

## 1:1 Self-Mastery Coaching with Dr. Sarama

*A personalized journey to cultivate clarity, intentionality, and self-mastery by turning inward and aligning with your truest self.*

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### Imagine This...

You wake up feeling deeply connected to your inner truth, with a sense of peace and purpose that guides your every decision. The doubts and frustrations that once kept you stuck no longer control your life.

Instead, you move through your days with clarity, calm, and unwavering strength—grounded in a life that reflects your highest values. Your actions align with your intentions, and you've built a relationship with yourself that is rich, meaningful, and transformative.

You understand yourself more deeply than ever before—your patterns, your values, your spiritual nature. And for the first time, you trust your ability to live intentionally and cultivate a life that truly feels like your own.

Now imagine having a guide who walks beside you on this journey—a teacher with decades of experience who can show you where you're holding back, help you move past resistance, and teach you how to master your inner world. This is the heart of Dr. Sarama's Self-Mastery Coaching.

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### Who This Is For

This program is for you if:

- You feel called to explore your inner world and cultivate clarity and self-mastery, but you're unsure where to start.
  - You're ready to release the mental and emotional patterns keeping you stuck in frustration, indecision, or overwhelm.
  - You desire a life that feels aligned with your values and guided by purpose and intention.
  - You're looking for a grounded, deeply spiritual approach to personal growth that bridges ancient wisdom and modern insight.
  - You're ready to commit to the practice of turning inward and taking meaningful steps to evolve your life.
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## What Makes This Experience Unique

This isn't a surface-level coaching program or a one-size-fits-all system. It's a deeply personal, transformative journey led by someone with decades of experience as a healer, spiritual guide, and teacher.

Here's what makes this coaching unique:

- **Bridging Spirit and Self-Mastery:** Dr. Sarama's approach draws from over 40 years of healing work, blending grounded spiritual wisdom with practical self-mastery tools. His guidance helps you explore your inner world, identify where you're stuck, and take steps to live with greater intentionality and purpose.
- **The Self-Contract:** As part of the coaching journey, Dr. Sarama will guide you in creating a self-contract—a personal, living document that reflects your deepest values and commitments. This process becomes a powerful framework for cultivating a life of intention and clarity.
- **Safe, Grounded Space for Transformation:** With his calm and grounded presence, Dr. Sarama holds space for you to explore the depths of your inner world—free from judgment or pressure. This space allows for profound self-reflection and the courage to create lasting change.
- **A Legacy of Healing and Insight:** With over 40 years of experience as a highly sought-after healer, Dr. Sarama brings unparalleled wisdom and insight to your journey. He sees the hidden dynamics keeping you stuck and helps you release them with clarity and compassion.

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## By the End of 12 Weeks, You'll:

- Develop a deeper connection to yourself and your inner truth
- Understand and release the patterns, beliefs, and emotional blocks that have kept you stuck
- Cultivate clarity, resilience, and purpose in your daily life
- Create a framework for living intentionally and staying aligned with your values
- Trust your ability to navigate life's challenges with wisdom and strength



## What's Included

### 1. **12 Weekly 1:1 Coaching Sessions**

- 45-minute private sessions via Zoom or phone, where you'll work with Dr. Sarama to uncover and address the mental, emotional, and spiritual dynamics keeping you stuck.
- Each session is tailored to your unique needs, blending self-reflection, emotional processing, and practical tools for self-mastery.

### 2. **On-Demand Text and Email Support**

- Access to Dr. Sarama between sessions for insights, reflections, or guidance as you navigate this transformative journey.
- Stay connected and supported as you deepen your practice of self-awareness and intentional living.

### 3. **The Self-Contract Process**

- Dr. Sarama will guide you in creating a deeply personal self-contract—a framework for aligning your actions with your values and cultivating an intentional life.
- This living document becomes a touchstone for your journey, helping you stay grounded and focused as you navigate life's challenges.

### 4. **Personalized Coaching Plan**

- Your coaching plan evolves as you progress, ensuring you always have clear next steps and practices to deepen your growth.
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## Who this is NOT for

This program is not for you if:

- You're looking for a quick fix or a rigid system
  - You're unwilling to explore the deeper layers of your inner world and take responsibility for your growth
  - You're not ready to commit time and energy to this transformative process
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## The investment

- **\$3,925** (Pay-in-full)
  - **OR 3 monthly payments of \$1,575**
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## How to apply

If this resonates deeply with you and feels like the next step on your journey, email [doctorsarama@gmail.com](mailto:doctorsarama@gmail.com) with:

- Your full name
  - A brief summary of the challenges you're currently facing
  - Why you feel called to work 1:1 with Dr. Sarama
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## A final note

This journey is not about fixing you—it's about helping you **turn inward, reconnect with your truth, and cultivate the self-mastery needed to live a life of deep intention and purpose.** If you're ready to explore the depths of your own psyche and build a life aligned with your spirit, let's begin.

To the intentional evolution of consciousness,  
*Dr. Sarama*

