



NEW HEALING CONNECTION™

Course Companion Workbook

CASSANDRA SCHAMBER, MD

You have more power than you can imagine—power to heal yourself and change your life—starting from the inside out.

Based on more than fifteen years of research into the mind-body connection, the *New Healing Connection™* is a transformational self-study course for individuals who are ready to make a powerful shift—and get at the root of issues that limit their healing.

This *Course Companion Workbook* contains all the practical exercises from the *New Healing Connection™* course. These exercises will help you incorporate the course concepts into your life as soon as you begin. For each lesson there is a short summary to help you focus on the concept and easy-to-follow directions for the exercise. Use this workbook as a journal to make notes and track your progress.

The exercises will guide you to work on areas of your inner self that need healing and help you bring healthy balance to your energy flow, emotional flow, and thought patterns. You'll learn how to heal your inner conflicts regarding relationships and the painful lessons life has brought you. You'll also learn how to follow your intuition as it guides you to change your outer world and bring it into alignment with your new understanding of your inner self.

You have the power to change your life.

What Dr. Cassandra's students are saying—

"Since doing this work, I have noticed an improved quality and ease in my relationship to myself and also with my family, friends, and coworkers."

"Learning to feel my emotions and listen to my intuition has helped me to be able to make better decisions in my life!"

"Thank you very much for your kindness and care of my headaches. You were the only doctor who made a significant difference."

"I have a greater appreciation for the value of learning to rest and feel my emotions. This has helped me to have a better understanding of the connection between my emotions and muscle tension in my body. My body feels more relaxed!"



This book is part of the *New Healing Connection™* online course and related resources.

www.newhealingconnection.com



Cassandra Schamber, MD, is a pain specialist who focuses on mind-body medicine. She received her medical and undergraduate degrees from the University of Minnesota. In her solo practice in Duluth, Minnesota, she combines Western and complementary medicine as she helps patients get to the root of their pain and heal from within. She wrote the *New Healing Connection™* for people who want to change their perspective on health and healing. Her special interest is in the power of emotions to heal both physical and emotional illness.



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Piedmont Publishing
Duluth, Minnesota

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Published by:
Piedmont Publishing
2820 Piedmont Avenue, Suite A
Duluth, MN 55811
www.NewHealingConnection.com

Cover design by Tiffany Beth Larson
Cover image from Adobe stock
Interior design by Marti Naughton

The *New Healing Connection™ Course Companion Workbook* is accompanied by the *New Healing Connection™ Course Lessons* and the *New Healing Connection™ Use Your Power to Change Your Life* book, which are part of the *New Healing Connection™* online course.

ISBN: 978-0-9832283-3-2

MEDICAL DISCLAIMER

The contents of this book are for informational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you have regarding a medical condition, and before undertaking any diet, dietary supplement, exercise, or other health program.

Printed in the United States of America

*To Susan Niemi, my editor; Tiffany Beth Larson, my website and book cover designer;
and Marti Naughton, my book designer, for helping make this project a beautiful reality*



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Introduction



Welcome to the *New Healing Connection*. Whether your goal is to heal yourself or change another area of your life, the focus of this course is to shift your perspective and help you access your inner power.

When I started teaching the ideas in the *New Healing Connection* to my patients, I realized they needed exercises to help them apply the information in a practical way. I also did the exercises myself when they were applicable in my life. The exercises in this workbook are a compilation of the ones my patients and I have found most helpful.

The content of the fifty-two lessons in the *Course Companion Workbook* correlates with the other components of the course:

- *New Healing Connection* online course
- *New Healing Connection Course Lessons*
- *New Healing Connection: Use Your Power to Change Your Life* (book)

At the beginning of each lesson in the workbook, there is a brief synopsis of the information that is covered in the other components. You can refer to them for a more detailed review.

The purpose of the workbook is to assist you on your journey within. You can use it to write down important ideas, make notes about what you've learned, set goals, and track your progress. You can draw pictures or doodle to help describe and clarify concepts you learn.

This process of going within is just that—a process. Rather than making it a goal to learn everything as quickly as you can and be done with it, give yourself time to absorb the information and live the process every day.

There are many exercises in this workbook. Take time to work with them on a regular basis. Do the ones that feel applicable to you. A specific exercise may not resonate with you today. But it might be helpful next week or next month. Or you may do an exercise now and decide to revisit it in six months when you have a fresh viewpoint.

The more time and effort you apply to this work and the deeper you go on your journey within, the more amazing the changes in your life will be. This workbook will help make your journey a successful one.

Remember, you have more power than you can imagine—power to heal yourself and change your life—starting from the inside out.



Energy



Another way you can work with energy is to pay attention to the correlation between physical conditions and life issues using chakras as a bridge. Investigate the idea that your physical body is affected by energy imbalances in your chakras, and that those imbalances are caused by issues in your life. In addition to the information in the “Auras and Chakras” lesson, there are many resources you can refer to for more information about working with chakras in this way, including books, seminars, and the Internet.

Try this with your condition. For example, if you investigate your chronic headaches you may realize that this seventh chakra condition correlates with your lack of a sense of a purpose or that you’re having trouble understanding and accepting why God let a specific traumatic event occur in your life.



NOTES

Condition

Chakra

Life issue
