



# WAYS TO GROW

**Sam Daghash**

## **Time Paradigm Technique**

**Mireia Mujika:** Hi everyone. Welcome to this new episode of 'Ways to Grow' podcast, where every two weeks, I will interview experts to help us understand and discern different disciplines that will help us grow, improve our wellbeing, and be better leaders. With this thing, we travel from east to west, from the pure psychological studies to the ancient humans. We'll look at every field, and you will take what interests you. Join me on this journey of learning and discovery. My name is Mireia Mujika. I'm a personal and executive coach. And for this episode, I have invited Sam Daghash to join us. Sam is an alignment and breakthrough specialist, a certified master coach and practitioner, working with various modalities, such as time paradigm technique, NLP, hypnosis, quantum linguistics and soma breath practices. Sam is on a mission to raise people's consciousness to a new level of mind, to change the way they perceive unwanted circumstances in their external reality. He uses a combination of quantum and neuro-transformational techniques that address the root cause of all perceived problems and release them completely. He focuses on transforming the conditioned mind by releasing negative emotions of the past and removing self-limiting beliefs that hold people back in key areas of their life, such as relationships, career, health and personal development. He integrates empowering belief systems that are aligned with each individual, along with conscious guided breath work and meditations that naturally raise their vibrational state to achieve a new personality or personal reality. It's a complete personal breakthrough experience of the mind and body. He empowers people by educating them about the science of the mind, and guides people back into alignment with the confidence and clarity to achieve what they desire to live a happier and more meaningful life. Listen, if you want to release negative emotions of the past

and remove self-limiting beliefs that hold you back in several areas of your life, listen to this episode. But before we start, let me remind you of our website, [waystogrowpodcast.com](http://waystogrowpodcast.com) where you will find the details of all our guests, and also the books and resources they recommend. If you like this podcast, please follow and rate us so that we can keep growing. And finally, welcome Sam. Thank you very much for being my guest today.

**Sam Daghash:** Oh, thank you Mireia, for the invite. Thank you for that beautiful introduction; I really appreciate it. Thanks. I'm really excited.

**Mireia Mujika:** Yeah, I'm very excited, too. I want to know everything about the time paradigm technique.

**Sam Daghash:** Yeah, that's great. Being inquisitive and looking to seek is a great way of opening the mind.

**Mireia Mujika:** Yes, it is. Yeah, there's so much to learn, you know.

**Sam Daghash:** Of course, yeah. I always go by that theory, like, "we don't know what we don't know". There's so much out there. If we have that sort of attitude, we'll continue growing, continuing learning and just expanding.

**Mireia Mujika:** Exactly, expanding our lives on ourselves. So, what exactly, Sam, what exactly is time paradigm technique? And where is it coming from?

**Sam Daghash:** Oh, okay. So, good question starting off. So, I think, to get the audience to a starting point, I think we first need to establish that our mind is divided into two main compartments; the conscious mind and the unconscious mind, or people better know it as the subconscious mind. Now, the subconscious mind represents 95% of who we are. So, it's our beliefs, our behaviors, ultimately our personality. What we need to deep dive into is an understanding that the unconscious mind has many prime directives, many responsibilities. One of which, it stores and represses emotions. And when we say emotions, emotions are energy in

motion. So, time paradigm technique allows us; it's a tool, at the end of the day; it's a modality that allows us to work with the unconscious mind on a deeper level; the deep rooted who we are, that personality, that identity. And from there, we're able to adjust, change, release, whatever needs to happen, as that representation is really who we are. A lot of the time, people in this world and society, whatever, they're trying to make some changes in their life but they're doing it in a conscious manner. And usually, if I say the conscious manner represents 5% of who you are, the battle to get there is a bit difficult. So it's like, I'll start that gym. This is the start of the year and I'm going to start going to that, and I'm all in. And then like two weeks later, we're back on the couch. So, it tends to be a little bit of a challenge. So, an understanding for me, and what I like to call it, the unconscious mind is the operating system of who we are. So, deep diving within the unconscious mind allows us to shift, change and make those permanent changes in our life. So, coming back to your question, just to make sure the audience is clear with the unconscious mind, time paradigm technique is a tool that ultimately works with the unconscious mind, but works on two or three main areas. The first area is releasing the negative emotions of the past. So, as an understanding, as we said that the unconscious mind or the mind stores all our memories. But sometimes, we feel that the memories that we have are limited, however, the unconscious mind stores every single event, from the day we're born till this present moment. And every event that we have, we have an emotional charge with it; if it makes us feel something. So, with that feeling, we have a charge. And sometimes we say, "Well, if I remember fear in my life, what are the memories of fear?" You'll probably come up with two or three that will be like instant, "Yeah, I can remember." But those are not the only times you had fear. Why do we remember them? It's because our mind took a screenshot of it; it's because we had a heightened emotional experience. And then it says like, "Okay, now I can resonate that I'll remember that made me feel this way." So, the time paradigm technique modality allows us to release the ones that we can remember and the ones that we can't remember. This is really important. So that's one area; it's releasing all negative emotions of the past. And those are anger, sadness, fear, emotional pain and hurt, and guilt.

**Mireia Mujika:** Wow!

**Sam Daghsh:** So, those are the strong ones. And those are the ones, usually if you think about our, if you look back into our lives and our experiences, those are the ones that we usually are prominent ones; they're the five main ones I would say.

**Mireia Mujika:** Anger, sadness.

**Sam Daghsh:** Anger, sadness, emotional pain and hurt, fear, and guilt.

**Mireia Mujika:** Fear and guilt, yeah.

**Sam Daghsh:** And on that note, fear is the big one for all of us. So, fear, most of our limiting beliefs are derived from fear. You know, fear of failure, fear of not being good enough. So, that's the fear element. So, time paradigm technique allows us to do one area, which is the release. A lot of my clients and students ask me things like, "well, why do we do that?" like, why is that important? Well, it is important because if you think about it, when we think about our future, we always utilize the experiences of the past. So, we look into a lens of the future and if we have experienced many fearful events in our life, we somehow become an anxious person; we somehow look into the future through a filter of fear. So, it's important for us to release the fear, so we have a fresh perspective into the future and into the now, into the present moment. So, that's one area of release, which is very important. Now, to just to cover that, we're going straight deep into the conversation, but I think your audience are conscious and ready to hear that. So, the other area is the belief system. So, we work on removing specific belief systems, releasing ones that are not serving us; that's another area. We can dive into it later in the conversation. And then the third area; we use it as a tool to eliminate anxiety. So, there's a technique within the modality itself that allows us to create some form of pattern interrupt to the mind, to release any form of anxiety in the future. Because, anxiety, remember we spoke about those five emotions? But anxiety is the only emotion that comes from the future.

**Mireia Mujika:** Yeah, the rest are coming from the past.

**Sam Daghsh:** The rest are coming from the past. But if you think about it-

**Mireia Mujika:** Anxiety is also coming from the past. Learning from the past and projecting into the future.

**Sam Daghsh:** That's using the fear. So, it's a fear element. Yeah, it's a fear element, but it's the future that we're looking at, through the lens of fear, and we're thinking something worst case

scenario is going to happen; it hasn't happened yet. And the feedback to that quality of thinking, to that projection, is anxiety; it's feeling anxious. But to help alleviate that, you need to release the fear; the element of fear of the past, because why are you thinking fearful thoughts? Well, I had a lot of fear in my life experiences, consciously and unconsciously. So, coming back to the history, I believe. Actually, it's interesting. So, if we want to go way back in 300 B.C., Aristotle is credited for the first mentioning stream of time, in his book "Physics 4". But in, I believe, in 1890, American philosopher and psychologist, William James spoke of linear memory. And in later 1970s, the NLP developer, Richard Bandler and John Grind, began combining the theory of how memories are stored with hypnotherapy. That's where the main establishment; that's where my school of education, I would say, is really established from. And then in 1988, the "Timeline theory" book written by Tad James and White Woodsmall, I think his name was, was published. The full title was 'Timeline therapy and the basis of personality'. So, for your audience if they want to look into that book, it's a great book. And my mentor, Robert Simek, in 2008, he's one of my teachers. I actually studied with him.

**Mireia Mujika:** Robert Simek.

**Sam Daghash:** Yeah, Robert Simek. He's a Serbian; I call him the Serbian scientist. He's a genius. He's one of the best out there. He renamed it to "time paradigm techniques". So, he's actually done his adjustments and improvements on the whole process, of which I've done some slight adjustments myself; and that's what you can sort of build on, which is really nice. It's a tool that allows you to adjust. The background that I have with hypnosis and quantum linguistics allows me to sort of play with that and to re-modify it, but make a better impact at the end of the day.

**Mireia Mujika:** Yeah, I see. So many techniques that you actually use, also apart from time paradigm technique.

**Sam Daghash:** Yes.

**Mireia Mujika:** So, you just said hypnosis.

**Sam Daghash:** Yeah, hypnosis, NLP, quantum linguistics and time paradigm technique; these are my babies. But again, everyone's different so we have a modality for someone else.

**Mireia Mujika:** One question that I like to ask you. So, how did you come up with this? Because I mean, I have learned, I have time paradigm technique; it's not so well-known, I'd say. So, how do you get to know this technique?

**Sam Daghash:** Well, again, if my mentor, Robert Simek, was the one that educated me on that. And then the process gave us the fundamentals and the foundations. And then my studies of quantum and other modalities allowed me to re-modify and just work through the process to be creative with it. You know, you test something and you go, "wow! That worked so well" and you test it again and like, "wow!" and you're getting good feedback from clients and transformations, and you're like, "okay, this is what I want to continue".

**Mireia Mujika:** Now that we are talking about the technique itself, what does a process look like?

**Sam Daghash:** Okay. So, generally speaking, the process of how I like to do it is really explaining three main elements. So, what are we doing? How are we doing it? And why are we doing it? So, we explain the why. The why is ultimately, we want to release the negative charge so it no longer influences the quality of our thinking? Remember, if we have negative experiences of the past, it impacts how we think today and for the future. So, we get that out of the way. We get the educational part out. So, the person I'm working with, understands the values; very important to pre-frame and understand why we're doing it. Then what we do is, we do the process itself, which is a pre-frame. So, I explain the process and it's a very simple process. This is why I love this technique; it's not like, "oh, I have to do a course to get to know how to do it." It's really two main things that requires from the client-side, or for my participant that I'm working with. Number one, they just have to be able to connect with their emotion; they have to feel. I mean, all of us can feel. Sometimes, we find it difficult to feel because we suppressed it, but we work through that and go, "look, I just want you to feel something. Can you feel any emotion?" And as long as there's some form of feeling there, even though it takes some time for some to get it up, because we get so good at protecting ourselves from those emotions, then we just make sure that that's a prerequisite. So, do you feel? Yeah. Cool, I can connect with my emotions. Pretty much if you're human, you can.

**Mireia Mujika:** Yes, I'm like, some clients came to my mind, right? But you asked them to feel something and then you're like, "well, how are you?" "I'm okay." "But you mentioned that you had this event last week, so how are you feeling about it?" "I'm okay." really? Something else? Any other emotion, feeling, anything? So sometimes, there are some clients that it's-

**Sam Daghash:** 100%. But ultimately, by just sitting with it for a bit, everyone connects with an emotion. It's an energy we cannot deny. It's energy in motion, at the end of the day. And like I said, but generally speaking, it's very easy to feel. The second important element is the person has to have some form of active imagination. So, whatever they imagine, however they imagine, it's totally fine, as long as you can imagine; and I haven't had a client that says, "I can't imagine something." Can you imagine a cat sitting next to me, or whatever? and everyone's like, "yeah, of course I can." So, that's always-

**Mireia Mujika:** And I guess this active imagination is for guided meditation.

**Sam Daghash:** Yes. So, the form of it is, when we start the process, I'm asking them to move along what is known as a timeline - a sort of an expression. So like, you have a timeline, you have a line and you're moving up and down across that timeline, because we're going into your past; we want to release certain things. And we're not working with the conscious mind, because we're working with the unconscious mind. So, the way I do it is, I get the conscious thinking and the analytical mind out of the way. There's a specific way to do that. So, active imagination feels some form of your emotion. And finally, just be a good person that can listen to instruction. If I say to you, "close your eyes. Can you move from point A to point B in your imagination?" that's it. If you can do those three, then this is pretty much easy. I've worked with, honestly speaking, from ages of 11-years-old. The kids are the best at this because they have an amazing active imagination. And I've worked with people in their 60s. So, there's no one that can't do these three elements, unless there is really some boundary that there is, or there is a secondary gain to not do it. So, those are three elements for the process.

**Mireia Mujika:** One question that comes to my mind. So, when you're saying that we have to have an active imagination, so, do we have to go to our past? Do we have to remember events from our past?

**Sam Daghash:** Well, good question. So, the way it works is, I get you into a state, a form of meditative state, a relaxed state, where I'm asking you questions but it's not your conscious mind that's answering; it's your unconscious. So, I would, for example, would say, "What's your favorite color?" And the first thing that pops up, that's what I'm interested in. It's that first prompt answer. I ask certain questions that I know you, as a conscious person, conscious mind, doesn't know the answer because who knows the first time you had fear? No one does. But you know who does; your unconscious mind knows, or it knows a representation or a symbol that says, "This is from the time where I had it." And you might go, "I don't even know why I went to that memory. I don't know why this popped up. I saw the symbol; I saw this image." But that's a representation for the mind. So, we're speaking the language of the mind; that's my role. My role is to linguistically speak the language of the mind. Your role is just to promptly answer whatever comes up, and I navigate the person accordingly. And what's really powerful, what I like in the process, is that most people, everyone that imagines something different; everyone has different experiences. But ultimately, what I love is, after we're done with the process, in the spot, the person is able to measure it. So, if you, for five minutes ago you said, "listen Sam, if I think of a trauma or an experience in my past where I had fear" and I say to you, "Go there. Close your eyes, go there for a second as a test" and you go there like, "oh! I can't, because I'm feeling it in my body. it's really hurting me; I'm feeling the fear." The reason you're feeling it is because your unconscious mind doesn't know the difference between what's real and not. It's experiencing it now as if it's happening to you now. But what we're doing here is, once we're done with the process, for example releasing fear, you can go instantly and check any memory of your past; and I mean, "any" event, and you will feel nothing. And that, for me, is very powerful because that's an instant release; it shows you in the moment. You can go searching the whole day and I'll be waiting here and I'm like, "yeah, go". So that's the power of the mind. The mind is so intelligent, so powerful, beyond measure that it works in milliseconds of doing anything that we need it to do for us.

**Mireia Mujika:** It's like we are pushing the reset button of a computer.

**Sam Daghash:** 100%. I actually joke with my clients. I say, "Are you ready to format the computer?" Yeah, we're literally formatting; we're releasing what doesn't serve us. We want to make space for something new, so let's just release. Let's just format. So, that's a really fun part for me, from where I'm sitting from. One stage, the person is like all over the show crying or whatever they're experiencing because it's really heavy for them, you know, going there. The next moment they're like, "I can go there and I can see the memory but I don't feel anything."



So, what did we do? We release the charge. That's what it is. We release the feeling, the emotion.

**Mireia Mujika:** One question is coming to me right now. So, you know that I was talking about you to a friend of mine, and one question that he popped that I may know the answer to but I want you to answer it because I think it's a very good question and I think many of my clients have asked this to me as well. So, it's like, so when we talk about fears, you talk about limiting beliefs or, in our co-active coaching, we call saboteurs as well, because they are there; there's fears that limit us going forward. So, what this friend of mine was telling me is like, "but these saboteurs, they have helped me reach where I am." So, in mind that someone is a hyper achiever, let's say, so this friend of mine was telling me, "what about if I actually reset my operating system or my format it. Now, maybe I'm not going to be the same person, I'm not going to be an achiever anymore."

**Sam Daghash:** Okay. So, basically, what you're saying is your friend is thinking that or saying that his limiting beliefs are supporting him?

**Mireia Mujika:** Yes.

**Sam Daghash:** Okay. So, then it's not a limiting belief, right. So, ultimately, what we're doing is there is negativity that we're releasing. I've never heard of someone saying I have negative emotions and it serves me, you know, it doesn't serve the body, it hurts the body and it doesn't serve the quality of thinking because there is no good fear. I've never heard of good fear unless there is maybe other certain pressures that you're putting yourself to force yourself but fear in terms of how is that helping me, I haven't yet to come to know like how is a good fear, like I think if it's fear then it's making, it's limiting, it's holding you back.

**Mireia Mujika:** Exactly.

**Sam Daghash:** In fact, to answer the question to your friend, I would say you would actually probably fly even more because now you don't have any more fear. So, like the success that you

have is only subjective to the threshold of fear that you have, meaning you've actually achieved very good because you've managed your fear well.

**Mireia Mujika:** Exactly.

**Sam Daghash:** Once you release the fear more, you're going to fly. You will actually go to the next level. And the fear of letting go of that is the fear itself, that is holding you back, right. So, it's a loop, really.

**Mireia Mujika:** Yeah, it's a loop.

**Sam Daghash:** But yeah.

**Mireia Mujika:** Yeah, like I think another way to explain, it can be that actually like when you're doing things or when you have achieved so much from fear, imagine what you can achieve from another place that is not fear, from a place of love, from a place of compassion, self-compassion. It's so relieving.

**Sam Daghash:** It's so much more energy. It's flowing and it opens up because you have more confidence, like most people when I work with that, you know, an area I work with a lot is confidence, for example, but what is confidence? I mean, confidence is the fear of not being good enough, the fear of being judged, the fear of failure. So, once you release that, the confidence actually starts to go even higher and it's more natural because when you're trying to be something or trying harder, it takes a lot of energy and effort.

**Mireia Mujika:** Yes, a lot.

**Sam Daghash:** A lot, right? So, if you can do that without the fear then I think you have more energy to create, you know, ultimately.

**Mireia Mujika:** I completely agree. Now, another question that comes because we were going through the process –

**Sam Daghash:** Sorry.

**Mireia Mujika:** No, that was perfect. It was me who asked the questions.

**Sam Daghash:** Yeah, no worries.

**Mireia Mujika:** So, how long does a process take with you?

**Sam Daghash:** Okay. So, generally speaking, I don't like to rush things because I think easy come easy go, so we need to analyze. So, generally, what I do is I like to have an analysis, so I like to first analysis for me takes about what, 40 minutes, an hour to really identify what are the things that are throwing people out of balance, where are they, what's the challenges, right? And once I identify that, then if we're talking about just working on time paradigm technique then I would say, you know, the process of releasing and all negative emotions would take two hours maximum from you, the whole process. And then moving into the other domain, which is the belief system, again it's just subjective to what beliefs we're working with; how many are they that we want to shift and we use the same methodology, same modality to go to the place where your mind decided that on behalf of you because all beliefs are decisions. We decide unconsciously on behalf of us to be a certain way or to have a certain limitation because someone repeated that growing up told us that on repeat so we've been conditioned a certain way.

**Mireia Mujika:** We have a certain experience.

**Sam Daghash:** Exactly. So, what we do is we go back to that space and time where it came from and we release that. So, that's another thing, one hour, two hours. It just depends on the levels. It's honestly, Mireia, it's very difficult to say a fixed thing but if you're asking me just like okay, a

release process for friends? I would say two hours. Okay, two hours from start to finish but that's without the analysis and I don't like to just work like that.

**Mireia Mujika:** Let's say then I go to you and let's say that I tell you like look, I have a lot of anxiety looking at the future, I don't believe I can do the things that I want to do and what else can I tell you? I believe I'm not worthy of love, let's say.

**Sam Daghash:** Okay. So, for me, first of all, I would do an analysis because I would say I want to know where are those coming from, why do you think that way, right? I want to know a little bit about, I don't want to know too much about your history and in fact, this is the beautiful part of my work. I just need to know where the problem is. I don't need to know your history and all the stories. I wouldn't have time to serve. So, it's more about just identifying what are the challenges like you rightfully said and then I would identify the belief systems that are causing you to think that because remember, when we have, like if we believe I'm not worthy then there is a certain belief that's driving it. Either the belief I'm not worthy because one, two, three or so identifying those and then working with that. But ultimately that process, as I mentioned, would probably require me five hours to really dig in and remove all the limiting beliefs and release them and shift them into and embed and integrate empowering ones. It's not like, I don't release a belief and go okay well, I'm not worthy and okay, that's gone, but now what I want instead. No, it's working like you're working with an operating system. You want to go, well what's the opposite of that? I am worthy. I am confident, I am successful but not doing it as an affirmation because affirmations in my humble opinion are not working if you don't believe it. So, you have to create the actual belief system in your body, in your mind that proves that. Then you can work and do affirmations after that, right?

**Mireia Mujika:** Yeah, I agree. 100 percent, yeah. Cool. So, yeah. Let's say then that it would take around five hours, yeah.

**Sam Daghash:** I would say if we want to do the cleanse and some belief system.

**Mireia Mujika:** Another question. Do people actually come to you saying, I have this limiting belief? Or people don't know that they've limiting beliefs?

**Sam Daghash:** Well, this is the good part of the work in my programs when I work with my role as being a background of quantum linguistics and neuro-linguistics allows me to identify the language.

**Mireia Mujika:** So, you take it? You're picking?

**Sam Daghash:** I pick up. So, my role is to pick up all your limiting beliefs that you have. So, my role is to pick up the ones that you're unconscious of, are unaware because we think we know but we know so much consciously but the unconscious is where everything is at. So, my role with certain linguistic questions allows me to identify what are the areas that I'm picking up when you're blind spots that we can shift.

**Mireia Mujika:** Yeah, I see.

**Sam Daghash:** Awesome.

**Mireia Mujika:** Great. So, I mean, I think more or less you said it but what can I expect to happen in a session with you? I mean, like physically, so when I go to the doctor, sometimes I have to lay down, so what happens or when I go to a psychoanalyst? I will maybe sit down on this amazing chaise longue?

**Sam Daghash:** Well, with me, first of all, you sit down, you have a nice cup of tea.

**Mireia Mujika:** Nice.

**Sam Daghash:** A herbal tea to relax, you know, and we have a light conversation as I mentioned, analysis; just a few simple easy questions to put you at ease. Really, it's important for me, you know, and is to build that rapport with my clients. It's because this work requires the person in front of me to just be themselves, you know. At the end of the day, there's no judgment, it's just love. It's just respect here. We want to all elevate, we all want to release, we all want to move

and improve and grow in our lives, right? So, it's just establishing that and then it's a small little pre-frame where I explain the process very easy actually and I'll just show you the steps so we will do and I just give you a little demo, you know. I elicit your timeline and I say, close your eyes if you think about your future and what area would you point it out and they would just like point to the front or to the left to the back, you know, just get the muscles of imagination moving, right? And then I would start the process and yeah, so it's just they would close their eyes. Most of the time, their eyes are open with the work but when we're doing the time paradigm technique effectiveness because we need them to be imagining whatever they imagine, they have a blindfold, eyes are closed and eyes are open then we do a nice little test and we go, hey, remember that fear, remember that anger, is it there? Oh, my god, it's not there. Great. And we know we're on the right track, let's move. Yeah, that's pretty much it.

**Mireia Mujika:** That sounds great.

**Sam Daghash:** Yeah.

**Mireia Mujika:** And how often do you see your clients? Is there like, oh you have to wait two weeks to see your next client or it can be done?

**Sam Daghash:** So, with me, to be very open, I like to see my clients. It depends on the program that I'm working with, right? But ultimately, at least once a week. So, if I'm spending five hours with you, for example, or six hours or so whatever we're working on just because that comes from the analysis because everything is agreed upon, you know, so for example, when you come through, you say look these are my areas that I want to improve, I'm not satisfied with, I want to change and we agree to that. It's important that we are, it's a teamwork here. Okay, so these are the things we need to shift, great. That will take us four hours, five hours, six hours, three hours, whatever. So, ultimately, we do that over two or three sessions and that is happening in the process weekly. So, I need to see you once a week minimum, right, I have to be consistent. Once a month and then you go and you travel or you visit me, like no. It has to be consistent because we're working with the mind, we want to start, it's like formatting your computer. You can't start halfway and then pause it and put it, no. So, we just start the process but ultimately, it's a process of a weekly and it's an hour maximum to two hours but that's at the process and within two, three weeks you're done.

**Mireia Mujika:** Okay.

**Sam Daghash:** Yeah.

**Mireia Mujika:** That's great. And who is the client that will benefit the most from a process with you?

**Sam Daghash:** Mireia, to be open with you and I don't like to say this but everyone can benefit from this, honestly, like I said, there is no person walking on this planet that hasn't experienced negative emotions, right? You know, so I don't want to say it's this person, that's that age, it's anyone that is open to change, open to let go of the past, open and ready for something new in their life to change those beliefs that has been holding them back and identify beliefs that they're even unaware of that's been making them stuck in a certain way. So, most people that I work with or people that once they are stuck, they feel stuck. They want to move into something new, it's either in relationships or career or self-development or confidence or want to release anxiety, there's many areas but ultimately, it's derived from our conditioning from how it makes us feel and what we are carrying with us, right?

**Mireia Mujika:** So, anyone that has any negative emotions?

**Sam Daghash:** And belief system, correct.

**Mireia Mujika:** Exactly, belief systems. Yes. And they feel, sometimes I think like that's the key element like they feel that something is holding them back. They may not know exactly what it is but they feel like something is not right.

**Sam Daghash:** 100 percent. You're so right. That's very, because our higher, our inner-self, our inner-being always knows when we're not in our full potential. We feel out of balance and no one knows you better than you know yourself. No one, right? If someone says I know, no. You know yourself.

**Mireia Mujika:** Oh, you seem fine.

**Sam Daghsh:** Exactly. You look fine, you're acting fine but what is inside? It's the inside that needs to be reflected, right? So, once we adjust our inner world, everything outside of us starts to play the same field in the game. And reflect and also, no more trying, no more efforting, it's just more ease and flow and just being who you truly are.

**Mireia Mujika:** Exactly. Well, so a question that we always ask here is well, but it's all the body wisdom, right? But I think this is one of the moralities that we have been speaking here in our podcast that actually takes that body wisdom, body or mind or, yeah, but that some something that is subconscious and brings it up. So, it's, I think, well, correct me if I'm wrong but I think you also like to participate with the body on your techniques?

**Sam Daghsh:** Correct, yeah. So, as one of my mentors, Dr. Joe Dispenza would say, he would say that the body is the unconscious mind. So, with the unconscious mind is the body, so if we understand that, we understand that when we're suppressing emotion, energy in motion, we're suppressing it in our body at the end of the day, right? So, it's being stored somewhere in our body. And if we really want to look into the understanding of modern science today and most people know this already, they say 90 percent of this disease is stress. But what is stress? It's suppressed emotion. It's in our body.

**Mireia Mujika:** It gets heavy and it has to, yeah, in order to release, it gets out as disease.

**Sam Daghsh:** Exactly, 100%. It manifests as disease, rightfully said. So, it starts with this ease and then disease, right? And what's nice about this process is not only are we healing the mind, this is why I really am passionate about this modality but we're also helping the body. Like I have sometimes clients that come to me and say, you know, Sam, and they don't even mention this, you know, I'm working with them and after we do the process because now they want to release, they say I've had this back pain for the last, this chronic pain for the last, I don't know how many years and now it's just gone. But what happened? I was like, what are you doing? Black magic? I'm like, no, all you're doing is releasing that emotional charge that's leaving your body now, it's releasing, and now you have a better communication in the body because remember, the body is in sympathetic, fight or flight stress, or parasympathetic rest and digest.



If you are carrying negative emotions, thinking and feeling negative all the time, you're stressing. You're stressing the body.

**Mireia Mujika:** Nervous system, yes.

**Sam Daghash:** 100 percent, it's on fire.

**Mireia Mujika:** Even when you go to sleep.

**Sam Daghash:** Exactly. This is why I like to bring the modality of breath into my practice and I'm very blessed that I've been studying the breath and the practices that can help also because sometimes, we need to speak the language of the body and the language of the body is breath, right? So, we can speak it through the mind if the modality but we can also start to tune that in and bring the breath so it starts to switch that autonomic nervous system to parasympathetic.

**Mireia Mujika:** Exactly, just with breath.

**Sam Daghash:** Just with breath and that's beautiful, and we all have it and it's free.

**Mireia Mujika:** So, it's funny but actually, there hasn't been any moralities that are so, and I think today we are recording number 11, 12, something like that, I think, and the funny thing is that everyone, every expert that I have interviewed here in ways to grow podcast has told me about the breath, the importance of the breath and how important it is in our lives, and it's something that I always say like we take it for granted.

**Sam Daghash:** 100 percent. We're not breathing really, like most people are having shallow breaths, most people don't understand the power of the breath. It's not their fault, it's just that they haven't been educated to –

**Mireia Mujika:** Yeah, exactly.

**Sam Daghash:** And believe me, I've had sessions where I'm just using breath with a client and there are those fun, amazing, beautiful releases of a trauma or charge or, you know, because you're working with the body now, right? It's a different form, right? I like to combine both because it just really makes sure that we're like going full-on effective and like making sure that we're formatting the hard drive and speaking the body's language, right, so that ultimately creates a really deep inner shift in my opinion, right? So, everyone's different but the breath as you rightfully said, and all your experts are right, it's the easiest and most effective tool to change your vibrational state because if you're stressing, if you're in an office right now or wherever you are and you're just like your mind just is running crazy, the easiest thing you can do and it's so simple is to stop what you're doing, take five deep breaths in through the nose and then out through the mouth but always exhale double the inhale, right, and that switches your autonomic nervous system and all of a sudden, you think that's not too bad, I actually feel better but you're using the body now. The body's going, I'm going to take over you through your mind sort of thing.

**Mireia Mujika:** Yes, exactly. Well, you were explaining this like it came to my mind, when I was a child and like my grandma could see that I was getting angry. She would take me and she'll take me, breath, just breathe. I was like, count to ten, she's told me count to ten.

**Sam Daghash:** That's amazing. It's an ancient thing, isn't it? And it's in our DNA really, like understanding the power of the breath and those wise people and our ancestors always say to us breathe, just breathe, man. And interesting you're saying espira because that's Spanish, right, which is, I believe if I'm not mistaken, it's the spirit. It's like bringing the spirit in, your breath is connected to your spirit and that's the ancients, right?

**Mireia Mujika:** Yeah. Espirito.

**Sam Daghash:** I believe something along those lines. I heard that somewhere. Yeah, so it's beautiful.

**Mireia Mujika:** Yeah, it's beautiful language. Tells us so much.

**Sam Daghash:** Exactly.

**Mireia Mujika:** So, we have also, in this podcast, this friend, this imaginary friend whose name is Mike and he's 30 years old and he suffers from burnout at work. So, how can you help him?

**Sam Daghash:** Okay. So, hello, Mike. So, first of all, when we say burnout, just to make sure we're on the same linguistically page speaking here, burnout is stressing at the end of the day. You're stressing, right? And when we're stressing or we're in burnout, we're stressing about something. So, stressing is a process. It's a process that's happening to us, right? So, when we're stressing, we are usually stressing because the feedback of our thinking, the quality of our thinking is not where it needs to be. So, for example, if Mike is a person that's 30 years old and he's stressing and burnout at work, so I'm just going to play this out. So, let's say he's at work and he's burned out because work is just so much, the load of work is so much, if he's a salesperson, he's not hitting his target. So, all of these things, these elements, these experiences are running through his mind meaning, oh my god, am I going to hit my target, am I going to do well at this meeting?

**Mireia Mujika:** Am I going to have the money?

**Sam Daghash:** Am I going to have the money this month? To do whatever I want? So, all of that, that's the thinking. So, that's the thinking element that is creating the burnout. So, for me, what I would do is I would first trace it back to why are you thinking this way, why are you thinking those negative thoughts?

**Mireia Mujika:** Because it's facts. Because look, actually, I'm not hitting my numbers, I don't know if I'm going to have the money to take my family to that vacation that I promised. I don't know.

**Sam Daghash:** Okay. I like that, so you're saying because it's fact. Now, if it's a fact then you're experiencing in the now, those things. So, number one is if you want to be intellectual about it. So, if you're stressing and you're hurting your body, you're actually damaging your body and

you're in a negative state, so you're thinking and feeling is not congruent. You're not able to process things correctly, you're not able to think correctly, you're actually putting yourself in a dis-ease area, right? So, what we would do is we'd start with, okay, cool, so don't you think being able to be in a more positive state meaning thinking and feeling better about your body and your mind will help you tackle that and get better results in that experience?

**Mireia Mujika:** Of course, ma'am, but I don't know how to do that.

**Sam Daghash:** Yeah. So, that's what we do. So, the reason you're stressing initially or in burnout is because you're putting yourself in a situation that is not true to who you are in the first place. So, you would need to go back to the basics of why you're doing what you're doing. Is this healthy for you? Well, I'm doing it because I'm afraid of this or that, well, that's fear. Let's get rid of fear. Let's look at life into a different perspective today. You know, are you doing this job because you really wanted to do it?

**Mireia Mujika:** I hate my job.

**Sam Daghash:** You hate your job? So, why are you still there? Why are you still there? So, you see, and then the limitations of those self-limiting beliefs that's allowing us not to, well, I can't find a new job, limiting belief. Ah, there's no work out there, limiting belief. I can't, I'm not good enough to get a different role, I'm not good enough to start my own business, I'm not good enough to do whatever these things are, they're all limiting beliefs. So, the limiting beliefs is keeping you into what we call the comfort zone. The comfort zone is the place where it's familiar. It's painful but it's familiar. So, yeah. And to move out of that comfort zone, are you ready to move out of the comfort zone? No, because I have 110 reasons why I shouldn't. Where's that coming from? It's coming from your fears, your limiting beliefs. Once you break that, you start to see perception into a different experience because what I want to share with your audience and if they get it and I mean I trust they will get what I'm about to say and this will change everything. When we talk about beliefs specifically, remember, they're influenced by our past experiences. What we believe, we perceive and what we perceive, we experience. Once you change your beliefs, you will change your perception and then you start to see things that you didn't see before and that will give you a different life experience and then you'll end up not being burnt out and doing something that you actually love to do and like to do in your life, right? But once we break through those limitations, a lot of them is unconscious, this is why

this work is important and deep, once you start to see things differently in your life, you start to see new opportunities and you have different energy and that starts to shift who you are.

**Mireia Mujika:** Beautiful and deep.

**Sam Daghash:** Thank you.

**Mireia Mujika:** So, as I said, what you believe, you perceive. And what you perceive, you experience. Listeners, listen to that. What fascinates you the most about time paradigm technique?

**Sam Daghash:** Well, to be honest, like I said, I mean with my programs, I usually have multiple modalities that I work with my clients and what fascinates me the most about this is that it's the most easiest and most beautiful process that is measurable in the moment, you know. You don't have to wait a week to see changes in your life, you can see it instantly of how you feel and for me, that's always good because evidence is the loudest word, right? It's the loudest voice in terms of what we're experiencing and you can feel it. I mean, nothing is more powerful than feeling something different, right? You know, and when you feel heavy and all of a sudden, you don't feel heavy or when you feel fear and all of a sudden, you feel confidence and power, it's so beautiful. So, I love to see that in my clients. I mean, honestly, Mireia, this is probably the area where I always feel so blessed and honored to see the transformations of a person before and after because they're a different person. They're no longer carrying that pain, that fear, that anger, that resentment, that judgment, that guilt, you know, and shame. And at the end of the day, we're human. It's okay to have those experiences, it's really okay to hold them. We're not judging anyone, right? But what's not okay is to keep them. Why keep them? Why? No need to keep them, rather have fresh energy in your body to create something new so you can focus on the future that you want and stop being stuck in your past. Simple.

**Mireia Mujika:** I have another way to put it. Let's see if you agree with me. So, I explained that these limiting beliefs of this even these saboteurs or these fears, you know, they were there. We created them to protect ourselves when we're children because –

**Sam Daghash:** Unconsciously.

**Mireia Mujika:** Yeah, exactly. If, let's say, that your dad is telling you that you're useless or he's very angry with you or whatever, you feel that you're not loved, so you're going to create this shield, this saboteurs, these fears, this ego to protect yourself but it gets to a point in adulthood that they are no longer serving you. So, you need to get rid of them and be proud that you actually had them because they help you survive. So, be okay with that, don't fear because sometimes, I see like my clients get ashamed that they are carrying this, right? I'm saying, no, be actually proud that you had this because it helped you. It helped you in your childhood, you survived. But now is the time that they're holding you back so you have to use letting go.

**Sam Daghash:** I agree with you 100 percent. Well put. I can't add anything to that, Mireia. You said it beautifully. You know, our mind, unconscious mind, it's one of the main prime directives is to make us survive. So, it will use anything to let us flow through life but we have to come to a realization that if it's not serving me today then it's not good for me, right? It's simple as that. If it's not serving me today, it's not good. If I believe I'm not worthy then we need to change that. If I believe I'm not confident enough, I'm not loved, I'm not successful, whatever beliefs, I have to please, whatever those are, you know, if it's putting a strain on you and who you are and being the authentic self then it's time for you to let go of them. It's time for you to embed the true things that are true to you now because you're not the same person you were 10 years ago, right?

**Mireia Mujika:** 100 percent. And we arrived to the last question. I'm really enjoying this conversation but yeah, we go with the last question, which is what book or other resources will you recommend to someone that is interested in time paradigm technique?

**Sam Daghash:** Well, if we go back to what I mentioned earlier, you know, there was the timeline therapy book written by Tad James.

**Mireia Mujika:** Tad James?

**Sam Daghash:** Yeah, Tad James and White Woodsmall. That's one good book. If you really want to go even further back, you can go into the American philosophy, I think he wrote that book 'the linear of memory', I think he spoke about but I think that if you start with Tad James book about time, that would be a good starting point.

**Mireia Mujika:** Any other books that you have read recently or not recently that you really enjoyed that can help our listeners with their beliefs?

**Sam Daghash:** Sure. I mean, I studied the works of Dr. Joe Dispenza and I will always recommend his books, you know.

**Mireia Mujika:** Anyone in particular?

**Sam Daghash:** Yeah. So, 'you are the placebo', 'becoming supernatural'. I'm also a big fan of Bruce Lipton, 'the biology of belief'. So, these are books that will open the mind to get to better understand ourselves. Yeah, so that's a good starting point to be fair, you know.

**Mireia Mujika:** You mentioned Bruce Lipton, I have to say that one of his books actually helped me so much. So, I was diagnosed hashimoto, which is a hypothyroidism, an autoimmune hypothyroidism and my doctor told me, you like reading, so why don't you read this book 'the biology of belief?' And I was like, really, I don't know and I started reading it and I said like, wow, okay. So, I can actually take care of myself and maybe I can get these diseases and I think that that was one of the parachutes that they have like okay, to say like I go for it and see what happens.

**Sam Daghash:** 100 percent. That's beautiful. It's inspiring to see books like that can make changes people's life. It's like, again, why I like that book, for example, is its science, right? So, again, it's not someone sitting somewhere in the mountain, writing things from, you know, it's more someone that is using science, although I respect ancient's wisdom a hundred percent but in the modern society today and this is why I like the work I do, I back everything I do with science. I explain it, how it works, where is it coming from and this is the same thing with Bruce

Lipton. He uses science to make it easy for us to understand and also to empower us of the power that we have within us, which is amazing.

**Mireia Mujika:** Yes. Well, so listeners, if you want to know, I mean you will find these books and all the resources and even the little value and with your contact details, our listeners can find them in [waystogrowpodcast.com](http://waystogrowpodcast.com), everything will be there so you can just go there and check out and well, that's all for today. I think it was an amazing summary of what timeline paradigm can do for us and I really enjoyed our conversations. I'm really thankful that you came here.

**Sam Daghash:** Thank you, Mireia. Thank you for having me and thank you for the audience that are listening and expanding their mind. I want to wish everyone a beautiful year ahead and yeah, just keep on growing, keep on loving, keep on smiling and be an allowance and everything will come to you.

**Mireia Mujika:** Perfect. Thank you very much. And listeners, see you in two weeks. See you in two weeks, bye.

#### **List of Books, Authors and Resources:**

- Timeline therapy and the basis of personality - Tad James and White Woodsmall
- The linear of memory (Book)
- You are the Placebo - Dr. Joe Dispenza
- Becoming supernatural - Dr. Joe Dispenza
- The biology of belief - Bruce Lipton