My Conversation with the Cancer Liberation Podcast Transcript

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Podcast Introduction and Host Welcome

Hi, this is the Cancer Liberation Hi, this is the Cancer Liberation Project podcast. If you've been touched Project podcast. If you've been touched by cancer and have some fear around by cancer and have some fear around remaining healthy, you are in the right remaining healthy, you are in the right place. As a 20-year plus cancer place. As a 20-year plus cancer survivor, Haley knows how unsettling it survivor, Haley knows how unsettling it can be to not only hear the words, "You can be to not only hear the words, "You have cancer," but also the uncertainty have cancer," but also the uncertainty and fear that comes when you have been and fear that comes when you have been declared cancer free. The Cancer declared cancer free. The Cancer Liberation Project was born out of Liberation Project was born out of Haley's desire to make cancer less scary Haley's desire to make cancer less scary for people. To give people hope that for people. To give people hope that they can not only heal from cancer, but they can not only heal from cancer, but live their best, most vibrant life after live their best, most vibrant life after cancer. Get ready to be inspired with cancer. Get ready to be inspired with your host, Haley Dubin.

your host, Haley Dubin.

Guest Introduction and Show Announcements

[Music] [Music] [Music] Hi, and welcome to the Cancer Liberation Hi, and welcome to the Cancer Liberation Project. Today I sit down with Avioom Project. Today I sit down with Avioom learner. Avioom is a cancer and trauma learner. Avioom is a cancer and trauma recovery coach, clinical hypnotherapist, recovery coach, clinical hypnotherapist, author of the new cancer paradigm, and author of the new cancer paradigm, and TEDex speaker based in Boston, TEDex speaker based in Boston, Massachusetts.

Massachusetts. Massachusetts. During his 23 years in practice, he has During his 23 years in practice, he has been helping people facing cancer been helping people facing cancer increase their odds of full recovery and increase their odds of full recovery and people living with significant trauma people living with significant trauma prevent trauma from taking hold of their prevent trauma from taking hold of their body in the form of illness, addiction, body in the form of illness, addiction, and other destructive behaviors.

and other destructive behaviors. I look forward to sharing my I look forward to sharing my conversation with Alvin. But before I conversation with Alvin. But before I do, just a couple things to mention.

do, just a couple things to mention. First, a reminder to head over to my First, a reminder to head over to my website at revivewwellness.com website at revivewwellness.com to get your free seven top tips to keep to get your free seven top tips to keep cancer away and feel confident in your cancer away and feel confident in your body again.

body again. And second, I want to take a moment to And second, I want to take a moment to thank the Carlfelt Center who makes the thank the Carlfelt Center who makes the show possible.

show possible. Hi, Avioom. Welcome to the Cancer Hi, Avioom. Welcome to the Cancer Liberation Project. I'm so looking Liberation Project. I'm so looking forward to our conversation today. It's forward to our conversation today. It's good to be with you, Haley. Thank you.

good to be with you, Haley. Thank you. You know, first I would just love you to You know, first I would just love you to share what led you to do the work you're share what led you to do the work you're doing.

doing. doing. Well, so it all started when I was 6 Well, so it all started when I was 6 years old. How often do you hear that? years old. How often do you hear that?

But I uh I'm I'm originally from Israel But I uh I'm I'm originally from Israel and this region is rifted with conflicts and this region is rifted with conflicts and and and trauma as such. And as a um and I lived trauma as such.

Early Trauma and the Roots of Healing Work

And as a um and I lived in a very small community we call a in a very small community we call a kibbutz which is um kind of a utopian kibbutz which is um kind of a utopian community that of of of a few hundred community that of of of a few hundred people that um people that um come together to share a different come together to share a different lifestyle, a more communal lifestyle.

lifestyle, a more communal lifestyle. And as a kid, we were all um cared for And as a kid, we were all um cared for by um one person while everyone else did by um one person while everyone else did their duties around the uh kibuts. And their duties around the uh kibuts. And um when I was 6 years old, the Yonipur um when I was 6 years old, the Yonipur war, one of the wars started and um um war, one of the wars started and um um many of the men uh were called into um many of the men uh were called into um into war. And um we would go down with into war. And um we would go down with our caretaker our caretaker um to the gate of the kibuts to welcome um to the gate of the kibuts to welcome the men back as they returned. And most the men back as they returned. And most of them did. um one particular day which of them did. um one particular day which comes to mind one didn't and um you know comes to mind one didn't and um you know six years old I didn't understand what six years old I didn't understand what that that what what that meant at all that that what what that meant at all but what I witnessed back then was um but what I witnessed back then was um the wife of this particular man the wife of this particular man receiving the news and breaking down in receiving the news and breaking down in a way that I couldn't fathom I couldn't a way that I couldn't fathom I couldn't contain I I I I just I something terri contain I I I I just I something terri terrible has happened and there was terrible has happened and there was nothing I can do about it. I was only 6 nothing I can do about it. I was only 6 years old but that thought really kind years old but that thought really kind of coursed through me and I remember I of coursed through me and I remember I just want to reach out and make it all just want to reach out and make it all better. Um, given the fact that I was 6 better. Um, given the fact that I was 6 years old, there was very little that I years old, there was very little that I could have done at the time. But what could have done at the time. But what really remained with me, what got burned really remained with me, what got burned into my mind was the look in that into my mind was the look in that woman's eyes. And it was the look of woman's eyes. And it was the look of loss of of u helplessness and and and loss of of u helplessness and and and hopelessness. Something something was hopelessness. Something something was taken that I couldn't comprehend. And I taken that I couldn't comprehend. And I mean I I only could many years later mean I I only could many years later interpret that look because many years interpret that look because many years later when I completed my education in later when I completed my education in holistic health, holistic therapy again holistic health, holistic therapy again in Israel, I worked with two unique in Israel, I worked with two unique groups of people with um specific groups of people with um specific emotional needs. One were Holocaust emotional needs. One were Holocaust survivors and the other was terminally survivors and the other was terminally ill cancer patients.

ill cancer patients. And what I was um And what I was um struck by is struck by is the look in the terminal cancer the look in the terminal cancer patients eyes was very similar to the patients eyes was very similar to the look I've seen all those years ago. The look I've seen all those years ago. The look of loss and helplessness of look of loss and helplessness of something that was taken from them. But something that was taken from them.

Why Cancer Happens and the Role of Mindset

But I was no longer 6 years old. I could um I was no longer 6 years old. I could um certainly have done something because I certainly have done something because I just completed my education. And so just completed my education. And so right there and then it clicked for me right there and then it clicked for me and since then I haven't looked back.

and since then I haven't looked back. I've been working with cancer patients I've been working with cancer patients and people living with significant and people living with significant trauma and um we will talk about the trauma and um we will talk about the approach but you will see that it's approach but you will see that it's different in that

respect that it's more different in that respect that it's more more goal oriented and result driven and more goal oriented and result driven and structured with a very defined beginning structured with a very defined beginning middle and end. So there's no mysticism.

middle and end. So there's no mysticism. We really dive into the inner landscape We really dive into the inner landscape of a person of a person's mind to of a person of a person's mind to address the wounds that were buried in address the wounds that were buried in that um blood soaked uh soil. Yeah.

that um blood soaked uh soil. Yeah. Yeah. Uh I mean that sounds just so Yeah. Uh I mean that sounds just so amazing. I mean you were so young but amazing. I mean you were so young but you were empathetic and and look where you were empathetic and and look where it led you. So kudos to you. That's just it led you. So kudos to you. That's just amazing. And you know, I love the fact amazing. And you know, I love the fact that you are saying it's resultsoriented that you are saying it's resultsoriented because I know you you recently listened because I know you you recently listened to a podcast I just did with Raj and to a podcast I just did with Raj and you know it's it's very hard to address you know it's it's very hard to address the emotional aspect of of cancer. I the emotional aspect of of cancer. I know with my clients, they don't often know with my clients, they don't often want to go there and and it becomes want to go there and and it becomes difficult for someone like me to to get difficult for someone like me to to get down to the core wound and figure out, down to the core wound and figure out, you know, what is really stopping them?

you know, what is really stopping them? What is making them paralyzed by fear What is making them paralyzed by fear and all that? Yeah. But I first wanted and all that? Yeah. But I first wanted to ask you, to ask you, why do you think illness like cancer is why do you think illness like cancer is so prevalent? And and what do you think so prevalent? And and what do you think cancer is here to teach us? So in my cancer is here to teach us? So in my book, The New Cancer Paradigm, I um book, The New Cancer Paradigm, I um because one of the most common questions because one of the most common questions that people ask is why me? Right? I that people ask is why me? Right? I mean, that's just a very natural, very mean, that's just a very natural, very appropriate question. Why me? I mean, it appropriate question. Why me? I mean, it wasn't here until now. Now it's what has wasn't here until now. Now it's what has changed? Why? Why me and why now? I changed? Why? Why me and why now? I think illness is a call to action. From think illness is a call to action. From my perspective, illness is a call to my perspective, illness is a call to action and a call for us to begin to action and a call for us to begin to live more authentically and more aligned live more authentically and more aligned with our true core values. We grew up in with our true core values. We grew up in a world, we came into this world, we a world, we came into this world, we were raised by people that for the most were raised by people that for the most part loved us and wanted the best for part loved us and wanted the best for us. But what we have been uh handed down us. But what we have been uh handed down in terms of ideas and thoughts and in terms of ideas and thoughts and perceptions and beliefs, many of them perceptions and beliefs, many of them are other people ideas, thoughts and are other people ideas, thoughts and beliefs and perceptions and not beliefs and perceptions and not necessarily ours. So we have kind of necessarily ours. So we have kind of had to accept someone else's truth, reality to accept someone else's truth, reality and knowledge and we never really were and knowledge and we never really were called or never really had the called or never really had the opportunity to question that properly.

opportunity to question that properly. So many of us live as adults with very So many of us live as adults with very outdated uh mental paradigms. That's why outdated uh mental paradigms. That's why the book is called the new cancer the book is called the new cancer paradigm because our mental paradigms paradigm because our mental paradigms are often constructed when we were very are often constructed when we were very young during our formative years and we young during our formative years and we didn't have the capacity because our didn't have the capacity because our faculties were not yet fully developed.

faculties were not yet fully developed. We didn't have the capacity to look at We didn't have the capacity to look at things as they truly are but rather we things as they truly are but rather we accepted them as we as as our accepted them as we as as our caretakers. those people who cared for caretakers. those people who cared for us and raised us perceived them. And if us and raised us perceived them. And if it was an issue, you know, if we see, it was an issue, you know, if we see, you just have to look at politics, for you just have to look at politics, for example, the politics, political example, the politics, political landscape, and you will see that people landscape, and

you will see that people that were that were raised in a certain that were that were raised in a certain party's home will more often than not party's home will more often than not will continue to vote for that will continue to vote for that particular party. It's not necessarily particular party. It's not necessarily that um I mean obviously more and more that um I mean obviously more and more people have access to information and to people have access to information and to question that but for many years if you question that but for many years if you were of one party then your household were of one party then your household that's how people vote and so it's very that's how people vote and so it's very hard for us to break free from these old hard for us to break free from these old old mental paradigms that we were given old mental paradigms that we were given because there's an emotional attachment because there's an emotional attachment that locks us into this inner experience that locks us into this inner experience beliefs perception Yeah. And that's beliefs perception Yeah. And that's really our subconscious beliefs, right?

really our subconscious beliefs, right? That's where it is. Yes. So when you ask That's where it is. Yes. So when you ask what illnesses come to do, illnesses what illnesses come to do, illnesses come to really force us to shut down, come to really force us to shut down, slow down, and focus inward in a way slow down, and focus inward in a way that we were never forced to do before.

that we were never forced to do before. Most of us when we have aches and pains, Most of us when we have aches and pains, we take a certain pill or we um a we take a certain pill or we um a certain medicine or we apply quick certain medicine or we apply quick fixes.

fixes. fixes. But if illness is a call to action and a But if illness is a call to action and a call for us to begin to live more call for us to begin to live more authentically, authentically, authentically, chemistry chemistry chemistry is not the solution or chemistry isn't is not the solution or chemistry isn't the path. It's it's a vehicle. And so the path. It's it's a vehicle. And so some people and I want to be very clear some people and I want to be very clear about that some people were born in a about that some people were born in a certain way that there are deficiencies certain way that there are deficiencies and then they need certain supplements and then they need certain supplements or medications to to remedy that.

or medications to to remedy that. Absolutely. But um if if we have Absolutely. But um if if we have something going on just shutting down something going on just shutting down shutting down our sensory capacity so shutting down our sensory capacity so that we're no longer receiving that that we're no longer receiving that signal from the brain or from the mind signal from the brain or from the mind that something is calling for our that something is calling for our attention. We will kind of let it attention. We will kind of let it continue on and on and on until it continue on and on and on until it becomes a chronic condition and until it becomes a chronic condition and until it fester into something more sinister such fester into something more sinister such as illness and illness such as cancer.

as illness and illness such as cancer. Yeah. I mean so you really believe that Yeah. I mean so you really believe that this is the missing piece in cancer this is the missing piece in cancer healing and recovery, right? Because you healing and recovery, right? Because you can do all these other things. the can do all these other things. the doctor does chemotherapy, surgery, doctor does chemotherapy, surgery, radiation and all that. And radiation and all that. And unfortunately, I you know, it sometimes unfortunately, I you know, it sometimes works, but there's also recurrences.

works, but there's also recurrences.

Subconscious Beliefs and Hypnotherapy

So, how important do you think this So, how important do you think this mental piece is to address? I think it's mental piece is to address? I think it's extremely important and and what my extremely important and and what my approach is very realistic. We have to approach is very realistic. We have to treat cancer where the crisis is visible treat cancer where the crisis is visible and that is the physical body. I'm all and that is the physical body. I'm all for medical treatment. Medical for medical treatment. Medical treatment, and I want to be very clear treatment, and I want to be very clear about this, medical treatment save about this, medical treatment save lives. Absolutely. But it's not the lives. Absolutely. But it's not the whole healing equation. The healing whole healing equation. The

healing equation is uh multi-dimensional because equation is uh multi-dimensional because illness is multi-dimensional. We are illness is multi-dimensional. We are multi-dimensional. In other words, multi-dimensional. In other words, illness certainly impact us physically, illness certainly impact us physically, but as someone who had cancer, you know but as someone who had cancer, you know that it impacts us mentally, that it impacts us mentally, emotionally, physically, and sometimes emotionally, physically, and sometimes even spiritually. And we have to address even spiritually. And we have to address all these different realms because and I all these different realms because and I love that uh your previous guest Raj love that uh your previous guest Raj brought up Victor Frankle because Victor brought up Victor Frankle because Victor Franco in he was the father of Franco in he was the father of logootherapy which is subject of logootherapy which is subject of psychotherapy. Long story short, I use psychotherapy. Long story short, I use some of these uh models, visual models some of these uh models, visual models to explain to explain the problem, the problem with the problem, the problem with looking at a multi-dimensional event looking at a multi-dimensional event such as illness through a singular lens.

such as illness through a singular lens. Whether it's the lens of medicine which Whether it's the lens of medicine which give us information about cells dividing give us information about cells dividing in the body and other biological in the body and other biological processes or whether it's the lens of processes or whether it's the lens of psychosocial studies that give us psychosocial studies that give us information about what's going on in a information about what's going on in a person's life in general from a person's life in general from a psychosocial perspective. But if you psychosocial perspective. But if you look at a object like a can of soda.

look at a object like a can of soda. So you will have one dimension is the So you will have one dimension is the height and the width. If you flip it on height and the width. If you flip it on its side you will see that it has a top its side you will see that it has a top and bottom. You can if you look at the and bottom. You can if you look at the shadow of it holding it in the you know shadow of it holding it in the you know in the sun and the shadow is depicted on in the sun and the shadow is depicted on the ground you will see a rectangle or the ground you will see a rectangle or you will see a circle depends on how you you will see a circle depends on how you hold it. But none of these depictions hold it. But none of these depictions will tell you that this is an open will tell you that this is an open vessel. In other words, a can of soda is vessel. In other words, a can of soda is open from the top or has an opening at open from the top or has an opening at the top. Meaning one piece of the top. Meaning one piece of information height and width has to do information height and width has to do with the lens of science or medicine.

with the lens of science or medicine. The other dimension the circumference The other dimension the circumference will show you the psychosocial element will show you the psychosocial element and then the volume within is the mind.

and then the volume within is the mind. So that's a very long story very long So that's a very long story very long way to demonstrate that the mind is just way to demonstrate that the mind is just a very important piece of the healing a very important piece of the healing equation. The point is that if you only equation. The point is that if you only address one part of the healing equation address one part of the healing equation that is the physical body, you will only that is the physical body, you will only get partial results, hence recurrences.

get partial results, hence recurrences. So what are some actions people can take So what are some actions people can take to to to work with these subconscious beliefs work with these subconscious beliefs that I believe we get from what the that I believe we get from what the minute we're conceived? Correct. Till minute we're conceived? Correct. Till we're about seven. Is that right? Well, we're about seven. Is that right? Well, the subconscious mind is always the subconscious mind is always omnipresent. Our mind begins to form uh omnipresent. Our mind begins to form uh in conception and it begins to gather in conception and it begins to gather information even when we are um in a information even when we are um in a womb but it doesn't have information womb but it doesn't have information enough or enough information to enough or enough information to interpret for example sounds into words interpret for example sounds into words or meaning and so forth. But it's just or meaning and so forth. But it's just collect information and later on when we collect information and later on when we grow up we um automatically turn uh grow up we um automatically turn uh these uh signals into information these uh signals into information that the mind generate through the brain that the mind generate through the brain into the physical body as an experience into the physical body as an experience vibration. So stress is one frequency, vibration. So stress is one frequency, love is a whole different frequency and love is a whole different frequency and both can be

generated in the next second both can be generated in the next second if you know how to do that. But first, if you know how to do that. But first, how do people address the subconscious how do people address the subconscious mind? I want to point out that most most mind? I want to point out that most most of us are familiar with talk therapy.

of us are familiar with talk therapy. Talk therapy is important. Uh but it's Talk therapy is important. Uh but it's not designed to address the subconscious not designed to address the subconscious mind. The word talk therapy or most form mind. The word talk therapy or most form of mainstream therapy address the of mainstream therapy address the conscious part of the mind. Hence talk conscious part of the mind. Hence talk therapy we the the conscious part of the therapy we the the conscious part of the mind is logical rational. It's the mind is logical rational. It's the educated mind. If I asked you what do educated mind. If I asked you what do you think about um one particular you think about um one particular subject you'll give me a thought process subject you'll give me a thought process that's what but it's not where your that's what but it's not where your knowledge reside.

knowledge reside. So we have the conscious mind which is So we have the conscious mind which is logical and rational and then we have logical and rational and then we have the subconscious mind which is the subconscious mind which is emotional. It's a goal achieving agency.

emotional. It's a goal achieving agency. The um analogy that I like to give is of The um analogy that I like to give is of a bank that has a vault and the vault a bank that has a vault and the vault has all the gold. In front of the vault has all the gold. In front of the vault there is a guard. That guard is likened there is a guard. That guard is likened to the conscious mind. If you have the to the conscious mind. If you have the right credentials it will let you in. If right credentials it will let you in. If you don't have the right credentials it you don't have the right credentials it will send you away. So if I told you will send you away. So if I told you that the ocean is not actually blue but that the ocean is not actually blue but is actually I don't know yellow. If uh is actually I don't know yellow. If uh where you come from the ocean is blue where you come from the ocean is blue your conscious mind have heard my your conscious mind have heard my suggestion and ran into the vault open suggestion and ran into the vault open the folder of colors of nature and ocean the folder of colors of nature and ocean register as blue and the conscious mind register as blue and the conscious mind will say no I that's that's not what I will say no I that's that's not what I know to be true so you don't have any know to be true so you don't have any access. We have to bypass the conscious access. We have to bypass the conscious mind in order to get to the subconscious mind in order to get to the subconscious mind where the information is so that we mind where the information is so that we can revise and edit and cleanse and can revise and edit and cleanse and re-edit or insert new information. And re-edit or insert new information. And that's essentially why talk therapy from that's essentially why talk therapy from my perspective and I'm not putting talk my perspective and I'm not putting talk therapy down in any way. That's why from therapy down in any way. That's why from my perspective is uh it's it's not my perspective is uh it's it's not really designed to promote deep change.

really designed to promote deep change. So again, I like analogies. If you're So again, I like analogies. If you're driving, then uh talk therapy is like driving, then uh talk therapy is like wiping the windshield clean. It's wiping the windshield clean. It's important. I live in Boston. Boston has important. I live in Boston. Boston has potholes all around. So it's important potholes all around. So it's important for you to see the road in the best way for you to see the road in the best way possible. But if your engine is leaking, possible. But if your engine is leaking, wiping the windshield clean is just not wiping the windshield clean is just not going to do the job. You have to pull going to do the job. You have to pull the car to the side. You have to lift the car to the side. You have to lift the hood. And you have to look into the the hood. And you have to look into the engine block to find the faulty part and engine block to find the faulty part and replace it. And that's exactly what replace it. And that's exactly what I do day in and day out. It's kind of an I do day in and day out. It's kind of an intervention intervention intervention and then we can go into talk therapy to and then we can go into talk therapy to process that and unfold what has came process that and unfold what has came up. But we have to address the issue up. But we have to address the issue where it reside. If it's an emotional where it reside. If it's an emotional issue such as trauma, the nature of issue such as trauma, the nature of trauma is emotional. We have to address trauma is emotional. We have to address it within the realm of the emotional it within the realm of the emotional life. And how what are some of the ways life.

Clinical Hypnosis, Trauma Release, and Recovery

And how what are some of the ways to get into the subconscious mind and to get into the subconscious mind and and do this to you know because people and do this to you know because people are so fearful of cancer. They get that are so fearful of cancer. They get that diagnosis and they think about you know diagnosis and they think about you know what their doctors are telling them and what their doctors are telling them and you have to do this this and this and you have to do this this and this and they might have seen a parent suffer or they might have seen a parent suffer or somebody else and they're paralyzed by somebody else and they're paralyzed by fear. So I would love to hear how you fear. So I would love to hear how you work with someone to sure to help them work with someone to sure to help them with that. Of course. So the words that with that. Of course. So the words that you've said, fear, right? Emotions, you've said, fear, right? Emotions, strong emotions. Um many people have strong emotions. Um many people have seen movies, have seen movies, have known about someone in their life that known about someone in their life that um had a particular experience with um had a particular experience with cancer or passed away from cancer. And cancer or passed away from cancer. And um it was very true or more true in the um it was very true or more true in the past. More people are surviving their past. More people are surviving their cancer today than any other time in cancer today than any other time in history. It's important to say that history. It's important to say that thanks to medical treatment. But as I thanks to medical treatment. But as I said, it's not the whole solution. So said, it's not the whole solution. So how do you address the subconscious how do you address the subconscious mind? There are different therapeutic mind? There are different therapeutic tools. Specifically, the tool that I'm tools. Specifically, the tool that I'm working with is clinical hypnotherapy.

working with is clinical hypnotherapy. And hypnotherapy has been And hypnotherapy has been accepted as a uh viable medical accepted as a uh viable medical intervention in the United States back intervention in the United States back in 1958 in 1958 uh by the American Psychiatric uh by the American Psychiatric Association. The challenge arise when Association. The challenge arise when people again based on their knowledge people again based on their knowledge try to you know um figure out so what is try to you know um figure out so what is hypnosis cuz most of us either seen some hypnosis cuz most of us either seen some Hollywood movies that depict it in a Hollywood movies that depict it in a particular way that resemble mind particular way that resemble mind control and people doing all kind of you control and people doing all kind of you know you you're not in control and that know you you're not in control and that terrifies people and then many people terrifies people and then many people have have seen this semi-entertaining uh have have seen this semi-entertaining uh high school show you know where people high school show you know where people made to do silly things and no one wants made to do silly things and no one wants to be perceived as such and you know god to be perceived as such and you know god forbid gullible or anything. So there forbid gullible or anything. So there are a lot of misconceptions around it are a lot of misconceptions around it that have nothing to do with the that have nothing to do with the practice itself. So hypnotherapy is the practice itself. So hypnotherapy is the use or the therapeutic use of hypnosis use or the therapeutic use of hypnosis is hypnotherapy right we're using it for is hypnotherapy right we're using it for therapeutic purposes for healing and therapeutic purposes for healing and that is a very different that is a very different process altogether.

process altogether. So that particular tool I have found it So that particular tool I have found it to be the most effective tool to to be the most effective tool to get right into the subconscious mind to get right into the subconscious mind to make these adjustments, corrections and make these adjustments, corrections and um um um free a person from their previous or free a person from their previous or let's say erroneous perceptions and I let's say erroneous perceptions and I know you interviewed u Dr. Lipton know you interviewed u Dr. Lipton erroneous perceptions and beliefs and erroneous perceptions and beliefs and genes are not our destinies. It's genes are not our destinies. It's exactly the same thing. Exactly. How do exactly the same thing. Exactly. How do we do that? We get to where the problem we do that? We get to where the problem is. So why is the subconscious is. So why is the subconscious subconscious mind so incredibly subconscious mind so incredibly important? It's important because it's important? It's important because it's the part of our mind that governs many the part of our mind that governs many of our bodily functions. If you think of our bodily functions. If you think about your digestion or your heartbeat about your digestion or your heartbeat or your body temperature, we don't or your body temperature, we don't consciously control them, right? The consciously control them, right? The subconscious mind is also the part of subconscious mind is also the part of the mind that influence or has influence the mind that influence or has influence over the functioning of our immune over the functioning of our immune system for example. So when we talk system for example. So when we talk about cancer we talk about immune down about cancer we talk about immune down reggulation. We talk about um bringing reggulation. We talk about um bringing

the immune system to function at an the immune system to function at an optimal level because it's it's it's an optimal level because it's it's it's an autoimmune uh issue. And so we want to autoimmune uh issue. And so we want to make sure that our immune system works make sure that our immune system works at full capacity. If we were not born at full capacity. If we were not born with cancer, that means that and we have with cancer, that means that and we have the research to back this up and we'll the research to back this up and we'll talk about this piece of research called talk about this piece of research called psychonuroimanology psychonuroimanology psychonuroimanology but if you were not born with cancer but if you were not born with cancer then over time your mental environment then over time your mental environment and again Dr. Lipton is talking about it and again Dr. Lipton is talking about it very frequently how um what the human very frequently how um what the human genome project have um genome project have um made clear is that there is no there's made clear is that there is no there's it's not that we have one gene pair one it's not that we have one gene pair one illness. It is that a combination of illness. It is that a combination of genes get turned on or turned off and genes get turned on or turned off and the expression of them is this condition the expression of them is this condition or that condition. And when they decided or that condition. And when they decided to go even further and examine so what to go even further and examine so what turns genes on and off they discover turns genes on and off they discover that it's their inner environment right that it's their inner environment right mental inner environment. So if you live mental inner environment. So if you live under chronic stress you will have under chronic stress you will have certain gene expression that over time certain gene expression that over time will tip the scale. If you have um lived will tip the scale. If you have um lived with trauma for a significant period of with trauma for a significant period of time and that trauma is extremely time and that trauma is extremely limiting and debilitating or just limiting and debilitating or just limiting in general over time there will limiting in general over time there will be a an accumulative effect and in and be a an accumulative effect and in and we become or or these mental patterns we become or or these mental patterns that research have shown to suppress the that research have shown to suppress the functioning of our immune system they functioning of our immune system they over time weigh heavier and heavier on over time weigh heavier and heavier on the functioning of our immune system. If the functioning of our immune system. If you think about a barrel outside your you think about a barrel outside your door to collect raindrop, it might take door to collect raindrop, it might take one season, 10 season, 50 seasons. It one season, 10 season, 50 seasons. It doesn't matter. If that barrel is not doesn't matter. If that barrel is not drained, then it will eventually drained, then it will eventually overflow and that's when illness becomes overflow and that's when illness becomes visible, express itself physically, visible, express itself physically, right? So, it just reminded me all of a right? So, it just reminded me all of a sudden I'm hearing several people I know sudden I'm hearing several people I know having panic attacks where they can't having panic attacks where they can't breathe or they're having trouble breathe or they're having trouble breathing. Now, is that something that's breathing. Now, is that something that's coming from subconscious or is that the coming from subconscious or is that the conscious? So, absolutely from the conscious? So, absolutely from the subconscious. But it it's very subconscious. But it it's very interesting what happens with anxiety.

interesting what happens with anxiety. So, unlike depression which is a chronic So, unlike depression which is a chronic condition, right? there's something uh condition, right? there's something uh organically I would say happening in the organically I would say happening in the brain. Anxiety is a learned behavior. A brain. Anxiety is a learned behavior. A panic attack is an anxiety um on panic attack is an anxiety um on steroids. It's it's it's we become so steroids. It's it's it's we become so something we get triggered by something something we get triggered by something on the outside and that trigger on the outside and that trigger thoughts, feelings and physical thoughts, feelings and physical experience. That physical experience experience. That physical experience becomes the inner stimuli because now becomes the inner stimuli because now our heart is racing and we're sweating our heart is racing and we're sweating and we are short of breath and and now and we are short of breath and and now we become very involved in our own inner we become very involved in our own inner experience of something is really experience of something is really happening within me. Something is wrong happening within me. Something is wrong and we turn the volume on that. And and we turn the volume on that. And you know we're all prone to anxiety. is you know we're all prone to anxiety. is just that most of us have um it's like a just that most of us have um it's like a highway with different exits. Some of us highway with different exits.

Psychoneuroimmunology and the Mind-Body Connection

Some of us see the exits and some of us know don't see the exits and some of us know don't see it and they just

speed. Um but if see it and they just speed. Um but if you want to resolve a panic attack which you want to resolve a panic attack which is again the expression of anxiety and is again the expression of anxiety and anxiety is a pattern of control. You anxiety is a pattern of control. You have to go into the subconscious mind have to go into the subconscious mind and figure out first of all when this and figure out first of all when this has started and the mind will tell you has started and the mind will tell you right away. uh I mean I can go into the right away. uh I mean I can go into the process itself but if you ask the mind process itself but if you ask the mind to take you while you're in that inner to take you while you're in that inner state of uh hypnosis if you ask the mind state of uh hypnosis if you ask the mind to take you to the first scene situation to take you to the first scene situation or event that has everything to do with or event that has everything to do with this uh experience of anxiety it will this uh experience of anxiety it will take you there just like that and it's take you there just like that and it's it it's quite remarkable to realize that it it's quite remarkable to realize that everything that ever happened to us is everything that ever happened to us is recorded and stored within our mind recorded and stored within our mind within our body M every cell in our body within our body M every cell in our body is a memory cell in a way. So when you is a memory cell in a way. So when you uh um have a an experience when you're uh um have a an experience when you're getting triggered or ret-raumatized your getting triggered or ret-raumatized your whole body reacts. It's not that whole body reacts. It's not that something isolated happened. Your whole something isolated happened. Your whole body is activated. That's because your body is activated. That's because your whole body remembers exactly how that whole body remembers exactly how that felt back then and there. So the process felt back then and there. So the process itself is quite um uh I mean I love itself is quite um uh I mean I love talking about I love geeking about it, talking about I love geeking about it, but I think it's a little boring. The but I think it's a little boring. The point is that there are protocols within point is that there are protocols within the hypnotic practice uh practices. I the hypnotic practice uh practices. I practice specifically a p a protocol practice specifically a p a protocol called regression to cause. Okay. And called regression to cause. Okay. And and and so essentially what happens is and and so essentially what happens is that we become fully immersed through an that we become fully immersed through an induction, a hypnotic induction helps induction, a hypnotic induction helps the client get involved inwardly. Right?

the client get involved inwardly. Right? So most of us when we're on a day-to-day So most of us when we're on a day-to-day experience, we're just engaged with the experience, we're just engaged with the outside. If you have done a meditation, outside. If you have done a meditation, you know that you shut down your senses you know that you shut down your senses and you are moving inward. Whether you and you are moving inward. Whether you focus on your breath or some mantra or focus on your breath or some mantra or anything else, you're kind of shifting anything else, you're kind of shifting your focus, your focal point from the your focus, your focal point from the outside to the inside. With hypnosis, we outside to the inside. With hypnosis, we go a little further. Hypnosis is very or go a little further. Hypnosis is very or hypnotherapy is very goal oriented. So hypnotherapy is very goal oriented. So we are going into a specific state what we are going into a specific state what we which which we call the hypnotic we which which we call the hypnotic state where you become fully immersed in state where you become fully immersed in your inner experience. Um it's very your inner experience. Um it's very natural for us to do that. We do that natural for us to do that. We do that when we are watching a good movie for when we are watching a good movie for example and we get so involved in the example and we get so involved in the plot of the movie to the point that we plot of the movie to the point that we feel what feel what other people are feeling. That's why I other people are feeling. That's why I don't watch horror movies because it don't watch horror movies because it never me either. Yeah. Because you feel never me either. Yeah. Because you feel it, right? You feel it throughout your it, right? You feel it throughout your body. The fear. I mean, if the actors body. The fear. I mean, if the actors are good and they convey the terror that are good and they convey the terror that they're feeling, we will, you know, they're feeling, we will, you know, there's some rapport there that that there's some rapport there that that just we feel it in every cell in our just we feel it in every cell in our body. And for me, it's unpleasant. Some body. And for me, it's unpleasant. Some people love it, right? But that state people love it, right? But that state when we become fully immersed, focused, when we become fully immersed, focused, essentially hypnosis is a state of essentially hypnosis is a state of focused attention. That's what it is. So focused attention. That's what it is. So when we become focused in our inner when we become focused in our inner experience, our inner experience becomes experience, our inner experience becomes more real than the outer experience. And more real than the outer experience. And um that level of immersion, it's really um that level of immersion, it's really what builds a bridge between the present what builds a bridge between the present moment and the past. So back then and moment and the past. So back then and there feels as if it's right here and there feels as if it's right here and right

now. Which is why you can affect right now. Which is why you can affect change.

change. change. You can't change the past, but you can You can't change the past, but you can change the meaning that you have change the meaning that you have assigned to past events. And that's assigned to past events. And that's really what that's what's at the core of really what that's what's at the core of The tumor is only a symptom of cancer, The tumor is only a symptom of cancer, not the cause. Hello, I'm Dr. Michael not the cause. Hello, I'm Dr. Michael Carl. I'm the owner of the Carl Center Carl. I'm the owner of the Carl Center in Meridian, Idaho. We specialize in in Meridian, Idaho. We specialize in cuttingedge integrative oncology care cuttingedge integrative oncology care addressing the cause and not just the addressing the cause and not just the symptom of cancer. There are 11 factors symptom of cancer.

Client Results and Rapid Trauma Solution

There are 11 factors you need to address when diagnosed with you need to address when diagnosed with cancer. To learn more of what they are, cancer. To learn more of what they are, get my free ebook when you visit the get my free ebook when you visit the carpulcenter.com.

carpulcenter.com. carpulcenter.com. Along with the ebook, I will email you a Along with the ebook, I will email you a free webinar series where worldrenowned free webinar series where worldrenowned specialists will tell you what you need specialists will tell you what you need to do to address these 11 factors.

to do to address these 11 factors. You'll hear from experts like Jane Mle You'll hear from experts like Jane Mle and Dr. Paul Anderson, Dr. Neil McKini, and Dr. Paul Anderson, Dr. Neil McKini, Dr. William Lee, Dr. Nisha Winters, and Dr. William Lee, Dr. Nisha Winters, and Dr. Isaac Elias. Don't miss out on this Dr. Isaac Elias. Don't miss out on this lifesaving information. I also offer a lifesaving information. I also offer a free 15minute cancer consult where we free 15minute cancer consult where we can go over where you are at in your can go over where you are at in your cancer journey and how the cuttingedge cancer journey and how the cuttingedge therapies we offer can benefit you. Give therapies we offer can benefit you. Give or visit our website at the or visit our website at the carfulcenter.com.

You were saying before that the person You were saying before that the person will will go back and and say what the will will go back and and say what the issue was. Is that something they issue was. Is that something they remember or is you as the practitioner remember or is you as the practitioner tells them what they came up with? Very tells them what they came up with? Very good question. So hypnosis has nothing good question. So hypnosis has nothing to do with remembering. So here is what to do with remembering. So here is what I mean because it's more about I mean because it's more about reivification reivification reivification of that experience. Many moments that uh of that experience. Many moments that uh uh clients uh regress to have happened uh clients uh regress to have happened in very early years of their lives, in very early years of their lives, sometimes right after birth. And you sometimes right after birth. And you know there's no possible way to remember know there's no possible way to remember consciously remember what that was like consciously remember what that was like but we can re revive the experience. we but we can re revive the experience. we can reexperience that moment and it's can reexperience that moment and it's almost like you remember in Mary Poppins almost like you remember in Mary Poppins the old movie when they jumped into the the old movie when they jumped into the um uh drawing on the sidewalk that Bert um uh drawing on the sidewalk that Bert did and and they kind of started walked did and and they kind of started walked into this into this inner world right into this into this inner world right into this magical world and it's very into this magical world and it's very similar we can open up a glimpse into a similar we can open up a glimpse into a full experience and it's not like full experience and it's not like stepping into a movie and uh But but it stepping into a movie and uh But but it becomes we we use our becomes we we use our senses in in in in the fullest capacity.

senses in in in in the fullest capacity. So we can uh um sense uh how we felt and So we can uh um sense uh how we felt and and what we heard and and and everything and what we heard and and and everything else about that moment. It it's rich else about that moment. It it's rich information. It's like uh a picture is information. It's like uh a picture is worth a thousand words, right? So worth a thousand words, right? So there's so much information encoded into there's so much information encoded into a mental image. But I want you to a mental image. But I

want you to understand the language of the conscious understand the language of the conscious mind is different from the language of mind is different from the language of the subconscious mind. So many people the subconscious mind. So many people say well how do you know that we are in say well how do you know that we are in the subconscious mind? Well the language the subconscious mind? Well the language is different. So again if I ask you is different. So again if I ask you about the what do you think about um the about the what do you think about um the ocean? You will give me a thought ocean? You will give me a thought process but and that's the language of process but and that's the language of the conscious mind but the language of the conscious mind but the language of the subconscious mind is automatic. It's the subconscious mind is automatic. It's associations.

associations. associations. They just pop into your mind. So if I They just pop into your mind. So if I said the word uh clouds, what came to said the word uh clouds, what came to mind? Right. White, puffy. Yeah. And you mind? Right. White, puffy. Yeah. And you don't have to manufacture that. You don't have to manufacture that. You don't have to. There's no effort don't have to. There's no effort involved in that. There's no involved in that. There's no comprehension. It's just, oh, it's comprehension. It's just, oh, it's there. If I said the word dog, something there. If I said the word dog, something else would pop into your mind. So else would pop into your mind. So associations, we don't manufacture them.

associations, we don't manufacture them. They're like pieces of a jigsaw puzzle They're like pieces of a jigsaw puzzle that we put together to create a mental that we put together to create a mental image. And sometimes um the question is image. And sometimes um the question is simple. So uh in a moment as I count simple. So uh in a moment as I count from 10 down to number one, your mind from 10 down to number one, your mind will take you to the very all the way will take you to the very all the way back to that very first scene, situation back to that very first scene, situation or event that has everything to do with or event that has everything to do with this experience. And on the count of this experience. And on the count of one, there you are. Is it daytime or one, there you are. Is it daytime or nighttime? They give me an answer. Are nighttime? They give me an answer. Are you alone or with people? They give me you alone or with people? They give me an answer. Is it uh inside or outdoors?

an answer. Is it uh inside or outdoors? They give me an answer. And all these They give me an answer. And all these questions are intended to uh kind of questions are intended to uh kind of breathe life into bring it to the breathe life into bring it to the surface and um and then we just explore surface and um and then we just explore what's there. Now you said something at what's there. Now you said something at the beginning very true. Most people are the beginning very true. Most people are terrified of feeling or feeling those terrified of feeling or feeling those feelings again. Yes. But that's because feelings again. Yes. But that's because back then and there first of all they back then and there first of all they were young so these emotions seemed very were young so these emotions seemed very big but they were also alone in that big but they were also alone in that experience.

experience. experience. Working with a clinical hypnotherapist Working with a clinical hypnotherapist like myself we are there shouldertosh like myself we are there shouldertosh shoulder. You don't have to go through shoulder. You don't have to go through it alone. Even more than that because it alone. Even more than that because you already know you survived that you already know you survived that moment. However difficult that moment moment. However difficult that moment was. it's not going to be as charged as was. it's not going to be as charged as before.

before. before. So there are ways to find where you So there are ways to find where you store in your body store in your body all that pain, all that tension. Uh all that pain, all that tension. Uh there are pockets of festering emotions there are pockets of festering emotions that calcified over the many years of that calcified over the many years of our lives and we have to and your body our lives and we have to and your body will know. I'll ask you where do you will know. I'll ask you where do you feel it in your body? You will say here feel it in your body? You will say here and there. Okay? And then we have to and there. Okay? And then we have to mechanically move that energy. So this mechanically move that energy. So this is where is where mind becomes integrated with body in in mind becomes integrated with body in in a in a very effective way. We usually a in a very effective way. We usually take I have one of those big pillows take I have one of those big pillows that we put on the lap and we literally that we put on the lap and we literally move that energy mechanically. We move move that energy mechanically. We move that that that that stuffed or or festering energy out of stuffed or or festering energy out of our body. We're exhausting it. We're our body. We're exhausting it. We're cleansing it out of the body into that cleansing it out of the body into that

pillow. beat the hell out of it if if pillow. beat the hell out of it if if that's your thing or squeeze it uh um that's your thing or squeeze it uh um out of our our system and and that help out of our our system and and that help us let the steam out if you will. We get us let the steam out if you will. We get to release the intensity of the to release the intensity of the traumatic traumatic moment. The pain is traumatic traumatic moment. The pain is getting released. Now that is necessary getting released. Now that is necessary because when we are in the realm of because when we are in the realm of trauma it's like driving through fog.

trauma it's like driving through fog. you can't see, you can't see really that you can't see, you can't see really that far ahead of you. So, most people that far ahead of you. So, most people that are living with trauma, they've are living with trauma, they've normalized their trauma, they normalize normalized their trauma, they normalize their pain, they trivialize their their their pain, they trivialize their their uh suffering, and they're just kind of uh suffering, and they're just kind of walking, you know, getting through life, walking, you know, getting through life, but it's like walking in mud because but it's like walking in mud because it's it's every step is requires so much it's it's every step is requires so much more effort. Yeah. I'm curious, how many more effort. Yeah. I'm curious, how many sessions does it take? I know everyone's sessions does it take? I know everyone's so different, but typically to see so different, but typically to see results.

results. results. So, it's part of why this program works. So, it's part of why this program works. And again, we're talking about the rapid And again, we're talking about the rapid trauma solution. And the rapid trauma trauma solution. And the rapid trauma solution is a 15-hour program where the solution is a 15-hour program where the first day, the first seven and a half first day, the first seven and a half hours, so half of that time are hours, so half of that time are condensed into one single day. I get to condensed into one single day. I get to work with one person for 7 and 1/2 hours work with one person for 7 and 1/2 hours straight. We go very deep down the straight. We go very deep down the rabbit hole and clear a great deal of rabbit hole and clear a great deal of mental ground. And so when will they mental ground. And so when will they feel change? On day one.

feel change? On day one. On day one. Because there's no mysticism On day one. Because there's no mysticism here. There's no there's we just a very here. There's no there's we just a very structured process with a very defined structured process with a very defined beginning, middle, and end. And beginning, middle, and end.

Freedom, Grief, and Emotional Freedom Technique

And therapeutic intersections that we need therapeutic intersections that we need to cross successfully before we move on to cross successfully before we move on to the next one. And we we know where we to the next one. And we we know where we are along the process. and it just need are along the process. and it just need to get done and when someone says well I to get done and when someone says well I know I need to do this but I don't know know I need to do this but I don't know how this is the most effective way I how this is the most effective way I have learned to do this those uh so have learned to do this those uh so essentially 15 hours are divided into essentially 15 hours are divided into three days the first day is a 7 and 1 three days the first day is a 7 and 1 half hours the second day is a 4hour day half hours the second day is a 4hour day and the last day is three and a half and the last day is three and a half hours day and the reason we do that this hours day and the reason we do that this way is because first day we create a way is because first day we create a massive change in attitude so we clear massive change in attitude so we clear the line from that mental trauma. The the line from that mental trauma. The second day and the third day, we're second day and the third day, we're doing a lot of testing to make sure that doing a lot of testing to make sure that we address all the triggers associated we address all the triggers associated and we also uh establish or work to and we also uh establish or work to establish change in behavior. So we know establish change in behavior. So we know through research that um if we only have through research that um if we only have change in attitude but we don't have change in attitude but we don't have change in behavior as well over time change in behavior as well over time there will be some diminishing effect there will be some diminishing effect and we want to prevent that from and we want to prevent that from happening specifically if we work with happening specifically if we work with uh cancer to clear the traumas we want uh cancer to clear the traumas we want to make sure that we've addressed what to make sure that we've addressed what we've addressed and it's you know it we've addressed and it's you know it doesn't express itself in any other way.

doesn't express itself in any other way. So testing is incredibly important. The So testing is incredibly important.

The point is to get it done. 15 hours have point is to get it done. 15 hours have proven to be a very solid period of time proven to be a very solid period of time where where where majority of people get tremendous majority of people get tremendous results. And again, you can do results. And again, you can do everything right and this is an everything right and this is an important point to make. You can have important point to make. You can have all the right doctors and treatments and all the right doctors and treatments and supplements and everything in between, supplements and everything in between, but if your mind has not been addressed, but if your mind has not been addressed, it will continue to call for the it will continue to call for the terminology that I use is self terminology that I use is self mutilation, right? When the body turns mutilation, right? When the body turns on itself and cancer is a self on itself and cancer is a self mutilation protocol. It's not a very mutilation protocol. It's not a very pleasant term but we we are here to do pleasant term but we we are here to do something significant and we have to something significant and we have to excavate whatever dredge out whatever excavate whatever dredge out whatever uproot whatever is there that is uh uproot whatever is there that is uh pulsating and sending that uh that call pulsating and sending that uh that call for um the body to turn on itself right for um the body to turn on itself right and that's has to be at you know there's and that's has to be at you know there's this joke about the dentist that um you this joke about the dentist that um you know someone sat on on on in the chair know someone sat on on on in the chair and within uh five minutes they pull and within uh five minutes they pull their tooth out and $500 and the person their tooth out and $500 and the person says $500 five minutes and dentist says says $500 five minutes and dentist says you know I can take a lot longer right I you know I can take a lot longer right I mean it is just how how long do you want mean it is just how how long do you want to suffer so I don't believe in to suffer so I don't believe in suffering I think we've we just have a suffering I think we've we just have a lot too much of that exactly and so I um lot too much of that exactly and so I um I I really um want to get it done as I I really um want to get it done as soon as possible um life in Israel are soon as possible um life in Israel are lived by the second hand of the clock.

lived by the second hand of the clock. We don't have time to spend endless We don't have time to spend endless years in therapy, right? So, this is years in therapy, right? So, this is just a very effective, goal oriented way just a very effective, goal oriented way to get it done. H love it. It's just to get it done. H love it. It's just it's so important. Uh I'd love you to it's so important. Uh I'd love you to just talk about a client and and you just talk about a client and and you know, maybe what they went in for and know, maybe what they went in for and and how their life was improved and how their life was improved afterwards.

afterwards. afterwards. Sure. So, this process is ultimately Sure. So, this process is ultimately freeing. Most people come either freeing. Most people come either because, you know, they struggled with because, you know, they struggled with certain patterns for years. Um, that's certain patterns for years. Um, that's trauma or they've done therapy and, you trauma or they've done therapy and, you know, they spent years in therapy, but know, they spent years in therapy, but that didn't move the needle that much.

that didn't move the needle that much. Yes, sometimes it helped them feel Yes, sometimes it helped them feel better, helped them grow and help them better, helped them grow and help them address certain aspects of their address certain aspects of their experience, but it didn't scratch that experience, but it didn't scratch that inner itch. Uh, it didn't change their inner itch. Uh, it didn't change their self-concept, their their understanding self-concept, their their understanding of who they are. And that's where the of who they are. And that's where the challenge is because we grow up in a challenge is because we grow up in a world that is extremely demanding. We world that is extremely demanding. We learn from other people that certain learn from other people that certain parts of us are uh not appropriate or or parts of us are uh not appropriate or or undesired or whatever you want to call undesired or whatever you want to call um you know our inner experience. And um you know our inner experience. And and so we are insecure. We have a and so we are insecure. We have a distorted self-image. We are um uh distorted self-image. We are um uh unintentionally letting many of these uh unintentionally letting many of these uh um of other people ideas about how life um of other people ideas about how life should be hold us back from being our should be hold us back from being our fullest self. Many of us and uh many of fullest self. Many of us and uh many of my clients are women. Many of them, you my clients are women. Many of them, you know, talk about the fact that they were know, talk about the fact that they were told that there's too much, right? And told that there's too much, right? And and and so what does that mean? And then and and so what does that mean? And then there you have men that struggle with there you have men that struggle with other things. And so we're just other things. And so we're just yeah, we have to we have to shake it off yeah, we have to we have to shake it off somehow. There's there's this story somehow. There's there's this story about the fly that is trying to push about the fly that is

trying to push through the window pane to the outside, through the window pane to the outside, right? And and you can only I mean that right? And and you can only I mean that fly is locked into the belief that fly is locked into the belief that pushing harder through the window pane pushing harder through the window pane will somehow get it to freedom. But that will somehow get it to freedom. But that very belief will be the end of that very belief will be the end of that thigh cuz it will eventually spend all thigh cuz it will eventually spend all its life energy and it will die. So we its life energy and it will die. So we and and by the way the door to the left and and by the way the door to the left three uh uh 3 ft away is wide open. Most three uh uh 3 ft away is wide open. Most of us don't even know we live in this of us don't even know we live in this inner prison of experience. We just call inner prison of experience. We just call it shame or guilt or anger or rage or it shame or guilt or anger or rage or trauma or whatever. But so most of the trauma or whatever. But so most of the people when they come to um arrive at my people when they come to um arrive at my office they have been through some inner office they have been through some inner work processes. They tried um therapy work processes. They tried um therapy and and and um Raj talked about internal and and and um Raj talked about internal family system and so forth. These are family system and so forth. These are great tools but if you don't get results great tools but if you don't get results that means that you have to dig beneath that means that you have to dig beneath the surface of your consciousness and the surface of your consciousness and then tools like clinical hypnotherapy then tools like clinical hypnotherapy might be very appropriate. I can tell might be very appropriate.

Closing Thoughts and Listener Call to Action

I can tell you about many clients that came in you about many clients that came in believing that um they're truly believing that um they're truly defective and and broken and undesired defective and and broken and undesired and uh that what they were told about and uh that what they were told about themselves um was true and in fact it themselves um was true and in fact it really wasn't wasn't the real wasn't the really wasn't wasn't the real wasn't the truth. It was their perceived truth.

truth. It was their perceived truth. Right? So I live in Boston. I use the Right? So I live in Boston. I use the analogy of baseball uh because that's analogy of baseball uh because that's resonates with people here. But we grow resonates with people here. But we grow uh we grow up in life like looking uh we grow up in life like looking through through a a hole in the fence, through through a a hole in the fence, looking at a baseball game through a looking at a baseball game through a hole in the fence. And so we're only hole in the fence. And so we're only going to be able to see a sliver of the going to be able to see a sliver of the field. We're not going to see be able to field. We're not going to see be able to see what's before and after, but we're see what's before and after, but we're going to make up the story because we going to make up the story because we have to make sense of the game. And have to make sense of the game. And that's what most of us have done that's what most of us have done throughout life, which means we throughout life, which means we have a distorted image of we are right.

have a distorted image of we are right. So when a client comes, they usually So when a client comes, they usually come because they tried to get relief come because they tried to get relief for many years and didn't get it or they for many years and didn't get it or they are they just been diagnosed with cancer are they just been diagnosed with cancer and they say, "Look, and they say, "Look, there's more to healing than what there's more to healing than what happens uh you know than poking my body.

happens uh you know than poking my body. I know that there's something going on. I know that there's something going on. I knew it for years. I just was, you I knew it for years. I just was, you know, I I I put it off and and I know I know, I I I put it off and and I know I can't afford to do that anymore. So I'm can't afford to do that anymore. So I'm here. Let's get it done." Yeah. Uh in here. Let's get it done." Yeah. Uh in every case the first day which is the every case the first day which is the marathon day if you will is extremely marathon day if you will is extremely momentous. U there's momentous. U there's we go back in time to events that have we go back in time to events that have literally shaped who we are and we literally shaped who we are and we change the meaning that we have assigned change the meaning that we have assigned from limiting and destructive and from limiting and destructive and painful to enhancing and positive and painful to enhancing and positive and uplifting. And one way to explain that uplifting. And one way to explain that is uh for example is uh for example um I I use the example of food and um I I use the example of food and eating cuz it's not threatening to eating cuz it's not threatening to anyone. But if you grew up in a normal anyone. But if you grew up in a normal home, you heard that statement that

you home, you heard that statement that you better finish the food off your plate better finish the food off your plate cuz there's kids hungry in whatever cuz there's kids hungry in whatever country of the time. Have you have you country of the time. Have you have you heard that? Yes. Yeah. So it's a very heard that? Yes. Yeah. So it's a very interesting statement because when we interesting statement because when we were kids, were kids, most of us didn't travel. So we don't most of us didn't travel. So we don't really know what another country is really know what another country is like. Is it uh uh across the street? We like. Is it uh uh across the street? We just don't have that concept uh firmly just don't have that concept uh firmly embedded into us. And um if we never embedded into us. And um if we never starve, we don't know what hunger is. I starve, we don't know what hunger is. I mean, is it missing snack or what is it?

mean, is it missing snack or what is it? So most of us don't necessarily hear So most of us don't necessarily hear what the adult is trying to say. And the what the adult is trying to say. And the adult is trying to teach us that look, adult is trying to teach us that look, you know, not everybody have food. So you know, not everybody have food. So we're very fortunate. Finish your plate, we're very fortunate. Finish your plate, right? Yeah. So that's what the adult is right? Yeah. So that's what the adult is saying. But the child, if that child saying. But the child, if that child hasn't traveled and doesn't and and was hasn't traveled and doesn't and and was never starving, can only hear the never starving, can only hear the subtext. And the subtext is if you do as subtext. And the subtext is if you do as I tell you, which is finish the food of I tell you, which is finish the food of your plate, I will love you more. And your plate, I will love you more. And everything we do in life, I'm not the everything we do in life, I'm not the first one to say it. Everything we do in first one to say it. Everything we do in life is either to get more love or life is either to get more love or compensate for the lack of love.

compensate for the lack of love. You can take that to the bank. You can, You can take that to the bank. You can, it's a yard stick that never fails. So it's a yard stick that never fails. So of course as kids our life depends on of course as kids our life depends on our caretakers. We want to you know we our caretakers. We want to you know we we want to do what we we are told we want to do what we we are told because that means security and safety.

because that means security and safety. So uh we grow up to be very um I mean we So uh we grow up to be very um I mean we create these create these associations. We lock into certain associations. We lock into certain associations between food and associations between food and conditional love and many people develop conditional love and many people develop patterns around food and eating or patterns around food and eating or eating habits that are not very healthy eating habits that are not very healthy because of that. Right. So in the because of that. Right. So in the context of this work, if somebody came context of this work, if somebody came in to um resolve this pattern, we will in to um resolve this pattern, we will use this protocol, the regression use this protocol, the regression protocol to go back in time to the very protocol to go back in time to the very first time they ever heard that first time they ever heard that statement. And then the adult us, the statement. And then the adult us, the adult you will have a conversation with adult you will have a conversation with that younger version of you. that that younger version of you. that younger version is holding the perceived younger version is holding the perceived truth and you're going to give it or truth and you're going to give it or offer it the absolute truth which is offer it the absolute truth which is what the adult was trying to say. Right?

what the adult was trying to say. Right? So there's an exchange of meaning. Mhm. So there's an exchange of meaning. Mhm. Right. The absolute truth will override Right. The absolute truth will override the perceived truth and that chain of the perceived truth and that chain of association will be broken and you will association will be broken and you will have your freedom. And is this something have your freedom. And is this something when you wake up from I don't know if when you wake up from I don't know if you say it's a trance or what it is you say it's a trance or what it is exactly you remember all this or you exactly you remember all this or you don't remember it. Absolutely. Okay.

don't remember it. Absolutely. Okay. Yes, you emerge from hypnosis. You Yes, you emerge from hypnosis. You emerge. So, in hypnosis, there are six emerge. So, in hypnosis, there are six levels of depth. Uh, most schools will levels of depth. Uh, most schools will agree to that. The first level is what agree to that. The first level is what we call awake hypnosis. We're all in we call awake hypnosis. We're all in hypnosis, right? We're all responding to hypnosis, right? We're all responding to suggestions. If a friend of yours told suggestions. If a friend of yours told you that um there's a great um you that um there's a great um restaurant to try, it's a suggestion, restaurant to try,

it's a suggestion, right? And if we act upon it, we acted right? And if we act upon it, we acted on a suggestion. That's what hypnosis on a suggestion. That's what hypnosis is. we are more susceptible or more open is. we are more susceptible or more open to suggestions. So level one is awake to suggestions. So level one is awake hypnosis. Level two and three are just hypnosis. Level two and three are just below the surface what we call some below the surface what we call some ambulism. It's the surface of trans ambulism. It's the surface of trans state. In that in the in these two state. In that in the in these two states you can hear everything uh states you can hear everything uh remember everything respond in your own remember everything respond in your own voice and um and get a full effect.

voice and um and get a full effect. three and down, you're kind of out and three and down, you're kind of out and there's no healing value to it there's no healing value to it whatsoever. It's valuable if you go to whatsoever. It's valuable if you go to the dentist and Novakin hasn't hasn't the dentist and Novakin hasn't hasn't been effective with you. If you don't been effective with you. If you don't want to feel the pain, you can use that want to feel the pain, you can use that uh kind of a coma state if you want uh uh kind of a coma state if you want uh to call it that. But but it has no added to call it that. But but it has no added value in terms of healing. And you value in terms of healing. And you mentioned neuroimmunology.

mentioned neuroimmunology. Oh, wait. Psychonuroimmunology. Oh, wait. Psychonuroimmunology. Yes. Is is there anything else you Yes. Is is there anything else you wanted to say about that or Sure. very wanted to say about that or Sure. very quickly. Psychonurimunology is a field quickly. Psychonurimunology is a field of scientific study that has been with of scientific study that has been with us since the early '7s. Uh started at us since the early '7s. Uh started at the University of Rochester in New York.

the University of Rochester in New York. They by accident they they worked with They by accident they they worked with rodents with rats and they wanted to rodents with rats and they wanted to give them a drug that will give them a give them a drug that will give them a belly ache and then remove the drug and belly ache and then remove the drug and see if the belly ache could be see if the belly ache could be conditioned just like Pablo's dogs with conditioned just like Pablo's dogs with the bells and the salivation. So they the bells and the salivation. So they wanted to repeat that just with rats and wanted to repeat that just with rats and um and it worked only that the rats um and it worked only that the rats began to die and they said well what's began to die and they said well what's going on here? the belly ache drug going on here? the belly ache drug doesn't have any um you know nothing doesn't have any um you know nothing here. So they went back to the uh here. So they went back to the uh drawing board and they realized that the drawing board and they realized that the belly ache drug has immune suppressant belly ache drug has immune suppressant components and they discovered that oh components and they discovered that oh my god the immune system can be my god the immune system can be conditioned.

conditioned. conditioned. So that's the the psychonuruminology is So that's the the psychonuruminology is psychonurominology is the holy grail for psychonurominology is the holy grail for any body mind practice. If people would any body mind practice. If people would care to understand what this research care to understand what this research indicates that there are certain mental indicates that there are certain mental and psychological patterns that are and psychological patterns that are suppressing or weighing heavy on the suppressing or weighing heavy on the functioning of our immune system. These functioning of our immune system. These patterns are stress, helplessness and patterns are stress, helplessness and hopelessness just to name a few. But I hopelessness just to name a few. But I can add trauma, rage and and grief over can add trauma, rage and and grief over deprivation. There's a whole host of deprivation. There's a whole host of them that I've seen at work. Um but them that I've seen at work. Um but psychonur iminology is really the psychonur iminology is really the scientific uh backdrop to the scientific uh backdrop to the methodology that I developed working methodology that I developed working with cancer patients um and people by with cancer patients um and people by the way um that want to utilize it as a the way um that want to utilize it as a preventative approach right people are preventative approach right people are okay now they're healthy but they're okay now they're healthy but they're saying look stuff happened in my life I saying look stuff happened in my life I don't want to carry this for until don't want to carry this for until something happens I want to be done with something happens I want to be done with that uh so this this is what we that uh so this this is what we Perfect. It's just I just think it is so Perfect. It's just I just think it is so so important and I'm so glad that you so important and I'm so glad that you spoke about this and that you're on the spoke about this and that you're on the show. Um we're going to get into random show. Um we're going to get into random round. I might

just do just a few of the round. I might just do just a few of the questions just because it's running a questions just because it's running a little long. Sure. Um but first fill in little long. Sure. Um but first fill in the blank. Freedom to you is So freedom the blank. Freedom to you is So freedom is a state of inner alignment for me.

is a state of inner alignment for me. And what I mean by that is when my soul And what I mean by that is when my soul when I feel that my soul is in the right when I feel that my soul is in the right place in the right time and I'm doing place in the right time and I'm doing the right thing, there's a there's an the right thing, there's a there's an inner state of alignment that resonates inner state of alignment that resonates with joy. And I can have it whether I'm with joy. And I can have it whether I'm on subway. I can have it when I'm with on subway. I can have it when I'm with my daughters. I can have it when I'm it my daughters. I can have it when I'm it doesn't matter. It's an inner state of doesn't matter. It's an inner state of of of experience. And I thrive I strive of of experience. And I thrive I strive to to get there as often as I can. M I to to get there as often as I can. M I love that. Love that. You know, I was love that. Love that. You know, I was just thinking about my dad who passed just thinking about my dad who passed away uh recently and unexpectedly and I away uh recently and unexpectedly and I keep thinking to myself like how do I keep thinking to myself like how do I get that joy back? You know, I it just get that joy back? You know, I it just and obviously that's part of grief. But and obviously that's part of grief. But listening to you, it's like okay, I can listening to you, it's like okay, I can do this. I can do this.

do this. I can do this. And my my recommendation on that, if I And my my recommendation on that, if I may, would just be to shift your focus may, would just be to shift your focus from the moment of departure to his life from the moment of departure to his life legacy that keeps on living with you and legacy that keeps on living with you and in you and within your family. So, um in you and within your family. So, um it's a tiny little shift but extremely it's a tiny little shift but extremely meaningful.

meaningful. meaningful. That's beautiful. Thank you. Sure. When That's beautiful. Thank you. Sure. When you are feeling afraid, what do you do? you are feeling afraid, what do you do?

Oh, I tap. I love emotional freedom Oh, I tap. I love emotional freedom technique. Uh for those of you who are technique. Uh for those of you who are not familiar with it, find a resource.

not familiar with it, find a resource. It is such a practical and effective uh It is such a practical and effective uh and easy to learn and easy to apply and easy to learn and easy to apply method to just hack into our nerve method to just hack into our nerve system, right? Uh the methodology is system, right? Uh the methodology is just like noise cancellation technology just like noise cancellation technology for me. Um we're just it's just very for me. Um we're just it's just very effective. We don't have the time to go effective. We don't have the time to go into that, but I teach it to every one into that, but I teach it to every one of my clients and of my clients and I have a course on my website for for I have a course on my website for for people that uh might be interested. It's people that uh might be interested. It's just such a fantastic way to get relief.

just such a fantastic way to get relief. Tap on anything. Yes. Yeah. I love that. Tap on anything. Yes. Yeah. I love that. I love that. And yeah, I think for I love that. And yeah, I think for people who are in that state of fight or people who are in that state of fight or flight, it's just such a good practice.

flight, it's just such a good practice. It takes you from the mind to the body It takes you from the mind to the body because you immediately because you immediately uh you know you get into action and you uh you know you get into action and you don't stay in your mind. You don't it's don't stay in your mind. You don't it's not just uh in the realm of thoughts and not just uh in the realm of thoughts and you get to integrate it into the body you get to integrate it into the body and release it through the body, right?

and release it through the body, right? What is one simple thing that brings you What is one simple thing that brings you joy? Um that's that's an unfair question joy? Um that's that's an unfair question because there's so many.

because there's so many. my daughters. I have two uh teenage my daughters. I have two uh teenage daughters and daughters and yeah, I'm, you know, I'm smitten. So, yeah, I'm, you know, I'm smitten. So, it's just knowing that they're in that I it's just knowing that they're in that I I've been fortunate enough to have that I've been fortunate

enough to have that in my life is is everything.

in my life is is everything. Great. And last, where can people find Great. And last, where can people find you if they want to learn more? Sure. So you if they want to learn more? Sure. So um my website is my full name um my website is my full name ainoamlno.com ainoamlno.com ainoamlno.com and um I'm in Boston. I'm I mean look and um I'm in Boston. I'm I mean look I've been doing this for many years I've been doing this for many years written books and that done written books and that done presentations and TEDex and every just presentations and TEDex and every just plug my name online and you will plug my name online and you will certainly reach me. There are actually certainly reach me. There are actually two of you know learners in the United two of you know learners in the United States. One of them is a very big shot States. One of them is a very big shot Hollywood producer. That's not me.

Hollywood producer. That's not me. Yes, I'm the other one. Got it. That's Yes, I'm the other one. Got it. That's perfect. I didn't even know that. I perfect. I didn't even know that. I Yeah, I did not know that. I get a call Yeah, I did not know that. I get a call every now and then with people trying to every now and then with people trying to pitch me a script and they dive right pitch me a script and they dive right into it and I have to I'm so sorry. That into it and I have to I'm so sorry. That sounds fantastic, but that's, you know, sounds fantastic, but that's, you know, that's not that's not Oh, funny. Well, Aino, thank you so so Oh, funny. Well, Aino, thank you so so much. this was such an important much. this was such an important conversation and I know people are going conversation and I know people are going to want to reach out to you and and to want to reach out to you and and you know want to deal with this you know want to deal with this emotional the emotional stress that emotional the emotional stress that happens when you have a cancer happens when you have a cancer diagnosis. So and also you know it's a diagnosis. So and also you know it's a traumatic experience just having cancer traumatic experience just having cancer even though many people have trauma even though many people have trauma beforehand beforehand beforehand the whole experience is traumatic for the whole experience is traumatic for people. So I think your work is so so people. So I think your work is so so important so thank you so much. Thank important so thank you so much. Thank you very much for having me. I I want you very much for having me. I I want people to know that there is a lot that people to know that there is a lot that they can do. That's all. Wonderful.

they can do. That's all. Wonderful. That's it for today's episode. Thank you That's it for today's episode. Thank you so much for tuning in. If you enjoyed so much for tuning in. If you enjoyed this podcast, please rate, review, and this podcast, please rate, review, and subscribe. Doing so will really help subscribe. Doing so will really help this podcast get noticed and will help this podcast get noticed and will help us to inspire more people. And remember, us to inspire more people. And remember, the sky is the limit when you take your the sky is the limit when you take your