

8D YOU

The 8-Dimension Flight *from*
Self to Legacy



Dr. Seema Sutay Gajbhiye

8 D YOU - Flight from Self to Legacy

First Edition

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Dedication

I dedicate this book to every soul who ever felt they were “not enough.”

To my students, who became my teachers.

To my family, who gave me roots and wings.

To the patients I served during long nights of medicine, who taught me resilience.

And to every reader holding this book — may you discover the radiance within, and may your skydiving never stop until you land in your legacy.

A Vital Promise

This book is not a magic wand.

It cannot replace medicine or therapy, but it can hold your soul steady.

If you are going through a deep crisis – illness, addiction, or suicidal thoughts – please reach out immediately to a doctor, a counselor, or someone you trust.

This book is not here to replace that help, but to strengthen it.

It is like a friend in your pocket, whispering when you feel alone –
“Don’t stop. Rise again. You can do this.”



Prologue

Boarding the Flight to Your 360° Self

Fasten Your Wings

Trust me, I am your pilot. And this book is not a lecture, not a sermon, not a theory. It's a journey – a flight. You and I are sitting in the same aircraft, looking at the same horizon. The seatbelt sign is still on, but the hum of the engines is rising. In a few pages, we'll be in the sky.

But before we take off, let me ask you something: Are you ready to fly your own life?

Most people live as passengers. They sit, they wait, they hope. They let others decide their routes, their altitude, their speed. Some even hand over their cockpit to fear, to comparison, or to the voices of the past.

But not you. You picked up this book. That means you are ready for more — to stop being a passenger and to step into the cockpit.

I have lived this journey myself. I was once just a doctor buried in textbooks, later a teacher balancing classrooms, a mother balancing family, a professional balancing responsibility. Then I became a Mrs. India finalist, stood on international stages, and during the Corona crisis worked day and night in hospitals. I've worn many uniforms, but the truth I discovered was the same: life is an aircraft, and the pilot is always you.

This book is not theory. It is a flight manual — a DIY guide — filled with stories, reflections, and simple practices that transformed me, and can transform you too. You'll hear about tools like mirror work, Ho'oponopono prayer, affirmations and affirmations, NLP

reframing, visualization, even the mystical Tesla 369 method. For now, don't worry about how each one works — when the time is right, you'll find a full Tools Primer in Chapter 9 that explains each in detail.

You don't need to master everything at once. All I ask is this: fly with me through these 8 dimensions of life. Open your mind to the stories, try the exercises, whisper the affirmations. Take one small action daily, and watch how your altitude changes.

So, are you ready?

Take a deep breath. Smile. Feel your heart racing like the engines.

Because your takeoff begins now.

Life Map:

Navigating Your Challenges

- Drug addiction will not be cured by a book – but when you look into the mirror every morning, write your Gratitude list, and sit in Meditation, you realize you are bigger than your cravings. That is the beginning.
- Cancer or chronic illness needs treatment – but treatment alone doesn't win. Mental resilience and hope are half the cure. Visualization and Affirmations give you that strength.
- Depression or suicidal thoughts require immediate professional help – but sometimes one right line in a book can save a life, because it whispers: “You are not alone, and there is a way forward.”
- Loss of a loved one leaves emptiness – but Meditation and “I am Love” affirmations remind you that love never dies, it only changes form.
- Breakups or divorce hurt deeply – but this book hands you forgiveness tools and communication patterns that help you rebuild.
- Financial struggles or job loss shake your confidence – but Ikigai and Wealth Journaling can point you to new opportunities.
- Workplace politics or social pressure may drag you down – but Self-worth affirmations and true Networking build your inner anchor.
- Gender or minority struggles feel heavy – but Contribution and Spiritual Strength remind you that your voice matters.

Where will the real impact happen?

1. This book will bring a shift – from victim mindset to growth mindset.
2. This book will serve as an anchor – when you are drowning, it will whisper, “Just turn a page...”
3. This book will spark a trigger – for you to seek help, start a new habit, or rise with courage.

Acknowledgement

This journey is not mine alone. It is stitched with the support of countless colleagues, friends, mentors, and seekers who shared wisdom along my path.

I bow with gratitude to the teachers of science, law, medicine, and spirituality who lit my way. And most of all, I thank life itself — for giving me challenges that became lessons, and lessons that became this book.

The universal wisdom traditions medicine, law, spirituality, psychology, astrology, scriptures for guiding me toward the realization that life is not survival of the body but the journey of the soul.

This book is not mine alone. It is stitched from the voices of all who walked beside me.



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8 D YOU- FLIGHT FROM SELF TO LEGACY

What makes life truly complete?

Is it health, wealth, relationships, career, or spirituality? The truth is, it's not one dimension—it's all of them, together.

In 8D Human - Sky Diving from Self to Legacy, Dr. Seema Sutay Gajbhiye takes you on a transformative Sky diving through the eight dimensions of human life: health, emotions, relationships, friends, career, wealth, society, and spirituality. Written in a warm, conversational style, the book is filled with stories, practical tools, worksheets, and daily rituals that guide readers step by step toward balance, success, and inner peace.

From handling breakups, workplace politics, and financial struggles, to building resilience against illness, addictions, and depression, this book offers readers not just theory but actionable practices—mirror work, visualization, NLP reframing, gratitude rituals, meditation, and more.

This is not just a self-help manual; it is your cockpit for life. A guide to help you navigate storms and soar toward your highest potential.

ABOUT THE AUTHOR



Dr. Seema Sutay Gajbhiye is a physician, professor, lawyer, healer, and transformational coach. With over two decades of experience in medicine and forensic sciences, she has also mastered disciplines like law (LLB, LLM), management (MBA), and leadership training (ACME, PGDLFM). Beyond academics, she has deeply studied and practiced astrology, numerology, Reiki, tarot reading, NLP, meditation, and psychotherapy, creating a rare synthesis of science, law, and spirituality. She has served tirelessly as a doctor and teacher, including during the COVID- pandemic, and has been recognized for her leadership in both medical education and global forensic sciences. Dr. Seema has also represented India internationally, including in Mrs. India and international beauty forums, embodying confidence, grace, and resilience. Her vision is simple yet profound: to help people unlock their fullest potential and leave a lasting legacy. Through her initiatives, including the 8D YOU movement and YouTube channel, she continues to inspire thousands to find balance, confidence, and clarity in every dimension of life.

Your soul is enlightened not by degrees or titles, but by the experiences you live and the love you give. Giving, truly, is receiving moksha.

- Dr. Seema Sutay Gajbhiye



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