The Cancer Liberation Podcast with Avinoam Lerner Transcript

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Podcast Introduction and Mission

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, remaining healthy, you are in the right place.

you are in the right place. As a 20-year-plus cancer survivor, Haley As a 20-year-plus cancer survivor, Haley knows how unsettling it can be to not knows how unsettling it can be to not only hear the words, "You have cancer." only hear the words, "You have cancer." but also the uncertainty and fear that but also the uncertainty and fear that comes when you have been declared comes when you have been declared cancer-free.

cancer-free. cancer-free. The Cancer Liberation Project was born The Cancer Liberation Project was born out of Haley's desire to make cancer out of Haley's desire to make cancer less scary for people, to give people less scary for people, to give people hope that they can not only heal from hope that they can not only heal from cancer, but live their best, most cancer, but live their best, most vibrant life after cancer.

vibrant life after cancer.

Guest Introduction and Background

Get ready to be inspired with your host, Get ready to be inspired with your host, >> Hi, and welcome to the Cancer Liberation >> Hi, and welcome to the Cancer Liberation Project. Today, I sit down with Avi Noam Project. Today, I sit down with Avi Noam Lerner.

Lerner. Lerner. Avi Noam is a cancer and trauma recovery Avi Noam is a cancer and trauma recovery coach, clinical hypnotherapist, coach, clinical hypnotherapist, author of the new Cancer Paradigm, and author of the new Cancer Paradigm, and TED Talk speaker based in Boston, TED Talk 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, increase their odds of full recovery, and people living with significant and people living with significant trauma prevent trauma from taking hold trauma prevent trauma from taking hold of their body in the form of illness, of their body in the form of illness, addiction, and other destructive addiction, and other destructive behaviors.

behaviors. behaviors. I look forward to sharing my I look forward to sharing my conversation with Avi Noam, but before I conversation with Avi Noam, 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 revivewellness.com website at revivewellness.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. That's r e v i v e wellness.com. That's r e v i v e wellness.com. And second, I want to take a moment to And second, I want to take a moment to thank the Karrlefeldt Center, who makes thank the Karrlefeldt Center, who makes the show possible.

the show possible. Hi, Avi Noam. Welcome to the Cancer Hi, Avi Noam. Welcome to the Cancer Liberation Project. I'm so looking Liberation Project. I'm so looking forward to our conversation today.

forward to our conversation today. >> It's good to be with you, Haley. Thank >> It's good to be with you, Haley. Thank you. you. you.

Early Trauma and Career Origins

>> 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. >> Mhm. Well, >> Mhm. Well, so it all started when I was 6 years so it all started when I was 6 years old. How often do you hear that? But I old. How often do you hear that? But I uh I'm I'm originally from Israel, and uh I'm I'm originally from Israel, and this region is rich with a conflict and this region is rich with a conflict and trauma as such.

trauma as such. And as a And And I lived in a very small And as a And And I lived in a very small community. We call it a kibbutz, which community. We call it a kibbutz, which is um is um kind of a utopian kind of a utopian mhm community that of of of a few mhm community that of of of a few hundred people that um hundred 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 kibbutz.

their duties around the uh kibbutz. And um And um when I was 6 years old, the Yom Kippur when I was 6 years old, the Yom Kippur War, one of the wars uh started and um War, one of the wars uh started and um um many of the men were called into um um many of the men were called into um into war.

into war. And um And um we would go down with our caretaker we would go down with our caretaker um um um mhm to the gate of the kibbutz to mhm to the gate of the kibbutz to welcome the men back as they returned.

welcome the men back as they returned. And most of them did. Um And most of them did. Um one particular day uh which comes to one particular day uh which comes to mind, one didn't. And um mind, one didn't. And um uh you know, 6 years old, I didn't uh you know, 6 years old, I didn't understand what that that what what that understand what that that what what that meant at all, but what I witnessed back meant at all, but what I witnessed back then then then was um was um the wife of this particular man the wife of this particular man receiving the news and receiving the news and breaking down in a way that breaking down in a way that I couldn't fathom. I couldn't contain. I I couldn't fathom. I couldn't contain. I I I I just I I I I just I Something terrible has happened and Something terrible has happened and there was nothing I can do about it. I there was nothing I can do about it. I was only 6 years old. But that that was only 6 years old. But that that thought really kind of coursed through thought really kind of coursed through me and I me and I remember I just want to remember I just want to reach out and make it all better.

reach out and make it all better. Um given the fact that I was 6 years Um given the fact that I was 6 years old, there was very little that I could old, there was very little that I could have done at the time. But what really have done at the time. But what really remained with me, what got burned into remained with me, what got burned into my mind was the look my mind was the look in that in that woman's eyes. And it was the look of woman's eyes. And it was the look of loss, of of loss, of of helplessness and and and hopelessness.

helplessness and and and hopelessness. Something Something Something Something was taken that I couldn't Something was taken that I couldn't comprehend. I mean, I I only could many comprehend. I mean, I I only could many years later interpret that look because years later interpret that look because many years later when I completed my many years later when I completed my education in holistic health, holistic education in holistic health, holistic therapy, again in Israel, I worked with therapy, again in Israel, I worked with two unique groups of people with um two unique groups of people with um specific emotional needs. One were specific emotional needs. One were Holocaust survivors.

Holocaust survivors. And the other was terminally ill And the other was terminally ill cancer patients. cancer patients. And what I was um And what I was um struck by is is is struck by is is is the look in the terminal cancer the look in the terminal cancer patients' eyes patients' eyes was very similar to the look I've seen was very similar

to the look I've seen all those years ago. The look of loss all those years ago. The look of loss and helplessness of something that was and helplessness of something that was taken from them.

taken from them. But I was no longer a 6-year-old. I But I was no longer a 6-year-old. I could um uh certainly have done could um uh certainly have done something cuz I just completed my something cuz I just completed my education.

education. education. And so right there and then it clicked And so right there and then it clicked for me and since then I haven't looked for me and since then I haven't looked back. I've been working with cancer back. I've been working with cancer patients and people living with patients and people living with significant trauma.

significant trauma.

Cancer, Trauma, and the Mind-Body Connection

And um we will talk about the approach, And um we will talk about the approach, but you will see that it's uh but you will see that it's uh different in that respect that it's more different in that respect that it's more more goal-oriented and result-driven more goal-oriented and result-driven and structured with a very defined and structured with a very defined beginning, middle, and end. So, there's beginning, middle, and end. So, there's no mysticism. We really dive into the no mysticism. We really dive into the inner landscape of a person inner landscape of a person >> Mhm.

>> Mhm. >> Mhm. >> of a person's mind to >> of a person's mind to address the wounds that were buried in address the wounds that were buried in that um that um blood-soaked uh blood-soaked uh soil. Yeah.

soil. Yeah. >> Yeah. >> Yeah. >> Yeah. Uh I mean, that sounds just so amazing Uh I mean, that sounds just so amazing when you were so young, but you were when you were so young, but you were empathetic and and look where it led empathetic and and look where it led you. So, kudos to you. That's just 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 that you are saying it's results-oriented because I know you you results-oriented because I know you you recently listened to a podcast I just recently listened to a podcast I just did with Raj, and 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, know with my clients, they don't often want to go there. And they don't often want to go there. And and it becomes difficult for someone and it becomes difficult for someone like wound and figure out, you know, what is wound and figure out, you know, what is really stopping them, what is making really stopping them, what is making them paralyzed by fear, and all that.

them paralyzed by fear, and all that. >> Yeah. >> Yeah. >> Yeah. >> But, I first wanted to ask you, >> But, I first wanted 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?

cancer is here to teach us? >> So, in my book, The New Cancer Paradigm, >> So, in my book, The New Cancer Paradigm, I um I um uh because one of the most common uh because one of the most common questions that people ask is, "Why me?" questions that people ask is, "Why me?" Right? I mean, that's just a very Right? I mean, that's just a very natural natural natural very appropriate question. Why me? I very appropriate question. Why me? I mean, it wasn't here until now. Now it's mean, it wasn't here until now. Now it's What has changed? Why Why me and why What has changed? Why Why me and why now? I think illness is a call to now? I think illness is a call to action.

action. action. From my perspective, illness is a call From my perspective, illness is a call to action and a call for us to begin to 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 uh for the were raised by people that uh for the most part loved us and wanted the best most part loved us and wanted the best for us, but what we have been uh handed for us, but what we have been uh handed down in terms of ideas and thoughts and

down in terms of ideas and thoughts and perceptions and beliefs, many of them perceptions and beliefs, many of them are other people's ideas, thoughts, and are other people's 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, had to accept someone else's truth, reality, reality, 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 young, during our formative years, and we didn't have the capacity because our we 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, uh those people who cared caretakers, uh those people who cared for us and raised us, perceived them.

for us and raised us, perceived them. And if it was an issue, you know, if we And if it was an issue, you know, if we if you see, you just have to look at if you see, you just have to look at politics, for example, the politics politics, for example, the politics political landscape, and you will see political landscape, and you will see that people that were uh that were that people that were uh that were raised in a certain party's home will raised in a certain party's home will more often than not will continue to more often than not will continue to vote for that particular party.

vote for that particular party. It's not necessarily that um I mean, It's not necessarily that um I mean, obviously more and more people have obviously more and more people have access to information and to question access to information and to question that, but for many years, if you were of that, but for many years, if you were of one party, then your household, that's one party, then your household, that's how people vote. And so, it's very hard how people vote. And so, it's very hard for us to break free from uh these old for us to break free from uh 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 that locks us into this inner experience beliefs, perceptions, inner experience beliefs, perceptions, yeah?

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

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

fixes. fixes. But, But, But, if illness is a call to action and a 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 some the path. It's It's a vehicle and some 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 absolutely. But, um if if we have if if we have something going on, just shutting on something going on, just shutting on 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 becomes becomes a chronic condition and until it fester a chronic condition and until it fester into something more sinister such as into something more sinister such as illness and illness such as cancer.

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

mental piece is to address? >> I think it's extremely important and >> I think it's extremely important and my approach is very realistic. We have my approach is very realistic. We have to treat cancer where the crisis is to treat cancer where the crisis is visible and that is the physical body.

visible and that is the physical body. I'm all for medical treatment. Medical I'm all 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.

Subconscious Beliefs and Healing

The healing equation is equation is multi-dimensional because illness is multi-dimensional because illness is multi-dimensional. We are multi-dimensional. We are multi-dimensional. In other words, multi-dimensional. In other words, illness certainly us physically but as illness certainly us physically but as someone who had cancer, you know that it someone who had cancer, you know that it impacts us mentally, emotionally, impacts us mentally, emotionally, physically and sometimes even physically and sometimes even spiritually and we have to address all spiritually and we have to address all these different realms because and I these different realms because and I love that your previous guest Raj love that your previous guest Raj uh uh uh brought up Victor Frankl because Victor brought up Victor Frankl because Victor Frankl Frankl Frankl in he was the father of logotherapy in he was the father of logotherapy which is subsect of which is subsect of uh psychotherapy. Long story short, I uh psychotherapy. Long story short, I use some of these models, visual models use some of these models, visual models to explain to explain the problem. The problem with the problem. The problem with looking at a looking at a multi-dimensional event such as illness multi-dimensional event such as illness through a singular lens, whether it's through a singular lens, whether it's the lens of medicine which give us the lens of medicine which give us information about cells dividing in the information about cells dividing in the body and other biological processes or body and other biological processes or whether it's the lens of psychosocial whether it's the lens of psychosocial studies that give us studies that give us information about information about what's going on in what's going on in 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 look at a object like a can of soda.

object like a can of soda. So, you will have So, you will have one dimension is one dimension is the height the height and the width. and the width. If you If you flip it on its side, you will see that flip it on its side, you will see that it has a top and bottom. You can if you it has a top and bottom. You can if you look at the shadow of it look at the shadow of it holding it in the you know the sun and holding it in the you know the sun and the the the shadow is depicted on the ground, you shadow is depicted on the ground, you will see a rectangle.

will see a rectangle. Or you will see a circle, depends on how Or you will see a circle, depends on how you hold it. But none of these you hold it. But none of these depictions will tell you that this is an depictions will tell you that this is an open vessel, in other words, a can of open vessel, in other words, a can of soda soda soda is open from the top or has an opening is open from the top or has an opening at the top, meaning at the top, meaning one piece of information, height and one piece of information, height and width, has to do with the lens of width, has to do with the lens of science or medicine. The other science or medicine. The other dimension, the circumference, will show dimension, the circumference, will show you the you the psychosocial element, and then the psychosocial element,

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

recurrences. recurrences. >> Mhm. >> Mhm. >> Mhm. 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 that that I believe we get from what the minute I believe we get from what the minute we're conceived, correct? Till we're we're conceived, correct? Till we're about seven, is that right?

about seven, is that right? >> Well, the subconscious mind is always >> Well, the subconscious mind is always omnipresent. Um our mind begins to form omnipresent. Um our mind begins to form uh in conception and it begins to gather uh in conception and it begins to gather information even when we are information even when we are um um um in the womb, but it doesn't have in the womb, but it doesn't have information enough or enough information information enough or enough information to interpret, for example, sounds into to interpret, for example, sounds into words or meaning and so forth. But it words or meaning and so forth. But it just collect information. And later on, just collect information. And later on, when we grow up, we um when we grow up, we um we automatically turn uh these uh we automatically turn uh these uh signals into information, information signals into information, information that that that the mind generate the mind generate through the brain into the physical body through the brain into the physical body as an experienced vibration. So stress as an experienced vibration. So stress is one frequency, love is a whole is one frequency, love is a whole different frequency. And both can be different frequency. And both can be generated generated generated in the next second if you know how to do in the next second if you know how to do that. But first, how do people address that. But first, how do people address the subconscious mind? I want to point the subconscious mind? I want to point out that most most of us are familiar out that most most of us are familiar with uh talk therapy. Talk therapy is with uh talk therapy. Talk therapy is important, uh but it's not designed to important, uh but it's not designed to address the subconscious mind.

address the subconscious mind. The word talk therapy or most form of The word talk therapy or most form of mainstream therapy address the conscious mainstream therapy address the conscious part of the mind, hence talk therapy. We part of the mind, hence talk therapy. We the con- the the conscious part of the the con- 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 uh what do educated mind. If I asked you uh what do you think about um you think about um one particular subject, you'll give me a one particular subject, you'll give me a thought process. That's what But it's thought process. That's what But it's not where your knowledge reside.

not where your 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 The um analogy that I like to give is of a bank analogy that I like to give is of a bank that has a vault, and the vault has all that has a vault, and the vault has all the gold. In front of the vault, there the gold. In front of the vault, there is a guard. That guard is likened to the is a guard. That guard is likened to the conscious mind. If you have the right conscious mind. If you have the right credentials, it will let you in. If you credentials, it will let you in. If you don't have the right credentials, it 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 is actually I don't know, yellow.

I don't know, yellow. If uh where you come from, the ocean is If uh where you come from, the ocean is blue, your conscious mind has heard my blue, your conscious mind has heard my suggestion and ran into the vault, suggestion and ran into the vault, opened the folder of colors of nature, opened the folder of colors of nature, and ocean register as blue, and the and ocean register as blue, and the conscious mind will say, "No.

conscious mind will say, "No. I that's that's not what I know to be I that's that's not what I know to be true, so you

don't have any access." We true, so you don't have any access." We have to bypass the conscious mind have to bypass the conscious mind in order to get to the subconscious in order to get to the subconscious mind, where the information is, mind, where the information is, so that we can revise and edit and so that we can revise and edit and cleanse and re-edit or insert new cleanse and re-edit or insert new information. And that's essentially why information. And that's essentially why talk therapy, for my perspective, and talk therapy, for my perspective, and I'm not putting talk therapy down in any I'm not putting talk therapy down in any way, that's why for my perspective is uh way, that's why for my perspective is uh it's it's not really designed to promote it's it's not really designed to promote deep change. Mhm. So, again, I like deep change. Mhm. So, again, I like analogies. If you're driving, then uh analogies. If you're driving, then uh talk therapy is like wiping the talk therapy is like wiping the windshield clean. It's important. I live windshield clean. It's important. I live in Boston. Boston has potholes all in Boston. Boston has potholes all around, so it's important for you to see around, so it's important for you to see the road the road in the best way possible. But, if your in the best way possible. But, if your engine is leaking, 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.

I do day in and day out. It's kind of an intervention. It's kind of an intervention. And then we can go into talk therapy to And then we can go into talk therapy to process that and process that and unfold what has came up, but we have to unfold what has came up, but we have to address the issue where it reside. If address the issue where it reside. If it's an emotional issue such as trauma, it's an emotional issue such as trauma, the nature of trauma is emotional, we the nature of trauma is emotional, we have to address it within the realm of have to address it within the realm of the emotional mind.

the emotional mind. >> And >> And >> And how what are some of the ways to get how what are some of the ways to get into the subconscious mind and and do into the subconscious mind and and do this to you know because people are so this to you know because people are so fearful of cancer. They get that fearful of cancer.

Clinical Hypnotherapy and Regression Work

They get that diagnosis and they think about, you diagnosis and they think about, you know, what their doctors are telling know, what their doctors are telling them, you have to do this this and this, them, you have to do this this and this, and they might have seen a parent suffer and they might have seen a parent suffer or somebody else. And they're paralyzed or somebody else. And they're paralyzed by fear. So, by fear. So, I would love to hear how you work with I would love to hear how you work with someone to someone to >> Sure.

>> Sure. >> Sure. >> to help them with that. >> to help them with that. >> Of course. So, >> Of course. So, the words that you've said, fear, right? the words that you've said, fear, right?

Emotions, strong emotions. Um many Emotions, strong emotions. Um many >> that >> that had a particular experience with cancer had a particular experience with cancer or passed away from cancer and um or passed away from cancer and um it was very true or more true in the 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 thanks to medical treatment. But as I said, it's not the whole solution.

as I said, it's not the whole solution. So, how do you address the subconscious So, 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 accepted as a viable medical intervention in the viable medical intervention in the United States back in 1958 United States back in 1958 uh by the American Psychiatric uh by the American Psychiatric Association. The Association. The challenge arise when people, again challenge arise when people, again based on their knowledge, try to based on their knowledge, try to uh you know, uh you know, figure out so what is hypnosis? Cuz

most figure out so what is hypnosis? Cuz most of us either seen some Hollywood movies of us either seen some Hollywood movies that depict it in a particular way that that depict it in a particular way that resemble mind control and people doing resemble mind control and people doing all kind of, you know, you're not in all kind of, you know, you're not in control and that terrifies people. And control and that terrifies people. And then many people have have seen this then many people have have seen this semi-entertaining uh semi-entertaining uh uh high school show, uh you know, where uh high school show, uh you know, where people were made to do silly things and people were made to do silly things and no one no one wants to be perceived as no one no one wants to be perceived as such and, you know, God forbid I'll be such and, you know, God forbid I'll be gullible or anything. So, gullible or anything. So, there are a lot of misconceptions around there are a lot of misconceptions around it that have nothing to do with the it that have nothing to do with the practice itself. So, hypnotherapy is the practice itself. So, hypnotherapy is the use of the therapeutic use of hypnosis use of the therapeutic use of hypnosis is hypnotherapy, right? We using it for is hypnotherapy, right? We using it for therapeutic purposes therapeutic purposes uh for healing and that is a very uh for healing and that is a very different different 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 uh get right into the subconscious mind uh get right into the subconscious mind to make these adjustments, corrections, to make these adjustments, corrections, and um and 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 uh know you interviewed uh uh Dr. Lipton, erroneous perceptions and uh Dr. Lipton, erroneous perceptions and beliefs and genes are not our destinies.

beliefs and genes are not our destinies. It's exactly the same thing. It's exactly the same thing. >> Exactly. >> Exactly. >> Exactly. >> How do we do that? We get to where >> How do we do that? We get to where the problem is. So, why is the the problem is. So, why is the subconscious subconscious mind so subconscious subconscious mind so incredibly important? It's important incredibly important? It's important because it's the part of our mind that because it's the part of our mind that governs many of our bodily functions. If governs many of our bodily functions. If you think about your digestion or your you think about your digestion or your heartbeat or your body temperature, we heartbeat or your body temperature, we don't consciously control them.

don't consciously control them. >> Right. >> Right. >> Right. >> The subconscious mind is also the part >> The subconscious mind is also the part of the mind that of the mind that influence or has influence over the influence or has influence over the functioning of functioning of our immune system, for example.

our immune system, for example. So, when we talk about cancer, we talk So, when we talk about cancer, we talk about immune down regulation. We talk about immune down regulation. We talk about um about um bringing the immune system to function bringing the immune system to function at an optimal level cuz it's it's it's at an optimal level cuz it's it's it's an autoimmune uh issue. And so, we want an autoimmune uh issue. And so, we want to make sure that our immune system to make sure that our immune system works at full capacity.

works at full capacity. If we were not born with cancer, that If we were not born with cancer, that means that and we have the research to means that and we have the research to back this up and we'll talk about this back this up and we'll talk about this piece of research called piece of research called psychoneuroimmunology, psychoneuroimmunology, psychoneuroimmunology, 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 and again, Dr. Lipton is talking about it very frequently, how um it very frequently, how um what the human genome project have um what the human 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 per one it's not that we have one gene per 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 discovered turns genes on and off, they discovered that it's their that it's their inner environment, right? Mental inner inner environment, right? Mental inner environment. So, if you live under environment. So, if you live under chronic stress, you will have certain chronic stress, you will have certain gene expression that over time will gene expression that over time will

tip the scale. If you have tip the scale. If you have lived with trauma for a significant lived with trauma for a significant period of time, and that trauma is period of time, and that trauma is extremely limiting and debilitating or extremely limiting and debilitating or just limiting in general, over time just limiting in general, over time there will be a an accumulative effect, there will be a an accumulative effect, and and 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.

overflow. overflow. And that's when illness becomes visible, And that's when illness becomes visible, express itself express itself physically. physically.

physically. >> Right. So, it just reminded me, all of a >> Right. So, it just reminded me, all of a sudden I'm hearing sudden I'm hearing several people I know having panic several people I know having panic attacks, where they can't breathe or attacks, where they can't breathe or they're having trouble breathing. Now, they're having trouble breathing. Now, is that something that's coming from is that something that's coming from subconscious or is that the conscious?

subconscious or is that the conscious? >> So, >> So, >> So, absolutely from the subconscious, but absolutely from the subconscious, but it's it's very interesting what happens it's it's very interesting what happens with anxiety. So, unlike depression, with anxiety. So, unlike depression, which is a chronic condition, right?

which is a chronic condition, right? There's something There's something organically, I would say, happening in organically, I would say, happening in the brain.

the brain. Anxiety is a learned behavior. Anxiety is a learned behavior. A panic attack is an anxiety um A panic attack is an anxiety um on steroids. It it it's it's we become on steroids. It it it's it's we become So, something we get triggered by So, something we get triggered by something on the outside, something on the outside, and that trigger thoughts, and that trigger thoughts, feelings, and physical experience. That feelings, and physical experience. That physical experience 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 we turn the volume on that. And And And you know, we're all prone to you know, we're all prone to anxiety. It's just that most of us have anxiety. It's just that most of us have It's like a highway with different It's like a highway with different exits. Some of us see the exits, and exits. Some of us see the exits, and some of us know the don't see it, and some of us know the don't see it, and they just speed.

they just speed.

Trauma Release and Treatment Structure

Um but if you want to resolve a panic Um but if you want to resolve a panic attack, which is attack, which is again the expression of anxiety, again the expression of anxiety, and anxiety is a pattern of control, you and 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.

right away. Uh I mean, I can go into the process Uh I mean, I can go into the process itself, but if you ask the mind

to take itself, but if you ask the mind to take you you you while you're in that inner state of while you're in that inner state of uh hypnosis, uh hypnosis, if you ask the mind to take you to the if you ask the mind to take you to the first scene, situation, or event that first scene, situation, or event that has everything to do with this has everything to do with this uh experience of anxiety, it will take uh experience of anxiety, it will take you there just like that. And it's it you there just like that. And it's it it's it's it's quite remarkable to quite remarkable to realize that everything that ever realize that everything that ever happened to us is recorded and stored happened to us is recorded and stored within our within our mind, within our body.

mind, within our body. >> Mhm. >> Mhm. >> Mhm. >> Every cell in our body is a memory cell, >> Every cell in our body is a memory cell, in a way. So, when you uh uh in a way. So, when you uh uh have a an experience when you get have a an experience when you get triggered or re-traumatized, your whole triggered or re-traumatized, your whole body reacts. It's not that something body reacts. It's not that something isolated happened. Your whole body isolated happened. Your whole body is activated. That's because your whole is activated. That's because your whole body remembers exactly how that felt body remembers exactly how that felt back then and there.

back then and there. So, So, So, the process itself is quite um the process itself is quite um uh I mean, I love talking about it. I uh I mean, I love talking about it. I love geeking about it, but I think it's love geeking about it, but I think it's a little boring. The point is that there a little boring. The point is that there are protocols within the are protocols within the hypnotic practice uh practices.

hypnotic practice uh practices. Um I practice specifically a Um I practice specifically a uh or a protocol called regression to uh or a protocol called regression to cause.

cause. cause. >> Okay. >> Okay. >> Okay. >> And well and and so essentially what >> And well and and so essentially what happens is that we become fully immersed happens is that we become fully immersed through an induction, a hypnotic through an induction, a hypnotic induction, helps the client get involved induction, helps the client get involved inwardly.

inwardly. inwardly. Right? So most of us when we're on a Right? So most of us when we're on a day-to-day experience, we're just day-to-day experience, we're just engaged with the outside. If you have engaged with the outside. If you have done a meditation, you know that you done a meditation, you know that you shut down your senses and you are moving shut down your senses and you are moving inward, whether you focus on your breath inward, whether you focus on your breath or some mantra or anything else, you're or some mantra or anything else, you're kind of shifting your focus or your kind of shifting your focus or your focal point from the outside to the focal point from the outside to the inside. With hypnosis, we go a little inside. With hypnosis, we go a little further. Hypnosis is very or further. Hypnosis is very or hypnotherapy is very goal-oriented. So hypnotherapy is very goal-oriented. So we are going into a specific state, we are going into a specific state, which which we call the hypnotic state, which which we call the hypnotic state, where you become fully immersed in your where you become fully immersed in your inner experience. Um it's very natural inner experience. Um it's very natural for us to do that. We do that when we for us to do that. We do that when we are watching a good movie, for example, are watching a good movie, for example, and we get so involved in the plot of and we get so involved in the plot of the movie to the point that we feel what the movie to the point that we feel what other people are feeling. That's why I other people are feeling. That's why I don't watch horror movies don't watch horror movies because it never because it never >> Me, either.

>> Me, either. >> Yeah, cuz you feel it, right? You feel >> Yeah, cuz you feel it, right? You feel it throughout your body. The the fear, I it throughout your body. The the fear, I mean, if the actors are good and they mean, if the actors are good and they convey the terror that they're feeling, convey the terror that they're feeling, we will we will you know, there's some rapport there you know, there's some rapport there that that just we feel it in every cell that that just we feel it in every cell in our body. And for me, it's in our body. And for me, it's unpleasant. Some people love it.

unpleasant. Some people love it. >> Right. >> Right. >> Right. >> But that state when we become fully >> But that state when we become fully immersed, focused, essentially hypnosis immersed, focused, essentially hypnosis is a state of focused attention.

is a state of focused attention. That's what it is. So when we become That's what it is. So when we become focused in our inner experience, focused in our inner experience, our inner experience becomes more real our inner experience becomes more real than the outer experience.

than the outer experience. And um And um that level of immersion, it's really 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.

assigned to past events. And that's really what That's what is at And that's really what That's what is at the core of this. the core of this. >> 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 Carlfeldt. I'm the owner of the Carlfeldt. I'm the owner of the Carlfeldt Center in Meridian, Idaho. We Carlfeldt Center in Meridian, Idaho. We specialize in cutting-edge integrative specialize in cutting-edge integrative oncology care, addressing the cause and oncology care, addressing the cause and not just the symptom of cancer. There not just the symptom of cancer. There are 11 factors you need to address when are 11 factors you need to address when diagnosed with cancer. To learn more of diagnosed with cancer. To learn more of what they are, get my free ebook when what they are, get my free ebook when you visit the carlfeldtcenter.com.

you visit the carlfeldtcenter.com. Along with the ebook, I will email you a Along with the ebook, I will email you a free webinar series where world-renowned free webinar series where world-renowned 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 You'll hear from experts like Jane McLelland, Dr. Paul Anderson, Dr. Neil McLelland, Dr. Paul Anderson, Dr. Neil McKinney, Dr. William Lee, Dr. Nasha McKinney, Dr. William Lee, Dr. Nasha Winters, and Dr. Isaac Eliaz. Don't miss Winters, and Dr. Isaac Eliaz. Don't miss out on this life-saving information. I out on this life-saving information. I also offer a free 15-minute cancer also offer a free 15-minute cancer consult where we can go over where you consult where we can go over where you are at in your cancer journey and how are at in your cancer journey and how the cutting-edge therapies we offer can the cutting-edge therapies we offer can benefit you. Give the Carlfeldt Center benefit you. Give the Carlfeldt Center or visit our website at the or visit our website at the carlfeldtcenter.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 is the practitioner remember or is you is the practitioner tells them what they came up with?

tells them what they came up with? >> Very good question. So, hypnosis has >> Very good question. So, hypnosis has nothing to do with remembering. nothing to do with remembering.

So, here is So, here is what I mean. what I mean. Because it's more about revivification Because it's more about revivification of that experience. of that experience.

Many moments that Many moments that clients regress to clients regress to have happened in very early years of have happened in very early years of their lives, sometimes right after their lives, sometimes right after birth, and birth, and you know, there's no possible way to you know, there's no possible way to remember, consciously remember what that remember, consciously remember what that was like, but we can re-revive the was like, but we can re-revive the experience. We can experience. We can re-experience that moment, and it's re-experience that moment, and it's almost like you're remembering Mary almost like you're remembering Mary Poppins, the old movie, when they jumped Poppins, the old movie, when they jumped into the into the drawing on the sidewalk that Bert did, drawing on the sidewalk that Bert did, and and they kind of start and and they kind of start walked into this into this inner world, walked into this into this inner world, right into this magical world, and it's right into this magical world, and it's very similar. We can open up very similar. We can open up a glimpse a glimpse into a full

experience, and it's not into a full experience, and it's not like stepping into a movie, and like stepping into a movie, and but but it becomes we we use our but but it becomes we we use our senses in in in in the fullest capacity, senses in in in in the fullest capacity, so we can so we can sense sense sense how we felt and and what we heard and how we felt and and what we heard and and and everything else about that and and everything else about that moment. It's it's rich information. It's moment. It's it's rich information. It's like like like picture is worth a thousand words, picture is worth a thousand words, right? So, there's so much information right? So, there's so much information encoded into a mental image.

encoded into a mental image. >> But I want you to understand >> But I want you to understand the language of the conscious mind is the language of the conscious mind is different from the language of the different from the language of the subconscious mind. So, many people say, subconscious mind. So, many people say, "Well, how do you know that we are in "Well, how do you know that we are in the subconscious mind?" Well, the the subconscious mind?" Well, the language is different. So, again, if I language is different. So, again, if I asked you about asked you about what do you think about what do you think about the ocean, you'll give me a thought the ocean, you'll give me a thought process, but and and that's the language process, but and 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.

of the subconscious mind is automatic. It's associations. Well, they just pop It's associations. Well, they just pop into your mind. So, So I said the word into your mind. So, So I said the word cloud, cloud, cloud, what came to mind?

what came to mind? >> Right, white, puffy. >> Right, white, puffy. >> Yeah. And you don't have to manufacture >> Yeah. And you don't have to manufacture that. You don't have to There's no that. You don't have to There's no effort involved in that. There's no effort involved in that. There's no comprehension. It's just Oh, it's there.

comprehension. It's just Oh, it's there. If I said the word dog, something else If I said the word dog, something else would pop into your mind. So would pop into your mind. So associations, we don't manufacture them.

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

it daytime or nighttime? They give me an answer. Are you alone or They give me an answer. Are you alone or with people? They give me an answer. Is with people? They give me an answer. Is it it it inside or outdoors? They give me an inside or outdoors? They give me an answer. And all these questions are answer. And all these questions are intended to uh intended to uh kind of breathe life into bring it to kind of breathe life into bring it to the surface. And um the surface. And um and then we just explore what's there.

and then we just explore what's there. Now, you said something at the beginning Now, you said something at the beginning very true. Most people are terrified of very true. Most people are terrified of feeling or feeling those feelings again.

feeling or feeling those feelings again. >> Yes. >> Yes. >> Yes. >> But that's because back then and there, >> But that's because back then and there, first of all, they were young, so these first of all, they were young, so these emotions seemed very big, but they were emotions seemed very big, but they were also alone also alone in that experience.

in that experience. Working with a clinical hypnotherapist Working with a clinical hypnotherapist like myself, like myself, we are there we are there shoulder to shoulder.

shoulder to shoulder. You don't have to go through it alone. You don't have to go through it alone. Even more than that, because you already Even more than that, because you already know you survived that moment, however know you survived that moment, however difficult that moment was, difficult that moment was, it's not going to be as charged it's not going to be as charged as before.

as before. >> Mhm. >> Mhm. >> Mhm. >> 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. There all that pain, all that tension. There are pockets of festering emotions that are pockets of festering emotions that calcified over the many years of our calcified over the many years of our lives and we have to and your body will lives and we have to and your body will know. I'll ask you, where do you feel it know. I'll ask you, where do you feel it in your body? You will say, in your body? You will say, here and there. Okay, and then we have here and there. Okay, and then we have to mechanically move that energy. So, to mechanically move that energy. So, this is where this 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 that energy mechanically. We move that that move that that stuffed or or of festering energy out of stuffed or or of 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. We beat the hell out of it if if pillow. We beat the hell out of it if if that's your thing or squeeze it that's your thing or squeeze it out of our out of our our system and and that our system and and that help us help us let the steam out, if you will. We get let the steam out, if you will. We get to release the intensity to release the intensity of the traumatic traumatic moment. The of the traumatic traumatic moment. The pain is getting released. Now, that pain is getting released. Now, that is necessary because when we are in the is necessary because when we are in the realm of trauma, it's like driving realm of trauma, it's like driving through fog. You can't see through fog. You can't see you can't see really that far ahead of you can't see really that far ahead of you.

you. you. So, most people that are living with So, most people that are living with trauma trauma trauma they've normalized their trauma. They've they've normalized their trauma. They've normalized their pain. They trivialize normalized their pain. They trivialize their their suffering and they're just their their suffering and they're just kind of 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.

more effort. >> Yeah. I'm curious, how many sessions >> Yeah. I'm curious, how many sessions does it take? I know everyone's so does it take? I know everyone's so different, but typically to see results?

different, but typically to see results? >> So, it's >> So, it's part of why this program works. And part of why this program works. And again, we're talking about the rapid again, we're talking about the rapid trauma solution. And the rapid trauma trauma solution. And the rapid trauma solution is a 15-hour solution is a 15-hour program.

program. program. Where the first day Where the first day the first seven and a half hours the first seven and a half hours so, half of that time are condensed into so, half of that time are condensed into one single day. I get to work with one one single day. I get to work with one person for 7 and 1/2 hours straight. We person for 7 and 1/2 hours straight. We go very deep down the rabbit hole and go very deep down the rabbit hole and clear a great deal of mental ground. And clear a great deal of mental ground.

Client Outcomes and Practical Applications

And so, when will they feel change? On day so, when will they feel change? On day one. one. one. >> Mhm. >> Mhm. >> Mhm. >> On day one because there's no mysticism >> On day one because there's no mysticism here.

here. here. There's no it it the the there's we just There's no it it the the there's we just a very structured a very structured process with a very defined beginning, process with a very defined beginning, middle, and end. And middle, and end. And therapeutic intersections that we need therapeutic intersections that we need to to to cross successfully before we move on to cross successfully before we move on to the next one. And the next one. And

we we know where we are along the we we know where we are along the process and it just need to get done.

process and it just need to get done. And when someone says, "Well, I know I And when someone says, "Well, I know I need to do this, but I don't know how." need to do this, but I don't know how." This is the most effective way I have This is the most effective way I have learned to do this. Those So, learned to do this. Those So, essentially, 15 hours are divided into 3 essentially, 15 hours are divided into 3 days. The first day is a 7 and 1/2 days. The first day is a 7 and 1/2 hours. The second day is a 4-hour day.

hours. The second day is a 4-hour day. And the last day is 3 and 1/2 hours day. And the last day is 3 and 1/2 hours day. And the reason we do that this way is And the reason we do that this way is because first day, we create a massive because first day, we create a massive change in attitude.

change in attitude. So, we clear the mind from that mental So, we clear the mind from that mental trauma. The second day and the third trauma. The second day and the third day, we're doing a lot of testing to day, we're doing a lot of testing to make sure that we addressed all the make sure that we addressed all the triggers associated. And we also triggers associated. And we also establish or work to establish change in establish or work to establish change in behavior. So, behavior. So, we know through research that we know through research that um if we only have change in attitude, um if we only have change in attitude, but we don't have change in behavior as but we don't have change in behavior as well, well, well, over time there will be some diminishing over time there will be some diminishing effect. And we want to prevent that from effect. 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 uh cancer to clear the traumas, we want to make sure that we've addressed want to make sure that we've addressed what we've addressed and it's you know, what we've addressed and it's you know, it doesn't it doesn't express itself in any other way. So, express itself in any other way. So, testing is incredibly important. The testing is incredibly important. The point is to get it done.

point is to get it done. 15 hours have proven to be a very solid 15 hours have proven to be a very solid period of time where period of time where majority of people majority of people get tremendous results.

get tremendous results. >> Mhm. >> Mhm. >> Mhm. >> And again, you can do everything right, >> And again, you can do everything right, and this is an important point to make.

and this is an important point to make. You can have all the right doctors and You can have all the right doctors and treatments and supplements and treatments and supplements and everything in between, everything in between, but if your mind but if your mind has not been addressed, it will continue has not been addressed, it will continue to call for to call for the terminology that I use is the terminology that I use is self-mutilation, right? When the body self-mutilation, right? When the body turns on itself, and cancer is a turns on itself, and cancer is a self-mutilation protocol. It's not a self-mutilation protocol. It's not a very pleasant term, but very pleasant term, but we we are here to do something we we are here to do something significant, and we have to excavate significant, and we have to excavate whatever, dredge out whatever, uh uproot whatever, dredge out whatever, uh uproot whatever is there that is uh whatever is there that is uh uh pulsating and sending that uh uh pulsating and sending that uh that call for um the body to turn on that call for um the body to turn on itself.

itself. itself. >> Right. >> Right. >> Right. >> And that has to be at, you know, there's >> And that has to be at, you know, there's this joke about the dentist that um this joke about the dentist that um you know, someone sat on on on in the you know, someone sat on on on in the chair, and within chair, and within uh 5 minutes they pulled their tooth uh 5 minutes they pulled their tooth out, and out, and $500, and the and the the person says, $500, and the and the the person says, "$500 for 5 minutes?" And the dentist "$500 for 5 minutes?" And the dentist says, "You know, I can take a lot says, "You know, I can take a lot longer." longer." longer." Right? I mean, it's it's just how how Right? I mean, it's it's just how how long do you want to suffer?

long do you want to suffer? So, I don't believe in suffering. I So, I don't believe in suffering. I think we've we just have a lot too much think we've we just have a lot too much of that.

of that. >> Exactly. >> Exactly. >> Exactly. >> And so, I um I I really um >> And so, I um I I really um want to get it

done as soon as possible. want to get it done as soon as possible.

Um life in Israel are lived by the Um life in Israel are lived by the second hand of the clock. We don't have second hand of the clock. We don't have time to spend endless years in therapy.

time to spend endless years in therapy. >> Right. >> Right. >> Right. >> So, this is just a very effective, >> So, this is just a very effective, goal-oriented goal-oriented goal-oriented way to get it done.

way to get it done. >> Uh >> Uh >> Uh love it. It's just it's so important. Uh love it. It's just it's so important. Uh I'd love you to just talk about a client I'd love you to just talk about a client and and, you know, maybe what they went and and, you know, maybe what they went in for and and how their life was in for and and how their life was improved afterwards.

improved afterwards. >> Sure. So, >> Sure. So, this process is ultimately freeing. Most this process is ultimately freeing. Most people come either because people come either because you know, they struggled with certain you know, they struggled with certain patterns for years. Um that's trauma or patterns for years. Um that's trauma or they've done therapy and you know, they they've done therapy and you know, they spent years in therapy, but spent years in therapy, but uh that didn't move the needle that uh that didn't move the needle that much. Yes, sometimes it helped them feel much. Yes, sometimes it helped them feel better, helped them grow and helped them better, helped them grow and helped 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 parts of us are uh not appropriate or or or or undesired or uh whatever you want to undesired or uh whatever you want to call call call uh um uh um you know, our inner experience. And And you know, our inner experience. And And so, we are insecure, we have a distorted so, we are insecure, we have a distorted self-image, we are um self-image, we are um uh uh uh uh unintentionally letting many of these uh unintentionally letting many of these uh um uh um uh of other people's ideas about how uh of other people's ideas about how life should be hold us back from being life should be hold us back from being our fullest self. Many of us and uh many our fullest self. Many of us and uh many of my clients are women. Many of them, of my clients are women. Many of them, uh you know, talk about the fact that uh you know, talk about the fact that they were told that they're too much, they were told that they're too much, right? And And And so, what does that right? And And And so, what does that mean? And then there you have men that mean? And then there you have men that struggle with other things and struggle with other things and so, we're just so, we're just I see. We have to I see. We have to we have to shake it off somehow. There we have to shake it off somehow. There is There's this story about the fly that is There's this story about the fly that is trying to push through the window is trying to push through the window pane to the outside, right? And And you pane to the outside, right? And And you can only I mean, that fly is locked into can only I mean, that fly is locked into the belief that pushing harder through the belief that pushing harder through the window pane will somehow the window pane will somehow get it to freedom. But that very get it to freedom. But that very belief will be the end of that fly belief will be the end of that fly cuz it will eventually spend all its cuz it will eventually spend all its life energy and it will die.

life energy and it will die. So, we And And by the way, the door to So, we And And by the way, the door to the left three the left three three feet away is wide open.

three feet away is wide open. Most of us don't even know we live in Most of us don't even know we live in this inner prison of experience. We just this inner prison of experience. We just call it shame or guilt or anger or rage call it shame or guilt or anger or rage or trauma or whatever. But so most of or trauma or whatever.

Psychoneuroimmunology and Scientific Basis

But so most of the people when they come to um the people when they come to um arrive at my office, they have been arrive at my office, they have been through some inner work processes. They through some inner work

processes. They tried um tried um therapy and and and um Rise talked about therapy and and and um Rise talked about internal family system and so forth.

internal family system and so forth. These are great tools. But if you don't These are great tools. But if you don't get results, that means that you have to get results, that means that you have to dig beneath the surface of your dig beneath the surface of your consciousness. And then tools like consciousness. And then tools like clinical hypnotherapy might be very clinical hypnotherapy might be very appropriate. I can tell you about many appropriate. I can tell you about many clients that came in believing that uh clients that came in believing that uh they're truly defective and and broken they're truly defective and and broken and undesired and and undesired and uh that what they were told about uh that what they were told about themselves um themselves um was true and in fact it really wasn't.

was true and in fact it really wasn't. Wasn't the real wasn't the truth. It was Wasn't the real wasn't the truth. It was their perceived truth. Right? So, I live their perceived truth. Right? So, I live in Boston. I use the analogy of baseball in Boston. I use the analogy of baseball uh cuz that's uh cuz that's resonates with people here. But we grow resonates with people here. But we grow up uh we grow up in life like looking up uh we grow up in life like looking through uh through a a hole in a fence, through uh through a a hole in a fence, looking at a baseball game through a looking at a baseball game through a hole in a fence. And so we're only going hole in a fence. And so we're only going to be able to see a sliver of the field.

to be able to see a sliver of the field. We're not going to see uh be able to see We're not going to see uh be able to see what's before and after, but we're going what's before and after, but we're going to make up the story cuz we have to make to make up the story cuz we have to make sense of the game.

sense of the game. And that's what most of us have done And that's what most of us have done throughout life, which means we throughout life, which means we have a distorted have a distorted image of who we are.

image of who we are. >> Right. >> Right. >> 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 for many years and didn't get it. Or they are they've just been diagnosed they are they've just been diagnosed with cancer and they say, "Look, with cancer 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 happens uh you know, than poking my body. I know that there's something body. I know that there's something going on. I knew it for years. I just going on. I knew it for years. I just was you know, I I I put it off and I I was you know, I I I put it off and I I know I can't afford to do that anymore, know I can't afford to do that anymore, so I'm here. Let's get it done. Yeah.

so I'm here. Let's get it done. Yeah. In every case, the first day, which is In every case, the first day, which is the marathon day, if you will, the marathon day, if you will, is extremely momentous.

is extremely momentous. Uh there's Uh 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.

literally shaped who we are. And we change the meaning that we have And we change the meaning that we have assigned from limiting and destructive assigned from limiting and destructive and painful to enhancing and positive and painful to enhancing and positive and uplifting. And one way to explain and uplifting. And one way to explain that is for example that is for example I I use the example of food and eating I I use the example of food and eating cuz it's not threatening to anyone. But cuz it's not threatening to anyone. But if you grow up in a normal home, you if you grow up in a normal home, you heard that statement that you better heard that statement that you better finish the food off your plate cuz finish the food off your plate cuz there's kids hungry in whatever there's kids hungry in whatever country of the time. Have you Have you country of the time. Have you Have you heard that?

heard that? >> Yes. >> Yes. >> Yes. >> Yeah. So it's a very interesting >> Yeah. So it's a very interesting statement because when we were kids, statement because when we 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 Like is it across the street? What what what what across the street? What what what what what we just don't have that concept what we just don't have that concept firmly embedded into us. And if we firmly embedded into us. And if we never starved, we don't know what hunger never starved, we don't know what hunger is. I mean, is it missing snack or what is. I mean, is it missing snack or what is it? So most of us don't necessarily is it? So most of us don't necessarily hear what the adult is trying to say.

hear what the adult is trying to say. And the adult is trying to teach us And the adult is trying to teach us that, "Look, you know, not everybody that, "Look, you know, not everybody have food, so we are very fortunate." have food, so we are very fortunate." >> Finish your plate, right?

>> Finish your plate, right? >> Yeah. So that's what the adult is >> 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 hasn't traveled and doesn't was never starving, was never starving, can only hear the subtext. And the can only hear the subtext. And the subtext is if you do as I tell you, subtext is if you do as I tell you, which is finish the food off your plate, which is finish the food off your plate, I will love you more. And everything we I will love you more. And everything we do in life, I'm not the first one to say do in life, I'm not the first one to say it, everything we do in life is either it, everything we do in life is either to get more love to get more love or compensate for the lack of love.

or 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 yardstick that never fails. So, it's a yardstick 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 our caretakers. We want to you know, we we want to do what we we we you know, we we want to do what we we we are told cuz that means security and are told cuz that means security and safety. So, we grow up to be very safety. So, we grow up to be very I mean we create these I mean we create these associations. We lock into certain associations. We lock into certain association between food and conditional association between food and conditional love. And many people develop patterns love. And many people develop patterns around around around food and eating or eating habits that food and eating or eating habits that are not very healthy because of that.

are not very healthy because of that. >> Right. >> Right. >> Right. >> So, in the context of this work, if >> So, in the context of this work, if somebody came into somebody came into um um um resolve this pattern, we will use this resolve this pattern, we will use this protocol, the regression protocol, to go protocol, the regression protocol, to go back in time to the very first time they back in time to the very first time they ever heard that statement.

ever heard that statement. And then the adult us, the adult you, And then the adult us, the adult you, will have a conversation with that will have a conversation with that younger version of you.

younger version of you. That younger version is holding the That younger version is holding the perceived truth and you're going to give perceived truth and you're going to give it it it or offer it the absolute truth, which is or 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.

so there's an exchange of meaning. >> Mhm. >> Mhm. >> 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 association will be broken and you will have your be broken and you will have your freedom.

freedom. freedom. >> And is this something when you wake up >> And is this something when you wake up from I don't know if you say it's a from I don't know if you say it's a trance or what it is exactly, you trance or what it is exactly, you remember all this or you don't remember?

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

there's a great 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, to suggestions. So, level one is awake hypnosis. Level two level one is awake hypnosis. Level two and three are just below the surface, and three are just below the surface, what we call somnambulism.

what we call somnambulism. It's the surface of trance state. In It's the surface of trance state. In that in the in these two states, you can that in the in these two states, you can hear everything, uh remember everything, hear everything, uh remember everything, respond in your own voice, respond in your own voice, and um and um and get a full effect.

and get a full effect. Three and down, Three and down, you're kind of you're kind of out. And there's no healing value to it out. And 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 Novocain hadn't hasn't the dentist and Novocain hadn'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 uh kind of a coma state if you want to call it that, coma state if you want to call it that, but but but but it has no added value in terms of it has no added value in terms of healing.

healing. healing. >> And you mentioned neuroimmunology. >> And you mentioned neuroimmunology. Oh, wait, psychoneuroimmunology. Oh, wait, psychoneuroimmunology.

Is Is there anything else you wanted to Is Is there anything else you wanted to say about that or say about that or >> Sure. Very quickly, >> Sure. Very quickly, psychoneuroimmunology is a field of psychoneuroimmunology is a field of scientific study that has been with us scientific study that has been with us since the early '70s. Uh started at the since the early '70s. Uh started at the University of Rochester in New York.

University of Rochester in New York. They by accident they they work with They by accident they they work 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 Pavlov's dogs with conditioned just like Pavlov's dogs with the bells and the salivation. So, they the bells and the salivation. So, they wanted to repeat that just with rats.

wanted to repeat that just with rats. And um And um and it worked. Only that the rats began and it worked. Only that the rats began to die. And they said, "Well, what what to die. And they said, "Well, what what what's going on here? The belly ache what's going on here? The belly ache drug doesn't have any drug doesn't have any um you know, nothing here." So, they um you know, nothing here." So, they went back to the uh drawing board and went back to the uh drawing board and they realized that the belly ache drug they realized that the belly ache drug has immune suppressing components.

has immune suppressing components. And they And they discovered that, "Oh my god, the immune discovered that, "Oh my god, the immune system can be conditioned." Mhm.

system can be conditioned." Mhm.

Personal Reflections, Joy, and Closing

So, So So, So the the psychoneuroimmunology is the the psychoneuroimmunology is psychoneuroimmunology is the holy grail psychoneuroimmunology is the holy grail for any body-mind practice. If people for any body-mind practice. If people would care to understand what this would care to understand what this research indicates that there are research indicates that there are certain mental and psychological certain mental and psychological patterns that are suppressing or patterns that are suppressing or weighing heavy on the functioning of our weighing heavy on the functioning of our immune system. These patterns are immune system. These patterns are stressed, helplessness, and hopelessness stressed, helplessness, and hopelessness just to name a few, but I can add just to name a few, but I can add trauma, rage, and and grief over 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 psychoneuroimmunology is really the psychoneuroimmunology 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 with cancer patients um and people by the way um and people by the way um that want to utilize it as a 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, saying, "Look, stuff happened in my life. I don't want stuff happened in my life. I don't want to carry this forward until something to carry this forward until something happened. I want to be done with that." happened. I want to be done with that." Uh so this Uh so this this is what we do.

this is what we do. >> Mm. Perfect. It's just I just think it >> Mm. Perfect. It's just I just think it is so so important and I'm so glad that is so so important and I'm so glad that you spoke about this and that you were you spoke about this and that you were on the show. Um we're going to get into on the show. Um we're going to get into random round. I might just do a just a random round. I might just do a just a few of the questions just because it's few of the questions just because it's running a little long.

running a little long. >> Sure. >> Sure. >> Sure. >> Um but first, fill in the blank. >> Um but first, fill in the blank. >> Mhm. >> Mhm. >> Mhm. >> Freedom to you is >> Freedom to you is >> So >> So >> So freedom is a state of inner alignment freedom is a state of inner alignment for me. And what I mean by that is when for me. And what I mean by that is when my soul when I feel that my soul is in my soul when I feel that my soul is in the right place in the right time and the right place in the right time and I'm doing the right thing. There's this I'm doing the right thing. There's this there's an inner state of alignment that there's an inner state of alignment that resonates with joy. And I can have it resonates with joy. And I can have it whether I'm on subway, I can have it whether I'm on subway, I can have it when I'm with my daughters, I can have when I'm with my daughters, I can have it when I'm it when I'm it doesn't matter. It's an inner state it doesn't matter. It's an inner state of of of experience and I of of of experience and I thrive I I strive to to get there as thrive I I strive to to get there as often as I can.

often as I can. >> Mm. I love that. Love that. You know, I >> Mm. I love that. Love that. You know, I was just thinking about my dad who was just thinking about my dad who passed away recently and unexpectedly passed away recently and unexpectedly and I 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 it listening to you it's like okay, I it listening to you it's like okay, I can do this. I can do this.

can 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 from the moment of departure to his life's legacy to his life's legacy that keeps on living with you and in you that keeps on living with you and in you and within your family. So and within your family. So um it's a tiny little shift, but um it's a tiny little shift, but extremely meaningful.

extremely meaningful. >> Mhm, that's beautiful. Thank you. >> Mhm, that's beautiful. Thank you. >> Sure. >> Sure. >> Sure. >> When you are feeling afraid, what do you >> When you are feeling afraid, what do you do?

do? do? >> Oof. >> Oof. >> Oof. I tap. I love emotional freedom 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 method method to just hack into our nervous system, to just hack into our nervous system, right? Uh the methodology is just like right? Uh the methodology is just like uh noise cancellation technology for me.

uh noise cancellation technology for me. Um we just it is just very effective. We Um we just it is just very effective. We don't have the time to go into that, but don't have the time to go into that, but I teach it to every one of my clients I teach it to every one of my clients and and and yeah, I have a course on my website for yeah, I have a course on my website for for people that um might be interested.

for people that um might be interested. It's just such It's just such a fantastic way to get relief. a fantastic way to get relief. >> Mhm. >> Mhm. >> Mhm.

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

a good practice. >> It takes you from the mind to the body >> It takes you from the mind to the body because you immediately s- because you immediately s- you know, you get into action and you 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 and you get to integrate it into the and you get to integrate it into the body and release it through the body.

body and release it through the body. >> Right. >> Right. >> Right. What is one simple thing that brings you What is one simple thing that brings you joy?

joy? joy? >> Uh >> Uh >> Uh >> Um >> Um >> Um that's that's an unfair question cuz that's that's an unfair question cuz there's so many but my daughters. I have there's so many but my daughters. I have two teenage daughters and two teenage daughters and yeah, I'm you know, I'm smitten so yeah, I'm you know, I'm smitten so >> You love them.

>> You love them. >> It's just knowing that they're in >> It's just knowing that they're in I've been fortunate enough to have that I've been fortunate enough to have that in my life is everything.

in my life is everything. >> Mm. >> Mm. >> Mm. Great. And last where can people find Great. And last where can people find you if they want to learn more?

you if they want to learn more? >> Sure. So >> Sure. So my website is my full name Avinoam my website is my full name Avinoam Lerner.com Lerner.com Lerner.com and um and um I'm in Boston. I'm I'm in Look, I've I'm in Boston. I'm I'm in Look, I've been doing this for many years, written been doing this for many years, written books and books and that that that done presentations and TEDx and every done presentations and TEDx and every Just plug my name online and you will Just plug my name online and you will certainly reach me. There are actually certainly reach me. There are actually two of Avinoam Lerners in the United two of Avinoam Lerners 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. Yes. I'm the other one. >> Got it. That's perfect. I didn't even >> Got it. That's perfect. I didn't even know that. I Yeah, I did not know that.

know that. I Yeah, I did not know that. >> I get a call every now and then with >> I get a call every now and then with people trying to pitch me a script and people trying to pitch me a script and they dive right into it and I have to they dive right into it and I have to I'm so sorry. That sounds fantastic, but I'm so sorry. That sounds fantastic, but that's you know, that's not me.

that's you know, that's not me. >> Aw, funny. Well, Avinoam, thank you so >> Aw, funny. Well, Avinoam, thank you so so much. This was such an important so 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 you know, want to deal with this emotional the emotional deal with this emotional the emotional stress that happens when you have a stress that happens when you have a cancer diagnosis. So and also, you know, cancer diagnosis. So and also, you know, it's a traumatic experience just having it's a traumatic experience just having cancer even though cancer even though many people have trauma beforehand, many people have trauma 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.

important. So thank you so much. >> Thank you very much for having me. I I >> Thank you very much for having me. I I want people to know that there is a lot want people to know that there is a lot that they can do. That's all.

that they can do. That's all. >> Wonderful. >> Wonderful. >> Wonderful. That's it for today's episode. Thank you That's it for today's episode. Thank you so much for tuning in.

so much for tuning in. If you enjoyed this podcast, please If you enjoyed this podcast, please rate, review, and subscribe. rate, review, and subscribe.

Doing so will really help this podcast Doing so will really help this podcast get noticed and will help us to inspire get noticed and will help us to inspire more people.

more people. And remember, the sky is the limit when And remember, the sky is the limit when you take your power back when it comes you take your power back when it comes