Introduction to the Training

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

Why your suppressed emotions and unresolved trauma undermine your healing, and what can we actually do about it? What can we do to actually address them at the source, so we can heal better and get better outcomes.

That's what most of my clients are interested in. Hopefully that's what you're looking for as well. But first and foremost, let me quickly share who this training is for so that you know that you're in the right place.

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

And I will also say that if you understand that lasting healing means treating the whole of you, not just addressing your physical body, and you're looking for a methodology, one that works alongside your traditional medical care, then stay tuned, yes, this training is for you.

So we're gonna spend important time together here. My goal is very simple: it is to simply demystify the healing process, so you can fully understand not just the steps you need to take to support your healing and recovery, but understand the science, the scientific premise behind it and the mechanism by which this kind of healing, the healing you desire, is attainable because that will give you a great deal of confidence in your ability to do this kind of work, to heal and overcome this illness.

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

So that's the challenge. Then we're gonna talk about the remedy, if you will. We're gonna talk about why the subconscious mind is the key to resolving these challenges, these patterns, if you will, and improving the efficacy of our medical treatment.

And last but not least, we're gonna talk about the implementation. In other words, the very steps we need to take to rewire our subconscious mind and upgrade our mental and emotional framework so we can experience greater well-being throughout our treatment.

Because it may seem like we're living here now in twenty twenty six, but many of us mentally and emotionally operate by definitions that we acquired in the past.

In other words, our operating system is running Windows 93, even though we are now in 2026. So that will make sense as we go along. But to talk about all the things we need to talk about in a responsible way.

We do need some ground rules, need to be on the same page, so let me say this: everything that I'll be sharing with you here today is not presented as an alternative to medical treatment.

Medical treatments save lives; it's important for me to acknowledge that. Secondly, this is not a do-nothing, get-healed kind of approach or methodology.

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

participation, in other words, on whether or not we're actually going to do the work.

It's true of everything we do in life; it's not reserved for regaining our health. And now that I've said that, and before we get into the nuts and bolts here, I want to quickly check in with you to see where you are mentally and emotionally.

Why Cancer Healing Requires a Whole-Person Approach

In other words, do any of the following statements that I'm going to read for you resonate with you? For example, do you ever wonder if maybe your doctors aren't seeing the whole picture, or they're just not telling you the whole story?

Do you ever feel like you're just submitting your body to treatment? Just letting doctors do things to your body with no real say or control over your own experience?

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

And the reason I'm asking these questions is that if any of these statements sound like you or resonate with you, what I want you to know is that these are just symptoms.

These are the symptoms of this missing piece that we're going to talk about. They're not the problem, or they're not the real issue. The real problem is that you have not yet learned to actively engage your subconscious mind, which is your body's operating system.

And we'll talk about what that actually means in just a second, but for right now, I want you to understand this: when you learn how to engage your subconscious mind methodically, properly, then things will begin to change in real time for the better, which in some way will mean that you'll wake up feeling more confident about your ability to heal because you'll understand or you will know that your mind and your body are working together rather than engaging in a conflict.

It can mean that you'll notice a meaningful shift in how your body responds to treatment, with fewer side effects and faster recovery between sessions.

I know that's the case for many of my clients, and you have more agency. In other words, you regain some of the trust lost due to the diagnosis. And just so you know who I am and that I know what I'm talking about, again, my name is Avinoam Lerner.

I am a cancer and trauma recovery coach, a holistic therapist, a published author, and a TEDx speaker, and I've been doing this kind of work. I've been helping cancer patients and survivors maximize the efficacy of their medical treatment for twenty-five years now, a long time.

And now that you know that, we have everything out of the way, now we can actually dive into the scientific premise of this work, and why the subconscious mind is the missing key component to our ability to heal and recover.

We're gonna talk about the science behind it, the scientific premise, and I'll share my discovery of this truth or path through working with clients. Because, again, as I just said, I've been doing this work now for a long period of time, and during these many years, I've seen some people who created incredible transformations with regard to their health.

These are people who just seem to be able to sail through the course of their medical treatment, with minimal side effects; they were able to maintain their energy, their optimism, their quality of life.

Oftentimes, they were able to achieve better treatment outcomes faster than expected. Now, to be fair, I've also

seen many others who had a very different experience, right?

Others who suffered unnecessarily, who struggled to even complete their treatment regimen, which lessened their odds of recovery. And even after their treatment ended, deemed successful, defined as successful, they were no evidence of cancer, they still lived in constant fear and anxiety of recurrence.

So that obviously is not what we want. So over time, as I began to really study these, those people we call exceptional patients, those patients who did very well, who fared better on every marker, and learned about the scientific premise behind this phenomenon, the science of psychoneuroimmunology, it all started making sense.

And if it's helpful, psychoneuroimmunology it's a big word, you can certainly search it, but it's a field of scientific study that came about in the 1970s from the University of Rochester in New York, and it outlined, mapped for the first time these pathways of how the mind, the non physical part of who we are, affect the organic tissue, more specifically our biology and immune system.

So we're gonna talk about that in just a second, but when you read these signs, it became very clear to me that there are four specific things that these people, we call exceptional patients, that they were doing differently to get different and better results.

And most of the time, they weren't even really aware that they were doing anything different, which certainly surprised me. In other words, they were unconsciously competent, and we want to become very consciously competent, we want to predict, to methodically apply the method so that we can get tangible results.

What I found really profound was that things began to change for the better with my clients when I incorporated these four shifts, which I call shifts, into my practice and formalized them or turned them into a formal practice, which I call mindful remission.

And mindful remission, kind of in a nutshell, we use the mind as the access point. In other words, we use our thoughts, beliefs, perceptions, and the subconscious mind to signal the brain, to communicate better information to our immune system via the central nervous system.

That's the pathway that psychoneuroimmunology shed light on and proved to be at work here. So we can use this pathway to trigger the healing response instead of the stress response, and we'll talk about how to do just that in just a moment.

But the change I'm kind of referring to with regard to my clients was a significant improvement in their ability to respond to their medical treatment and to heal, and not just physically.

Mean, mentally and emotionally, they were calmer, they were more confident, they were more resilient, as if something within them kind of clicked back into place, and I hear it from clients again and again, something clicked back into place, even though they were obviously still going through treatment, and that kind of surprised me.

Well, let's get started. Let's dive into shift number one, because again, I want you to get to the nuts and bolts here. Shift number one, which states that you can't fight cancer when you're fighting yourself, is a very important shift.

What it essentially means is that you can't maintain an internal negative environment mentally and emotionally and expect your body to thrive. Hopefully, this makes perfect sense to you, at least intuitively.

You're not just a physical body. Yes, of course, you live in a physical body, we all do, but you also have other dimensions to you as well. You have mental dimension, emotional dimension, spiritual dimension, and this kind of shift, in a way, shift number one, is part of the reason why we haven't really won the war on cancer, if you will.

We haven't cured cancer. Despite the endless amount of resources and years of research.

How the Subconscious Mind Shapes Illness Patterns

And the point is that we haven't been able to address cancer fully because most treatments only treat the physical body and not the person living within this physical body.

Medical treatment is extremely important, but it only works on the physical manifestation of cancer, in other words, the tumor, when we should be treating really the whole person.

Now intuitively, we know this, but what this actually means to you is that any approach to healing, to recovery, that you're going to take, needs to address all of you, not just your physical dimension.

Otherwise, it's just plain incomplete. Now, the fact is that seventy to ninety percent of all illnesses, including cancer, are aggravated by stress and emotional trauma.

We know these to be true. Research, it's black and white, and that means that the more stress you're under, the more unresolved emotional trauma you carry, the more these kinds of aspects and underlying patterns actually fuel the illness.

Does that make sense? And here is why that actually happens: when we are under stress, our body produces a massive amount of a substance called cortisol.

Now that's the body's stress hormone. Prolonged exposure to cortisol, because a little bit is fine, it's what we need to do in life to have some resistance and work through.

So a little bit is fine, but prolonged exposure to this stress hormone, and we know this again through research, actually suppresses the functioning of our immune system, and it shuts down or diminishes the effectiveness or the power of natural killer cells, which are cells that, their job, whose job is to identify and destroy the tumor and the cancer cells that we want them to, or that we need to, in order to heal.

And the problem, as you can see, is that modern medical treatment, while addressing the physical body and these physical aspects, it doesn't address the underlying patterns of stress and trauma that are unfortunately inflaming or contributing to this illness.

So this is an important point. And a good way to think about it, I want you to imagine that out of our one hundred percent of experience, let's say fifty percent is physical.

Most of our experience is physical because we live in a physical body. So, fifty percent is physical, twenty-five percent we can say is mental, and twenty-five percent is emotional.

Now, your numbers can be slightly different, but even if we just, and that's what I want you to consider, even if we just address the twenty-five percent, either mental or emotional, if we resolve this twenty-five percent, wouldn't you want to increase your odds of healing and recovery by twenty-five percent?

Of course you would, I know any one of my clients does. So that's what the first shift is all about. It's about treating cancer not as a local event within the physical body, treating it not as a particular failure of an organ or part of the body, but rather as a whole-person event.

In other words, we need to treat the whole person. So that's what the first shift is about. Let's talk about how to do that and what we need to address here.

So let's talk about the second shift, which is: we need to understand how our illness thought patterns are being formed so that we can resolve them. And this is important.

And we start with the following statement: that our body responds to what we think about. Again, our body responds to what we think about. It's such an obvious thing, I shouldn't really have to say it, but what I've learned from, again, working with people, is that many of us just don't really think about it in this way.

But it becomes very clear when we look a little closer into these phenomena, right? When you watch a scary movie, for example, I tend to avoid those, but when you watch a scary movie because you like that, your heart starts racing, your body is responding, even though you're in the comfort and safety of your own home.

You're not out there experiencing this horror. And that's because your body is responding to the mental images that you're viewing, the movie that you're watching.

But it doesn't have to be an external stimulus that activates this kind of biology or experience within our body. For example, when you think about your favorite food, your mouth begins to water, right?

That is your body responding to your imagination, to your mental imagery, if you will. So what does that tell us? It tells us that our mental imagery, our imagination, our thoughts, perceptions, and beliefs can cause an immediate effect within our body, I mean, right away.

And that's the mind-body connection in a nutshell. Something happens in our mind, and we have a physical experience as a result of that. Now, when it comes to cancer, there are nearly always habitual mental patterns that we're running that are causing us to stress, that are unintentionally diminishing or hurting the functioning of our immune system, and that are actually letting cancer thrive because they render the body vulnerable.

Our biology doesn't work in an optimal fashion, right? So then illness can more readily develop, so the body is vulnerable. And we can quickly take a deeper look at how this actually works.

Now, I will say that you have a conscious mind, we all do, right? But we have a conscious mind, let's say it this way. We have a conscious mind that is logical and rational, which is our thinking mind, and it's the part of our mind that listens to me right now, analyzing, critiquing my words.

To simplify things, let's say that the conscious mind is responsible for thinking. Now, we have a subconscious mind as well. The subconscious mind is our emotional mind, and it is far more powerful.

Our subconscious mind runs most of our bodily functions. For example, right now, your digestion is going on, your body temperature is regulated, your breathing, and your heart is beating.

In other words, your subconscious mind is responsible for functioning. To understand just how much more powerful the subconscious mind, the emotional mind, is in comparison to the conscious mind, it's helpful to understand that it processes eleven million bits of information per second, compared to only forty bits per second of the conscious mind.

If that's not impressive, let's do the math here, and you will realize that your subconscious mind is two hundred and seventy-five thousand times faster than your conscious mind.

But, and this is an important but, as powerful as the subconscious mind is, it has one big flaw that we're going to take or use to our advantage. And that flaw is that it's entirely literal.

In other words, your subconscious mind, as powerful as it is, it cannot tell the difference between actual events that are happening in front of us to events that you and me vividly imagine.

It cannot tell the difference, hence us thinking about our favorite food, and boom, the body is responding. And this is a point worth remembering because this flaw is really the key to hacking our biology and getting better treatment outcomes.

The subconscious mind allows us this access point, and it's worth remembering that it has a massive influence over our biology. Breathing, heartbeat, as I mentioned, digestion, body temperature, all of these processes take place without our conscious participation.

And more importantly, to our point, the subconscious mind also has influence, in part, over the functioning of our

immune system. So it's not that it's the only part that governs our immune system, but it's got influence over it.

And this is what we're going to utilize to our advantage. Okay? This flowing design, if you will, is how we intentionally engage and support the healing response within our body.

That's how we activate it. The subconscious mind operates on beliefs. In other words, your beliefs over time harden into conditions, if that's a good way to put it.

And what we know with absolute certainty, and I need you to stay with me on this, what we know with absolute certainty is that most of the beliefs that we're having, all of us, that we're carrying around, they were installed in our mind when we were very, very young.

Which means that they are likely, and this is not a judgment of who we are, but they are likely, for the most part, distorted, entirely wrong, or not entirely true.

It's not because we are not smart enough or anything like that, but it's because when we were very young, our mental and emotional or psychological faculties were not yet fully developed, so we couldn't really exercise a lot of judgment around it.

But here's the thing. Your subconscious mind doesn't know that, and it doesn't care. It doesn't know that these beliefs or perceptions are distorted and wrong, and it doesn't care.

Marthau2019s Story: Releasing Suppressed Grief

If it believes things deeply, it will proceed to act on these beliefs as if they are real, which means for us specifically that perhaps distorted beliefs bring about distorted conditions, in our case, illness.

Now, based on my experience, again, twenty-five years, I can tell you that many cancer patients actually have very specific beliefs that create what I call illness thought patterns, so illness thought form and illness paradigm, and unless these thought paradigms are reversed, they will continue to diminish the functioning of our immune system and render our body vulnerable.

They will promote disharmony within our body. So let's look a little deeper at these illness thought patterns and how they form, because we want to understand this, we want to really know what we need to do here.

So, let's say this: earlier in life, when you were, again, very, very young, you received all kinds of statements, suggestions from figures of authority in your life.

It could be your parents or your caretakers. If we talk about family, you receive suggestions like, perhaps, Well, our family always gets sick, or Illness runs in our family, or My grandmother had cancer, and her grandmother had cancer, and then when I had cancer, it just felt like it was my turn.

Something to this extent, something quite basic. What I call family mythology. Now, these suggestions came from people who we relied on to stay alive.

So we just accepted them without question. And those suggestions, and they got compounded over the years because we like, people like to tell the same stories, the same family mythology.

Over the years, they hardened into beliefs, and these beliefs began to shape our reality, our internal reality, because they started impacting or altering our biochemistry.

They either set up a cascade of hormones that created an abundance of health for us, or they set up a cascade of hormones that created additional stress and further suppressed our immune function, so eventually we reached the point where our immune system can no longer maintain optimal health, and that has allowed illness to more readily develop.

Does that make sense? Hopefully, that makes sense to you. So here's the bottom line. The bottom line is this: there are habitual thought patterns that got installed in your mind, in your subconscious mind, when you were very young.

They programmed you, without your knowledge or consent, if you will, for expressing health in a certain way. And if you don't reprogram these thought patterns from ill health back to health, then your subconscious mind will continue sabotaging your biology, your progress, your immune system, and your potential for healing and recovery.

There is no in between for the mind. Either our subconscious mind is working to promote health, or it works to diminish it. And if it's working to diminish it, you wanna do something about it right away so that you can give yourself every possible edge and advantage to overcome this illness.

And someone who did just that, and I wanna share a past client's story, and this past client is Martha, who at sixty-three was diagnosed with lung cancer.

And Martha was a very active person all her life with a big social circle, but now, with this diagnosis, and so much has changed, with an oxygen tank attached to her hip, she had to slow down.

Her mobility was severely restricted as a result of that, and even standing for long periods of time became difficult, which meant that she wasn't really able to host her family as much as she wanted, and that had an impact.

And mentally and emotionally, the change in her identity from an active and independent person who's the head of her family, to now being a cancer patient, this kind of change was extremely hard for her to process and certainly to accept.

Now, if we look back into Martha's childhood, it was complicated. Martha grew up in a very religious home, and this is not a criticism of religion, obviously, but in her words, it was an atmosphere that was full of tension.

It was strict, it was rigid, it was domineering, and from a very young age, Martha said that she learned that bottling her emotions is safer than expressing them, and maybe it resonates with some of you.

Martha never heard the word I love you. It was just not spoken, not expressed. She never felt safe enough to cry. And over the years, her grief accumulated like dust in a locked room, until one day her lungs collapsed under the weight of it all.

Root Causes, Gene Expression, and What Doesnu2019t Work

Now in many ancient traditions, the lung is considered to be the home of unspoken sorrow, grief, and for Martha, every breath expressed that. Every breath became a struggle under the weight of her unprocessed pain and unexpressed pain, suppressed emotions.

When we began working together, obviously she didn't know what to expect, but something somewhere inside her, something said or whispered, It is time.

Time to speak what had been silenced, time to feel what had been buried, time to let the body exhale all that it's been holding, all those suppressed emotions for decades, and maybe that resonates with some of you as well.

Session by session, Martha began to speak and release words that she had never really been able to reach before. She let herself be seen for the first time in decades, and she was finally ready to release this unheard cry of her mind and heart, in other words, her grief.

And she cried, and she raged, she remembered, and then she breathed. And not just air, but life. It really, I know it sounds poetic, but it's really the best way to describe it.

And as the suppressed cry of her heart found its voice, something began to shift within her, because healing didn't

just happen in her body, it happened in her story.

Again, this refers right back to shift number one that we have to shift our view of cancer from a failure of a specific part of the body to a whole person event.

So healing didn't just happen in her body, it happened in her story as well. And Martha began to realize, she discovered that healing isn't always just about fighting the disease, it's sometimes about listening to the message beneath it.

And she was able to do that, and once she did, the path forward opened like a long awaited breath. And I'm happy to report that she's still going strong at the time of this recording.

So this is a really good thing. But speaking of suppressed emotions, let's talk about the third shift. We're getting into the thick of it, as we like to say.

Addressing the root cause, not just trimming the leaves, and that will make sense in just a moment. What I want you to understand about this particular shift is that it relates to a very big scientific project called the Human Genome Project, which you may have heard about.

The project itself was concluded in two thousand and three, and the theory, when researchers started looking into the Human Genome Project, the theory was that we're gonna find, finally find, the individual genes responsible for illnesses such as cancer.

So the implication here was enormous. But that was a false theory, because what researchers have found is that there are a very small number of genes and very many conditions and illnesses, so that theory didn't hold water.

Then they went back to the drawing board, and what was eventually concluded is that it's not a particular gene per a particular condition or illness, but rather it's a combination of genes, some of them are turned on, some of them are turned off, that express in a specific condition or illness.

So that was a very big step forward, but then they had to ask the following question, the very important question, okay, if certain genes are turned on and some of them are turned off, what causes that?

What turns some genes on and what turns some genes off? So the answer, while complex in a way, was that amongst the various factors, there are mental and emotional patterns that influence our biology through the nervous system, hormonal and immune pathways, which can in turn affect gene expression.

So very important. Again, the answer is complex, but amongst the different factors, there are mental and emotional patterns, which are exactly what we're going after, that influence our biology.

And that's why we are here talking about this work. It's a scientific premise in a way for everything we do here, everything that mindful remission is here to help us solve.

And it's why we get results, because it's evidence-based and we know what we're looking after. We get results with mindful omission, which I call a game-changer methodology.

I'm calling it a game-changer methodology because it's actually how we tangibly, practically, are able to identify and then reverse illness thought patterns, and in doing so, engage the body's immune response.

In other words, we support it, we allow it to do what it's designed to do, which is to eliminate any abnormalities in our blood. My point is that illness thought patterns live in our subconscious mind.

So unless we address the subconscious mind directly, healing these patterns just cannot happen. And again, I'm not putting down any therapeutic approach here, like talk therapy, for example, I'm just stating the fact.

If we look at conventional talk therapy, it primarily addresses the conscious mind, hence talk therapy, right? We're gonna talk about it. To access the subconscious mind, we need a different tool, we'll talk about that tool in just a second.

But before we go there, before we talk about what's actually going to work, let's quickly talk about what many of us have been told to do, what I call conventional wisdom.

And the one thing I want you to understand is that conventional wisdom is a recipe for conventional results, and conventional results, when it comes to cancer, is just not good enough.

It means recurrences, not what we want. Now, what I'm talking about are likely things or suggestions that you've heard from well-intended people in your life.

Some of them may very well be aware that there is a mind-body connection, even. But these suggestions go as follows. For example, you need to start thinking more positively, right?

I mean, being so negative. Be positive. That's one suggestion. Another is that you need to meditate to lower your stress level. Not a bad idea, but we'll talk about why it's flawed in just a second.

You've probably heard that you need to join a support group, which is a great idea, except that, from my perspective, or my experience, many of these support groups have people who just focus on fear and commiserating and talking themselves out of being full of life.

Or maybe you heard that you need to wear pink to join the cause. These are things that seem to float out there in the cancer sphere, but none of these activities, that's why I want to talk about them, none of these activities actually address the unique subconscious patterns that are impacting your biology, inhibiting your immune response.

The lessons, the beliefs, the perceptions instilled in your mind when you were very young are very different from mine or from everybody else, right? So what that means is that we can't use a one-size-fits-all approach.

We have to go straight to the source, and at the end of the day, we have to learn that to be true. I mean, we know this through research. Our biology and immune system, they don't respond to conscious effort.

They just don't respond to conscious effort. They respond directly to signals from the subconscious mind, the emotional mind again. And a somewhat humorous visual that I like to use about this kind of surface level conventional wisdom tools is I want you to imagine that you're trying to upgrade your laptop computer performance by painting your monitor a different color.

But that's what many of these surface level, even mind body approaches to cancer, that's what they're trying to do. They're only working at the surface level of the conscious mind.

The Mindful Remission Process and Jamesu2019s Story

And either you know, completely ignore the subconscious mind or they just can't change the deeper programming or the mental code properly. So whatever approach you're gonna use, I'm just saying you need to go directly to the subconscious mind if you really want it to work.

And now that we know what doesn't work, we can actually talk about what does. Here it is. Here is the new way, which highlights the mindful remission way, which highlights the fact that we need to access and reprogram the subconscious patterns that are inhibiting our biology and immune response.

It works like this. I will just give you an overview and then go step by step. So the first thing we need to do here is to locate in the subconscious mind the event, the initial event, that planted the seed for a particular illness thought pattern.

Once we identify that, it can be a situation, event, or anything in between, then we can release the emotional intensity trapped in that event. We then can begin to look at this event from a different perspective, come to a new decision about what that actually meant, in other words, reverse the incorrect perceptions or the meaning that we have assigned to that event, and then we can apply forgiveness, we'll talk about what that means in just a moment, and then we can assimilate all of it into our present awareness so it's automatic.

Okay, so let's take it step by step, because this is really the heart of the matter here. The first thing we need to do is to access the subconscious mind.

To do that, we use hypnotherapy, a particular type of hypnotherapy, as the key to the door of the subconscious mind. And we need to access the subconscious mind to identify the original, again, that particular moment in time, situation, or event that caused us to shift our identity, or perception, or belief about who we are from positive to negative, or limiting.

That's the moment or experience that planted the seed of the illness pattern. Now, there might be more than just one event. Okay, well, we'll address each one of them, but that's what we do.

Now, once we find the event, that moment in time where things have shifted for us internally, in terms of our understanding of who we are, from positive to negative or limiting, then we need to release the trapped emotions within that event, because usually these moments in time where something shifted within us, they were very emotionalized situations.

We tend to call them trauma, but it doesn't have to be all that dramatic. They were very emotional situations, which is why they kind of got so ingrained deeply in our subconscious mind, because the subconscious mind is the emotional mind.

So we need to release the trapped emotions around the event, because, like thick fog that prevents us from seeing the road properly when we're driving, these intense emotions prevent us from seeing the event through a clear lens, in a way.

The intensity prevents us from finding the good in that which we previously perceived as bad. It prevents us from looking at the same situation from a different perspective so we can come to a new decision about what that moment actually meant for us.

So when we do that, we'll be able to think about the event, when we release the trapped emotions, we'll be able to think about that event, the really traumatic thing that happened to us, but you know, it just won't sizzle anymore, if I can describe it as such.

It won't hurt anymore because we released the emotional intensity around it. And once we've done that, now we can actually view the whole event with a new sense of clarity and reverse the distorted meaning that we have assigned to this event, if it was indeed distorted, the meaning that promoted limitation and negativity, we can replace that meaning with a more empowering one, a better one, one that will promote balance and health rather than imbalance, if that makes sense.

What I want to make sure that you understand is that we're not changing what happened to us in the past. That's not possible. All we are aiming to do is change the meaning that we have assigned to what has happened to us.

Okay? And that's an important distinction. Then, once we've done that, now we can use forgiveness to heal the entire moment in time, the entire thing, the entire event.

Now, by forgiveness I don't mean that what happened to us or what someone did to us is okay. That's not what I mean at all. What I mean by forgiveness, in the context of mindful remission at least, is that we're no longer going to allow this particular event or that particular person to hold sway over our lives or health.

We're not going to allow that event or person to jeopardize our ability to heal and recover. We're not doing that

anymore. And finally, when we have applied forgiveness, we can integrate the whole thing so it's automatic, and the health thought pattern completely overrides the illness pattern that was there before.

Okay, now look, we might have to do this with a few different deeply emotionalized events. Yes, understandable. I mean, life is complex, we live the life.

We might have to do this with several people, or several beliefs that are currently sabotaging your progress beneath the surface. But the one thing I want you to understand is that once you replace an illness pattern with a health pattern, your subconscious mind begins to work to your benefit.

It begins to support your body's campaign for healing and recovery. Things become easier, better. It's not to say that going through treatment is easy, but things will be ten times easier.

Absolutely. Alright? So let's highlight some of the things that we talked about so far, because I want to make sure that it stays fresh in your mind. First we said that you can't fight cancer when you're fighting yourself.

Think of it like standing in front of the mirror with a sad face, hoping to see a smiling reflection, right? Not going to happen. The second shift we talked about is about releasing suppressed emotions, essentially, illness thought forms, how do we release them from the subconscious mind so we can support the body's healing for recovery?

And last but not least, we understand that addressing the root cause of our distress, that moment in time, shifting our mental programming for the better, can impact treatment outcome for the better.

It's as simple as that. That's the equation. And that brings me to the fourth shift. We're moving fast, I want you to stay with me, we're almost done.

This shift is shift in identity. From feeling perhaps like a cancer victim to perceiving yourself as a healing powerhouse. And this is so important because one of the biggest challenges for cancer patients, one of the biggest problems that they're facing, is the feeling that everything is out of their realm of control.

And again, we know through psycho neuroimmunology, this field of research have identified specific patterns. We're talking about helplessness, hopelessness, and stress as immune suppressant patterns.

So we know these patterns are not working in our favor. We also know now that by engaging our subconscious mind, we can actually get ourselves back in the driver's seat, metaphorical driver's seat, if you will.

We can recruit the most powerful ally that we have that we can, and that is ourselves. And a good example for someone who's done that. Let's talk about James for a moment, another client who turned things around quite beautifully.

Now James was diagnosed in twenty nineteen with prostate cancer, and he was sixty years old. And after his surgery, he found himself grieving a great deal, not just for the physical loss of his libido, but for something much deeper.

His sense of identity, something shifted. His value and worth, his manhood, in other words, his emotional pain, it was running much deeper than the diagnosis.

And if we look at James' childhood, again, there's a lot there. So first of all, his dad was a recovered alcoholic, and James said that growing up there were many, many rules and a lot of criticism, plenty of judgment that he contended with, to avoid being on the receiving end of his father's rage, James did all that he could to succeed academically, because that brought some peace and quiet.

So to stay safe, James did everything he could to excel in school. He developed, unintentionally, this pattern of being a perfectionist. But beneath the success that he was having, there was fear, there was anxiety, there was a crushing sense of not being something enough, and in a way he walked on eggshells and waited anxiously for the

other shoe to drop at any moment, because it happened, and it was very difficult for him to experience.

James struggled with a great deal of self blame. He blamed his cancer on his wild, young years, if you will, on drinking, partying, on his sexuality. He internalized a lot of shame, and he believed that he, in a way, was the problem; he was the disappointment; he, well, something within him was broken.

And this was the seed of illness, in a way, the true illness eating away at him from the inside out, and maybe that, again, resonates with some of you watching right now.

Through our work, James began to meet himself with compassion instead of judgment. He learned to make peace with his past and began to embrace his identity, not as a flaw, but as something quite sacred.

He released years of self-blame, and he finally was able to forgive the boy that he once was, the boy who just wanted to feel free, get from under this weight of oppression.

And he was able to mend through this kind of work his fractured relationship with his body, with his story, with his soul in a way, and for the first time, he was able to really look forward to a future that was filled with possibilities instead of doom.

Taking Control and Booking a Consultation

Now, look, this is James' story. You heard Martha's stories. Maybe you have your own story. Now, you've heard everything I have to say. Now you have a choice to make.

You can either keep going to your doctor's appointments and just rely on the physical approach to healing, while the whole time you're filled with stress, you're filled with anxiety, knowing that you're unintentionally working against yourself, suppressing your immune system, and making it harder for the body to recover.

Or if you want to take control of what you actually can control, which is your own mental and emotional state, In other words, you want to feel confident about the path you're on, and you want to use the mindful remission approach to get better treatment outcomes, not just to make your immune system stronger, but for you to feel better, so that you don't just survive, you get to thrive through this moment in time, without all this stuff weighing heavy on you, without all the past and negativity weighing you down and holding you back.

If that's what you want, then here is what I have for you. I've set aside some time in the next forty eight hours to speak with you personally. It's important for me to speak to each and every one of you personally about how you can begin to integrate this approach into your individual cancer journey.

You can do that starting today. With twenty five years of doing this kind of work, whatever your biggest challenge is, I've seen it, and I know how to address it, how to support you.

So I encourage you to book a call using the calendar or the form link beneath this video Just to get started, what we'll do is we'll jump on Zoom for about forty minutes or so to do some work.

Number one, what we'll do is we'll get very clear on where you are right now. Your treatment, your challenges, what's working, what's not working. So that's the first thing we're going to do.

Number two: we'll identify the very patterns that are affecting your immune system even right now. Number three: I'm going to lay out a crystal clear path for you to healing what's in the way of the results that you want, and number four, we'll talk about how you can begin to shift illness patterns into health patterns so you can move forward with confidence.

But here is the thing. This call, it's not for everyone here. It is for you, and I want to be just very clear. It is for you if you're currently, as I said, going through treatment and you understand that the physical approach to healing is just not enough.

It's not enough for lasting healing. It is for you this kind of call if you recognize that unless you change the internal environment in your mind, the internal environment that produced illness in the first place, that unless you change that environment, that it'll just come back again and again, the symptoms will come back again and again, and that's unacceptable to you.

So then it's for you, and it's for you if you want to leave no stone unturned, you're willing to invest in yourself in a way to get the best possible outcome.

If all this is true for you, then absolutely use the form, the link beneath this video, to book your consultation right now. And if I didn't mention it, this is a free consultation.

In other words, there's no charge for this call. Having said that, I do want to say that there are only so many people I can talk to and support, so many spots on my calendar.

The purpose of this kind of consultation is for us to meet, so we can find out what's possible for you moving forward. See if you're a ready candidate for this kind of work. Okay?

All right. Well, once again, thank you so much for joining me here today. My name is Avinoam Lerner, and I hope that now you can see that the healing you desire is actually attainable, that the scientific premise behind it is solid, and what I really want you to know is that it doesn't have to be this hard.

I mean, no one's going to tell you that going through cancer treatment is easy in any way, but it just doesn't have to be this hard, or as hard as it has been.

If your mind is unintentionally self-sabotaging your progress because there's a conflict right there in your mind, in your subconscious mind, just know that we can resolve this conflict.

And when we do, everything gets ten times easier, so you don't have to struggle. The struggle is optional, the anxiety is optional, the fear is optional.

So click the link under this video. Use the calendar to book your appointment, and we'll be talking very shortly. I look forward to it. Take care.