

HealthBoss
University LIVE 6/11



HEALTH INDEPENDENCE
Training for
HOME HEALERS

RELEASE #7 (pp. 20-21)

INVINCIBLE MINDSET -
In Life and in Healing

Workshop — June 5, 2011

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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.

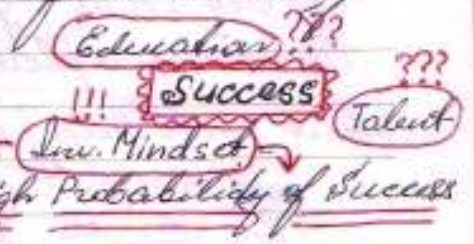
To Your Health Independence,

Dr. Irina

Day 3 Part 2 Dr. Irina

Invincible Mindset - in Life & Healing

It is an **Ultimate Life Skill**
 ↓ It makes you a **winner**
 in any game of life.
 Invincible people get to their goal
"NO MATTER WHAT"



It is **PROGRAMMING** that makes a difference
 [Information $\xrightarrow{\text{organizes}}$ energy $\xrightarrow{\text{creates}}$ matter]
 Whatever you program yourself for - you will get.
 As healers, it is our **OBLIGATION** to make sure
 our clients are programmed for success in healing.
Changing programming is one of the most
 difficult things in the world - yet possible.
 We use old **scout principle**:

- In order to get where you want to go you need:
- 1 - know where you are
 - 2 - know where you wanna go
 - 3 - have a plan
-

In healing:

- 1 Apply that principle to the first session & find out:
 - does your client **WANT** to be healthy?
 - does the **understand** his disease? (no fire assigned)
 - does he believe cure is **possible**?
 - does he believe **HE** can do it?
- 2 Set a goal together.
- 3 Develop a plan.

If found that a client does not believe he can do it,
 set **"developing IM"** as your first objective & priority.
 - 2 proceed as above. (continued)

21) → Namely: (dig deeper)

① Find what your client is at. **WHY** does he doubt his success?
Possible scenarios: (- I am a loser)
(- Not enough energy (money etc.)
(- Can't follow through
(- Don't have time etc.)

② Set IM as a **goal** (namely - daily IM mantra - see PPoint)
③ Develop a **plan** to get your client there.

What will help? ① Strong **faith** (You are a part of God; you have a **mission**)
② Strong **logic** hence, you are perfect
③ Strong **MOTIVATION** hence, you CAN & WILL heal to fulfil your mission
Power of the Universe is yours
It is all programming - & it can change.
Healing Unlimited

PLAN

- 1) Work on **FAITH**
- 2) Find **MOTIVATION** [what's my MISSION? Do some stud-searching]
- 3) Take **CHARGE** = take **RESPONSIBILITY** → it is a **PRIVILEGE** (it's YOUR matrix)
Be **THE BOSS**
- 4) Build healthy self-esteem.
- 5) Express yourself through **creativity**.
- 6) Manage your **TAF** Loop: → **THINK** IN OR OUT OF **ACT** / **TALK** / **FEEL** **TAFT Loop**

IM Realize WHO you are - & what you ARE here for
See how strong you are
Realize you are not alone

Invincible Mindset: YOU CAN ACHIEVE ANYTHING! No matter what...

- You see **RESPONSIBILITY** as **PRIVILEGE**
- You R **ACTIVELY AWARE**
- You keep your mind on a **GOAL**, not obstacles
- You choose **ACTIVE** over passive
- You choose **POSITIVE** over negative
- You consciously manage your **TAF** Loop
- You **LOVE** what you want & habits that lead to it.



Daily practice:

- 1) Think **HOW MUCH** you want your goal (motivation)
- 2) Feel grateful & ecstatic over privilege of responsibility = **CONTROL**
- 3) Imagine your goal already achieved - & how **GOOD** it FEELS
- 4) Imagine doing things to get your goal like **YOU R PLANNING IT** - because **U R**. What we plan to do is in our mind - we tend to do
Do it every night - **Change is inevitable !!!**

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

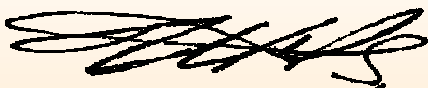
Please leave me your **FEEDBACK** on the blog at www.HomeHealerToday.com

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

A handwritten signature in black ink, appearing to read 'Dr. Irina', with a stylized flourish at the end.