

**HealthBoss**  
**University LIVE 6/11**



**HEALTH INDEPENDENCE**  
Training for  
**HOME HEALERS**

**RELEASE #5 (pp. 14-17)**

**Mind-Body Connection,  
Mental & Emotional Healing**

**Workshop — June 4, 2011**

**Serena Garcia, LMT**



## Foreword

Dear Community!

Below you will find my hand-written Notes from **HealthBoss University LIVE 6/11** event that took place June 3-5, 2011 in Austin, TX.

These are the notes that I made for my own presentations, as well as the ones I took listening to other Practical Professors. **THEY WERE NEVER MEANT AS PUBLIC**, so do not expect any "academic" presentation 😊 And yet, they will give you a good "starting point", an overview of what was presented at the event, as well as the reference points and "memory joggers" in the future

(at least that's how I use them).

Why am I making them public now? There are several reasons.

1. The world is changing fast, along with every field of human experience – including Health Science (thank Goodness). And what is emerging on a horizon is a new system of Health Care based on **Self-Care**. We called it the **Home Healer** movement.

The new health care model is all about YOU declaring your **Health INDEPENDENCE** and taking responsibility for your own health, at the same time taking back CONTROL and POWER that you didn't have for quite some time.

Yes, sounds good, but how and where do you get enough **KNOWLEDGE** to become health independent? Where do you find enough health CONFIDENCE and COMPETENCE?

At the **HealthBoss University**, where else?! 😊

I am sharing with you my Notes to show that even the most complicated health topics can be made simple and fun, and that the health science does not necessarily have to be a "rocket science" or a "brain surgery" (actually, I hope you will never see what brain surgery actually looks like; you would be surprised...) 😊

Your body has a very intuitive and comprehensive design – and as soon as you understand how it works, it is easy to make sensible and confident choices in maintaining the "most valuable instrument that you will ever own"— your Body. I wish my Notes would help you do just that.

2. I think the information given at the HealthBoss LIVE 6/11 was **priceless** – and there are very little chances you can get most of it anywhere else.

Yes, we are making this information available on DVDs, but what if you cannot afford them? With my Notes, you will at least have some guidelines to follow, and some food for thoughts. I hope these thoughts will ignite your curiosity – and in the process of satisfying it you will have your own "AHA!" moments, which feel soooo good 😊

3. I also hope that my Notes will give you enough information and encouragement, and you will NOT feel like **Helpless Hopeless Worthless Victim** any longer when your health is concerned. As our Practical Professors will show, you really CAN reverse even the most debilitating disorders; you really CAN be Your Own Health Boss!

**Home Healers, it's YOUR Time.**

To Your Health Independence,

*Dr. Irina*

# Day 2

## Part 2

Serena Garcia

### Mind-Body Connection

#### ① "Breaking Mind-Body Connection" Protocol

It is proven that our EMOTIONS <sup>2 THOUGHTS</sup> affect our BODY.

Ex: Dr. Sumner showed how CANCER can be triggered by emotional distress)

② STRESS is known to be an origin of > 10,000 health disorders)  
But what IS EMOTION?

At the end of the day, emotions has CHEMICAL nature. They are "stored" in various parts of the body in a form of chemical changes -

HEALTHY HAPPY



JOY molecules

Grief stress molecules



SICK & TIRED



"bad memory" cycle

the stronger is the emotion the more chemical changes in the body it creates. Especially if the emotion = its chemical signature is trapped in the body by repeating memory pattern

How can we change that connection between memories - & emotions they trigger?

#### "Breaking Mind-Body Connection Protocol"

- NOT to remove bad memories, but the BAD EMOTIONS they trigger.

Idea: Q-laser changes molecular structures making them "more coherent" (example: changing structures of water/wine)

Can't it change the molecular structure of bad EMO?



- Put both index fingers (facing forward) behind & below the ears (client) ← keep until assessment addresses the limbic system
- focus mentally on THE BAD MEMORY/EMO
- Turn Q-1000 to Mode 3 and shine on "third eye" → upper-right of forehead → upper-left of forehead → back to "third eye" from top of the head → back to "third eye" from top of the head → body to right toe → up to ground → left toe →



15) → continued

We are accessing memory while accessing emotions

4) Check the result with eye movements:



- 1 - right
- 2 - left
- 3 - up
- 4 - down
- 5 - in clockwise circle
- 6 - counter-clockwise

If eyes do not move smoothly in ALL directions → repeat Steps 1 to 3 focusing on the emotion even harder (overall, NOT more than 3 cycles)

Check again → until eyes move smoothly.

You can't do protocol yourself → need a partner

**SCENAR** can be used to perform the technique as well, considering how it affects emotions (it's just technically difficult to use on the skull and skin all over the body).



With SIBC protocol you are "peeling an onion," and after main problems are checked, secondary issues will start coming up.

A person will feel better & better with **EVERY** session!

If a person cannot lift their fingers high enough or don't have them - use another natural "connector" that they can hold as close to the ears as possible (stew, crystal etc.) - but a person needs to be involved in a process.

Protocol is also good to work w/ belief systems.

Ex: drug addicts. Their beliefs: - I am not good enough  
- I am not smart enough  
- Nobody likes me



2) "De-escalation" Protocol

- for escalating behavior (panic attack, anxiety, autistic escalation, etc.)



- 1) Grab an arm at the wrist <sup>2 at the shoulder</sup> & spin fast (despite resistance) clockwise - 2 in opposite direction until moves smoothly → reconnection of hemispheres
- 2) Do the same with the other arm of a panicking person
- 3) All this time second helper shines G-1000 on the head on Mode 2 (on the body).



③ Jin Shin Acutouch (a "cook book"?) <sup>lots is</sup> self-help  
 - a simple system of "recipes" using 26 acupoints to quickly restore the energy flow in the body  
 works great with Q-laser & SCENAR/COSMOCAR  
 In this system you need to:

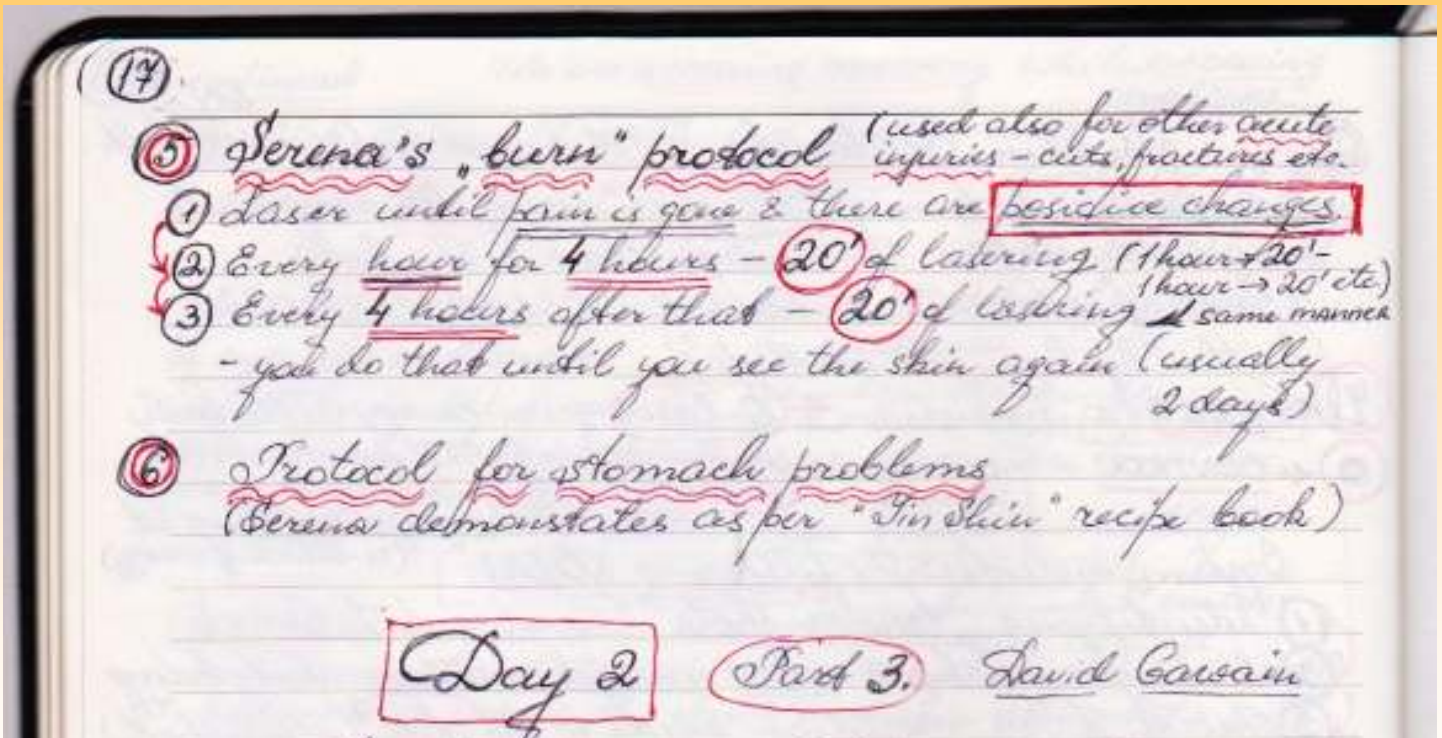
- ④ ← FEED a meridian ← Q-laser gives energy to the body <sup>increasing ATP production</sup>
- ⑤ ← CONTROL a meridian ← SCENAR organizes energy & removes blockages <sup>re-directing energy</sup>

System includes the following steps:

- ① Identifying "tender spots" (similar to Dr. Suen)
- ② Looking on a chart what meridian these spots belong to
- ③ Decide if this meridian needs to be "fed" (nourished) or "cut" (decrease energy flow) <sup>with degeneration with inflammation</sup>
- ④ See if there are other tender spots along the same meridian (to make sure it is the right meridian)
- ⑤ Look which of 5 elements are related to this meridian
- ⑥ Consult the book what other elements "feed" or "cut" this element. <sup>(30" or until soreness gone - or until SR "doses")</sup>
- ⑦ Place your tools on the meridians related to the "feeding" or "cutting" element (laser to "feed", SCENAR to "cut")  
 You are controlling meridian (better than SR for systemic effect)  
 "Jin Shin Acutouch" book of recipes - related to symptoms.  
 Choose a symptom - & see what energy "circumstances" lead to it - and what to do about it.

- ④ Serena's protocol for eye disorders (macular degeneration, cataracts, glaucoma, glasses...)
- ① cover a good eye with a hand - <sup>cover</sup> → laser the bad eye for 1,5 min M Q-1000
  - ② "cap" both eyes for 5 min → <sup>cover</sup> → let the light do the job without interference





I hope you enjoyed my Notes—and found something in them that may positively affect your life and the lives of your loved ones.

Please leave me your **FEEDBACK** on the blog at [www.HomeHealerToday.com](http://www.HomeHealerToday.com)

I would REALLY like to know what you think.

Thank You for being a part of my Community of **Home Healers**. Let's grow it together! :-)

To Your Health Independence,

Dr. Irina