Introduction and training overview

Hello everyone. My name is Aino Amlno. Hello everyone. My name is Aino Amlno. It's good to be here with you and I want It's good to be here with you and I want to welcome you to today's training where to welcome you to today's training where we're going to talk about the missing we're going to talk about the missing piece in cancer healing and recovery.

piece in cancer healing and recovery. Why your suppressed emotions and Why your suppressed emotions and unresolved trauma undermine your healing unresolved trauma undermine your healing and what can we actually do about it.

and what can we actually do about it. What can we do to actually address them What can we do to actually address them at the source so we can heal better and at the source so we can heal better and get better outcomes. That's what most of get better outcomes. That's what most of my clients are interested in. Hopefully, my clients are interested in. Hopefully, that's what you're looking for as well.

that's what you're looking for as well. But first and foremost, let me kind of But first and foremost, let me kind of quickly share who this training is for quickly share who this training is for so that you know that you're in the so that you know that you're in the right place. And I will say that if right place.

Who this training is for

And I will say that if you're currently in treatment and it you're currently in treatment and it feels like you're doing all the right feels like you're doing all the right things, but you're not seeing the kind things, but you're not seeing the kind of progress that you were hoping for, I of progress that you were hoping for, I highly encourage you to stay tuned highly encourage you to stay tuned because this missing piece that we're because this missing piece that we're going to discuss here could very well be going to discuss here could very well be uh the reason for why that is the case.

uh the reason for why that is the case. And I will also say that if you And I will also say that if you understand that lasting healing means understand that lasting healing means treating the whole of you, not just treating the whole of you, not just addressing your physical body, and addressing your physical body, and you're looking for a methodology, one you're looking for a methodology, one that works alongside your traditional that works alongside your traditional medical care, then stay tuned. Yes, this medical care, then stay tuned. Yes, this training is for you. So, we're going to training is for you. So, we're going to spend important time together here. My spend important time together here. My goal is very simple. It is to simply goal is very simple. It is to simply demystify the healing process. So you demystify the healing process. So you can fully understand not just the steps can fully understand not just the steps you need to take to support your healing you need to take to support your healing and recovery, but understand the and recovery, but understand the science, the scientific premise behind science, the scientific premise behind it and the mechanism by which this kind it and the mechanism by which this kind of healing, the healing you desire is of healing, the healing you desire is attainable because that will give you a attainable because that will give you a great deal of confidence in your ability great deal of confidence in your ability to do this kind of work to heal and to do this kind of work to heal and overcome this illness. More overcome this illness.

Ground rules and disclaimer

More specifically, we're going to talk about specifically, we're going to talk about three main things. We'll start with the three main things. We'll start with the challenge, which is why our stress, challenge, which is why our stress, suppressed emotions, and unresolved suppressed emotions, and unresolved trauma fuel this illness that we're trauma fuel this illness that we're dealing with and why they these these dealing with and why they these these kind of patterns, why they inhibit our kind of patterns, why they inhibit our body's ability to heal. So, that's the body's ability to heal. So, that's the challenge. Then, we're going to talk challenge. Then, we're going to talk about the

remedy, if you will. We're about the remedy, if you will. We're going to talk about why the subconscious going to talk about why the subconscious mind is the key to resolving these mind is the key to resolving these challenges, these patterns, if you will, challenges, these patterns, if you will, and improving the efficacy of our and improving the efficacy of our medical treatment. And last but not medical treatment. And last but not least, we're going to talk about the least, we're going to talk about the implementation. In other words, the very implementation. In other words, the very steps we need to take to rewire our steps we need to take to rewire our subconscious mind and upgrade our mental subconscious mind and upgrade our mental and emotional framework so we can and emotional framework so we can experience greater well-being throughout experience greater well-being throughout our treatment. Because it may seems like our treatment. Because it may seems like we're living here now in 2026, but many we're living here now in 2026, but many of us mentally and emotionally operate of us mentally and emotionally operate by definitions that we acquired in the by definitions that we acquired in the past. In other words, our operating past. In other words, our operating system is running window 93 even though system is running window 93 even though we are now in 2026. So that will make we are now in 2026. So that will make sense as we go along. Uh but to talk sense as we go along. Uh but to talk about all the things we need to talk about all the things we need to talk about in a responsible way, we do need about in a responsible way, we do need some ground rules. We need to be on the some ground rules. We need to be on the same page. So let me say this.

same page. So let me say this. Everything that I'll be sharing with you Everything that I'll be sharing with you here today is not presented as an here today is not presented as an alternative to medical treatment.

alternative to medical treatment. Medical treatment save lives. It's Medical treatment save lives. It's important for me to acknowledge that. important for me to acknowledge that.

Secondly, this is not a do nothing get Secondly, this is not a do nothing get healed kind of approach or methodology. healed kind of approach or methodology.

There is work to be done. Certainly and There is work to be done. Certainly and there are no typical results and that's there are no typical results and that's true to everything we do in life. There true to everything we do in life. There are no typical results because our are no typical results because our success or lack thereof depends to a success or lack thereof depends to a great extent on our level of great extent on our level of participation. In other words, on participation.

Why the subconscious mind matters

In other words, on whether or not we're actually going to whether or not we're actually going to do the work. Right? It's true to do the work. Right? It's true to everything we do in life. It's not everything we do in life. It's not reserved to just regaining our state of reserved to just regaining our state of health. And now that I've said that and health. And now that I've said that and before we get into the nuts and bolts before we get into the nuts and bolts here, I want to quickly check in with here, I want to quickly check in with you to see where you are mentally and you to see where you are mentally and emotionally. In other words, does any of emotionally. In other words, does any of the following statements that I'm going the following statements that I'm going to read for you, does any of them to read for you, does any of them resonate with you? For example, do you resonate with you? For example, do you ever wonder if maybe your doctors aren't ever wonder if maybe your doctors aren't seeing the whole picture or they're just seeing the whole picture or they're just not telling you the whole story?

not telling you the whole story? Do you ever feel like you're just Do you ever feel like you're just passively passively submitting your body passively passively submitting your body to treatment, just letting doctors do to treatment, just letting doctors do things to your body with no real say or things to your body with no real say or control over your own experience?

control over your own experience? Do you feel deep down that there has to Do you feel deep down that there has to be some kind of a link between this be some kind of a link between this illness, this cancer, and the tough illness, this cancer, and the tough times that you've been through in your times that you've been through in your life, but you have no idea what to do life, but you have no idea what to do about it.

about it. And the reason I'm asking these And the reason I'm asking these questions is because if any of these questions is because if any of these statements sound like you or resonate statements sound like you or resonate with you, what I want you to know is with you, what I want you to know is that these are just symptoms. These are that these are just symptoms. These are the symptoms the symptoms of of of this missing piece that we're of of of this missing piece that we're going to talk about. they're not the going to talk about. they're not the problem or they're not a real issue. The problem or they're not a real issue. The real problem is that you have not yet real problem is that you have not yet learned to actively engage your learned to actively engage your subconscious mind, which is your body's subconscious mind, which is your body's operating system. And we'll talk about operating system. And we'll talk about what that actually mean in just a what that actually mean in just a second. But for right now, I want you to second. But for right now, I want you to understand this. When you learn how to understand this. When you learn how to engage your subconscious mind engage your subconscious mind methodically, properly, then things will methodically, properly, then things will begin to change in real time for the begin to change in real time for the better, which in some way will mean that better, which in some way will mean that you'll wake up feeling more confident you'll wake up feeling more confident about your ability to heal because about your ability to heal because you'll understand or you will know that you'll understand or you will know that your mind and your body are working your mind and your body are working together rather than engaging in a together rather than engaging in a conflict. It can mean that you'll notice conflict. It can mean that you'll notice a meaningful shift in how your body a meaningful shift in how your body respond to treatment with fewer side respond to treatment with fewer side effects, faster recovery rate between effects, faster recovery rate between sessions. I know that's the case for sessions. I know that's the case for many of my clients. And you'll have more many of my clients. And you'll have more agency. In other words, you'll get back agency. In other words, you'll get back some of the trust that was lost due to some of the trust that was lost due to diagnosis.

diagnosis. diagnosis. And just so you know who I am and that I And just so you know who I am and that I know what I'm talking about, again, my know what I'm talking about, again, my name is Aino Amlo. I am a cancer and name is Aino Amlo. I am a cancer and trauma recovery coach, holistic trauma recovery coach, holistic therapist, a published author, a TEDex therapist, a published author, a TEDex speaker, and I've been doing this kind speaker, and I've been doing this kind of work. I've been helping cancer of work.

Scientific basis and exceptional patients

I've been helping cancer patients and survivors maximize the patients and survivors maximize the efficacy of their medical treatment for efficacy of their medical treatment for 25 years now, a long time. And now that 25 years now, a long time. And now that you know that, we got everything out of you know that, we got everything out of the way. Now we can actually dive into the way. Now we can actually dive into the scientific premise of this work and the scientific premise of this work and why the subconscious mind is the missing why the subconscious mind is the missing key component to our ability to heal and key component to our ability to heal and recover. We're going to talk about the recover. We're going to talk about the science behind it, scientific premise science behind it, scientific premise and I'll share my discovery of this and I'll share my discovery of this truth or path through working with truth or path through working with clients because again as I just said clients because again as I just said I've been doing this work now for a long I've been doing this work now for a long period of time and during these many period of time and during these many years years years I've seen some people who created I've seen some people who created incredible transformations with regard incredible transformations with regard to their health. These are people who to their health. These are people who just seem to be able to sail through just seem to be able to sail through their course of their medical treatment.

their course of their medical treatment. Minimal side effects. They were able to Minimal side effects. They were able to maintain their energy, their optimism, maintain their energy, their optimism, their quality of life. Often time they their quality of life. Often time they were able to achieve better treatment were able to achieve better treatment outcomes faster than expected. Now to be outcomes faster than expected. Now to be fair, I've also seen many others who had fair, I've also seen many others who had a very different experience, right?

a very different experience, right? Others who suffered unnecessarily, who Others who suffered unnecessarily, who struggled to even complete their struggled to even complete their treatment regimen, which lessened their treatment regimen, which lessened their odds of recovery. And even after odds of recovery. And even after their

treatment ended, deemed their treatment ended, deemed successful, right? Defined as successful, right? Defined as successful, they they were no longer no successful, they they were no longer no evidence of cancer, they still lived in evidence of cancer, they still lived in constant fear and anxiety of recurrence.

constant fear and anxiety of recurrence. So that that obviously is not what we So that that obviously is not what we want. So over time as I began to really want. So over time as I began to really study these those people we we call study these those people we we call exceptional patients those patients who exceptional patients those patients who did very well who fared better on every did very well who fared better on every marker and learned about the scientific marker and learned about the scientific premise behind this phenomenon the premise behind this phenomenon the science of psychonuroimology it all science of psychonuroimology it all started making sense and if it's helpful started making sense and if it's helpful psychonuriminology it's a big word you can certainly search it's a big word you can certainly search it but it's a field of scientific study it but it's a field of scientific study that came about in the 1970s is from the that came about in the 1970s is from the University of Rochester in New York and University of Rochester in New York and it outlined mapped for the first time it outlined mapped for the first time this pathway these pathways of how the this pathway these pathways of how the the the mind the non-physical part of the the mind the non-physical part of who we are affect the organic tissue who we are affect the organic tissue more specifically our biology and immune more specifically our biology and immune system. So we're going to talk about system. So we're going to talk about that in just a second.

that in just a second. When you read these signs, it became When you read these signs, it became very clear to me that there are four very clear to me that there are four specific things that these people we specific things that these people we call exceptional patients that they were call exceptional patients that they were doing differently to get different and doing differently to get different and better results. And most of the time better results. And most of the time they weren't even really aware that they they weren't even really aware that they were doing anything different, which were doing anything different, which certainly surprised me. In other words, certainly surprised me. In other words, they they were unconsciously competent.

they they were unconsciously competent. And we want to become very consciously And we want to become very consciously competent. We want to be able to be able competent. We want to be able to be able to predict to methodically apply the to predict to methodically apply the method so that we can get tangible method so that we can get tangible results.

results. results.

Shift 1: Treating cancer as a whole-person issue

What I found really profound was that What I found really profound was that things began to change for the better things began to change for the better with my clients when I incorporated with my clients when I incorporated these uh four shifts, I call them shifts these uh four shifts, I call them shifts into my practice and formalize them or into my practice and formalize them or turn them into a formal practice which I turn them into a formal practice which I call mindful remission. And mindful call mindful remission. And mindful remission kind of in a nutshell um we remission kind of in a nutshell um we use the mind as the access point. In use the mind as the access point. In other words, we use our thoughts, other words, we use our thoughts, beliefs, perceptions, the subconscious beliefs, perceptions, the subconscious mind to signal the brain to communicate mind to signal the brain to communicate better information to our immune system better information to our immune system via the central nervous system. That's via the central nervous system. That's the pathway that psychonuroimunology the pathway that psychonuroimunology shed light on and proved to be at work shed light on and proved to be at work here. So, we can use this pathway to here. So, we can use this pathway to trigger the healing response instead of trigger the healing response instead of the stress response. And we'll talk the stress response. And we'll talk about what that how to do just that in about what that how to do just that in just a moment. Uh but the change I'm just a moment. Uh but the change I'm kind of referring to with regard to my kind of referring to with regard to my clients was a significant improvement in clients was a significant improvement in their ability to respond to their their ability to respond to their medical treatment and to heal. And not medical treatment and to heal. And not just physically. I mean mentally and just physically. I mean mentally and emotionally. They were calmer. They were emotionally. They were calmer. They were more confident. They were more more confident. They were more resilient. As if

something within them resilient. As if something within them kind of clicked back into place. And I kind of clicked back into place. And I hear it from clients again and again.

hear it from clients again and again. something clicked back into place even something clicked back into place even though they were obviously still going though they were obviously still going through treatment and that kind of through treatment and that kind of surprised me. Okay, I well let's get surprised me. Okay, I well let's get started. Let's dive into shift number started. Let's dive into shift number one cuz again I want you to get to the one cuz again I want you to get to the nuts and bolts here. Shift number one nuts and bolts here. Shift number one which states that you can't fight cancer which states that you can't fight cancer when you're fighting yourself is a very when you're fighting yourself is a very important shift. What it essentially important shift. What it essentially means is that you can't maintain an means is that you can't maintain an internal negative environment mentally internal negative environment mentally and emotionally and expect your body to and emotionally and expect your body to thrive. Hopefully, this makes perfect thrive. Hopefully, this makes perfect sense to you, at least intuitively.

sense to you, at least intuitively. You're not just a physical body. Yes, of You're not just a physical body. Yes, of course, you live in a physical body. We course, you live in a physical body. We all do. But you also have other all do. But you also have other dimensions to you as well. You have dimensions to you as well. You have mental dimension, emotional dimension, mental dimension, emotional dimension, spiritual dimension. And this kind of spiritual dimension. And this kind of shift uh shift uh in a way shift number one is part of the in a way shift number one is part of the reason why we haven't really won the war reason why we haven't really won the war on cancer if you will. We haven't cured on cancer if you will. We haven't cured cancer despite of the endless amount of cancer despite of the endless amount of resources and years of research. And and resources and years of research. And and the point is that we haven't been able the point is that we haven't been able to address cancer fully because most to address cancer fully because most treatments only treat the physical body treatments only treat the physical body and not the person living within this and not the person living within this physical body. Okay. Medical treatment physical body. Okay. Medical treatment is extremely important but it only works is extremely important but it only works on the physical manifestation of cancer on the physical manifestation of cancer in other words the tumor when we should in other words the tumor when we should be treating really the whole person. Now be treating really the whole person. Now intuitively we know this but what this intuitively we know this but what this actually means to you is that any actually means to you is that any approach to healing to recovery that you approach to healing to recovery that you are going to take it needs to address are going to take it needs to address all of you not just your physical all of you not just your physical dimension dimension dimension otherwise it's just plain incomplete.

otherwise it's just plain incomplete. Now the the fact is that 70 to 90% of Now the the fact is that 70 to 90% of all illnesses including cancer are all illnesses including cancer are aggravated by stress and emotional aggravated by stress and emotional trauma. We know this to be true.

trauma. We know this to be true. Research, you know, it's black and Research, you know, it's black and white. And that means that the more white. And that means that the more stress you're under, the more unresolved stress you're under, the more unresolved emotional trauma you carry, um the more emotional trauma you carry, um the more these kind of aspects and underlying these kind of aspects and underlying patterns actually fuel the illness. Does patterns actually fuel the illness. Does that make sense? And here is why that that make sense? And here is why that actually happens. When we are under actually happens. When we are under stress, our body produces a massive stress, our body produces a massive amount of a substance called cortisol.

amount of a substance called cortisol. Now, that's the body's stress hormone. Now, that's the body's stress hormone. Prolonged exposure to cortisol because a Prolonged exposure to cortisol because a little bit is fine. It's what we need to little bit is fine. It's what we need to do in life to to have some resistance do in life to to have some resistance and and work through. So a little bit is and and work through. So a little bit is fine, but prolonged exposure to this fine, but prolonged exposure to this stress hormone and we know this again stress hormone and we know this again through research actually suppresses the through research actually suppresses the functioning of our immune system and it functioning of our immune system and it shuts down or diminishes the shuts down or diminishes the effectiveness or the uh power of natural effectiveness or the uh power of natural killer cells which are cells that their killer cells which are cells that their job whose job is to identify and destroy job whose job is to

identify and destroy the tumor and the cancer cells that that the tumor and the cancer cells that that we want them to or that we need to in we want them to or that we need to in order to heal. And the problem as you order to heal. And the problem as you can see is that modern medical treatment can see is that modern medical treatment while addressing the physical body and while addressing the physical body and these physical aspects it doesn't under these physical aspects it doesn't under it doesn't uh address the underlying it doesn't uh address the underlying patterns of stress and trauma that are patterns of stress and trauma that are unfortunately inflaming or um unfortunately inflaming or um contributing to this illness. So this is contributing to this illness. So this is an important point an important point and and and a good way to think about it. I want you a good way to think about it. I want you to imagine that out of our 100% of to imagine that out of our 100% of experience, let's say 50% is physical.

experience, let's say 50% is physical. Okay, that's most of our experience is Okay, that's most of our experience is physical because we live in a physical physical because we live in a physical body. So 50% is physical, 25 we can say body. So 50% is physical, 25 we can say is mental and 25 is emotional. Now your is mental and 25 is emotional. Now your numbers can be slightly different. But numbers can be slightly different. But even if we just and that's what I want even if we just and that's what I want you to consider. Even if we just address you to consider. Even if we just address the 25% either mental or emotional, if the 25% either mental or emotional, if we resolve these we resolve these 25%.

25%. 25%. Wouldn't you want to increase your odds Wouldn't you want to increase your odds of healing and recovery by 25%? Of of healing and recovery by 25%? Of course you would. I know any one of my course you would. I know any one of my clients does. So, uh, clients does. So, uh, so that's what the first shift is all so that's what the first shift is all about. It's about treating cancer not as about. It's about treating cancer not as a local event within the physical body.

a local event within the physical body. treating it not as a particular failure treating it not as a particular failure of an organ or part of the body but of an organ or part of the body but rather as a whole person event. In other rather as a whole person event.

Shift 2: Understanding illness thought patterns

In other words, we need to treat the whole words, we need to treat the whole person. Okay, so that's what the first person. Okay, so that's what the first shift is about. Let's talk about how to shift is about. Let's talk about how to do that and do that and and what we need to address here. So and what we need to address here. So let's talk about the second shift which let's talk about the second shift which is we need to understand how our illness is we need to understand how our illness thought patterns are being formed so thought patterns are being formed so