What fear is doing to your body

What any person living with cancer needs What any person living with cancer needs to understand is that all the anxiety to understand is that all the anxiety that they've been living with, that that they've been living with, that they've been feeling since their they've been feeling since their diagnosis, diagnosis, diagnosis, is doing something to their body that no is doing something to their body that no one on the medical team is talking one on the medical team is talking about.

about. about. It's not some kind of weakness, It's not some kind of weakness, certainly not some personal fault, certainly not some personal fault, right? Anxiety is a very normal human right? Anxiety is a very normal human response to perceiving a threat. And response to perceiving a threat. And yes, in this case, cancer is the threat.

yes, in this case, cancer is the threat. But as normal of a response that anxiety But as normal of a response that anxiety may be, it is actively suppressing their may be, it is actively suppressing their immune system and making it harder for immune system and making it harder for their treatment to work. Now, that's not their treatment to work. Now, that's not some kind of an opinion, that's decades some kind of an opinion, that's decades of published of published >> [music] >> [music] >> [music] >> research. So, in the next few minutes, >> research. So, in the next few minutes, I'm going to share with you exactly what I'm going to share with you exactly what the research is saying that is happening the research is saying that is happening in your body right now, why your doctors in your body right now, why your doctors aren't addressing it, and aren't addressing it, and >> [music] >> [music] >> [music] >> what you can start doing about it >> what you can start doing about it alongside your medical care, so you can alongside your medical care, so you can optimize your experience in just few optimize your experience in just few Through surgery, chemo, radiation, Through surgery, chemo, radiation, immunotherapy, whatever the protocol is, immunotherapy, whatever the protocol is, your medical team is doing everything your medical team is doing everything they can to fight this cancer in your they can to fight this cancer in your body. They're going after the physical body. They're going after the physical tumor. And thank God for that, because tumor. And thank God for that, because that saves lives. I will never tell you that saves lives. I will never tell you otherwise. But, otherwise. But, here is what's not happening. Nobody here is what's not happening. Nobody gave you a plan to deal with the fear gave you a plan to deal with the fear that you're feeling or the tools to cope that you're feeling or the tools to cope with the grief that is coming up for with the grief that is coming up for you. Nobody sat you down after your you. Nobody sat you down after your diagnosis and told you, "Here is how diagnosis and told you, "Here is how we're actually going to take care of you we're actually going to take care of you as well, not just the tumor. You, the as well, not just the tumor. You, the person inside this body who just had a person inside this body who just had a bomb go off in their life." The terror bomb go off in their life." The terror that you're feeling right now is not that you're feeling right now is not just uncomfortable. It is just uncomfortable. It is physiologically dangerous, and here is physiologically dangerous, and here is Your oncologist is a very good person Your oncologist is a very good person doing very important work, but doing very important work, but the system they operate in doesn't have the system they operate in doesn't have a billing code for your fear. It doesn't a billing code for your fear. It doesn't have a box to check for this inner have a box to check for this inner weight that you've been carrying since weight that you've been carrying since your diagnosis.

your diagnosis. The stress, the losses, the things you The stress, the losses, the things you buried decades ago because back then you buried decades ago because back then you didn't have the time to deal with them didn't have the time to deal with them and well, now your body is dealing with and well, now your body is dealing with them for you. And the part that should them for you. And the part that should really make you angry here is that there really make you angry here is that there is an entire field of science, it's is an entire field of science, it's called psychoneuroimmunology, that has called psychoneuroimmunology, that has been proven since the early 1970s been proven since the early 1970s that chronic stress directly suppresses that chronic stress directly suppresses immune function.

immune function. Now, this isn't some kind of fringe or Now, this isn't some kind of fringe or alternative medicine. This is alternative medicine. This is peer-reviewed research from major peer-reviewed research from major universities around the world, not just universities around the world, not just in the United States. We know that the

in the United States. We know that the science exist.

science exist. We know the proof is here. We know the proof is here. The pathways, if you will, between your The pathways, if you will, between your mind, which is the non-physical part of mind, which is the non-physical part of who you are, your brain, your nervous who you are, your brain, your nervous system and immune system, it's all been system and immune system, it's all been mapped [music] and yet almost nobody in mapped [music] and yet almost nobody in the oncology world is doing anything the oncology world is doing anything about it. Nobody.

about it. Nobody. Nobody's treating the storm in your mind Nobody's treating the storm in your mind that right now is actively working that right now is actively working against your treatment. Or the cascade against your treatment. Or the cascade of stress hormones that your brain is of stress hormones that your brain is releasing that are suppressing your releasing that are suppressing your immune system. Nobody. And that's not immune system. Nobody. And that's not just a gap in your care, I would say just a gap in your care, I would say this is a whole canyon. And it's a this is a whole canyon.

What cancer really takes

And it's a canyon I spent 25 years building [music] canyon I spent 25 years building [music] a bridge across. Now, before I show you a bridge across. Now, before I show you how that bridge actually works, how that bridge actually works, I want to ask you something. [music] I want to ask you something. [music] What did the cancer take from you?

What did the cancer take from you? And I don't mean the physical things, I And I don't mean the physical things, I mean the things that no one talks about mean the things that no one talks about >> [music] >> [music] >> [music] >> in the doctor's office. What did the >> in the doctor's office. What did the cancer take from you?

cancer take from you? If you're like any of my clients, very If you're like any of my clients, very likely it took some of your sense of likely it took some of your sense of control, right? One day you were a control, right? One day you were a person with a life with plans and with a person with a life with plans and with a future [music] you could count on and future [music] you could count on and the next moment, the next day, the next moment, the next day, well, you were a patient.

well, you were a patient. A chart number. A chart number. Someone who on a table while people in Someone who on a table while people in white coats make decision about your white coats make decision about your body.

body. body. You went from running your own life to You went from running your own life to being run by treatment schedule, and being run by treatment schedule, and somewhere along that transition somewhere along that transition you stopped feeling like [music] you stopped feeling like [music] yourself. Maybe that sounds familiar.

yourself. Maybe that sounds familiar. And cancer very likely took some of your And cancer very likely took some of your peace of mind as well. What if it's peace of mind as well. What if it's [music] spreading? What if treatment [music] spreading? What if treatment isn't working?

isn't working? What if this is how it ends? What if this is how it ends? >> [music] >> [music] >> [music] >> You used to be able to focus on >> You used to be able to focus on possibilities, but now your mind is possibilities, but now your mind is stuck stuck stuck >> [music] >> [music] >> [music] >> and you can't turn this loop off. Not at >> and you can't turn this loop off. Not at night, not during the day, it's always night, not during the day, it's always there. This slow hum of dread underneath there. This slow hum of dread underneath everything. Maybe that sounds everything. Maybe that sounds familiar as well.

as well. And cancer very likely took some of your And cancer very likely took some of your hope hope hope away. Maybe not all of it, obviously away. Maybe not all of it, obviously you're still here and you're still you're still here and you're still fighting.

fighting. fighting. But the kind of hope that you have right But the kind of hope that you have right now, let's [music]

face it, it's now, let's [music] face it, it's it's fragile.

it's fragile. It's the kind of hope you have to It's the kind of hope you have to protect because one bad [music] scan protect because one bad [music] scan results could shatter it.

results could shatter it. You don't have the kind of hope you used You don't have the kind of hope you used to have, which was more grounded and to have, which was more grounded and confident. You now have what we call confident. You now have what we call white-knuckle hope, and that's white-knuckle hope, and that's exhausting.

exhausting. exhausting. So control, peace, [music] hope, cancer So control, peace, [music] hope, cancer took all three from you. And I want to took all three from you. And I want to give them back to you because if you're give them back to you because if you're like any one of my clients, it's 2:30 in like any one of my clients, it's 2:30 in the morning, you're wide awake staring the morning, you're wide awake staring at the ceiling, and your mind is running at the ceiling, and your mind is running through every worst-case scenario that through every worst-case scenario that it can generate. [music] Maybe you're it can generate. [music] Maybe you're all over to reach out for your husband all over to reach out for your husband or your wife. Maybe there's no one there or your wife. Maybe there's no one there cuz you're going through this on your cuz you're going through this on your own. And let's face it, even if there is own. And let's face it, even if there is someone there, you really don't want to someone there, you really don't want to wake him up. You already know what all wake him up. You already know what all of this is doing to [music] them. So of this is doing to [music] them. So what do you do? You carry this what do you do? You carry this quietly, quietly, quietly, the way you always carried things.

the way you always carried things. And somehow during the day you're able And somehow during the day you're able to put on the mask, right? The brave to put on the mask, right? The brave face. You you tell people that you're face. You you tell people that you're doing great. You tell your kids that doing great. You tell your kids that you're fine. Maybe you smile to the you're fine. Maybe you smile to the nurses and you nod to your oncologist, nurses and you nod to your oncologist, but inside of you, but inside of you, something has fundamentally shifted, something has fundamentally shifted, right? You don't feel like yourself right? You don't feel like yourself anymore. You feel more like a diagnosis anymore. You feel more like a diagnosis walking in this old body of yours.

walking in this old body of yours. Because the person that you used to be, Because the person that you used to be, the one who the one who made plans, made plans, the one who had opinions about where we the one who had opinions about where we should go to dinner tonight, the person should go to dinner tonight, the person who thought about the future without who thought about the future without flinching, that person has been replaced flinching, that person has been replaced by someone who moves from one by someone who moves from one appointment to another, from one scan to appointment to another, from one scan to another, has been replaced by someone another, has been replaced by someone who's waiting for a person in a white who's waiting for a person in a white coat to tell them whether they get to coat to tell them whether they get to keep on living. And the worst part about keep on living. And the worst part about it, very likely, is that you've sensed it, very likely, is that you've sensed for quite a while that for quite a while that there is more to healing than what's there is more to healing than what's happening in your doctor's office. You happening in your doctor's office. You felt it in your gut. Maybe you even felt it in your gut. Maybe you even Googled it at Googled it at 3:00 a.m. in the morning, right? Does 3:00 a.m. in the morning, right? Does stress affect my cancer?

stress affect my cancer? I want you to trust that the instinct I want you to trust that the instinct that feels that something is missing, that feels that something is missing, cuz something is definitely missing from cuz something is definitely missing from your treatment. And what I'm about to your treatment. And what I'm about to share with you is exactly what it is and share with you is exactly what it is and how to fix it.

how to fix it. And I will say that fixing this, or the And I will say that fixing this, or the ripple effect of fixing this ripple effect of fixing this in your life, it's going to make in your life, it's going to make everything work better.

everything work better. And it's going to make things work And it's going to make things work better right now, not sometime in the better right now, not sometime in the future, cuz you can feel confident future, cuz you can feel

confident again. You can have your joy even in the again. You can have your joy even in the midst of this storm, not only or not midst of this storm, not only or not just when you get the all clear message just when you get the all clear message from your oncologist, which of course from your oncologist, which of course that's what we all want. But you can that's what we all want.

A client's story

But you can have all these good feelings even right have all these good feelings even right now in [music] the midst of this now in [music] the midst of this challenging time. I've seen it time and challenging time. I've seen it time and time again. My name is Abhinav Lena. I'm time again. My name is Abhinav Lena. I'm a cancer and trauma recovery specialist, a cancer and trauma recovery specialist, published author, TED Talk speaker, and published author, TED Talk speaker, and for the past 25 years, I've been doing for the past 25 years, I've been doing this kind of work with countless cancer this kind of work with countless cancer patients like yourself.

patients like yourself. The work to address the mental and The work to address the mental and emotional patterns that we know through emotional patterns that we know through research suppress immune function. You research suppress immune function. You know, it's the kind of work that we do know, it's the kind of work that we do that work best alongside medical that work best alongside medical treatment. It's not designed to replace treatment. It's not designed to replace it and I'll say it over and over and it and I'll say it over and over and over again. So, I've seen what happens over again. So, I've seen what happens when you begin to take that additional when you begin to take that additional action, right? To integrate this kind of action, right? To integrate this kind of work into the fold, into your treatment work into the fold, into your treatment regimen.

regimen. regimen. What happens when you begin to What happens when you begin to treat in a way the whole person, not treat in a way the whole person, not just the particular organ in the body.

just the particular organ in the body. Which brings me to a woman that I'm Which brings me to a woman that I'm going to call Martha. And Martha, for going to call Martha. And Martha, for the sake of our conversation, is a the sake of our conversation, is a client and she was 63 when she was client and she was 63 when she was diagnosed with lung cancer. When I first diagnosed with lung cancer. When I first met Martha, she had an oxygen tank met Martha, she had an oxygen tank strapped to her hip and standing for strapped to her hip and standing for more than just few minutes at a time, it more than just few minutes at a time, it became very difficult for her. Now, keep became very difficult for her. Now, keep in mind that Martha is one of those in mind that Martha is one of those women that have always been the center women that have always been the center of her family, right? The one who hosted of her family, right? The one who hosted every holiday, the one who held everyone every holiday, the one who held everyone together. What do you call a formidable together. What do you call a formidable woman who now, if you could see it, woman who now, if you could see it, could barely even walk across her own could barely even walk across her own [music] living room. Now, what I've [music] living room. Now, what I've learned about Martha that her oncologist learned about Martha that her oncologist never asked about is that she grew up in never asked about is that she grew up in a very specific way. She grew up in a a very specific way. She grew up in a very strict, rigid, religious household very strict, rigid, religious household where emotions were just not expressed.

where emotions were just not expressed. [music] That was not the language, [music] That was not the language, right? She never even once, not even right? She never even once, not even once in her [music] entire childhood once in her [music] entire childhood heard someone say to her, "I love you." heard someone say to her, "I love you." What she learned instead was that the What she learned instead was that the safest thing for her to do with her pain safest thing for her to do with her pain was to bury it. So, that's exactly what was to bury it. So, that's exactly what she did for 50 odd years. Yeah. And the she did for 50 odd years. Yeah. And the grief, grief, grief, the the the the the the >> [music] >> [music] >> [music] >> the loneliness, all of it, the anger, >> the loneliness, all of it, the anger, she swallowed all of it. She packed it she swallowed all of it. She packed it down tight, if you will, and kept on down tight, if you will, and kept on smiling cuz what else can she do? And smiling cuz what else can she do? And she kept doing that until her lungs she kept doing that until her lungs could not hold all of this anymore.

could not hold all of this anymore. That's when she got diagnosed. Now, when That's when she got diagnosed.

Now, when we started working together, I believe we started working together, I believe it was the third session where something it was the third session where something really broke open inside of her, inside really broke open inside of her, inside of Martha.

of Martha. Through this process that we were Through this process that we were working with, Martha was finally able working with, Martha was finally able [music] to connect with this younger [music] to connect with this younger version of herself, the little girl that version of herself, the little girl that she [music] used to be, the one who she [music] used to be, the one who learned that her learned that her feelings were not safe.

feelings were not safe. And for the first time, at least in her And for the first time, at least in her adult life, Martha [music] let herself adult life, Martha [music] let herself feel and let herself cry.

feel and let herself cry. Not quietly or politely, as one would Not quietly or politely, as one would say, but properly. [music] say, but properly. [music] And she wept.

And she wept. And then she raged. And then she said And then she raged. And then she said things out loud that had been locked things out loud that had been locked inside her chest for [music] inside her chest for [music] half a century.

half a century. And when this was all over, right, when And when this was all over, right, when the storm [music] had passed, if you the storm [music] had passed, if you will, Martha will, Martha took the deepest breath I'd ever heard took the deepest breath I'd ever heard her take without [music] her oxygen her take without [music] her oxygen tank. Now, obviously, I'm not telling tank. Now, obviously, I'm not telling you that crying things out cured [music] you that crying things out cured [music] her cancer, cuz that's not how it works.

her cancer, cuz that's not how it works. It's a bit more complex It's a bit more complex than that. What I am telling you is that than that. What I am telling you is that step one was for her medical team step one was for her medical team [music] [music] [music] to address the physical aspects of her to address the physical aspects of her illness. And they've done an outstanding illness. And they've done an outstanding job doing that. But step two, which is job doing that. But step two, which is [music] just as important in the office, [music] just as important in the office, we were able to help her remove this we were able to help her remove this invisible weight that has been pressing invisible weight that has been pressing down on her biology and immune system down on her biology and immune system for decades. And once the weight was for decades. And once the weight was lifted, if you will, her body began lifted, if you will, her body began responding differently to treatment, responding differently to treatment, better. Her energy returned, her better. Her energy returned, her breathing improved, and of course the breathing improved, and of course the doctors, her family, everybody noticed doctors, her family, everybody noticed and um and um I'm happy to report that Martha is still I'm happy to report that Martha is still going very strong as we speak as I going very strong as we speak as I record this. She's going strong today.

record this. She's going strong today. If you ask her, she will tell you that If you ask her, she will tell you that the healing didn't just happen in her the healing didn't just happen in her body, body, body, but rather it happened in her story.

but rather it happened in her story. >> [music] >> [music] >> [music] >> And that's what I want for you. I want >> And that's what I want for you. I want you to understand that this cancer, this you to understand that this cancer, this illness, it didn't happen in a vacuum.

illness, it didn't happen in a vacuum. It's It's happening in this very complex It's It's happening in this very complex system, physical, mental, emotional system, physical, mental, emotional system called you. And that if that system called you. And that if that system over the many years of your life system over the many years of your life have been bombarded with very have been bombarded with very challenging emotions, stress, fear, challenging emotions, stress, fear, shame, guilt, all of those, shame, guilt, all of those, well, it would have taken a toll on your well, it would have taken a toll on your biology, biology, biology, >> [music] >> [music] >> [music] >> rendered your immune system less >> rendered your immune system less effective, which caused the body to be effective, which caused the body to be more vulnerable. But, and I really hope more vulnerable. But, and I really hope you can hear

this, it is very much you can hear this, it is very much possible to replace all these difficult possible to replace all these difficult emotions that I've mentioned, all the emotions that I've mentioned, all the fear and the anxiety and the rage and fear and the anxiety and the rage and the shame, all of these, it is possible the shame, all of these, it is possible to replace them with joy and hope to replace them with joy and hope [music] and confidence and presence.

[music] and confidence and presence. Where Where Where finally that little voice in the back of finally that little voice in the back of your mind that whispers, "What if and your mind that whispers, "What if and what if?" It will shut up finally. So, what if?" It will shut up finally. So, you can feel like your old self again, you can feel like your old self again, maybe even better than your old self maybe even better than your old self because you can have the peace and the because you can have the peace and the joy [music] joy [music] right now even in the midst of this right now even in the midst of this challenging storm. That's what challenging storm. That's what psychoneuroimmunology psychoneuroimmunology psychoneuroimmunology can do for you. And it can do that in can do for you. And it can do that in just eight short weeks. And if that's just eight short weeks. And if that's all you needed to hear, if you're ready all you needed to hear, if you're ready to take action, [music] to take action, [music] then click the button below this video, then click the button below this video, book your free consultation book your free consultation with me. It's a personal 40-minute Zoom with me. It's a personal 40-minute Zoom call with me personally, not an call with me personally, not an assistant.

assistant. assistant. Just me and you. And what we'll do is Just me and you. And what we'll do is take a look at your specific situation take a look at your specific situation and map a very clear path forward to get and map a very clear path forward to get you past the fear, past the anxiety, you past the fear, past the anxiety, and really help you deal with this and really help you deal with this illness, with this cancer from a place illness, with this cancer from a place of strength of strength and power. [music] and power. [music] It may be true that we're not able to go It may be true that we're not able to go back in time to change your diagnosis, back in time to change your diagnosis, but what I can say that we can but what I can say that we can radically transform your radically transform your emotional world.

emotional world. And when we do that, and we do that And when we do that, and we do that properly, then your body has a lot more properly, then your body has a lot more energy to deal with this cancer than it energy to deal with this cancer than it had until [music] this moment in time, had until [music] this moment in time, okay? And to be sure that you've heard okay? And to be sure that you've heard me correctly, there's no charge for that me correctly, there's no charge for that call. It's a free consultation, so click call.

Is this actual science?

It's a free consultation, so click the link below this video, book your the link below this video, book your [music] spot with me [music] spot with me right now. Now, another point that I right now. Now, another point that I want to make cuz I feel it's important.

want to make cuz I feel it's important. I want to say that everything I shared I want to say that everything I shared so far with you, obviously, it's not a so far with you, obviously, it's not a replacement for your medical treatment.

replacement for your medical treatment. No, if anyone at all tells you to ignore No, if anyone at all tells you to ignore your oncologist's instructions or to your oncologist's instructions or to skip your [music] chemo session because skip your [music] chemo session because your mindset will somehow heal you, but your mindset will somehow heal you, but please, just run. Run far away cuz please, just run. Run far away cuz this kind of talk is dangerous. Okay?

this kind of talk is dangerous. Okay? The work that we're doing, that I'm The work that we're doing, that I'm referring to, it works best alongside referring to, it works best alongside your medical treatment. And in fact, I your medical treatment. And in fact, I will say that it's designed to make your will say that it's designed to make your treatment a lot more effective by treatment a lot more effective by addressing the one thing that your addressing the one thing that your medical team doesn't [music] have the medical team doesn't [music] have the tools to address, and that is the mental tools to address, and that is the mental and emotional patterns that are and

emotional patterns that are suppressing your immune function.

suppressing your immune function. In other words, it's real therapeutic In other words, it's real therapeutic work, not some kind of magic pill. And work, not some kind of magic pill. And of course, I will guide you through this of course, I will guide you through this work, through every step of this work.

work, through every step of this work. But you have to be willing to show up But you have to be willing to show up and face what's there. As the cliché and face what's there. As the cliché goes, the only way out is in.

goes, the only way out is in. Now, [music] the clients who do best Now, [music] the clients who do best with me, and with me, and I should say that uh I should say that uh they always have a few questions in mind they always have a few questions in mind at this point. So, I want to answer the at this point. So, I want to answer the one that I [music] hear most one that I [music] hear most consistently, okay? The first question consistently, okay? The first question very often is very often is is this actually based in science or is is this actually based in science or is it some kind [music] of you know, it some kind [music] of you know, alternative modality? And the answer is alternative modality? And the answer is very straightforward because this kind very straightforward because this kind of work is more scientifically grounded of work is more scientifically grounded than a lot of what's been offered to than a lot of what's been offered to cancer patients [music] cancer patients [music] out there. And I mentioned this field of out there. And I mentioned this field of scientific study of research called scientific study of research called psychoneuroimmunology PNI that [music] psychoneuroimmunology PNI that [music] is mapped with great clarity the exact is mapped with great clarity the exact pathways between your mind and nervous pathways between your mind and nervous system and immune system. And it's been system and immune system. And it's been mapped by researchers in University of mapped by researchers in University of Rochester in New York [music] in the Rochester in New York [music] in the early 1970s.

early 1970s. What they essentially have found, which What they essentially have found, which is really the holy grail of mind-body is really the holy grail of mind-body medicine, they found that our immune medicine, they found that our immune system can be conditioned. And that was system can be conditioned. And that was revolutionary cuz [music] we didn't know revolutionary cuz [music] we didn't know that. If it can be conditioned one way, that. If it can be conditioned one way, it can be conditioned the other way. And it can be conditioned the other way. And further studies came along, [music] I'll further studies came along, [music] I'll mention just one from Ohio State mention just one from Ohio State University who showed very clearly that University who showed very clearly that chronic stress chronic stress >> [music] >> [music] >> [music] >> measurably suppressed >> measurably suppressed natural killer cells activity. These are natural killer cells activity. These are the very cells that are responsible for the very cells that are responsible for targeting the tumor itself, the cancer, targeting the tumor itself, the cancer, Countless studies Countless studies have been replicated in this area in have been replicated in this area in many universities around the world, many universities around the world, research institutions around the world.

research institutions around the world. So, we know it is very real and you can So, we know it is very real and you can look it up. look it up. The way that I see it is very simple.

The way that I see it is very simple. The science isn't really the question. The science isn't really the question. We know it's there, it's been around for We know it's there, it's been around for more than 50 years. The real question is more than 50 years. The real question is why almost nobody in the oncology world why almost nobody in the oncology world is acting on it. And again, the answer is acting on it. And again, the answer unfortunately is very simple.

unfortunately is very simple. Uh and the answer is that the medical Uh and the answer is that the medical system is just not built system is just not built for it. Which doesn't mean it's not for it. Which doesn't mean it's not real, it just means that there's no one real, it just means that there's no one in the medical system to hand you these in the medical system to hand you these kind of tools, give you this kind of kind of tools, give you this kind of knowledge.

knowledge. knowledge. That's what I'm here to do. Another That's what I'm here to do. Another question I get very often is, what if I question I get very often is, what if I am in an advanced stage? Will this work am in an advanced

stage? Will this work for me or is it too late?

for me or is it too late? And the answer is, it is not too late. And the answer is, it is not too late. But, I want to be of course very careful But, I want to be of course very careful here because I'm not selling you any here because I'm not selling you any miracles. I'm telling you the truth, miracles. I'm telling you the truth, which is plain and simple. What I can which is plain and simple. What I can tell you is that I worked with a client tell you is that I worked with a client in every stage, including stage four.

in every stage, including stage four. And the principles are the same And the principles are the same principles regardless of where you are principles regardless of where you are in terms of progression. In other words, in terms of progression. In other words, the subconscious patterns that are the subconscious patterns that are suppressing your immune system, your suppressing your immune system, your immune function, they don't particularly immune function, they don't particularly care what type of stage care what type of stage you're in. And resolving them you're in. And resolving them can almost always improve how your body can almost always improve how your body respond to your treatment, how you respond to your treatment, how you handle side effects, even how you move handle side effects, even how you move When you remove the weight that has been When you remove the weight that has been pressing down pressing down >> [music] >> [music] >> [music] >> on your biology and immune system for >> on your biology and immune system for decades, your body remembers what it was decades, your body remembers what it was built to do, which is maintain balance.

built to do, which is maintain balance. And doing this kind of work, you get And doing this kind of work, you get parts of yourself back. parts of yourself back.

You get your joy back. You get your You get your joy back. You get your confidence back. confidence back. And if you're [music] like most of my And if you're [music] like most of my clients, you know, your confidence is clients, you know, your confidence is something that you miss a great deal.

something that you miss a great deal. >> [music] >> [music] >> [music] >> It's the kind of sense of confidence, if >> It's the kind of sense of confidence, if you will, in yourself, in life, that you will, in yourself, in life, that allow you to spend a day with your allow you to spend a day with your family and be present rather than family and be present rather than disassociate. It's the kind of disassociate. It's the kind of confidence that allow you to take a confidence that allow you to take a walk, smell the air, and feel alive in a walk, smell the air, and feel alive in a way. The kind of confidence that does way. The kind of confidence that does not depend on [music] what the latest not depend on [music] what the latest scan tells you. Another common question scan tells you. Another common question I often get is, how is this different I often get is, how is this different from psychotherapy? Cuz I've already from psychotherapy? Cuz I've already done years of therapy and done years of therapy and well, so let me say this.

well, so let me say this. The simple answer is that traditional The simple answer is that traditional [music] forms of talk therapy, they work [music] forms of talk therapy, they work primarily with the conscious part of our primarily with the conscious part of our mind, which is logical and rational, the mind, which is logical and rational, the part of your mind that allows you to part of your mind that allows you to talk about what's going on. You sit in a talk about what's going on. You sit in a chair, you talk [music] about your chair, you talk [music] about your problems, and yes, of course, that has problems, and yes, of course, that has value, but not in this case.

value, but not in this case. Because the parts or the patterns I Because the parts or the patterns I should say that are impacting your should say that are impacting your immune system and biology, they don't immune system and biology, they don't live in your conscious mind. They live live in your conscious mind. They live much deeper in the other part of the much deeper in the other part of the mind we call the [music] subconscious mind we call the [music] subconscious mind. And you can't reach them by just mind. And you can't reach them by just talking about things. What I used to talking about things. What I used to access the subconscious [music] mind is access the subconscious [music] mind is an advanced form of hypnotherapy. It's an advanced form of hypnotherapy. It's called regression to cause. That's the called regression to cause. That's the kind of protocol that I use. And this kind of protocol that I use. And this protocol bypasses [music] the conscious protocol bypasses [music] the conscious mind entirely and goes directly into the mind entirely and goes directly into the subconscious subconscious subconscious >> [music] >> [music] >> [music] >> to identify the specific events, moment >> to identify the specific events,

moment in time, situations in time, situations where where where these limiting patterns formed in the these limiting patterns formed in the first place, first place, >> [music] >> [music] >> [music] >> where those harmful patterns began to >> where those harmful patterns began to flesh out, if you will. Once we access flesh out, if you will. Once we access the subconscious mind and we identify the subconscious mind and we identify those particular moment in time, those particular moment in time, situations, or events, and I'm situations, or events, and I'm oversimplifying it here, but [snorts] we oversimplifying it here, but [snorts] we can resolve the conflict that they can resolve the conflict that they store. We can resolve it at the source store. We can resolve it at the source in real time. So, this isn't years of in real time. So, this isn't years of weekly sessions that we need here.

weekly sessions that we need here. The full program is typically completed The full program is typically completed within 8 weeks. And if you ask anyone of within 8 weeks. And if you ask anyone of my clients, they will tell you that the my clients, they will tell you that the shifts are happening on the go in real shifts are happening on the go in real time.

What your doctor will say

And finally, people often ask, "Okay, And finally, people often ask, "Okay, what will my doctor say if I tell them what will my doctor say if I tell them [music] that this is the kind of work [music] that this is the kind of work that I'm doing?" And I can share with that I'm doing?" And I can share with you from experience, again, 25 years of you from experience, again, 25 years of experience, experience, experience, that what I found is that that what I found is that your doctors are actually your doctor your doctors are actually your doctor may be very supportive when they see may be very supportive when they see [music] results, because the results [music] results, because the results that we're talking about, they will show that we're talking about, they will show up in your blood work and in your scan, up in your blood work and in your scan, [music] [music] [music] in your energy level and resilience. And in your energy level and resilience. And again, I I just want to say this again, again, I I just want to say this again, I'm not asking you to go against [music] I'm not asking you to go against [music] your doctor's orders. I'm asking you to your doctor's orders. I'm asking you to add something that your doctor cannot add something that your doctor cannot provide, and not because they don't want provide, and not because they don't want to, but just because it's simply not to, but just because it's simply not part of their training or scope of part of their training or scope of practice. It's not part of the system.

practice. It's not part of the system. The work that we do, it addresses a The work that we do, it addresses a different dimension of [music] your different dimension of [music] your healing, which makes everything else healing, which makes everything else work so much better. And that's the work so much better. And that's the bottom line. Things will work better so bottom line. Things will work better so you can get better [music] you can get better [music] results. Now, I've said quite a lot, and results. Now, I've said quite a lot, and in my experience, usually there are two in my experience, usually there are two kinds of people that are watching this kinds of people that are watching this kind [music] of video. The first group, kind [music] of video. The first group, >> [snorts] >> [snorts] >> [snorts] >> you know, is people that will say, >> you know, is people that will say, "Well, that was interesting. Thank you "Well, that was interesting. Thank you very much." They'll close the video, very much." They'll close the video, they'll go to the next appointment, they'll go to the next appointment, nothing changed.

nothing changed. They're going to lie awake again They're going to lie awake again tonight, tonight, tonight, um um um running through the very same fears and running through the very same fears and apprehensions they had, and they're apprehensions they had, and they're going to keep carrying everything, all going to keep carrying everything, all this weight by themselves, pretend that this weight by themselves, pretend that everything is fine. And a year from now, everything is fine. And a year from now, you know, whether treatment have worked you know, whether treatment have worked or not, there's still going to be a part or not, there's still going to be a part of them that recognize that something of them that recognize that something was missing from this process. Something was missing from this process. Something they never really addressed. Something they never really addressed. Something that might have made a very big that might have made a very big difference.

difference. difference. Maybe they're going to look back at the, Maybe they're going to look back at the, you know, the past few months and you know, the past few months and realize, "Yes, I was there physically, realize, "Yes, I was there physically, but my mind was never actually there. My but my mind was never actually there. My mind

was always elsewhere. I was always mind was always elsewhere. I was always feeling this kind of dread beneath feeling this kind of dread beneath everything." And that will bring a lot everything." And that will bring a lot of regret, maybe even more fear and of regret, maybe even more fear and anxiety, and that's not what we want.

anxiety, and that's not what we want. So, that's the first kind of people, the So, that's the first kind of people, the first group. The second group, the first group. The second group, the second kind of people, they watch this second kind of people, they watch this kind of a video and they feel something kind of a video and they feel something shifting for them. Not because I'm shifting for them. Not because I'm saying anything that they didn't already saying anything that they didn't already know, know, know, but because I've said things that but because I've said things that they've been feeling maybe for months they've been feeling maybe for months already, already, already, and just couldn't put into words. They and just couldn't put into words. They understand that there is more to healing understand that there is more to healing than what's happening in the doctor's than what's happening in the doctor's office. They understand that their fear office. They understand that their fear it's not just uncomfortable, it's it's not just uncomfortable, it's dangerous. And they understand that dangerous. And they understand that there's a lot that they can actually do there's a lot that they can actually do about it. They want to replace what they about it. They want to replace what they feel with better emotions, with feel with better emotions, with peace and presence and hope and joy and peace and presence and hope and joy and confidence. All the things that confidence. All the things that perhaps you've been missing. You can get perhaps you've been missing. You can get them back. You can enjoy your life even them back. You can enjoy your life even even right now.

even right now. If you're the second kind, If you're the second kind, click the link below this video and click the link below this video and we'll talk shortly, okay? Now that I've we'll talk shortly, okay? Now that I've said that, before we say goodbye, I want said that, before we say goodbye, I want you to think about the person you love you to think about the person you love the most in your life. For just a the most in your life. For just a moment, right? Maybe it's your daughter, moment, right? Maybe it's your daughter, maybe it's your son, maybe it's your maybe it's your son, maybe it's your husband or [music] wife, maybe it's your husband or [music] wife, maybe it's your grandchild that still reaches out for grandchild that still reaches out for your hand when you're crossing the your hand when you're crossing the street. Just think about that person for street. Just think about that person for a moment. Think about the look on their a moment. Think about the look on their face when they found out that this is face when they found out that this is what you're dealing with, that you have what you're dealing with, that you have cancer. The way that they tried to hold cancer. The way that they tried to hold it together for you. Maybe the way that it together for you. Maybe the way that you try to hold it together for them.

you try to hold it together for them. And my point is that you're doing this And my point is that you're doing this work not [music] just for yourself.

work not [music] just for yourself. You're doing this for every birthday You're doing this for every birthday that they want you at, every holiday, that they want you at, every holiday, every boring, ordinary every boring, ordinary Wednesday night dinner that they're not Wednesday night dinner that they're not ready to have without you. This is why ready to have without you. This is why If you want to stop feeling like a If you want to stop feeling like a passenger in your own healing and start passenger in your own healing and start feeling like you have some control, some feeling like you have some control, some degree of control, then this is for you.

degree of control, then this is for you. So, click the button below this video, So, click the button below this video, book your time with me right now. This book your time with me right now. This free consultation. Again, what we'll do free consultation. Again, what we'll do is hop on Zoom for about 40 minutes, is hop on Zoom for about 40 minutes, just you and me, and we'll take a look just you and me, and we'll take a look at where you are exactly, what's going at where you are exactly, what's going on beneath the surface, right?

on beneath the surface, right? And I'll map a very clear path forward And I'll map a very clear path forward for you step-by-step [music] for you step-by-step [music] so you can feel confident about your so you can feel confident about your ability to heal and recover again. And ability to heal and recover again. And look, if we're a good fit, maybe we can look, if we're a good fit, maybe we can walk this path together, but if not, walk this path together, but if not, that's perfectly fine.

that's perfectly fine. I want to make sure that a year from now I want to make sure that a year from now when you look back onto your experience, when you look back onto your experience, you know with absolute certainty that you know with absolute certainty that either you've done everything you could either you've done everything you could and you'll be [music] at peace with and you'll be [music] at peace with that, or you're you're going to wonder that, or you're you're going to wonder what might have been if you did. The what might have been if you did. The only difference between these two only difference between these two different trajectories, two different different trajectories, two different experiences, is essentially the decision experiences, is essentially the decision that you'll be making [music] that you'll be making [music] right now.

right now. You've spent your whole life taking care You've spent your whole life taking care of other people. I believe it's time for of other people. I believe it's time for you to take care of you.

you to take care of you. So again, my name is Abhinav Lerner. So again, my name is Abhinav Lerner. Thank you for being with me. Thank you for being with me.

I look forward [music] to your call. I I look forward [music] to your call. I look forward to supporting you. Take look forward to supporting you. Take care.