

Caspar (00:00):

Today's guest faced a brain tumor diagnosis just four years ago and achieved remarkable healing within two months. That experience transformed her perspective on health, leading her to become a certified holistic health coach and vegan nutritionist. She's now on a mission to help others to get back on their healing journey and unlock the mind's incredible healing potential. This is the Story of the Power of Visualization with Nathalie Czajka. Nathalie, so nice to have you on.

Nathalie Czajka (00:31):

Thank you for the invitation.

Caspar (00:33):

You know, I, I hear this story. And, and just four years ago you had this diagnosis at the age of 24, correct?

Nathalie Czajka (00:40):

Yes, exactly. Can you,

Caspar (00:41):

Can you take us back to what went on in your mind at 24 getting such a diagnosis of a brain tumor? Just walk us through that if you could. Mm-Hmm.

Nathalie Czajka (00:51):

<Affirmative>, yeah, it was definitely a surprise. I just came back from my travels through Asia. The whole pandemic started, so I had to come back to Europe. And I was only one month in Berlin actually at that time in the place of my parents normally having my breakfast at the terrace. And then I had an epileptic seizure, and I got immediately admitted to the hospital, and they diagnosed a brain tumor. And I listened to what the doctor was telling me. And internally I felt like, this is not my reality. I don't want this. I cannot associate myself with it. And that was actually very intuitively, but later on, I figured that that was the most important thing of not accepting the diagnosis. Mm-Hmm. <Affirmative>. And because I felt one day very healthy and vital, and the next day they wanted to tell me I have a brain tumor.

Nathalie Czajka (01:47):

It didn't fit into my reality. So I listened to what the doctor was telling me, but in a way, it went in here and out here again. And I understood that I have to ask myself rather the question, what led to this outcome? Because no one asked me about my stress levels, which were over the roof. No one asked me about my lifestyle. It was just diagnosed, and they just wanted to cut it off out of my brain. And for me, it was immediately an alarm that my body was signaling me that we have to change something in the way I was living my life. So maybe back to my story, like I was working so hard, like really not paying attention to my body and its needs. I was overworking, oversteering. I had my vision, and I was so determined to go that path no matter what. But my health was struggling on the way, and yeah. So I didn't listen to my body and its needs. And that was the most important thing. And this nonstop, yeah. Going forward and not stopping, not looking within, neglecting my sleep and my body's needs. Had I then this impact on my health,

Caspar (03:04):

It's, it's really remarkable that you could take something, like if you heard brain tumor and say one ear out the other, most people would say, Nathalie, that's crazy. Someone, a doctor who's trained who's mm-

Hmm. Who's gone through all of this medical, you know, schooling and experiences telling you you have this very big health problem. And here you are saying, well, I didn't really wanna listen to that. Mm-Hmm. <affirmative>, most people, I think this is where medicine really, really gets it wrong. They put people in a sudden fearful state. Yeah. And then give them the option of what they have to do. So most people say, yes, cut me open, put me on the drugs, whatever it is, doc. How do you kind of you know, justify your rationality to say, no, I didn't believe it. Because most people are hearing this and saying, how do you go against the doctor? How do you not, you know, believe that they're giving you the best option to get back to health?

Nathalie Czajka (04:03):

Mm-Hmm. <affirmative>, It was like, my intuition was very strong. Like in that hospital, my intuition was so strong. To get the book of Dr. Joe Dispenza, "You Are the Placebo." I have never heard anything of him. Or maybe like, just briefly on Instagram something, but it was clear, you need to get this book. And I started getting this book immediately reading it. And I was, I had to stay in the hospital also for five days immediately. And I was in a hospital room with three other women that completely reacted differently. They accepted the diagnosis, they were devastated. And I saw that this cannot be healthy if you feel really even down with that diagnosis, if you are really accepted and you become that disease. And I took my book outside into the hospital park, and I started reading it. And the more I read about people that were able to heal themselves, the more I started believing that this intuition that was guiding me to that book wanted to show me something here.

Nathalie Czajka (05:08):

And because people often also misunderstand, like I was still going from doctor to doctor because my parents were also forcing me in a way to Mm-Hmm. <Affirmative> seek medical help. I was even, I even had a planned surgery scheduled two months after the first diagnosis. But I put my full focus on healing and health because I was aware of that energetic aspect that where we place our attention, our focus, that's where we will head. So I didn't want to put any attention on the ball in my head. I didn't want to put any attention on sickness or other outcomes that I also Googled. I also Googled that this tumor might only give you five years to live, but how is that helping me on that healing journey? Not at all.

Caspar (06:01):

Yes. And this is where so many people, I feel, and I've spoken to so many patients, and you're, you're one of the, the best examples of not feel you know, trapped in that fear cycle. Mm-Hmm. <affirmative>. And not making a decision based out of fear. Yeah. But trusting in your body and your intuition. And that's, that's, again, incredibly rare. And I have to say, you, you're going against also probably your parents' wishes because they're saying, you have to, Nathalie, do something. This is serious. So you have to go see different people, and you're going against the doctor's wishes to right now. Let's do something. Let's cut it open. How, how did you navigate that between the doctors and family?

Nathalie Czajka (06:42):

Mm-Hmm. <affirmative> to

Caspar (06:43):

Stick to your intuition, because a lot of people get talked out of it. Mm-Hmm. <Affirmative>. I've seen so many patients that are holistic minded, but then they get that scary diagnosis. People start telling them, you can't go with herbs and mindset and everything. You have to go in with this. And sooner or later they break down a little bit and say, I guess they're right. So many people are telling me I must do this then. Mm-Hmm. <Affirmative>, maybe I should. What gave you that conviction to continue against the wishes of those around you?

Nathalie Czajka (07:13):

Mm-Hmm. <affirmative>. Yeah. I was seeing the impact of the work. Like I was really committed to visualizing and meditating one hour in the morning and one hour in the evening. Mm-Hmm. <Affirmative>. And as soon as I left the meditations, I felt so peaceful, healthy. I was visualizing myself, basically coming out of the hospital receiving the good news from the doctor. I was back then, I needed to take antiepileptic medication too, because they, it was pressing on my brain. Mm-Hmm. <Affirmative> So, and causing epileptic seizures. So I saw myself throwing them into the trash. And my mom standing there, and I told her the good news, and I was hugging her full of gratitude. And my meditations and visualizations were so powerful that often I started crying out of gratitude. And I felt the healing already occurred on the mat where I was meditating. I felt it in the morning. I felt it in the evening. And I knew about the subconscious mind working with that information and what visualization does to our body, that the same chemical and physiological responses are being activated as if this event is happening now.

Caspar (08:28):

This is precisely what Michael Phelps attributed to his success. Right. He actually felt the water before he got in. He swam every stroke over and over. Mm-Hmm. <Affirmative> in his mind. Mm-Hmm. <affirmative> and, and felt what it would be like to be up on the podium and winning. That gratitude that, that feeling of you know, success. I, I believe that's what a lot of people don't get about visualization. They just think it's picturing things in your head. Yeah. And, you know, it's like "The Secret" came out and everyone just started saying, oh, I really want a Ferrari. I really want a Ferrari. Mm-Hmm. <affirmative> that, that wasn't enough to, to really do that, because you have to have the emotion around it, like it's happening. Correct. You have to have the senses involved, almost the feeling, the scent of what it's like, all of that involved. It has to be real in your mind. Correct. Mm-Hmm. <Affirmative>. But that's very difficult for some, especially if you're in a state where you're not feeling well, where you're down, you may be depressed about things. So it's, it's something that I try and tell others going through it, but they say, well, I'm just not in the mindset to be grateful right now. Mm-Hmm. <affirmative>, How were you able to bring such emotion in that countered so much? That was fear, that was doubt. That was everything else. Were there any techniques there in the visualizations themselves that led you to more successful outcomes? Mm-Hmm.

Nathalie Czajka (09:49):

<Affirmative>. Yeah. First of all, I recommend creating that visualization story. Like, for me, as I mentioned, it was the story, how I received the good news, throwing the pills away as a symbol of ending of that era. And also hugging my mom. Involving loved ones into the visualization allows us to feel even more gratitude, even more joy, because our family wants us to be healthy. And seeing the mom being super excited for me, I could cry even now, <laugh> <laugh> from it. So, and also, I recommend also before you go into that visualization, that you take time to take deep breaths, focus on your different body parts, to really calm down yourself after maybe the whole day of work, after all, what was going on in your mind. Don't go immediately in that visualization, because that might be not so realistic and not so easy to do right away.

Caspar (10:51):

Yeah. The brain always is sometimes your best friend, but sometimes your worst enemy. Exactly. It fills you with doubt. You have your monkey mind that just runs around and distracts you and thinks negative thoughts usually. Mm-Hmm. <affirmative>, it's hard sometimes to turn that around. But, you know, one of the things I also heard was that you really dedicated yourself in those two months truly to healing. Mm-Hmm. <affirmative>, You didn't sit around and wait, you were, you were very, very you know, proactive an hour in the morning of meditation, hour night. What else? What did your day look like for those? Because of course, it's not just, let's say meditation or visualization, I'm guessing. It's diet, it's, you

know, movement, it's all sleep, all these things, you know, what were you doing in a normal day for those eight weeks or so that, that were changes to prior to your diagnosis?

Nathalie Czajka (11:42):

Mm-Hmm. <affirmative>. Yeah. So I was definitely looking, first of all, what led to this outcome. And I was seeing that I didn't pay attention to what my body was telling me. I already had like, red rashes on my face from all the stress. I was dragging myself in the gym no matter what. So I was trying to not set myself an alarm to allow myself to sleep as much as my body needed in that moment. To also take moments to just be not only do, do, do. We're human beings, not human doings <laugh>. Yeah. So that was very crucial thing. And most of health issues that we have right now, the main issue or the root cause of it is stress. Mm-Hmm. <affirmative>.

Nathalie Czajka (12:28):

So reducing stress levels is the key element. You can have the most nutritious diet, but if your stress levels are over the roof, you will not be able to digest the food properly. You'll not be able to, yeah. To heal. You need to have a good environment in order to start the healing process. And yeah, I was seeing the doctors still during those two months, different doctors got different opinions on what to do now. Then we had the best specialist in Berlin that was meant to do the operation. And the operation was scheduled for 14th of July, 2020. And one day prior, I checked into the hospital room, and only then I received the news from the doctor that he told me that the recent scans don't show any traces of the tumor anymore. And

Caspar (13:25):

What was your reaction? What was your reaction? Not even the doctors, your family? Were you just like, I knew it, I knew <laugh>. Mm-Hmm. <affirmative>, or were you shocked? What, what was it like?

Nathalie Czajka (13:34):

To be honest, I visualized my healing already for the two months. Hmm. So I felt already the healing occurred with each meditation, with each visualization that I did. So right now, it was rather a confirmation in this 3D realm where we are. And I found lots of gratitude, happiness. I was calling my whole family, friends. Everyone was happy and couldn't believe it. Yeah. But for me, it was really just a confirmation. But the doctor said, that's not normal. They wanted me to keep me there for five more days. They even gave me another diagnosis. They said, if it's not a brain tumor, it must be multiple sclerosis. Ah,

Caspar (14:18):

They gave you MS next. I see. Yes.

Nathalie Czajka (14:21):

And they wanted me to start the treatment with some injections that would ruin my whole immune system. Mm-Hmm. <affirmative>. And they weren't even full fully percent sure. But they just gave me then this diagnosis wanting me to start a medical process. And

Caspar (14:41):

Yeah, it's, it's incredible how doctors go from one thing. Oh, it's not that, it must be this. Mm-Hmm. <affirmative>. And you yourself knew very well that you were healing, you know, your body. Right? Mm-Hmm. <Affirmative>. I feel that's a big part of it, isn't it? If you don't know your body, you let others

tell you what's wrong with your body, when everything may be right with your body, but they want to find something wrong. Mm-Hmm,

Nathalie Czajka (15:03):

<Affirmative>. Exactly. And of course, they would make more money if I would start any medical treatment. But at some point it was even funny for me receiving then the second diagnosis, and then I just said that I am happily leaving the hospital. Now. I still had a final MRI. That was actually another cool story maybe to mention. I was sitting in a meditation, and after the meditation ended, my phone just lit up and it lit up, and it showed me 11, 11,

Caspar (15:41):

Great number <laugh>.

Nathalie Czajka (15:42):

I always feel supported by the universe, by God, when I see those, the same numbers occurring. And I didn't know what it meant at that time. But a few days later, I received the final MRI appointment, and it was on 1111 at 11:00 AM

Caspar (16:00):

Oh, wow. It's a lot of ones <laugh>. Mm-Hmm. <affirmative>.

Nathalie Czajka (16:04):

And again, my intuition was so loud, and I had the feeling that now I just receive on paper that there is nothing else to be found on my, in my brain. Mm-Hmm. And that's how it was. I was even in that MRI visualizing my healing, visualizing this scenario how I leave the hospital. And one day after the doctor calls me and tells me the news that there's nothing left in the brain.

Caspar (16:35):

Wow. That must have been such an amazing feeling. But at the same time, you kind of knew it already. Mm-Hmm. <Affirmative>. You, you saw this happening and you, you brought it into your reality. You manifested it. And it really brings me back to, to a story I heard recently about Carl Jung's idea on synchronicity. And that things happen, but you have to be looking for them. Mm-Hmm. <affirmative>, if you don't look for the, the signs in the world that are synchronous and show you certain things and make you believe in something bigger, then you'll miss it. And you won't see the 11:11s everywhere and these kind of things, you'll just skim over it. Mm-Hmm. <Affirmative>. And you have to be truly you know, vigilant of what you are seeking and bring that into your world also. And see that. Now, Nathalie, a lot of people would, would probably say, you know, it's, it's very difficult to you know, go into a hospital and tell a doctor no, or go against their wishes. Did you already have some skepticism of conventional medicine before your diagnosis? Or were you completely on board with, you know, the medical world and conventional treatments even before that?

Nathalie Czajka (17:45):

I personally was not sick before, so I wasn't really in touch with how the western medicine is really working. But as soon as I got hospitalized, was seeing which foods they're serving for the patients there, it started to make click, click, click, click. And then also the recent years that we experienced with the global situation. Mm-Hmm. <Affirmative>. Yeah. Everything started to Yeah. Open my eyes widely to how the procedures are going there. And the shocking thing was that no one really asked about the root cause of my health problems. And now working with so many clients as well, I know that if we just cut

out a brain tumor, for example, or any tumor, and we don't look at the root cause, it might just grow back because the underlying issue is not solved.

Caspar ([18:39](#)):

Yeah. You know, it's funny, we, we, we look at so many people out there such as, you know, TEDx speakers and everything, and all these experts and all of 'em from Simon Sinek has a whole Sinek, has a whole book about it. You know, "Start with Why" Mm-Hmm. <Affirmative>, Why am I going through this? Why is this happening? Right. What is your why? People say, what is your passion in the world? And yet in medicine, they never ask why. Mm-Hmm. <Affirmative>, they just wanna know what, and then go in and treat what, without understanding, well, why is this happening in my body? Mm-Hmm. <Affirmative>, did you ever ask that question of your doctors or people around you of, okay, but why, why is this tumor here?

Nathalie Czajka ([19:15](#)):

Mm-Hmm. <affirmative>, I actually don't know if I asked it specifically. Mm-Hmm. <Affirmative> like, doctors also don't have much time to spend with you for long conversation. Right. So sometimes it was like quick, quick visits, then maybe a nurse coming in. So it wasn't really the time to talk in depth about topics like that. It was told to me that it's MS for example, it's a typical disease for women my age. That's what I heard.

Caspar ([19:44](#)):

<Laugh>. That is a awful di prognosis of typical disease, incurable, and, you know, so much suffering involved in it. And as you said, you know, once you get that diagnosis, that's what they treat on. So they put you on massive amounts of drugs that lower the immune system. 'Cause It's an autoimmune type condition. Mm-Hmm. <Affirmative> that make you susceptible for the rest of your life to many other things. And you may suffer from those. So it's not just that, you know, it's, it's a typical diagnosis. The treatment is one that, that also lowers your quality of life Mm-Hmm. <Affirmative> for the rest of the time, which they usually won't tell you about. And again, without the whys, it seems like a, a strange thing to just throw drugs at a diagnosis. But that's how conventional medicine works. And people have a lot of faith, unfortunately, sometimes too much in the conventional realm. You went against that, you got better in two months. Mm-Hmm. <Affirmative>, tell us now, after those two months, you were given a, a, you know, a clean bill of health, so to say, well, they wanna, you know, give you MS or something else. But you know, in your mind you have healed from this in some ways. What happened next after that?

Nathalie Czajka ([20:51](#)):

Mm-Hmm. <affirmative>. Yeah. I was focusing a lot on myself, really prioritizing my needs, my body first. So that was really changing everything for me. I started viewing health more holistically too, because before that I had a good nutrition, already a balanced nutrition. I was already a certified vegan nutritionist, but my stress level wasn't good. My sleep was awful. And I was trying to Yeah. Look more broadly at health and many things that I wasn't aware of before. Like, be it vaccines. Before that Asia trip, when I went to I got four shots at one day. I also don't know if they might have caused the brain tumor or the MS, I dunno what in the end caused the probably a mix of everything. Yeah. So I started really detoxing my body, started looking on how can I even calm myself more down? How can I relax my nervous system? How can I get the heavy metals out of my system, the environmental toxins? How can I Yeah. Get healthy again? And the most important thing I think, on the healing journey that is often overlooked is how we talk to ourselves. Mm-Hmm. <affirmative>.

Caspar ([22:10](#)):

It's very big, right? Yeah. Mm-Hmm. <Affirmative>.

Nathalie Czajka (22:12):

We can have the most the best nutrition, the best supplements. But if you have unhealthy thoughts, if you're putting yourself down, if you are the biggest critic in your head, how can your body be healthy?

Caspar (22:28):

Absolutely. And it's, it's unfortunate that so many people that are going through disease, hyperfocus on the physical aspects, they hyperfocus on, okay, I'll change my diet. I'll start moving and walking a little bit. You know, I'll, I'll try and even get to sleep a little earlier and use all the gadgets and the Oura rings and everything. Mm-Hmm. But they completely forget about their mindset, their emotions, how much stress they're putting on what they're saying in their head over and over. Mm-Hmm. <affirmative> Even the subconscious belief systems. Correct. Because I know a lot of people, I tried everything and I just can't get through it. And you kind of see that there's some sort of belief system of them. Mm-Hmm. Not believing they should be healthy. They're unworthy of being healthy, but they don't see it. Now how, how would you work with someone? 'Cause you are coaching people now.

Caspar (23:19):

How would you work with someone that isn't yet seeing that? Because a lot of people come to me also, and I'm not a doctor. I tell them, I can't help you in the way that a doctor can, but I already pick up on observing patterns in a person's life. And I see some of the patterns are, you're unhappy with this in your life until you change that you will have disease. Mm-Hmm. <affirmative>. But they wanna just say, just gimme the diet, gimme the pill, gimme the supplement, without addressing that, how, how do you work with your clients to try and work through those more, you know, invisible parameters such as thoughts.

Nathalie Czajka (23:56):

Mm-Hmm. <Affirmative>. Yeah. Before getting them into the coaching program, I have a call with them too, and I quickly see the patterns, how they describe their problems, how they talk about their health. And with the right questions, I easily already have the picture of them. They also fill out a client intake form that is very detailed and quickly, I know, like where to do the tweaks to help them get better. And that's why the first most important module is the mindset module. We have to uncover the limiting beliefs that are stopping you from moving forward. You can do all the visualizations, but if there is an underlying belief that oh, I don't know if it will work it's like you are going two steps to the front and three back again. Yes. It'll be always like this.

Caspar (24:46):

Yeah. It's, mm-Hmm. Again, and it's so difficult because someone that's already in a skeptical or disease state finds it very hard to see things in a positive light. Correct? Mm-Hmm. <Affirmative>.

Nathalie Czajka (24:58):

Absolutely. But there are ways to reprogram your subconscious mind. It's maybe not like the wonder pill that you just take it and you're good. Again, it's a little process and it's not a easy process too, to be the observer of your thoughts. And to, I always like to say like, the security guard and not let in the unsupportive negative thoughts that are dragging you down. But you,

Caspar (25:24):

You said something there, sorry to interrupt, but you said something really, really you know, valuable, that it's not an easy process. Do you believe that healing is easy? Or some people say, you know, healing should be easy. Others say healing is very difficult. What is your thought on the journey of healing for everyone? Is there a sacrifice? Is it not easy? What do you feel about it?

Nathalie Czajka (25:46):

Again, I think it's the belief that you're carrying. If you say it's difficult, it will be difficult for you. If you say it's easy, it, it will be much more easier for you. But of course, it takes time to really look at the thoughts that you have that are maybe toxic to your body. It takes time to really start thinking positive thoughts to work with yourself, to be brutally honest, where you might have been going in the wrong direction your whole life. Mm-Hmm. <Affirmative> or the people maybe that are also causing you harm, saying goodbye to everything that is not in alignment with your healing.

Caspar (26:26):

That, that's the tough part. I think, you know? Mm-Hmm. <affirmative>, because that's what I'm getting at a little bit here, is that I, I, I completely agree that, you know, healing is, it's, it's what you make of it. It really is transformative. It's for your best Right. Symptoms and things come into your life so that you can change into the best form of yourself, transmute yourself. Almost evolve. Mm-Hmm. <affirmative>. So the symptoms are there as, as a sign for your greater good. Mm-Hmm. <Affirmative> to, to fix something that isn't working and become better. But at the same time, I do believe there is a great sacrifice in healing. Mm-Hmm. <affirmative>, it requires you to make choices that you know are difficult. Mm-Hmm. <affirmative>. And that's where people get very caught up. That healing should just be, I'm paying money to get IVs, treatments, procedures, why am I not seeing results?

Caspar (27:13):

Mm-Hmm. <affirmative>. But you are not sacrificing, let's say the idea of you are in a very bad position at work. You need to leave work. You need to leave that behind, let's say, and find something else. Mm-Hmm. <affirmative> that isn't so stressful and that you're truly passionate about. 'cause It's the work that is actually causing you sickness. Yes. But there's a huge fear of, well, I can't just leave work. I have a mortgage, I have kids. My wife won't let me just leave my nine to five job as a 401k and pension plan and everything. And so they refuse to make that sacrifice. Mm-Hmm. <affirmative>. And I've seen it so many times that they may be on a healing journey where they get better through the treatments, but because they didn't take that step, they will fall back into this. Mm-Hmm. <Affirmative>, How do you work with people on that element of it that is sometimes requires maybe leaving a partner, changing things that are incredibly difficult for people to do. Mm-Hmm.

Nathalie Czajka (28:10):

<Affirmative>, I feel like the moment people start working on themselves, giving them also more self love again, more attention. This is the moment where they start realizing, okay, maybe I'm worthy of more. Maybe I'm worthy to have a better life. Like it's often we have to start, or always we have to start internally first before we start doing the external work or changing other people around us. And this is another part. And also on my healing journey, I didn't tell anyone what I was going through. My family knew it, and I knew that it will not be supportive if people ask me constantly. And how is your brain tumor going? Hmm. I wanted to focus fully on the healing. And this is what I was mentioning to everyone, please don't talk about disease. Please don't have that in my energetic field right now.

Caspar (29:08):

I think you mentioned that. I, I saw that you speaking when you are first in that hospital room around the other people that got the same diagnoses. Mm-Hmm. <affirmative>, they were all suddenly becoming their diagnoses. Mm-Hmm. <Affirmative>, they were suddenly brain tumor victims. Correct? Mm-Hmm. <Affirmative> or patients of this my diagnose, this is my sickness. I am now that Mm-Hmm. <Affirmative>. And you said, no, I can't be around these. I have to leave and read this book. Yeah. Dispenza's "You Are the Placebo," you know, for someone that's maybe already started to go down that route of I am the disease. Mm-Hmm. <affirmative>, how do you then turn it around? You started off

perfectly in saying no. Mm-Hmm. <Affirmative>. I am not, that is not a belief system. I will do. But if someone already started the belief system Mm-Hmm. <Affirmative>, what are your tips or recommendations to then unravel that and get back to not believing that you are disease and that you could beat this and, and getting in a higher consciousness you know, state.

Nathalie Czajka ([30:03](#)):

Mm-Hmm. <affirmative> that's again, not something that happens overnight. But when people, for example, feel pain, and they come to me, I, the first thing that I tell them is also you experiencing just the pain. You are not the pain Mm-Hmm. <Affirmative> yourself. It's not who you are as an identity. You might just feel it. And also doing the mindset work then towards them stopping to identify with that disease in a way that they start viewing it differently. How can we do it? For example, when we start when we start telling ourselves, for example, boy, I lost my point.

Caspar ([30:52](#)):

That's okay. I was gonna, I was gonna ask you about this anyway. I wanted to get some of the practical resources and, and tips that helped you to get started. Because again, I see this, I, I, I'll just give you an example. Right now, I have a friend, I won't name them, but very dear friend that's gonna listen to this, that recently got a diagnosis that was very serious. And he was just ba he was just blown away by it and said, I thought I was healthy. And here these multiple doctors are giving me a very strong prognosis, and I have to go on the drugs and do all these things right away. And he said, can you send me, you know, what I can do to turn things around? I go, okay, I, I can't give you detailed, personalized, I don't know you, but I could give you general recommendations.

Caspar ([31:36](#)):

And I sent him a quite a long email, you know? Mm-Hmm. <Affirmative>. It was like, you could do you know, coffee enemas and sauna and mindfulness this way, and Joe Dispenza's love and brain coherence. And it, it was overwhelming for him. And he ended up, I think, not doing much out of it, or at least Mm-Hmm. <Affirmative> being overwhelmed by it all saying, my goodness, I don't even know half this stuff. And it was my fault because I threw everything at him that I knew of. Mm-Hmm. <affirmative>. And said, maybe he could go down which one he likes, and maybe feel which ones are best for him. But that, again, to most people out there is just this overwhelming 50 different things you can do. I don't even know where to start. It's the paradox of choice. Correct. Mm-Hmm. <Affirmative>. It's, you'll become a, you know, paralyzed by too many things. Where would you recommend, or how, how do you, how does someone start to understand, where do I even start? Is that more of an internal thing? Is that more of a coaching thing with someone else? Mm-Hmm. <affirmative>. How would you do that?

Nathalie Czajka ([32:36](#)):

I think I would approach it exactly like I did and asking myself the question, what led to this outcome? Mm. Before we start creating our ideal scenario, our healing, our visualization, we can ask first, like, what led to this outcome? Which behavior, which emotions, which thoughts, which people or work you were having that was maybe making you sick? Or how was your lifestyle in general? And based on that making changes? Of course, it might seem like a sacrifice for one, but for me, it wasn't a sacrifice at all. Like, I could either see the hospital visit as a sacrifice or me putting in the work to start healing. So it's again, how we view a certain situation and being gentle with yourself in the process. 'cause It's,

Caspar ([33:31](#)):

Go ahead.

Nathalie Czajka ([33:32](#)):

I wanted to say it's uncomfortable to face all of that that you were doing may be wrong in the past.

Caspar (33:38):

Right. And you, you should never have guilt over that. You should hold yourself responsible in some ways. 'cause That empowers you to say, all right, if I was responsible for getting myself here, I can get myself out of it as well. Mm-Hmm. <affirmative>, you should never be in those lower, you know consciousness, levels of guilt, apathy, shame, you know, that's never gonna help you with healing. Mm-Hmm. <affirmative>. I think one of the things that I also heard from, from what you're saying here is that a big part of what led you to these things was intuition, introspection, mindfulness, and meditation. Mm-Hmm. <affirmative>. 'cause Again, I have a lot of people I speak to that want me to answer what they should do. And I just feel that that's impossible. I can't do this for you. The healing is not for me to decide. Like a doctor will tell you, you need to do this surgery, this drug.

Caspar (34:30):

I don't feel that's the right approach to anyone's healing. And that your body knows best, you know best. Mm-Hmm. <affirmative>. But in order for you to get that, because people are just, oh, I don't know what to do, you're gonna have to do a lot of that intuition, building, introspection, sitting with yourself, asking over and over and getting an answer as you breathe slowly. Right. Mindfulness and meditation. I, is that what you attribute to your, your success in finding the things that worked for you very well? Finding the books is those practices of mindfulness and working on your intuition, being in nature, that which builds intuition. Would you say that was part of it?

Nathalie Czajka (35:11):

Of course. Like I just came back from my Asia trip where I also spent time in a monastery learning deeper about meditation. And people are often looking for answers outside of them. Be the doctor that can help them. Yes. Or whoever else. But it's often the answers are within. But it takes also courage to sit on the mat, be quiet and listen to what is popping up. Because there might be also some negative thoughts all the time going around and really committing yourself to putting in the time and learning how to meditate. Learning how to visualize. It's not easy. And most people give up especially in the beginning stages. But it's so worth it to calm down that mind, that monkey mind <laugh> and return back to what truly matters.

Caspar (36:02):

Would you recommend that someone go to a monastery, change their environment if they're struggling to find answers where they are? A lot of times we're in stressful environments and we stay that way to try and find an answer, but it's very difficult. Mm-Hmm. <affirmative>, I'll say this, when I'm in a place of work, I do work, but I need to leave this place to then reconnect it, go to a different environment to get different answers. My creativity happens here, but maybe my more intuitive section happens somewhere else. And I know, I, I know you're a big fan of traveling and living, you know, and seeing the world as am I, I feel like that gave me such great perspective, but it also allowed me to change mindsets, get out of environments. Would you say that that's a practical way to get in touch with yourself, is to just travel to exotic places and monasteries and see the world and you will then possibly get more answers to your, you know, challenges?

Nathalie Czajka (37:02):

Of course. Like traveling is one of the greatest self-development tools in my opinion, because you, especially when you travel by yourself, you have to constantly step out of your comfort zone, get to know different cultures, different people, be open and do things that you wouldn't normally do in your day-to-day life. But maybe some people don't have the finances to go and travel. So it doesn't necessarily have to be far, far to exotic places. It's enough to just take the bicycle and go to the first nature spot to be around

some trees, maybe a lake or a river that is flowing there, and just listen to the sound of the river. That's all the meditation that you need. Yeah. People often think they have to necessarily sit on the mat to meditate, but already walking consciously through the forest or listening to the birds, to the sound of the river. That's a meditation already. Mm-Hmm. <Affirmative>. And as soon as your thoughts come in, try to overtake that, your focus here, focusing on the river, start bringing your focus back to that sound, for example, or to how you walk step by step.

Caspar ([38:16](#)):

Yeah. It's, it's, it's very ironic that, that we're placed into these artificial manmade places that are very stressful. Let's say a hospital know. Mm-Hmm. <Affirmative> fluorescent lights, lots of, you know, not no nature there. Very kind of gray and clinical and fear inducing. And we're told to make our decisions there that may impact our lives forever about our health and life or death. When in reality we should say, Hey, go into nature. Go for a very long walk in a park, put your phone away, and really take an hour to think about this and make a decision there. It's the opposite of where you're told to make those decisions. Mm-Hmm. <Affirmative>. But that'll be such an informed decision. And I truly believe, if anyone asks, what can I do to cultivate? 'Cause I have no, I feel like I have no intuition, no gut feeling about what is best for me. It's just go into nature. Mm-Hmm. <Affirmative>. I mean, there's no better way, I think, to cultivate that intuition. There's, you could read books, you could take the time and do courses and everything, but I, I still believe nature will always give you the best answers and solutions. Mm-Hmm.

Nathalie Czajka ([39:21](#)):

<Affirmative>. And you can start small. You can start asking yourself, okay, what food do I want to eat right now? Mm-Hmm. <Affirmative>, what do I feel right now that I wanna do? What would provide me joy? And step by step listening to what the voice is telling and letting grow bigger.

Caspar ([39:38](#)):

I love that idea of, of conscious eating, right? Mm-Hmm. <Affirmative>, when people ask what's the best diet out there? It's, it's the one that you consciously, you know, attract into you and say, yeah, what am I missing right now? Do I need some more salty thing? Do I, what is my body not craving from, you know, an addictive kind of stance of Mm-Hmm. <Affirmative>, oh, I'm really craving ice cream right now. Well, that's not exactly what your body's telling you. That's what your mind is trying to get a dopamine hit from. But, you know, really getting again, into that intuitive, conscious eating, but at the same time, diet's a big portion of what you're doing. You're obviously a, a vegan Mm-Hmm. <Affirmative>. And that was, you know, how much did you attribute your diet to your healing and, and cutting out of things like meat and, and do you advise this for everyone? Mm-Hmm.

Nathalie Czajka ([40:24](#)):

<Affirmative>. So, as I told you, like I was vegan already before the diagnosis. So of course, focusing on a diet rich in fruits, vegetables the most nutrient-dense foods on the planet is a good idea. I would say the nutrition plays a huge role because what we put in our body is ultimately who we become. Mm-Hmm. <affirmative>. But likewise what we think, what we, how we act, how we behave. So it's not only the nutrition, and in a recent mushroom ceremony that I did for myself, I also asked the question like, what is the right diet? Because now we hear so many ex-vegans popping up, left, right, center, and back then it was the ultimate diet. Yes. And the answer that I received was also that we are allowed to eat everything, but the most important thing is that we eat in deep gratitude and deep mindfulness. And

Caspar ([41:28](#)):

I'm a hundred percent on board with that

Nathalie Czajka (41:29):

<Laugh>. And I felt that so strongly in that ceremony. I was eating, I think, a fruit, and I was taking the time to smell the fruit, to really see it in all different colors and really enjoy every bite of it, and saying the gratitude that it will nourish every cell of my body. And I felt it how it was reacting in my body. And there are plenty of studies that show also what happens to our water once we say some beautiful words to it. Mm-Hmm. <Affirmative>. And ultimately that's who we become. So whatever we eat in deep gratitude for the farmers, for the food even if you decide to eat an animal, have greatest gratitude for it, that it gave your life for you.

Caspar (42:16):

Yes. Masaru Emoto's work you know, in water crystallization Mm-Hmm. <Affirmative> how your thoughts are actually embedded in that, in the information of the water. How, how powerful that really is, knowing that we are 99% molecularly water, 70% of course composition. But it's, it's so powerful to do that. And to, again, it, it goes down. Too many people focus on what these days, what do I eat? Mm-Hmm. <Affirmative>, you know? Mm-Hmm. <Affirmative> quality and how you do it are much more important. Mm-Hmm. <affirmative>. And I agree that that is something lost on people. So I, I am a big fan of everything you're saying here. Now, if people are looking to, you know, work with you and, and seeking out your wisdom and wanna follow in your footsteps in healing, how do they connect you? What is the process like? You said there's a big intake, but what's time commitment? Like what, what are people looking after they'd like to work with you? Mm-Hmm.

Nathalie Czajka (43:09):

<Affirmative>. So they can just message me on Instagram and then I will have a quick talk with them whether I'm the right fit to even help them in their situation. And usually we hop on a quick call and then I will surely see how I can support them in the best way. And it's very individual, but usually the work is for at least two, three months so that we can really start reprogramming the subconscious mind, work on the belief system, imp implement some healthy routines and morning routine, evening routine to bring more balance and peace into their life. And I just don't like to overwhelm people at once, but step by step, implement the habits so that they can better get better. Soon. We detox the body in the process as well, because it's a fundamental thing. The body can heal when we give it the right environment to live in.

Caspar (44:06):

Absolutely. And, and the phases are so important. Correct. We also look at it here at a medical center as, you know, e either eight or 12 weeks in that same sense of every four weeks is kind of a phase. Mm-Hmm. <Affirmative>, we know this with the lunar phase. Women know this with menstrual cycle and everything, that these are the phases. So you have to be slow in your healing process, but committed to it. Mm-Hmm. <affirmative> not an overnight journey. It may, it's probably gonna take more than even three months. 'cause Healing is a lifelong journey. Yeah. It continues afterwards. Mm-Hmm. <affirmative>. So I, I I love that you're also breaking it up like that. What's, what's next for you, aside from the coaching? I mean, are you just gonna travel more and enjoy while you coach? Is there ideas for something? New courses, books, anything? Mm-Hmm.

Nathalie Czajka (44:50):

<Affirmative>. Yeah. I travel full time, so this is definitely something I'm continuously doing. Now the next travels are to Estonia, and then we will take the camper van and travel from Estonia all the way through France, Germany, Poland, also to Morocco,

Caspar (45:09):

To, I love that you're going through the Gibraltar in Morocco. Is that it? The, the, the ferry.

Nathalie Czajka (45:17):

The, the ferry we take, but I think rather from Montley.

Caspar (45:21):

Okay. Yes. Mm-Hmm. <Affirmative>. That's a different way. I, I've, I've only been that way where you go to the Gibraltar and then you end up in Sota, which is the tip that's still owned by Spain. And then you could enter Morocco from there. But no, listen, I think, you know, traveling is healing. Mm-Hmm.

<Affirmative> people should do it more. I think you're, you're a representative of that and, and showing that is, is a wonderful thing. So it sounds like you have a, a beautiful journey ahead of you. Mm-Hmm.

<Affirmative> and healing. Yeah. I wanna just give you one like last chance to, to give people, if they were to be diagnosed with something, and I hope my friends listening to this and others that, you know, you suddenly get this diagnosis. What is your best advice for them to do in that first day of hearing it? Mm-Hmm.

Nathalie Czajka (46:07):

<Affirmative>. Yeah. Listening more to people that are, that were able to heal themselves because it gave me so much strength knowing that this is also possible for me. That this is not something that people just talk somewhere randomly. But putting your focus really on where you wanna go, listening to those success stories, consuming things that are making you feel good, going away from that fearful thinking. Also distancing yourself from people that constantly bring you back into that state that you wanna get out of.

Caspar (46:48):

Yeah. Beautiful advice. One last question for you, 'cause I know you said you are the placebo by Dr. Joe Dispenza was the book that really helped you at first Mm-Hmm. <Affirmative>. Any other books that you recommend to people going through, you know, a healing journey?

Nathalie Czajka (47:04):

Yeah. The books of Dr. Joe Dispenza. He not only has this one, but all of them are pretty good. "Becoming Supernatural." Love that one. Right now that you asked me, I don't come up with all the titles.

Caspar (47:19):

Oh, no, it's fine. I, I think going through just the Dispenza's is, is a real lesson. Mm-Hmm. <Affirmative> in understanding how important your mindset is in all this. Mm-Hmm. <affirmative> how important your thoughts are in all this. And to really be truly mindful of everything that's going on up here in your head. Correct.

Nathalie Czajka (47:36):

Mm-Hmm. <Affirmative>. Absolutely. Yeah.

Caspar (47:38):

That's how you win this, and that's how you begin your healing journey. Well, Nathalie, thank you so much for sharing this story. It was really a pleasure connecting with you. I wish you all the best on your traveling journeys. I am very jealous. But I hope we can meet in person one day traveling <laugh>.

Nathalie Czajka ([47:53](#)):

Yes. Thank you so much.

Caspar ([47:55](#)):

And where can people learn more about you?

Nathalie Czajka ([47:58](#)):

The best platform is on Instagram [@nathalie.vegan/](#), Nathalie with TH and dot vegan. You can probably link it somewhere, and

Caspar ([48:08](#)):

I will definitely link that in. And it's a great Instagram page with full of inspiration. You give lots of stories, so keep doing what you're doing. And thank you so much for coming on.

Nathalie Czajka ([48:18](#)):

Thank you. And this year I'm planning a podcast, <laugh>.

Caspar ([48:21](#)):

Oh, well, I invite you'd like, I'd love to, I'd love to you know, be a part of that as well. So think of me as well. And if you're listening, check out Nathalie on Instagram. Again, that is Nathalie, N-A-T-H-A-L-I-E.vegan, and she also has a website [@nathalievegan.com](#). Until next time, continue writing your own healing story.