



- Dr. Irena: Hello and welcome to day two of our “Life in Love” master class series this morning (or for you almost afternoon). I'm really excited to bring a very interesting guest to you. Somebody who will blow your mind. It is The Future Whisperer, Ti Caine. Hello!
- Ti Caine: Hi. So happy to be here and excited cause I've so enjoyed you and your amazing, well your amazing journey and your intrinsic connection to the future. And we'll talk more about that.
- Dr. Irena: We will right after, because we've found that it's a kind of a fun thing instead of me just lecturing the audience. We'll do that in an interview type of style. But right now we'd like to really introduce you to the audience Ti. So I need to put on my reading glasses. So Ti, you're called the future whisperer because as a hypnotherapist, healer, metaphysician, futurist, author, inspirational speaker and life coach, you are the only therapist in the world who has created an entire therapy, healing and growth process based on connecting people with their ideal future. And that process is called “Future Visioning”. He will explain to us a little bit more later on what that is, but it's really something that will blow your mind because what he says too is "your future creates your present". Go figure.
- Ti Caine: Yeah. It's that this one phrase changed my entire life. Me, my whole career has changed thousands and thousands of lives in the world. It came from my favorite teacher, Lazaris, a channeled being, that idea of connecting to the future and actually working with it. I literally am the...I had to do it to save my own life twice. And I'll tell you a little bit about that in a moment. Um, but the power of the future is just unbelievable. It's it and it grows and it gets bigger and the more you play with it, the faster and easier you're healing your life creation; your success comes. So I might add, we're actually going to do an exercise to take people and connect with their future right here while we're doing this thing today.
- Dr. Irena: Oh, that sounds fantastic. I know that you shared that over 40 years ago you started traveling around the world, learning and practicing every psychological, personal growth, spiritual and healing technique you could find. Like meditation, positive thinking, affirmations, energy healing, being in the now, vegetarianism, law of attraction, LLP, mindfulness, et Cetera, et Cetera, etc. But none of those really helped when you had a life threatening illness nor did they help when you had a suicidal depression. So, but then you healed both of these illnesses and the depression by working with your own future and realized in the process you have discovered a totally new approach to healing and growing. And now this future visioning process has often been called the fastest and most powerful healing technique in the world by the thousands of individuals, couples, and organizations that have gone through this process and stepped into their ideal future. That sounds so fantastic.
- Ti Caine: It is fast and powerful. Both of my healings were instantaneous.
- Dr. Irena: Wow.



Ti Caine: Literally from one second to the next; edge of death to complete health, not just a...and I've done that with lots of clients. Not everyone, because sometimes there's a process that you need to go through to heal, to learn in the journey. But that's how powerful it is. Stepping into the future can change your life. Like today, through listening, our audience will change their lives today during this talk if they let themselves. If you out there listening, if you let yourself really feel this, your life can change today. And so I wanted to address also; Irena, your questions that we all sent out to bring people to this event are so profound and I wanted to just touch on those. Is there hope for me? How can I finally find the right partner and, can I find the right partner?

Ti Caine: And yes, there's hope for one very profound reason. And that is illustrated best by the French philosopher Teilhard de Chardin who said, "we are not human beings having a spiritual experience, we are spiritual beings having a human experience". So we actually are spiritual beings, right? And people talk about that. People address that, but they don't really know what it means. What it means is that we are gods and goddesses. We are part of God and goddess. We don't remember that. It's true always. If you remember that, what's possible? Let's see. How about finally finding the right partner, creating health, creating happiness, yet for a human being, that's a difficult, long, painful struggle... For God or a goddess. It's one choice away!

Dr. Irena: Wow, that sounds extremely powerful. But do you not think that many people don't even see themselves as a creator of their reality? Much less a god or goddess?

Ti Caine: And that's the single biggest problem in humanity. We don't see the future where we can be the really, truly spiritual and powerful beings that we actually are. I've been working with the future as you and I discussed in several of our conversations for, well, let me see. Actually, let me show you that the history of that. Just a brief story of how I came to. I started out in Utah and Montana, born and raised in the mountains and uh, so to be here, in metaphysical spiritual Los Angeles... I've lived in LA for the last 30 some odd years. And to do, be creating this edge of the personal growth, spiritual development, uh, technology. That was the farthest thing from my mind when I began this life. Let me show you, we tried this a little bit earlier.

Ti Caine: Here's the cabin that I grew up in, one of two cabins that I grew up in, in the woods of Montana. When we first went there, we didn't have electricity or running water, it's way out. And, and so I was born in Utah, surrounded by Mormons and didn't fit in there. Where I did fit in was in the woods, in the mountains and I love that. And it was on a beautiful lake. And I was a guy. I was an adventurer. This is me and my favorite friends up on the top of mountain way up there. We're up about 11, 12,000 feet. We went backpacking and...

Dr. Irena: You're the tall one on the right?

Ti Caine: No, I'm the one with the longer hair here. My friend Dave. Dave was bigger than me. I'm six foot four and he was bigger than me.



- Ti Caine: That's me with the long hair. That was in my, uh, early hippie days. Oh this is later on after I cut my hair out on the lake and this was, I was an adventurer always. And I did things to the max and then I crashed plenty of times. Broke ribs, got concussions, all kinds of things. But that didn't stop me. This is my friends partying out on the boat. There's at least two six packs of beer with those five people in that boat. Then here's my favorite place, the wood pile with my chainsaw and my best friend Ricky and I rode motorcycles. I built my own first car when I was 16. I raced my Hobie cat and won almost every race I ever entered. So I was a guy totally into the physical world. I played ice hockey, loved that game. Uh, and then I got a pilot's license, learned to fly. Then got bored with flying immediately. And so I decided I wanted to fly gliders cause they don't have an engine. So it's a challenge. You got to stay in the air. So that was fun. And then even that got a little bit dull. So I decided to fly acrobatics. I learned to do barrel rolls and loops.
- Ti Caine: I skied, love that, and particularly jumping off cliffs and bridges and I jumped. Not only did I fly airplanes, I jumped out of airplanes. So I was an adventurer in the physical world. Totally committed to the physical world. Yeah. I didn't know my life was going to change. I had no clue. I had really no concept of my future other than, okay, the next cliff I can jump off.
So here it says, deviation. My life was going to change and I didn't know it. I had a friend in college who got a job with National Geographic studying Bengal tigers in Nepal, and he wrote me and said, I'm going to Nepal to study Bengal tigers. Do you want to go? I said, Ron, that was the time when we wrote letters, I wrote him back: of course I want to go. Where's Nepal?
- Dr. Irena: Yeah, that's funny.
- Ti Caine: So we got on a plane and off we went to India and Nepal. This is me up in the Himalayas, trekking around and my entire life changed not because of the Hinduism or Buddhism, but because of the energy of the people.
- Dr. Irena: Oh!
- Ti Caine: One of the things that was amazing was everywhere you go they say "Namaste", which means "I see the light in you and I acknowledge that light and when you are in that light, and I'm in touch with my light, we are one" and you say that Namaste, say that like a hundred times a day. Every time you meet someone. And it was just, Oh, there's something more than jumping out of airplanes, and there's something beyond the physical realm. And so I took the biggest leap; this is my favorite picture of me.
- Dr. Irena: Okay. The bungee jump?
- Ti Caine: The biggest leap ever was not the Bungee jumping, that is fun. Jumping out of airplanes. That kind of stuff is fun. But the biggest leap in my life was to discover: We're part of an incredible universe. We are part of something that's so much bigger than what I was aware of. And ...When I came back from Nepal... When I came back from Nepal, I knew



that my whole life had changed and I didn't know what that meant. I just knew that I didn't fit in Utah anymore, so I started getting on a plane and fly out to San Francisco. Just walk around, just, I didn't even know for sure what I was looking for, but that feeling, that I felt in Nepal and that was so big. I knew I had to find that.

Dr. Irena: Why San Francisco then? That's where you would find it?

Dr. Irena: That's where the whole spiritual movement was in the 1976; 74, 75 ,76 so that's where San Francisco was the leading edge of the metaphysical spiritual world. Oh, in the whole world. So I went out there, just walked around until I bumped into a guy at a street corner and he started telling me about what he did, which was live in a metaphysical center with like 50 to 60 people, all in this one big Victorian over in Berkeley. And I just walked in there and I felt at home. I felt like, oh my God, this is what I've been looking for. So I started, I realized that I didn't fit in Utah anymore. So I moved out to California. I actually moved to LA cause the excuse was there: I had a friend who had experience in the film business and I had a trust fund that I needed to get rid of.

Ti Caine: So we got together, came out to California, moved to LA and worked in the film business and had an amazing experience there. But every night, five, six, seven nights a week, I was involved in metaphysical, spiritual healing, energy, doing every spiritual thing there was, because Los Angeles was also filled... LA and San Francisco were the center of the world. And I was just so thrilled. And so I tried everything. I learned to meditate, I learned to do energy healing. I had hot hands. Um, I studied with all the gurus cause they...a lot of them lived here in southern California and if not, they came through regularly. So I spent eight years doing all the spiritual stuff, affirmations, Shakti Duane and creative visualization, all of that stuff. And after eight years of doing that, I wound up...went on a vacation to Utah, staying in the house that I grew up in and feeling pain in my guts.

Ti Caine: And after it got worse and worse and worse and worse for 24 hours, 30 hours, I wound up in a hospital with three doctors saying I had to have surgery immediately and they might not even be able to save me because they thought my appendix was exploding and they didn't know where the process was at. And I had done every spiritual, metaphysical healing. I tried all of that to heal it. It did nothing; like affirmations, positive thinking. And none of the things that I tried helped at all. And I had been doing those for years and I'm still on the edge of dying! And the one thing that had changed my life dramatically, that influenced my life is that I met Lazaris and he said, "you create your own reality".

Dr. Irena: Yeah. Just what does that mean? I mean, you create your own reality... Like people say, no, I can't do anything about the weather. I can't do anything that I have to do this job to make money. There's nothing I can do about all of it. So...

Ti Caine: right. And now it's very popular to, well, even the law of attraction, which is: I'm sick, but I'm going to attract health. There's the phrase, that everything happens for a reason, but nobody answers that reason! They say, Oh, well it's uh, the two scariest words in the



universe. It must be "God's will". Oh, and there's a positive... No! A lot of the things that happen are not positive and there isn't a positive reason. So what Lazaris is did is help us learn: What is the reason? Answer the question! Yeah. It happens for a reason...

Dr. Irena: But which reason?

Ti Caine: Here's a quote. Oh, hold on one second.

Ti Caine: I found it the other day: it's Einstein, and I don't know if he said this, but it says: "everything happens for a reason. But sometimes things happen because you are stupid and make bad decisions". So the reason that nobody addresses in the spiritual world is, oh, it's always something positive. It's always for the highest good. No, when I was in the hospital and they're wheeling me towards the operating room I'm going, no, this is not for the positive. This is not for the highest good. This is a horrible thing. And I do not want to have surgery. So I refused surgery.

Dr. Irena: Dangerous thinking based on my medical expertise, a perforated appendix?

Ti Caine: Oh right, right! And actually it's interesting, the surgeon, no, the emergency room physician had looked at me and said, uh oh, cause I looked dead. I was gray, black circles around my eyes because I'd waited for 24 hours, I waited until I couldn't stand the pain anymore. And actually, so he grabbed the phone and called the surgeon. She came in, she looked a lot like you do.

Ti Caine: She was lovely, blonde, safe, uh, immediately open and intelligent. But she was like you, she was a medical doctor and she was the one wheeling me towards the operating room and I said, I don't want surgery. And she said, I already explained to you, you probably won't see tomorrow morning if you don't. I said, I heard you. I understand, but I believe in this thing called metaphysics and she said, I don't even know what language you're speaking cause I don't know what that word means. I said, well, it means that I believe I'm creating my reality, not just creating my way out of the mess I'm in now. I'm creating everything and I believe that. And I'm obviously failing, 100% failing at doing that, but I believe that it's possible. So I said, I don't want surgery. I'm going to heal this or die trying.

Dr. Irena: Wow. Very bold and very adventurous and very you, I guess

Ti Caine: that was a leap...I look back at it and I was a babe in the woods then as far as metaphysics and working with the future and all this stuff. I understand it now. I was brand new then, but I still made that choice and I'm going, what were you thinking? You don't (get surgery)?
But I made that choice and kept asking, what is the reason? What am I doing to create this? And that's the biggest missing piece with all the positive thinking and all the spirituality and all the law of attraction, all of it, 'everything happens for a reason', that people do nowadays...by the million, by the billions! It's supposedly a billion people who've seen the secret and most of them still have their pain and their difficulties and



their suffering. They created a parking place here and there, but they're still struggling because they won't tell the truth about why they created the problem that they've got. So that's why, that's why I use: "You create your reality" instead of the law of attraction because you create your reality means "I'm responsible for my appendix exploding". Law of attraction is, "well, I'm sick, but I'm just going to attract something better". No, the way you heal it is figure out how are you creating the problem that you've got.

Dr. Irena: And then dis-creating the problem?

Ti Caine: and then *stop* creating it. Dis-creating it is medicine, positive thinking, the affirmations, all of that is trying to discreate, trying to fight the problem. What Lazaris has explained to me, what you asked about creating your own reality means you create all of it. So if you are creating the problem, fighting the problem is kind of silly.

Dr. Irena: Yeah. Kind of silly when you explain it this way, it really makes a lot of sense. If I'm creating the problem and I'm trying to fight it, which is going to be in a stalemate and instead goes on; there can never be a resolution. Right?

Ti Caine: Which is why like the war on cancer has created, in 30 years and hundreds of billions of dollars, a less than 2% improvement. Anxiety is going through the roof. Teenage suicide rate has gone up 40% since 2009. Anxiety: There's a study in some of the materials that I have, that 96% of the population of our advanced country think the future is getting worse. They think the world is getting worse, but if you look at the actual studies, the world is getting so much better. A hundred years ago we didn't have cell phones. We didn't have, uh, communication that could put us in touch like this. We didn't have it. We had like a 35, 40 year lifespan. We now have a 70, 80 year life span. We have, the world has improved so much, but nobody knows that, and is not paying attention to it because, and this is what I discovered, this is what saved my life. What I had to put me in the hospital was a dark and pain filled future.

Dr. Irena: And that is, in my opinion, because when I went to study the neuroscience, it's because the brain is biased towards the negative. It thinks this is the way to have us survive. Like animals, like always look out for the natural dangerous...

Ti Caine: a natural process to watch out for the problems, to watch out for what could go wrong. But yeah,

Dr. Irena: Murphy's Law, you know, people make fun of it, but that's what they believe.

Ti Caine: The important part is we have choice. Yes, human beings and animals are sort of run by their biochemistry and run by their neurology and run by their circumstance. But remember we said right at the beginning, we're not actually human beings. We're spiritual beings. We're gods and goddesses pretending to be human

Dr. Irena: or squeezed into a human shell, to learn probably.



- Ti Caine: It's actually not squeezed. It's focused. This is only the only part we're aware of. We're not aware of everything. We're actually part of everything. We are part of God and the goddess, which includes everything. We just forgot that.
- Dr. Irena: Yes, I believe that wholeheartedly because I have experienced it! If I'm talking about it to somebody they think I'm crazy or coocoo or woo woo or humbug, whatever. Let them believe what they want, but unfortunately it's not the better way to feel if you don't think you can do something.
- Ti Caine: Like Henry Ford said, whether you believe you can or believe you can't, you're right.
- Dr. Irena: You're right!
- Ti Caine: Sadly, most people believe they can't, which is what I discovered I did, because I had tried all those things about trying to be positive and I realized that was just a sophisticated form of lying to myself. I was not positive at all. I was visiting my mom and took a skiing vacation when this happened. She and I had had a big conflict over that cabin that I showed you. I was the one who found the cabin. I was the one who fixed it up. She and I had a deal where I said, listen, I'm going to bring the sweat equity. I'm going to make this work. I had plenty of money then too, cause I had my trust fund, but I was going to bring the sweat equity and I said, you pay for it. It was only \$25,000 at the time, which wasn't a lot of money for either one of us.
- Ti Caine: I said, you pay for it. I found it. I'm going to fix it. I'm going to keep it running for the next 20, 30 or whatever years so we'll be partners. And I thought we were partners for like 10, 15 years until we had an argument about where to pile the wood. "Well, we should pile it there because I'm the one who cuts it. I'm the one who piled it, I'm the one who brings it in so I know where it should be". She goes: "No, I want you to pile it over there and it's my cabin. You do it my way". Whoa.
And my entire future collapsed because I love that cabin more than anything in the world. I saw myself, and I'm 95 years old, sitting on the front porch of that cabin looking at the lake and the mountains and all of a sudden I realized it's not my cabin. But what I didn't realize was my future had collapsed. I knew my heart went crunch and my guts just tightened up and I'd been ripped off by my own mother, but I didn't know what to do with that. So five, six, seven, eight years later, I am visiting my mom and my appendix is exploding.
- Dr. Irena: So that was the reason, is that what you were just saying, that all of it led up to that reason of having appendicitis?
- Ti Caine: In the 24 hours since I started to hurt I used...the day before I started doing positive thinking and visualization, visualizing and trusting and opening to God and all that stuff that doesn't work. I did that for about 20 minutes, 30 minutes. It made no difference at all. So I realized, Oh, this is a waste of time. I create my reality. So because I was just early on with Lazaris... Then I started, instead of asking the question, how am I going to attract the healing, how am I going to pray for this? I dropped that stuff completely and



for the next 24 hours I asked myself, what am I doing to create this? What am I doing to create this? What am I...but I'm getting no answer, no answer, no answer, no answer.

Dr. Irena: And you were still alive. 24, 30 hours later?

Ti Caine: that's when I went to the emergency room.

Dr. Irena: Oh, okay.

Ti Caine: I waited for 24 hours. I was in pain and crying in a fetal position for 24 hours. And then the next day finally I walked, I went in the bathroom and I looked in the mirror and I scared the hell out of me cause I looked like I was dead already. So I said, Oh God, I better go to the emergency room. So I kept asking, even in the emergency room, I still had not answered the question, what am I doing to create this? Still had no clue. I don't know what I'm doing, but on the way (out of the hospital), I couldn't even get out of the wheelchair to walk to our car. So on the way up to the exit, I decided just to stay in the hospital. And on the way to the elevator, we went by the payphone.

Ti Caine: I picked up the payphone and called Concept Synergy, which is the group doing Lazaris's seminars and I called Gerald. And I said, I need to talk to Lazaris cause I used to talk to him every month, and I'm in bad shape, I'm in really bad shape and I'm going to die. The doctors say, if I don't get this, if I don't do something and I don't want surgery and I don't want to die... And Gerald said, I don't know, Jack's on a plane, we can't talk to Lazaris till tomorrow or maybe the next day. I go, oh my God, I'm going to die. Oh my God.

Ti Caine: And then Gerald, bless his heart, he said, I can't tell you what Lazaris would say. But I can tell you that every person we've known who's had inflamed intestinal painful gut issues, has had problems with unresolved anger. Bingo! The light went on. I said, mom, we need to talk. We need to talk. So down the hall, up into the room, damn near kills me just moving from the wheelchair into the bed. I'm there in the bed. I'm in excruciating pain still. My mom comes in and I start telling her about the cabin and I say, "I'm so angry. I feel so betrayed. I feel so hopeless and helpless because it was a verbal agreement". So there is no legal recourse, and I feel powerless, angry, enraged, hopeless, helpless, powerless.

Ti Caine: And as I'm saying that to her, I go, wait, wait, there's something wrong. What's wrong with this picture? There's something...Oh, completely gone. The pain was completely gone!

Dr. Irena: The pain was completely gone?

Ti Caine: Completely. Not 80%; 100% gone, just disappeared in one from one second to the next. What I didn't realize was that the pain was because my future had collapsed.



- Ti Caine: I thought it was just because I had been betrayed by my mother and I didn't have the cabin, but I didn't understand the implication. So I was completely healed. The doctor came in, she walked in; it was the next morning at six o'clock in the morning and I'm dressed and I'm ready to go, I said, check me out of this cheesy hotel. The food sucks and I got to go skiing. And she said what? She said, wait, you're not even supposed to be alive. And I said, I got to go skiing, sign the papers. She goes, do you have any books that you would recommend?
- Dr. Irena: Wow. Mind blown, right?
- Ti Caine: Mind blown. Completely, but still open, like you, still open. "Oh, do you have any books or tapes?" And so I told her about Lazaris. And um, so that was a monumental shift and a realization. Your question, do we create; we create everything. The truth is ultimately, we literally create....Oh, here's a quote, uh, you share this one. This is one of my favorite movies. Did you see the movie "What the bleep, what the bleep do we know"?
- Dr. Irena: I'm not sure I, this picture looks familiar. I don't remember.
- Ti Caine: It's maybe a little small.
- Dr. Irena: I just don't recall.
- Ti Caine: Right. This is the picture: Um, there are a whole bunch of basketballs bouncing behind her and in the movie they talk about there is an infinite number of realities going on around us and we're in just one of them. But we can actually choose any of them.
- Dr. Irena: Well that is what physics tells us too. This is now no more woo woo. This is real science.
- Ti Caine: That's right. Quantum physics has proven that everything is a possibility. Yes. Until you look at it and then it solidifies into the experience that you expect. You create your own reality. And so I started to then explore that, but I didn't understand the significance of the future and its impact. So I went on and continued doing lots of spiritual stuff. Luckily I continued working with Lazaris and the real metaphysics and exploring that. But 11 years after, so eight years of spiritual stuff to begin with. And then I got the first life threatening illness, and that experience. And then I continued another 11 years and I messed up my life. I got married, I had my daughter, um, created a disaster with just, just sort of being stuck in life, not knowing what I wanted to do, going into sales, being struggling. And after 11 more years of basically versions of positive thinking, which is what most spiritual stuff is nowadays, the woo woo stuff really is, I wound up suicidally depressed.
- Dr. Irena: Yeah. So what you describe was: basically life took over and you started living by default. And although you knew all these practices and the law of attraction and positive affirmations, all that stuff, you still couldn't get out of the default that you were stuck in.



Ti Caine: Well, and what I discovered was that unless you take complete responsibility, all that stuff, positive thinking, doing affirmations, meditating, doing stress reduction, doing the law of attraction, doing reading, all of the self-help books and all of that stuff... If you don't take responsibility for the negative things, you're not really going to change anything. Which is why most of that stuff, 95% of diets fail. 95% of people who get to the age of 65 are broke. 95% of new businesses fail. Um, 95% of personal growth program buyers are repeat buyers because there isn't... The core is you have to take responsibility for everything, not just try to positive think your way out of it. You have to own, like I did with my appendix and then with my suicidal depression, you have to own that, you're creating all of it.

Dr. Irena: And that's probably a pretty bitter pill to swallow for a lot of people that are in really crappy circumstances. They think "I didn't deserve this. I certainly didn't want this. I didn't want to get sick, I didn't want to, you know, be broke or be fired" or something.

Ti Caine: Right! But, and then there are two choices that you're left with, which is, and there's another popular phrase now is, well you can't control the circumstances, but you can control your attitude towards the circumstances. That is actually killing people! It's causing people to die, all the positive thinking and all of that stuff and just, well just allow and let go, and then be positive and attract something different. People, a friend of mine just like six months ago, died visibly publicly on Facebook because she was very involved in the spiritual world and all of this. I had worked with her four or five years ago and tried to help her take responsibility to really look at the problems and the issues and why she was creating the problems and issues. Nobody deserves the pain, the suffering. We're all spiritual beings. As spiritual beings you don't deserve pain, but everyone believes they have to have it.

Ti Caine: Religions teach it. Our parents teach us, our society teaches us and now all the spiritual stuff says it, but, well you can't. You can't affect the circumstances, but you can be positive while you go through cancer. And she died. It took a year and a half and now her 13 year old son no longer has a mother and she tried...I tried five years ago to help her to see that she's creating the negativity. She didn't want to hear that. The positive thinking and the affirmations and the law of attraction in the self-help books and the um, uh, meditation that so many people use meditation as a way to avoid life, did not help. Yeah, it doesn't really, it doesn't work that way. The way to create what you want is... So then when I'm suicidally depressed, I didn't even want to be here anymore...

Ti Caine: I freaked out cause I'd never been that deep and that dark and I thought, oh my God, I have to go get drugs or, or turn myself in, put myself in a padded room somewhere. And so I sat down here in my living room. I freaked out for like hours and I kept thinking about, oh my God, this means I'm broken. This means I am seriously damaged. This means that my brain, the hormones, the chemicals, the everything. The synapses, the connections. It's just broken. And I was scared of that, terrified of that. But then I remembered the phrase that Lazaris had said, "the future creates the present". And I had now explored that for 15, 18 years. But I didn't get it until that moment. And I realized, wait a minute, the future creates the present and I want to kill myself here in the present? So that means...and I really clearly that time, looked at my future and I



realized I was in sales and I hated it. I was in a bad marriage and that was a disaster. I had struggled for all these years and the metaphysic spirituality stuff wasn't really making sense, wasn't working. I'd blown my trust fund. So I was miserable.

Ti Caine: And I go, that's a bad situation. That's not fun. That really sucks. But all of a sudden I realized what I'm seeing in the future is that this is what life is forever. And I went, oh my God. Like in Montana we have a phrase "who would want to drive down 70 miles a bad road"?

Dr. Irena: Right,

Ti Caine: exactly. And I realize I'm looking at 70 years of bad road and I go, Oh my God, I'm not broken. I don't have a psychological problem. I have a future problem!

Dr. Irena: Hmm. That sounds amazing, right? If you can say, I have a future problem, because now I can do something about it.

Ti Caine: Exactly. Exactly. And the first thing I did, just by having that realization, I snapped out of my suicidal depression instantaneously. I said, no, I don't want to kill myself. I want to change my future. That's what's going to change my whole life. Oh my God. And it did right in that moment. I said, okay, the marriage is over, done with that. My career is over, everything. And I went back to the hypnosis school that I'd actually been to five years before.

Ti Caine: And I signed up and said, I'm going to work just with the mind. I didn't even know I was going to create future visioning then. I didn't know what I was going to do. I just knew I had to do something other than sales and being miserable. So I got happy. I've been happy for 25 years because then when I started working with people, I said, okay, I can do every form of inner child healing or the affirmations or the positive thinking or past life stuff. I can do all of that and I realized none of that works...all of that is equivalent to rearranging the deck chairs on the Titanic!

Dr. Irena: Ha! Rearranging deck chairs on the Titanic. That sounds pretty cool. (sarcasm)

Ti Caine: In that realization, I'll all of a sudden think, if you don't work with your future, you're...if you don't work with your future, you are never going to heal. Which is why the meditation, the positive thinking, even the vision boards, all that stuff that's sort of future oriented, but it doesn't really change the future. It's just "I wish this would happen, but I don't believe it's going to"

Dr. Irena: exactly. That's the big thing about not believing it. Right. With any manifestation. You can't manifest it if you don't believe it. That's why nobody ever wins the lottery. Everybody would win the lottery otherwise!

Ti Caine: well it's like playing the lottery. But if you don't work with the future specifically and vigorously and understand that you're choosing it and then the future that you're either



programmed for or choosing is creating every single thing that you feel all day, every day.

Dr. Irena: That sounds very empowering, Ti! So what should people or women or couples do to translate this into a marriage or a relationship?

Ti Caine: Yeah, the first thing, the first step of every process, which I think... Um, the first step of every process...If you're going on vacation,

Ti Caine: what is the first thing you do? You decide where you want to go and you get clear about that and you make a powerful choice. I'm going to Hawaii. The moment you make that choice, even if it's days, weeks, months in advance, you start feeling excited.

Dr. Irena: Indeed.

Ti Caine: The problem is we've been programmed to have dark futures.

Dr. Irena: Yes. That's the brain. That's the reptilian brain. Yep.

Ti Caine: Before we were born, we were programmed that the future is going to be bad... Good news is we are powerful spiritual beings. We can choose a different future. So actually I have an exercise if you would be willing to do it and sort of be a representative of the people listening.

Dr. Irena: Yes, of course.

Ti Caine: Two brief visualizations that can actually give you an experience of the future so that it becomes real.

Ti Caine: So what I want you to do and everyone out there, unless you're operating heavy equipment...

Dr. Irena: they shouldn't be, they should be listening to us! (laughs)

Ti Caine: (Laughs harder). That's right. Pay Attention. So close your eyes.

Ti Caine: Now imagine and really let yourself really feel this, so that you get the experience even though you are a very bright and future oriented person. That's how you transform your marriage; that's we're going to talk about.

Ti Caine: But imagine this time you're driving on a dark road and you can't see very well and it's bumpy, rough. Maybe it's raining, maybe it's foggy...

Ti Caine: You can't see around the corners very well because of the overgrowth of trees and, and you don't know what's up ahead. Notice: what do you feel?



- Dr. Irena: Oh, I feel scared. I feel on my toes... I feel threatened.
- Ti Caine: And what happens in your neck and shoulders?
- Dr. Irena: Everything tenses up...
- Ti Caine: And what happens in your heart?
- Dr. Irena: Oh it's the same thing. It beats faster. It's like apprehensive, right? It's just, that's the fight or flight or freeze reflect is gonna kick in; a spike in adrenaline and everything.
- Ti Caine: That's a totally healthy response to a scary situation. Yeah, you should be tense. You should be anxious. You should be paying more attention. And so now, what if you found out that you had to be on this road for six hours?
- Dr. Irena: Oh Gosh, I don't want to be on there for six hours, I don't know if I could, you know, be in six hours of that stress. I can't, no no no no.
- Ti Caine: What if you had to be on this road for six days?
- Dr. Irena: I don't know if I would make it...
- Ti Caine: right. What if you found out you were going to be on this road for the rest of your life?
- Dr. Irena: Oh, jeez, get me out of there!
- Ti Caine: That's why I was suicidal. Yeah. What I discovered was that suicide is a totally sane choice. If you understand the future, wanting to get out of there is a completely sane, rational choice. I don't want to go down for the rest, so now close your eyes. Stay on that road. I know it's not pleasant and you don't want to stay on there, but if you do this, you'll understand parts of you and you'll understand 97% of the human race. Because of what I've discovered, being the only therapist in the world who's built an entire practice based on this relationship with a future, I've discovered that 97% of the population are living into a dark future that's horrible and they don't even know it. Only 3%, the Oprah Winfreys and Jack Canfield and Mark Victor Hansen and Bill Gates and Steve Jobs, the movers and shakers, those 3% and you, Irena, have a connection to the bright future. The other 97% are on this dirt road. Now notice this. You mentioned the woo woo and all that stuff, so you're driving on this dark road. You can feel it now still. Yeah. Now, if you had someone with you and they were telling you to have a positive attitude, how would you feel about them?
- Dr. Irena: They're stupid! I would feel angry at them. I'd probably say, shut the hell up. I have to really, really focus on this stuff. Or it's going to get just worse.
- Ti Caine: Right. You have to focus. It could, it would be dangerous to go in... So meditating, positive thinking, law of attraction, well, just, just attract something better. All of those



things; do affirmations, say, oh, everything's beautiful, everything's beautiful. Or say, well, everything happens for a reason. If somebody was trying to teach you all that stuff in this situation, how useless would that be?

Dr. Irena: Totally useless.

Ti Caine: Totally. That's why it didn't work for me for 18 years. Led me to the edge of death twice.

Dr. Irena: Oh I can totally see that!

Ti Caine: Right, right! It just plain doesn't work. The only thing that will work...Okay, now open your eyes for a moment.

Dr. Irena: Hmmmm.

Ti Caine: And shake that off.

Dr. Irena: Yeah, gladly!

Dr. Irena: So the only thing that will work is getting off that damn road. Finding another one...

Ti Caine: Exactly. Exactly.

Ti Caine: And so notice when you shake it off, it's kinda hard to shake off. The energy of that is still...you still feel it a little bit.

Dr. Irena: I'm feeling it a little bit. Yeah...

Ti Caine: Exactly. Which is why all the positive thinkers are walking around and they still have chronic fatigue syndrome. They still have fibromyalgia, they still have their depression, they still have... 40% of the population has trouble sleeping. It doesn't go away until you...cause right now, even though your eyes are open, you're still on that dark road.

Dr. Irena: My mind is still processing it. I can see it behind my real eyes.

Ti Caine: Yes, yes! And I was doing that for those 18 years and I didn't know it until I was suicidal. And then I finally saw, oh my God, the rest of my life, the next 70 years it has, my life sucks. And it looks like 70 more years of suck. Oh my God. No wonder I feel terrible. I should feel terrible. That's an intelligent, wise, completely sane, healthy experience. So all the positive things and all that stuff trying it... It's just a form of lying. Oh no, I'm sick and I feel scared to death, but I'm going to put on a happy face. It has never worked for anyone. I've talked to tens of thousands of people, never worked for anyone, and it doesn't change until...okay, now close your eyes again. This time. Imagine a beautiful bright, wide open road traveling through spectacularly gorgeous country and the road is safe and easy. There's no traffic and you can travel as fast as you want.



- Dr. Irena: Oooh, I love that. That one I want to stay on forever.
- Ti Caine: Exactly, exactly, and every human being deserves this. Now notice what happens to your heart.
- Dr. Irena: Oh, it just feels like everything is open and yes, I'm happy. Yes.
- Ti Caine: What happens in your neck and shoulders?
- Dr. Irena: Now...everything is totally relaxed.
- Ti Caine: What happens with your breathing?
- Dr. Irena: That one too. I guess
- Ti Caine: That's why all the breathing work and all that...I did breath-work and body work and all that stuff. That's why it doesn't work if you're still in the dark road. Yeah, you take a few breaths, but you're still scared to death. If you relax, aahhhh. And I spent those 18 years...I met Ram Dass many, many years ago. He used to take LSD and read "be here now" and studied being in the moment, and it never worked. But once I opened my future to a bright future, I realized, Oh, I don't have to work at being in the now; I'm (already)in the now! Cause I'm safe, I'm relaxed, I'm happy. Now notice how you feel.
- Dr. Irena: Relaxed, totally relaxed, totally excited about the future. Yeah. Like nothing bad can happen.
- Ti Caine: Particularly if you take back your power and own when something does go wrong. If you just try to positive think your way past it, it'll take you out. It literally kills people. But when something... If you own that, I'm creating it all. And if something happens, if you listen to the whispers, you don't have to hear the screams. If you start paying attention when something goes wrong, just like with your car, if a light goes on, you know a warning light, you don't cover up the warning light with positive affirmation, then get sticky. No, you pay attention, take action, fix it. That's why all the positive thinking has actually damaged people.
- Dr. Irena: Wow. That's pretty harsh. But I can totally see what you mean.
- Ti Caine: Okay, and a lot of people accused me of being harsh, of being blunt, of being arrogant. No, I'm alive and so I have kind of some license to speak my truth. You don't have to believe it, but it's not harsh if someone's brakes... I had an argument with my neighbor the other day. I was pointing out something to her in her life and I said, you might want to look at that. She got upset and I said, okay. I said, look, I'm really good... I built my first car. I know about cars. If your brakes were leaking, I would want to tell you about that. You don't have to do anything about it, but I'd want to tell you that your brakes are leaking and it could cost you your life. That's my responsibility as a friend, as a healer, as a hypnotherapist, as a guide or life coach, I want to show you what doesn't work and



show you how to fix it. If you don't want to pay attention to it, if you want to cover it over with positive thinking or just wait to attract something or read another self-help book or uh, meditate. That's one of the saddest things. I'm going to meditate and it's going away, I'm going to chant it. No! Until you consciously look at the future and see what you're doing and why you're choosing that it's not going to change. But if you do change it...

Ti Caine: So now with your eyes open, see that bright future. How do you feel?

Dr. Irena: I feel fantastic.

Ti Caine: Now close your eyes again.

Dr. Irena: I can still see that road behind me...

Ti Caine: right, right. It's still there. Our brain, the frontal lobes of our brain are connecting to the future and working with it 24 hours a day, seven days a week. So now close your eyes on that bright road. Look out over the horizon and see a big bright glow. Like your awesome future is out there. And it's glowing, radiant. Like when you're driving to Las Vegas, you can see the lights, miles and miles and miles before you get there. So see the lights. But it's not Vegas. It's your awesome future.

Ti Caine: This is what you did with your husband when your relationship was 20 years of struggle and not enough joy in it and had gotten dark. You saw, you didn't know you were doing it, but you saw this brighter future and then you enrolled him. You helped him see it, which is the answer to your question. How do you work with this in a relationship; first you work on your future and you commit to it regardless, no matter what. No matter who comes with me or doesn't, you'd go for your future and then you invite the people around you to come with you.

Dr. Irena: So is that what you would say, you know, to somebody who says, well I know I want to fix this, I know what I want, but my husband is not on board? My husband has to change or this is not going to happen or whatever. So what can women do to kind of change that, the husband, and make him come on board? Because as you have said I have not done it consciously and I certainly haven't!

Ti Caine: But you did it!

Dr. Irena: And I'm so happy he did follow suit. Right. But I wasn't sure about that at all. I opened myself up to the possibility. Um, so what if I could consciously do that? What can you tell people or the audience what they could do consciously to maybe have the partner come on board?

Ti Caine: Yes. Yes. That is the secret. Work with your future first and then invite your partner. That's the only thing that will ever work. I do a lot of work with couples. Everybody, every client I've ever worked with has friends, partners, business partners, children, and



I'm always working with them, not only for them to create their bright future, but then to start discussing it, start exploring it, start working with the people around them.

Dr. Irena: How do you invite somebody? Like do you talk to them? What do you do?

Ti Caine: Yes, Yup.

Dr. Irena: Vibe to them or what do you really do?

Ti Caine: Right. Uh, let me just share another principle of the universe that comes from Lazaris. Lazaris shared it, but it's not his material, he just said: this is the reality that we've created and this one again, is profound. It's powerful. It challenges everything that we're typically taught. The quote is, "if you look for simple answers, you guarantee yourself a difficult life. If however, you are willing to embrace complexity, then you can have an easy life". Life is supposed to be easy. As gods and Goddesses, we decided to come here for the fun of it. We were supposed to come here and enjoy.

Dr. Irena: That sounds good, having fun!

Ti Caine: Yes. Yeah, because it's who you are. It is your spirit. That's how you were able to spontaneously change your life and your relationship. We'll talk more about that in your interview. It's amazing what you did. What you did is the essence. You get excited about your future and it's not a simple process like that's why again, why affirmations and all that stuff doesn't work. It's simple... Just have a positive attitude; now that's ridiculous. It's denial in psychological terms and it's simplistic and it doesn't work because the world is unbelievably complex. So as you address the complexity, the answer is: first you create a beautiful future that you're excited about, that you can feel. Then you start looking at your own beliefs about why that you can't have that. You are a spiritual being. You're a god, you're a goddess, you deserve it, but you have beliefs that you've taken on that you actually chose because you chose your parents and they were screwed up and you knew they were going to mess you up and you decided, okay, that will be an interesting experiment.

Ti Caine: I want to go and work my way out of that puzzle. As you look at, I'm creating all of this, I want that future. Now go into the deep stuff like one of the things that I do with my clients is take them out to the future first as we did right there, touching it, tasting it, getting it and writing about it. That's the first step. Then you have to go back and find the reasons that usually come from the past, but they're no longer in the past. The blockage is like you don't deserve. Lots of children got taught that: you're not good enough. Some parents actually say that and we think, oh yeah, you experienced that. We think and go into therapy for 20 years and talk about the child and talk about the past. Oh my mom didn't love me. My mom actually hates men. Oops. That's where the whole betrayal thing came from. But it didn't stay in the past. I talked about it in therapy for years. It didn't change it at all until I saw that, oh, it has poisoned my future. I don't believe I deserve. So I created her betraying me. I created my ex-wife betraying me!



- Dr. Irena: Makes so much sense. So what are the steps or the first ways you connect to your ideal future and what do you do? You write about it or what the hell do you do?
- Ti Caine: You do everything about it. You visualize it, you think about it, you talk about it, and then you write about it so that you clarify it. Because right now the negative future is clearly, painfully, vividly in your brain and if you don't change that, everything you do, like I said, and all the spiritual stuff out there. If you don't consciously work on your future, everything else you do is as useless as rearranging the deck chairs on the Titanic. So imagine you're on the Titanic, you're headed for the iceberg, and you go, oh, what should I do? What should I do?
- Dr. Irena: Jump over board!
- Ti Caine: Exactly, that's suicide. That's one approach, perhaps not the best approach, but all of the things tell you, well, you're, you're headed for the iceberg...
- Ti Caine: So meditate, do affirmations, breathe, go get a massage. Be good to yourself. Take a bath and use some essential oils. Imagine being on the Titanic doing all that stuff. I started a list years ago of all the different practices, the personal growth and spiritual practices I've done. And then I started adding the ones my clients have done to the list, got up to about 175 different modalities, everything, literally everything. I've tried them all and my clients have tried them all. None of them significantly changed the future. So it doesn't matter if you're on the Titanic and you do any one of those 175 different modalities. And there're more, people are making them up all the time. If you are doing those on the Titanic, does it help you?
- Dr. Irena: No, not one bit.
- Ti Caine: No. In fact, and this is the sad part, the really sad part, every client who has ever come to me...I said, okay, so what have you done? They tell me, I've done this. I've done 17 years, I've done 27 years of therapy and the affirmations, and I've done all these workshops, I've done all of this, and I'm still miserable. I still have the pain, the chronic fatigue. I still have the migraines or whatever, and I go, so what do you actually feel now after all the years of doing all that stuff? Oh, and you've done the training...
- Ti Caine: Oh, by the way, I created future visioning because I had to, and I'm the only one who created it. I've taught one person, Valerie, Valerie Lemme. She's now trained with me for nine years, and she knows how to do it. And she's creating miracles in her life first and then in other people's lives.
- Ti Caine: Anyone else who says they're doing anything with future visioning is lying because no one else is authorized in the world. No one else is authorized to do future visioning because they don't know how to do it right. And if they don't do it right, it's just another useless technique. So it gets...their chance at really changing their life gets destroyed because they're like, people have taken my work and then they say they're teaching that. They say they're doing it. And uh, unfortunately, there's a lot of dishonesty in the



spiritual world, actually more here than in the business world because in the spiritual world, you can get away with it. Business World, people see that your stuff doesn't work and they stop doing it. So if you look at the real future visioning is not only connecting to your awesome future, designing it, but then understanding how powerful it is, understanding how you're choosing it, understanding, oh, why am I choosing it? One of the things that is the first process is getting clear about your future. And I have some worksheets and stuff that um, that will help people not only understand the principles, but write out and design their future. Actually that's going to be one of the gifts people can actually get that if they text the word "future" to 31 31 31.

Dr. Irena: Oh that's perfect. This is perfect cause I was just, we are about at the time where we need to wrap up. So you're saying, um, they can learn about future visioning by going to www.futurevisioning.com

Ti Caine: that's my website.

Dr. Irena: And then you can go and check out so many things. I know, I've checked it out. There is a lot of information there and that you people, and the audience, or anybody could get for free and learn a little bit about it. And what if they want to go further? I know you spoke of worksheets and now you said they can text

Ti Caine: text the word future to 31 31 31.

Ti Caine: And they'll get back a link that goes to... And, actually, I just decided yesterday we were talking about this... There's a story about a couple that I worked with that transformed their entire life in one session, sort of like you did, you decided I'm done with this, I have to change. And you saw the future that you wanted, you didn't do it because I told you as we hadn't met then yet. You did it because you have passion, because of your own commitment. "I want something better. For me, particularly, the kids were already old enough. They're kind of doing their own thing. I want something better". And you went for the future that you wanted and then you went to your husband and told him the phrase that men hate to hear," honey, we need to talk". Uh oh! But your husband Mario didn't run away! That's incredible!

Dr. Irena: Yes, we knew as well because he was also at the "make it or break it" point. We'll talk about this in a little bit after the break where we decided, like I said, instead of me just blabbing away, we actually will be continuing our conversation.

Ti Caine: Let me just add something that will take just a couple of minutes. What you did with your husband was... So the question that you asked is so powerful and I haven't quite answered it because things are complex. To change your life, you have to work with your future vigorously and then you have to learn the intricacies. It's an art. It's a science, it's a practice. It can be learned easily, but not quickly. It's not simple. It's not just: Oh, put on a happy face. No, it's learn about the future. Then go in and learn about your beliefs and the beliefs are ugly. They're difficult, they're painful, and you can't just smooth them over because they're stopping you from going forward. So you go out to



the future, connect to the future, and then come back to the past and where it looks like it's in the past you have to go back and actually heal the inner child. One of your other questions are, can I heal the wounds? They actually go back in the future visioning process. I actually take people back and change the past. Take your future self and go back and work with your inner child to create a new future for your inner child so that they see a hopeful bright future, which is what they always wanted. So you go out into the future, create the future, go back and change the past; out to the future, make it even bigger. Go back and change the past and particularly clear the blockages that came from the past that are right here.

Dr. Irena: Exactly! Where you cannot see that bright road anymore, right? Especially like you mentioned before, people go through all of these processes and it didn't help. They start losing hope completely.

Ti Caine: And here's the thing that you actually experienced, and you said it earlier, it's not just losing the bright future that is the problem. The problem is you have been programmed to see a very dark future. Most people you ask, well, what's in your future? They go, "I don't know. I don't visualize very well". The truth is their brain always visualizes with crystal clarity, with incredible brilliance and passion and emotional impact. But they don't want to see the dark future. Like when I was sitting here and I was suicidal, I didn't want to look at the future cause it was so horrible. So I pretended it wasn't there for 10, 11 years and then just didn't even want to be here. So the dark future is already there. So one of things that I wanted to complete with is: you have to work on your future.

Ti Caine: If you're not working on your future, on creating a bright future, your dark future is affecting you right now. It's also affecting your husband or your boyfriend or your children. If you learn how to work with that. One of the other things that people can do is contact me and I'll do a free introductory session where we touch on the future and then look specifically at where I give them an actual experience. Like we did with that dark road, light road exercise. But going deeper then too. Okay, so let's complete with this. Close Your eyes now. Look out in that glow in your future at the end of that beautiful road. Now imagine that your awesome future self is out there waiting to meet you. Yes, she's waving! She's been waiving for a long time, wondering when you'll open your eyes...

Ti Caine: Don't open your eyes yet. Okay. See, keep your eyes closed for a while. See your awesome future and notice she is an empowered spiritual being. She is a god/goddess being. So she creates her reality beautifully. She doesn't pretend away the problems. She finds them, she owns them, she heals them, changes them, and she has an incredible relationship with an awesome partner.

Ti Caine: And what you did was saw that beautiful future without my help. You just did it out of your own passion and your creativity and then you invited Mario to go there with you.

Dr. Irena: No brainer, right? That you want to go there. If you can see it.



- Ti Caine: Yes, except for all of the negative programming and there are actual negative programs. There are reasons that people want to suffer and struggle. They want God to come save them. They want to get back at the goddess. This is the deep stuff that we do in the future visioning process. They want to hold onto their suffering. And that's why they don't change. It's not just, oh they didn't have the chance. Billions of people have done vision boards and they're still miserable and they're still kind of pessimistic and they're still kind of angry because they like being angry.
- Ti Caine: That's how they hold on to some of their power. So that's why this is not only going out further into the future, but going deeper into the real motivations. And you don't just smooth them over. You go in and find the angry parts there. I'll walk into hell with people cause I've been there and it doesn't scare me.
- Dr. Irena: Oh Nice.
- Ti Caine: Being angry is one the most difficult things and people don't know how to deal with it. You don't just brush it off, forgive it, just tap it away. No thanks. It doesn't work. And also the things like the commitment to self-pity. The commitment to just struggling. That's built into every one of us, taught to us, and we're choosing to hold onto it. Like I was holding on to my anger. I was holding on to the resentment, and as long as I held onto it, not even surgery, they could have taken the appendix out, it just would've shown up as some other thing like cancer two years from then or something else. There's a whisper there. There's a message there so you have to own and take responsibility and own that you're holding onto the negativity and then consciously let it go and... Miracles happen.
- Dr. Irena: Miracles happen!
- Ti Caine: You did that in your life. I've done it in my life, with thousands of clients and in every relationship... And so you have to decide to go forward, which you did. Then you invite your partners to come. Some will and some won't. You can't force them, but I can help you. One of the cool things is, if people need help, I'm a guy...
- Ti Caine: As I said, I showed all that stuff. I'm a guy's guy and ended up flying airplanes and all of that kind of crazy stuff so men can relate to me, which is one of the fun things about doing what I do. If you need help with your husband, with your boyfriend, with your partner, it's one of the things I love to do because they'll listen to me. They don't like that woo woo stuff and neither do I. But working with the future, if they're business people, they get the future. It's powerful. It's like they're working with it all the time and I point out how they can work with that. So I can help with the male part of your partnership, and to create the future. And I would love to do that. I can't wait to talk to you more, Irena, about your magic.
- Dr. Irena: We will, and Ti: awesome! So ladies, you know what you can do! Design and believe in your own future. That is glorious and beautiful. Like Ti showed us how to do it. If you



want to go deeper, you know where to find him. And men out there, listen up very well. He can even help you. You have heard what a badass he is, if he can do it, so could you!

Dr. Irena: So Ti, thank you so much for being here for us today. And like I said before, after a short break, we'll come back and we'll continue our conversation. Thank you!

Ti Caine: Bye.