



Dr. Dominique Cassidy: Transforming Inner Conflict into Peace Meditation Practice as a Healing Art



Dr. Dominique Cassidy is a psychotherapist, yoga instructor and Aikido practitioner from Switzerland. She specializes in cognitive therapy and integrates her spiritual practices and perspectives of a non-dual Hinduism and Buddhist teaching to create her own unique flavor. Explore a three step process you can apply to your own inner conflict to gain a deeper sense of peace and understanding.

TOP EMBODIMENT TIP: When you are facing any challenge, ask yourself how to become luxurious and loving about its movements and watch how that change of relationship can guide you into a deeper sense of peace that is healing.

Step One: Stop Pushing the Inner Conflict Away

- Welcome the conflict with curiosity.
- Feel the conflict in your body and in your system.
- Change your relationship to the conflict by becoming curious.

Step Two: Releasing

- Use movements to release and relax.
- Allowing natural flow can bring transformation

Step Three: Welcoming the Flow of Harmony

- We are surrounded by the harmony of the universe, an expression of true inherent harmony.
- The system comes back to rest.
- Experience a natural flow that you don't need to control.

Daily Practice

- Use this process daily with something that is bothering you.
- Seek training in changing your relationship to your own resistance.
- Remind yourself in any way you can and practice throughout the day.

Resources

- ❖ **Website:** <https://www.dominiquecassidy.com/>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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