

Dr. Keesha

HEALING FROM THE INSIDE OUT



The  
Abundance  
Blueprint

One day as I was meditating on the word abundance, I saw it in a whole new way. The word floated apart in my mind's eye and I saw instead three words:

## ABUNDANCE



Eureka! I had discovered the secret to abundance for myself.

What I understood in a flash was: I had to get my buns dancing! I had to get off of my meditation cushion and integrate the messages I received in the still, quiet space between my breaths and put them into action. I also knew I needed to continue my daily meditation practice so that I could continue to receive these messages.

Years later, I am still checking in before I head off to work with my patients at Fern Life Center, or before I teach my health coach students. I always get quiet in meditation and ask what my students, children and patients will need from me that day.

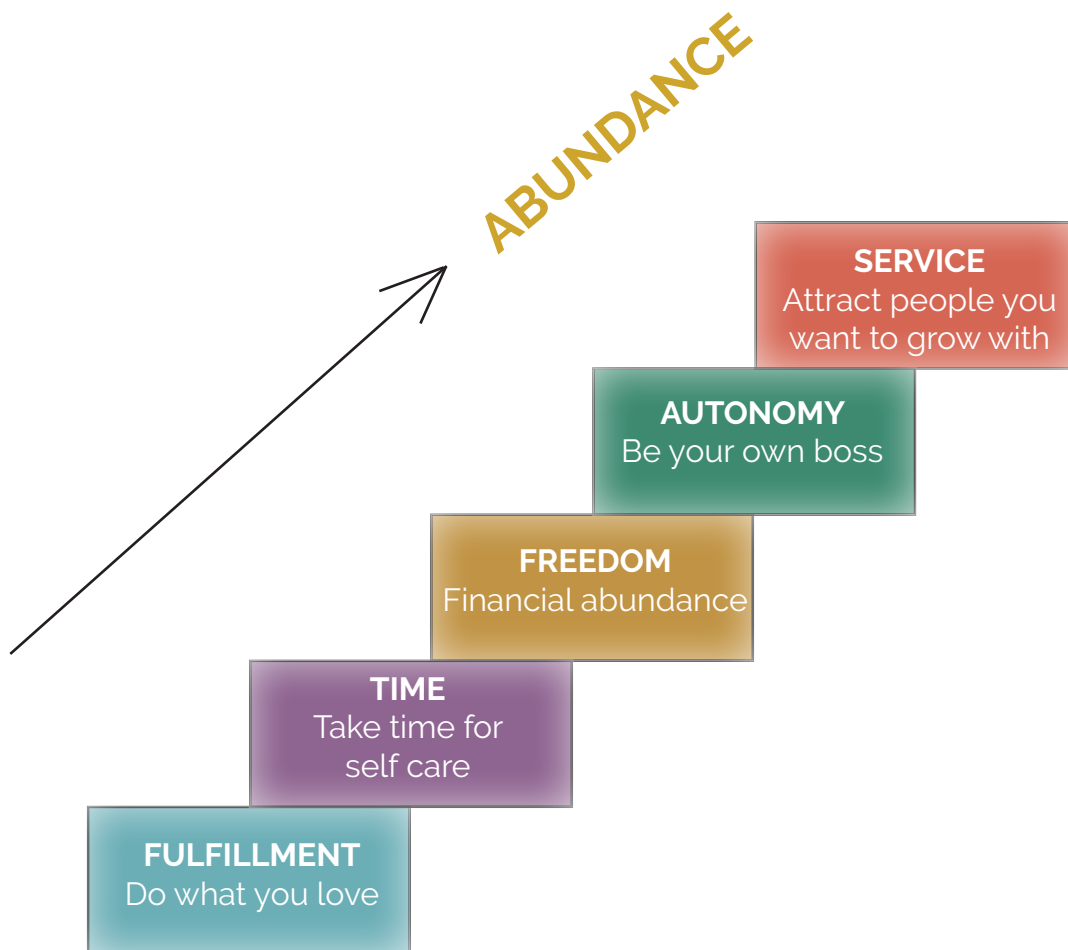
"What do I need to know to be of the best and highest service for those seeking help from me?" When I ask this question, I get answers. This allows me to operate as an instrument, rather than thinking I, myself, must have all of the answers.

This is a process I call "sacred activism." It balances reception and action.

Once you get your answers, receive the call, know your path, then you need to take action. This is where the Abundance Blueprint comes in.

Check in with these 5 simple steps to make sure you are taking right action in your life. I have found that most people want 3 things when they think of career options: money, time, and autonomy. What they might not know is they also want to feel fulfilled AND they want to serve. When all 5 of these needs are met, you will find yourself abundantly happy.

The word abundance encompasses everything from finances to friendship to time to health. We want it all. But if you become imbalanced in your pursuit of it all, you can find yourself running like a hamster on a wheel and stuck in a scarcity mentality. So, check in with yourself and see if what you are doing meets the following 5 human needs (I have listed examples of how to achieve them if you don't find they are present in your life already):



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This is one of the reasons I created the **Academy for Integrative Medicine** health coach certification program. It's the perfect career path for women wanting to change careers or for women who want to work from home while they are raising their children.

You do not need a degree in a health profession to be a coach. And coaching allows you to serve others, to be fulfilled, to have autonomy, to hang with like-minded people, to achieve financial abundance and to be free to have some time for self-care.

Right now, the world of medicine is a new frontier – with new protocols and information being unveiled every day. There's a downside to this, though. Just search any illness or condition on Google, and you could spend the next four days just trying to determine what is evidence-based, accurate AND applicable to the unique situation you're working with – because let's face it, nothing about health is really one-size-fits-all.

Systemically, across the healthcare industry, practitioners are overworked, overtaxed, and the current framework is leading to a pervading sense of dis-ease and huge frustration. And, while medication, surgeries, and treatments can 'band-aid disease,' they aren't designed to create health. Plus, patients themselves are overwhelmed and more than a little confused.

If you would like to become a certified integrative medicine health coach, you can schedule a 15 minute phone call with my team to answer any and all questions after you have checked out the website: <https://www.drkeesha.com/integrative-medicine-health-coach-certification-program/> .

Just email [info@drkeesha.com](mailto:info@drkeesha.com) to schedule a free call.

Here's to your abundant health and happiness!



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