

VITALEVOJUTION

The 3-Phase Approach to Spontaneous Healing

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WELCOME TO VITAL EVOLUTION

Welcome, beautiful soul — If you're reading this guide, you are likely on a journey through illness, transformation, and awakening. I honor your courage and your curiosity to walk the path that most individuals fear would be too much, but not you. Your healing journey matters — not just for you, but for the world. This guide is more than a model; it's a mirror for your own healing intelligence. Grounded in research and soul experience, the Vital Evolution model shows how healing emerges when you align with your body, heart, and spirit. Whether you've just received a diagnosis or you're deep into your path, know this: healing is not something you fight for — it's something you remember and become. I'm honored and grateful that you would allow me to be a guide on your sacred journey.

With heart and reverence,

Dr. Blake

OVERVIEW

Vital Evolution is a research-based, soul-centered model that guides individuals on a transformative journey through self-healing. Developed by Dr. Blake Suzelis, a mental health therapist, cancer warrior, and consciousness researcher, this 3-phase approach bridges the best of neuroscience, epigenetics, psychology, and spirituality. Rooted in the first-ever quantitative study on spontaneous cancer remission, this model provides a roadmap for healing not just the body, but the soul as well.

Phase One: **Survival** | *The Outsourced Self*

In Phase One, individuals typically enter the healing journey during a health crisis, often with a cancer diagnosis or other significant life disruption. This phase reflects a “Fix Me” mindset—where patients seek external solutions and are often dependent on medical professionals, prescriptions, and immediate symptom management. While this phase is necessary and valid (especially for acute treatment), it is limited in its ability to produce deep, lasting transformation.

Core Characteristics:

- Identity is external (roles/labels, body/symptoms, behaviors/doing)
- The emotional brain is in control, driven by fear, urgency, and survival
- Reactive decisions and urgent interventions
- Trust is placed in external systems
- Heavy reliance on allopathic medicine only; focused on eliminating symptoms, not root causes
- Rooted in **probability**

Healing Invitation:

- **Begin cultivating presence and awareness.** What this looks like in practice is checking in with your body often. Notice the physical sensations, emotions, thoughts, and strategies you are experiencing as being you in your body. Next, try to understand the connection between them. For example, you may notice that your shoulders are tense, and you are feeling anxious because you fear a particular negative future outcome. What strategy do you often use as a result? Avoidance, control, unforgiveness, or apathy are the most common strategies.

- **Practicing calming the nervous system through consistent, predictable, and repetitive (CPRs) patterns.** The amygdala is the “emotion station” in the limbic system of the brain. CPRs naturally calm the amygdala and increase self-trust, a key factor in the healing journey.
- **Recognize illness as a potential wake-up call.** The initial reaction to physical or mental illness feels as though life is happening TO you. Unfortunately, this belief locks us into a cycle of victimization, for which the only antidote is radical self-responsibility. Eventually, one sees that life is happening FOR them, securing them in a state of creatorship – *you create your own life.*

Associated Brain Center: Emotional brain

Tarot Archetypes: The Fool → The Chariot

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|--------------------|---|
| The Magician | I am inspired. I believe healing is possible. |
| The High Priestess | I am deeply hopeful. |
| The Empress | I deeply desire healing – there is no other way. |
| | I am mastering my emotional brain. |
| | I am taking back my power from my feminine caregiver. |
| The Emperor | I am taking responsibility for my life (thoughts, emotions, behaviors, choices). |
| | I am taking back my power from my masculine caregiver. |
| The Hierophant | I am taking back my power from external institutions (religious, political, educational, financial, etc.). |
| The Lovers | I am taking back my power from my significant others in my life (spouse, girlfriend/boyfriend, best friends, etc.). |
| | I began giving myself the love I desired from others. |
| The Chariot | I am letting go of life circumstances holding me back from my soul's mission. |
| | I am leaping into the unknown in faith. |
| | I am autonomous and make decisions for myself. |

Phase Two: **Responsibility** | *The Empowered Self*

Phase Two begins when individuals take radical ownership of their healing process. This is often when they explore nutrition, dietary supplements, movement/exercise, detox protocols, alternative therapies, and mindset shifts. The “Empower Me” mindset activates as they shift from being passive patients to active participants. This phase correlates with major behavioral changes and early psycho-spiritual development because they are not going to let life happen TO them anymore.

Core Characteristics:

- Identity begins shifting inward. You recognize your power of choice.
- The thinking brain becomes dominant. Master the animal within (emotional brain).
- Driven by logic, intellect, and willpower. Curiosity and gathering information.
- Beginning to question conventional models
- Implementation of lifestyle changes
- Experimentation with holistic and functional medicine
- First spiritual glimpses (meditation, nature, inner child work)
- Still grounded in **probability**, not possibility

Healing Invitation:

- **Learn to discern aligned guidance and begin trusting intuition.** You are consuming research and listening to doctors and other survivors for tips on how to *beat* your illness. At some point, you notice that you resonate with certain messages and not others, which then guides your personal healing path. Even though it feels awkward and clunky at first, your intuition becomes the guidance system that you trust. Begin with small decisions and gradually progress to larger ones.
- **Stay grounded in presence and what you have control over.** The nervous system is like a loudspeaker to all 30+ trillion cells in your body, and it communicates with your state of being (emotional state). For example, if your state of being is predominantly anxious, your nervous system tells all of the cells that they need to produce ammunition for the war going on – ammunition equals inflammation. Focusing on what you have no control over creates unhelpful states of being. Train your mind to focus only on what it has control over. This creates a peaceful environment for your cells.
- **Explore beliefs, triggers, and trauma.** Your beliefs and thoughts greatly influence your state of being and your healing process. If you desire healing, you must work to let go of or forgive yourself for your past and accept all of yourself (positive and negative aspects) in the present while embracing personal growth for your future. This is probably the most challenging portion of the journey. Consider finding a guide, therapist, or other type of healing practitioner.

Associated Brain Center: Thinking brain

Tarot Archetypes: Strength → Temperance

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|----------------------|--|
| Strength | I am getting comfortable in the unknown by trusting myself and the Divine. |
| | I experience trials that help me learn more about myself and feel stronger. |
| The Hermit | I seek out my own truths about life, healing, spirituality, and so on. |
| | I am guided by intuition, not just logical reason. |
| | I am trusting my intuition. |
| The Wheel of Fortune | I experience synchronicities (coincidences or invitations that resonate |
| | personally, helping me along my healing path). |
| Justice | I create peace within, regardless of external noise. |
| The Hanged Man | I am seeing life from new, helpful perspectives. |
| Death | I experience a death-rebirth experience (literally or figuratively). |
| Temperance | I am balanced in my choices (not overindulging or starving aspects of myself). |

Phase Three: **Alignment** | *The Awakened Self*

This is the sacred threshold of healing—where you begin to align mentally, emotionally, physically, relationally, spiritually, and energetically (multidimensional coherence). The Awakened Self emerges when patients transcend fear-based strategies of healing to achieve surrender, soul alignment, and intuitive wisdom. Healing becomes less about fighting illness and more about becoming whole. This is where true healing — and spontaneous remission — becomes possible. You awaken to your soul’s path. You *become* the healed version of yourself because you remember that *you have been the medicine all along*.

Core Characteristics:

- Identity is internal and energetic
- Mental + Emotional + Spiritual alignment = Nervous system shifts into healing mode
- Trust in the **intuitive heart**
- Spiritual awakening and heart coherence
- Remembering your soul purpose, soul mission, and likely past lives
- Emotional and ancestral trauma release
- Opening to miracles, synchronicity, and quantum shifts
- Aligned with **possibility**

Healing Invitation:

- **Attached to Nothing, Connected to Everything.** Presence becomes natural – appropriately releasing emotions as they arise, while heeding their invitation, and being able to shift thoughts/beliefs at will, resulting in a calm mind. This calms the nervous system and creates an environment of healing.
- **Live from the heart.** You feel connected to everything, as you remember that everything is one. You live in the truth that no one is better or worse; there is no good or bad, no right or wrong, and love connects everything. You leave martyrdom behind and embody your true identity and sovereignty. You treat everything as an extension of yourself, and you accept everything as a mirror to help you understand yourself more deeply.
- **Embody multidimensional alignment.** Learning to align the mind, emotions, strategies, and energy allows you to create your reality more fluidly – this is wholeness. *You have reclaimed all of your energy and directed it toward the life you desire to create.*
- **Understanding your Soul Mission.** Your soul's purpose is accomplished in multidimensional alignment – you become the most authentic version of yourself. Your soul's mission is why you incarnated into this life, what you intended to become, and ultimately, what you intended to do. The deepest self-trust and faith are required to remember.

Associated Brain Center: Divine intuitive heart (heart-brain coherence)

Tarot Archetypes: The Devil → The World

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|--------------------------|---|
| The Devil | I am merging duality into oneness (good/bad, right/wrong, fear/love). |
| | I am letting go of the fear of the Divine. |
| The Tower of Destruction | I am experiencing a breakdown of reality (what I thought to be real). |
| The Star | I am whole. I am one within. I am free to be myself. |
| The Moon | I am being tested by the Divine to confirm my intention to heal. |
| The Sun | I am one with everything. I am multidimensionally aligned. |
| Judgment | I am remembering my soul's purpose and mission. |
| The World | I am remembering my place in reality. |
| | I am choosing to co-create life with the Divine |

The Spiral Journey: Returning Again and Again - Healing is not a linear process. Individuals often cycle through these phases multiple times, spiraling deeper with each return. Vital Evolution honors this nonlinear path—reminding us that healing is a remembrance, not a destination.

YOUR NEXT STEP

Prepare for an incredible journey!

Step One

Watch the free Intro Class: www.vitalevolution.com/intro

Step Two

Apply for a retreat: www.vitalevolution.com/retreats

Step Three

Join the Vital Evolution Community on socials

www.facebook.com/61571405146216/

@drblakesuzelis (Instagram)

<https://www.youtube.com/@drblakesuzelis>

Step Four

Support the movement with merch: www.vitalevolution.com/shop



“Healing is your birthright. Let’s evolve together.”