

 *Magic of Change*

Tribe stories ✨

Firsthand Inspirations

**In conversation
with
Dr Cijith**

NLP Practitioner
Program 2019 | Art of
neuro hypnotic
Storytelling 2024



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About Cijith



I'm a Yoga Naturopathy doctor, passionate about body-mind healing, with a strong belief that I am responsible for my life. My vibe is grounded, holistic, and empowering, fueled by the desire to inspire health and healing.

My passion for making impactful changes in my life feeds my soul.

If your life had a mascot or avatar, who

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or what would it be?

How does it represent you?



Playful yet wise, representing intelligence , at times manipulative, adaptability, and calm amidst challenges. I consider selfishness (when it is about self care and self love)and manipulation as a positive quality .

3 What's your "life hack" for staying positive or overcoming challenges?



I will analyse the situation by asking 'so what', and 'for what'.

Guiding principle of my life is 'everything ends well, if it is not so now, it is not the end, it is just a bend.'



Describe *Magic of Change* in *one word*
4 and explain why you chose it.



My gateway to unexplored opportunities with a lot of excitement.



5 *What's a lesson or perspective from Magical Rafi or the workshops that has stayed with you and why?*

Focus on impact rather than information, because it is my changed my approach to public speaking 360 degree.



6 Spark of Values



Self-discovery - happen only when you have self love

Breakthrough - reward for taking the risks



Love - accepting self/ others as they are



Connection - be connected with everyone, attached to noone.



Strength - ability adapt , act not react,

What would you say to someone yet to
7 experience the magic?



Life changing experience guaranteed.





Thank you, Dr. Cijith, for being a remarkable blend of knowledge, kindness, and vision. Your ability to inspire through your actions and insights creates ripples of positive change.

We deeply value your dedication and the unique perspective you bring to every endeavor.

