



WORKBOOK

CONFESSION LETTER TO MY CELLS

Module 1- Physical

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Best wishes,

Maryia Oayda

INTRODUCTION

CONFESSION LETTER TO MY CELLS

TO BE USED ONLINE & OFFLINE

After years of exploring confessions, it turned out that when people “confess,” in writing to a secret or a trauma they’d never told anyone before, their immune health improved and their levels of stress hormones decreased. When people hold back a painful or fearful story, the very experience of holding back is stressful, and their cells respond accordingly with basic symptoms of discomfort, anxiety and stress. When the story comes out, there is a wave of release and relief. Revealing their well-guarded secrets enables them to let go of the associated upsetting thoughts and allows them to return to a state of well-being.

What you need to do, both you and your cells, is to tell the truth. Take ten to fifteen minutes per day to write down your thoughts and feelings about what is presently bothering you: your biggest source of stress or hidden shame. Commit to writing for four consecutive days—no more, no less. Don’t write the facts about the story; rather, express your emotions about them. It’s not necessary to reread what you have written or show it to anyone. You can tear it up or burn it afterward if you like. This is an exercise for you and your cells, an invitation to release and let go. Our physiology responds to what we’re thinking, including the things we don’t want people to know. We can hide something from friends and family or coworkers, but we cannot hide from ourselves and our cells. They are listening to all the conversations in our head, every word we whisper to ourselves. And because of this, we need to release the stories and feelings that torment us. And when we do, our cells will respond with a great sigh of relief. They will once again feel safe and become a haven.

DAY 1

DAY 2

DAY 3

DAY 4