Built from the ground up with tools that work: from breath-work and tapping to quantum visualization and energetic recalibration.

Your trauma isn't just a story in your head. Your frequency encodes it. It lives in your breath, in your posture, in your reflexes, your digestion, your inner voice. Until you address the entire system, you'll continue to experience temporary relief.

"The Holistical Method doesn't give you a new identity. It removes the lies that kept you from your truth."

Section 3: The Six Pillars

Pillar 1: Energy Psychology

Through EFT and Matrix Re-imprinting, we tap directly into the body's meridians and subconscious field. Each tap is a signal of release, clearing the energetic root of suffering, not just masking the symptoms.

Pillar 2: Mindfulness

Healing doesn't happen in the past or some imagined future. It happens here, now, in your breath. Mindfulness in the Holistical Method is intentional presence, being with yourself without judgment.

Pillar 3: Quantum 5D Healing

Using sacred geometry, visualization, and frequency medicine, we access the fifth dimension — not as a place but as a state of consciousness. Here, you dissolve rigid models and rewrite karmic timelines.

Pillar 4: Subconscious Reprogramming

95% of what drives your life is subconscious old programs, inherited beliefs, and trauma loops. We delve deep to deactivate the root lie: 'I must suffer to survive.'

Pillar 5: Breath and Frequency

Your breath bridges your conscious will and subconscious state. Combined with healing frequencies 111 Hz, 528 Hz, 963 Hz, we recalibrate your system at a cellular level.

Pillar 6: Spiritual Connection

Whatever you believe - God, Source, your Higher Self - this pillar transforms healing from mechanical to miraculous. It reminds you: 'I am not my wounds. I am a vessel of light.'

Section 4: How It Works in Real Life

People frozen by trauma have found movement again. Those drained by chronic stress have reclaimed energy, clarity, and life. Most powerfully of all, many have remembered who they truly were beneath the layers of pain and conditioning.

One client came with a heart hardened by years of emotional abuse, no joy, no pain, just numbness. We began with safety. Using the Safe Zone technique, gentle tapping, and breath grounding, her body learned: 'You're not in danger anymore.' For the first time in years, she began to cry. Not from pain but because something finally felt safe enough to soften.

Another client, a father of two, overworked and anxious, had tried everything: supplements, doctors, sleep hacks. What he hadn't addressed was the emotional weight he carried. We began with five minutes of breath and tapping daily. Within a week, his sleep returned. By week four, he was setting boundaries and reclaiming his space.

The method isn't a feel-good slogan. It's transformation you feel in your gut, your breath, your chest, and your soul.

"Healing is not just a goal. It is a continual journey, one filled with beauty, discovery, and awakening."

This is only the beginning. The full book - Holistical Method: A Return to Wholeness - awaits you at holisticalmethod.com

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