



Dr. Irena: Okay. Hi everybody. So we're back here and I'm back with Ti Caine, the "Future Whisperer", like I mentioned before, we want to just continue our conversation so I can tell you a little bit about my journey from a loveless and miserable, dying marriage into the dream relationship we are having now today. Mind you, with the same husband! Hi Ti. Let's continue the conversation. We thought it was more fun to do it this way instead of me just lecturing you or the audience about my journey. So let's see why this takes us...

Ti Caine: because you are fun! You're full of life. You're full of joy that I, when I first met you, you were just like bubbly and you have an awesome relationship with your husband now because you created a miracle.

Dr. Irena: I do have an amazing relationship with my husband. It's really what this whole thing is about: Life in Love. That is what I feel every single day and it's when you have heard of the higher vibrations of "love and above" this is what I live every single day. Every single day being happy; lasting happiness is possible. It really is.

Ti Caine: So do you realize how weird you are?

Dr. Irena: (laughs) Weird? I've been called weird ...I've been called weird by my children, but I was also told, well, especially by my oldest son who is a really special guy too, and he said: weird is good.

Ti Caine: Exactly! Celebrate it! So you know, uh, as a doctor, Ob/ Gyn in your native country of Switzerland, then you got married...

Dr. Irena: Yes. Well, I was married already way earlier than that. He's actually almost like what here you would call a high school or college sweetheart. We met when I just had graduated. Wait, did I? Yes, with the baccalaureate and he had started business school and we met at the martial arts training.

Ti Caine: You're a martial artist too?

Dr. Irena: yes I am. I am a black belt martial artist. I was a black belt instructor in Kyokushin karate. That was after we migrated from Switzerland to here because at that point I had my fifth child on the way and I didn't want somebody else to bring them up. So I was taking my career and put it aside. And although I could have, again, gotten into medicine over here, I would have started from scratch. I mean, I passed the exam to be able to go back and work, but I would have to go do internships and I would have to go do residencies. These crazy 90 hour work weeks. I've chosen, I didn't want to do that. Otherwise somebody else would have had to bring the children up. And that's not what I wanted. I had to adapt them as well to a new culture, a new language, new everything. Right? So yeah, I put myself onto the back burner.

Ti Caine: One of the things that I want to encourage the listeners and the watchers... Your life can change literally during this conversation with Irena and her miracle because, as I spoke



before in my interview, we, the way we move forward is we create the future and then step into it, and most often we don't know we're doing that, but that's how life works. So you listening right now, and when you see Irena's beauty and her energy and her enthusiasm, and then hear the incredible transformation that she created, miraculous, but intelligently manifested. It wasn't just, oh, someone tapped you on the head with a peacock feather. No, you chose to create a miracle and did it. So you are an icon, a role model. And a rare one at that. I would never call you weird, but oh, I already did.

Dr. Irena: Yeah, hahaha

Ti Caine: you are! You are a role model for what is very rarely done, which is you transformed your relationship and saved it and created an awesome relationship with the same man now that you were with for over 30 years and it was that you were both...So I want you to tell a little bit about how you came up to that point of crisis. Five children, being numb yourself, him being numb and being a CEO and both being so involved in your life, but not connecting, and how you transformed that now to the light that's shown in your smile a little bit ago when you mentioned him and your life, how did you do that?

Dr. Irena: Well, let me tell you, initially I had really not much of an idea how, but because this has happened like almost six years ago, I went back and kind of analyzed, you know, I'm a scientist at heart. I analyzed how this works; how do we form memories, how do we bring the neuroscience into this? How do we communicate? What is my brain versus his brain and male to female hormones and everything? How does that connect and how...where do the old beliefs come into that? Why was I becoming resentful and bitter and why wouldn't I allow even the good things to happen because I was always afraid that it could change in a minute and then I'll be disappointed even more. And I know that a lot of people actually function in this world of thinking "the worst you have to deal with, the worst is going to happen because it will", right? We have Murphy's law that tells you that, and then oftentimes it happens a little bit that way, but it doesn't have to. It really doesn't have to. But I wasn't willing to even allow a little bit because I felt the love that I had to give, I focused on my children.

Ti Caine: Oh yes.

Dr. Irena: That was a huge mistake I made. I pushed him aside because I didn't want him to come and destroy that bubble I was in, right? He was so unhappy himself. All he knew from his upbringing was to be mean and nasty. That's all he got from his parents, from his father, and his mother was just, you know, stepping back and letting it happen. So we both brought our baggage into the marriage.

Ti Caine: As I said in my interview, where you asked me what really happened there, was you both had painful, difficult childhood experiences. What that had done was projected into your future. And so you lived your way into that painful future where you're numb and just taking care of the kids and loving them. And he's numb, he's a guy who's doing the business thing. But you're not. You learn that and you had projected, and then you were living it.



- Dr. Irena: Exactly. I just didn't know at that time that this is, well, we just have heard, right, that you create your present by looking at the future. And I didn't know that.
- Ti Caine: So this is the cool thing about you. This is why I got so excited when we first talked. You didn't know, we hadn't talked yet like seven years ago. And look, you change your future and it'll change your life; but you did exactly that spontaneously. You did it out of the passion of love and caring that you have for yourself, for your children, and for your husband who was very much separate, but because you loved. So look at the...we talked about this a little a couple of weeks ago and we spoke. How did you look at the future when you came to the crisis point in your marriage? What did it look like that caused you to change?
- Dr. Irena: Well, at that point it was literally what I'm calling the "make it or break it point" because what I could see was just more misery, more of the same grayness, more of the same no sunshine, more of the same dull, loveless, lifeless marriage. And I was just at the point where I was saying, enough is enough. I can't go on that way. It's just impossible. I mean, the children were already older. They were, I think one or two were still in college, but the others were getting off our payroll and getting into their own lives. And my future looked so bleak that I would say "no more. I can't, I need to change something".
- Ti Caine: So for all of the audience, probably mostly women listening to these programs... For all of you women listening, look at that moment, that courage, that Irena and so many of you have gone through in so many relationships, the courage to say, I can't do this anymore. When the typical result of that decision is divorce, disaster, your whole world falls and so it's an impossible decision.
- Dr. Irena: It is a very tough decision because you don't know what's coming out of the decision. Right. I didn't know how he would react.
- Ti Caine: Right.
- Dr. Irena: Well, for me to say I can't do it anymore, this isn't working...
- Ti Caine: So in that moment when you said, I can't do it anymore. We were talking about this and I was asking what's going on in your brain? What future were you looking at? The one that you can't do anymore and how clearly did you see what you did want in the future?
- Dr. Irena: I saw the different paths that were possible. The one that would continue this way, which I decided is a no. Another one where I thought, what happens if he's not on board? I would have to be on my own. I would have to maybe care for the children on my own and it would be a disaster because I know, they're half of me and half of him, obviously he's their father. And I didn't even know could I stay in the United States or would I have to go back to Switzerland to go pick up work? So it was bad also. And the thing that I really, really hoped for was that we could turn it around. Turn it around, and have the future that we envisioned when we got married, to stay together and to be



loving together into the vision of what we have now! That's what I hoped would happen.

Ti Caine: Yes! So all of you listening, look at that smile. Look at that. Look at the radiance in Irena right now because your future can change right now by just looking. Irena has done it. It takes like... Have you ever cross country skied? You grew up in Switzerland. Did you ski at all?

Dr. Irena: I ski downhill, and fast. Oh yeah.

Ti Caine: And cross country is very similar, but you're just, you're just hiking, walking. Usually on flat terrain.

Dr. Irena: Well, I know, I know. It's a little too slow for me.

Ti Caine: Yes, haha. Yeah, you're the martial artists, but when you're in cross country skiing, the first person has to make the path and it takes work. There's a benefit to that because you get to see the unobstructed view. You're not looking at anyone else. You get to see the beauty, but once you make the path, it's easier for everyone else to slide down those tracks. So for all of you listening, what Irena has done, which is so rare in the world, and I've been working, like I said, for 40 years, talking to women about their future. There are very few courageous women in the world who have come to that point of, I can't do this anymore, and then succeeded in transforming that relationship. Not blowing it up and then creating another relationship. That's one way to do it. Sometimes you have to do that because he won't come along.

Ti Caine: But Irena succeeded in changing herself first. And I want to ask you about, to talk a little bit about that. How did you address changing yourself, but also seeing the bright future that you wanted to have with him, and then expecting him and encouraging him and bringing him along with you and succeeding. All the people watching can now put a picture in their future of making their, whether they're in a relationship or not, making their relationship work. What would it look like if your relationship worked? I've asked that question of thousands and tens of thousands of people and less than 3% can answer that question. Less than 3% have a vision of what their relationship would look like if it worked. So you didn't work with me and get help and encouragement to build that vision. You did it out of your own courage.

Dr. Irena: Well thank you so much.

Ti Caine: And you made it happen, which is amazing. What was that?

Dr. Irena: Thank you for that endorsement. I didn't feel courageous at the time. I was scared shitless. Pardon my French.

Ti Caine: Absolutely. It's the most terrifying decision that... Particularly for a woman, cause it's not as easy for you and you would wind up taking care of the kids emotionally, if not



financially and all of this. It's a terrifying decision and yet you had the courage to do that. And then also, what did you do to make it work? To change you, to open up and to bring him along. How did you do that?

Dr. Irena: See, the thing is, and I remember, I actually only was reminded by my sister, that at one point she asked me and I had forgotten that: why was I holding on for so long? Because it was bad for so long, but it was for the children and everything. And I'm thinking this was part of it, maybe a huge part of it. But inside, somewhere deep inside, there was still an ember of my love for him that I didn't want to give up on.

Ti Caine: Wow.

Dr. Irena: And I must have felt the same from his side. We never talked about it because we were both probably too scared to find out whether it was really true or not. Like it's when you start a relationship, you're not coming out and say, "oh I love you". You can only say that, or you feel you can only say that, when you know the other person will say it back to you.

Dr. Irena: Otherwise it is so vulnerable to say something like this. So we never said that anymore. We didn't because we were afraid; him too, which I only found out afterwards when we started talking and talking. That he didn't want to lose me either because he knew if he would lose me, he would lose the children. But it wasn't just the children, it was me as well. So there was still a connection left. Very tenuous one. But I allowed it to happen. I allowed him to step into this because I allowed my heart to open again after a chance encounter with a psychic, who tells me, "Oh yeah, you know, you will feel love again. The big love is coming into your life". And at that time I was totally poo-pooing it like, "I don't need another d i c k again. All right? And, um, and she tells me "don't fight it. It will happen!"

Dr. Irena: And once I was looking into that future where this might happen, that I would be loved again, I will have that big love again... That's when I opened up and allowed him to be that because he wanted it too, but we didn't talk about it. But you know, that psychic also said "he's going to be older than you, and he's dark..." And I'm like, "oh gosh, my husband's already older, why couldn't I have a younger guy at this point?"

Ti Caine: Right (laughs)

Dr. Irena: It was funny. And you know what? It was so much better that it was him because I didn't have to start from scratch; no more dating games and all that kind of crap. Right? It was so much more beautiful and easier to do it that way. So this was what I wanted all along, all those years!

Ti Caine: Talk a little bit more about how special that is because there's so much invested already. If you can change you and if you can help and entice and sometimes the man that he changes, usually men, they're like the caboose on the train. They don't want to come



along. But some day they have to. I'm one of them. I know how slowly I moved in emotions and relationships.

Ti Caine: How did you, Oh, I know, you talked about when you got clear that it had to change.

Dr. Irena: Yeah.

Ti Caine: And then you addressed him and you had a rather significant conversation. Tell us about that.

Dr. Irena: We had a conversation that went on for three days. We hardly slept. We were just talking, talking, talking late, everything open. Basically laying everything on the table, from both sides and I learned stuff about him that I had no idea about. That he was just as sad, that he was just as hurt. I thought that he was really so entrenched in his work that he didn't care anymore. Well, he did, because he also wanted it. He wanted to be a good father. He wanted to be a good husband and I had wanted that all along. This is what we said when we got married; we were madly in love when we got married. And we didn't think that would end that way. It would stop that way. We made many, many mistakes that I now know I can bring to other people. Say, be aware of this. Don't make these mistakes.

Ti Caine: Don't make that same mistake and do make the courageous choice. See that it can be done.

Dr. Irena: That is the first big, big step to even think it is possible, to even think you can change something around even when it looks really, really bleak, even when there is some infidelity or even when he already said, I'm done too. You know? Even then, if you want it, really want it and you allow yourself to see the love that you have or had, and there still may be an ember. Then you can make a burning of fire out of it, and look what happens then. Then you really have your Life in Love!

Ti Caine: Particularly if you are courageous like Irena Kay, who chose a bright future, even after all those years of things getting dimmer and darker, and yet there's just an ember left in here, but what you chose was this bright future. You have that power. You well, we're not human beings having a spiritual experience. We are spiritual beings having a human experience. We are gods and goddesses and we forgot that. And it's time to remember. And without you even fully remembering, you chose to be a goddess. Anyhow. Who initiated that three day conversation?

Dr. Irena: Oh, it was me.

Ti Caine: I get it, it wasn't him.

Dr. Irena: I initiated it, and initially he was like in resistance, but not for long. He was like a caged tiger. I remember him moving up and down, not knowing should I go there, should I not go there? Should I open myself up? Should I be vulnerable?



- Ti Caine: The scariest words in the world to a man are when his wife, girlfriend, whoever comes and says, we need to talk.
- Dr. Irena: I know!
- Ti Caine: Oh, I have a thousand things to do I have to take a trip to China, excuse me.
- Ti Caine: And so you, the goddess creates the space, has the courage, ate of the apple, the courage, the willingness to see good and evil and you step forward. So when you approached him and... Oh, one of the other things that you and I talked about was the thing I observed, working with the future for all these years, I see that women marry their husband's future self.
- Dr. Irena: Yeah. I found that very interesting. Can you elaborate?
- Ti Caine: Think back when, when you were, when you met your husband, I've forgotten his name. Tell me again? Mario. Yes. When you met him, did you see this amazing man that he has become? Did you see that potential in him from the beginning?
- Dr. Irena: I saw, definitely saw a huge potential in him. I may have not seen *this* potential...
- Ti Caine: Cause it's even bigger than you could imagine?
- Dr. Irena: I didn't think of it because we were in love, right? It wasn't love at first sight, but he was, you know, the guy that I always envisioned, like tall, good looking, dark, you know, dark-haired with a motorcycle no less, like a badass. He was all that. And um,
- Ti Caine: and he's Italian.
- Dr. Irena: Italian. Yes. Italian/Swiss, yes.
- Ti Caine: Italian/Swiss, so tall, dark and handsome. Classic.
- Dr. Irena: Exactly. Yup.
- Ti Caine: And not very in touch with his emotions.
- Dr. Irena: Oh, very, very stoic. Still is very, you know, reserved and stoic towards other people. But...
- Ti Caine: connected to you.
- Dr. Irena: Connected. Very, yes. And now opening up more and more. It's just a beauty to behold.



- Ti Caine: Opening more and more, wow, listen, listen to that! Opening up more and more. It wasn't just a big confrontation. Okay, we're going to stick it out. We are going to stay together. You're going and changing. Obviously you help other people not only have hope, but grow and change themselves, and their relationship, and bring their partner along with them!
- Dr. Irena: Right! Because you know one of them has to start or it'll never happen. Right. So if you make the decision to at least try, at least try, because you cannot, you can only win, right? You cannot lose; you've already lost. You're already at rock bottom.
- Ti Caine: That's huge. You've already lost. You're already miserable.
- Dr. Irena: You've already lost, you're on rock bottom. So it can only get better because when you... Say we would have decided to get a divorce or whatever, what do you think I would have done afterwards? I'm sure he probably would have remarried again. You know, to have somebody take care of the household chores and stuff like this and I may have wanted another provider, and probably fell into the same trap again because I had not given myself and him the opportunity to actually grow into these roles of that amazing couple, that amazing husband and wife that now makes everything so much easier.
- Dr. Irena: The whole world has changed for us. It's not just, you know, the way he can talk to the children now, the way we can talk to them from our relationship to theirs and show them what it could be instead of what they would have learned before from us, which they have known for many years, of course, which I have from my parents and he from his... Yada Yada, like you mentioned, 97% cannot envision this kind of relationship because they've never seen it.
- Ti Caine: Never seen it, didn't see it in their parents; seen it in the movies every once in a while, but we don't really believe that. Seen that in the news. You hear their examples here and there, but the predominant imprint on us that creates our future is not just, Oh, I'm screwed up. I got to go to therapy for 20 years and talk about my childhood, the impact is: it projects your future. So you watch your parents, oh, that's what when you grow up, you're numb. You don't communicate very well. Maybe you argue, maybe you're violent, all that stuff. That's my future and then we grow up into it. You both did that. You and Mario both did that and then both decided to change.
- Dr. Irena: Yes, we both did that. We totally both did that because that's what the brain, the neuroscience tells us, is that this is imprinted in your brain, and if your brain can't see another way, how is it able to change?
- Ti Caine: Right.
- Dr. Irena: And I think I was in the fortunate position that I had somebody tell me, don't fight it. That was the big thing that always was in my head. Don't fight it. It'll come. Don't fight it. And I wanted it so badly. Then when I really stopped fighting...(it happened)





- Ti Caine: Let me reflect back a little of your beauty and your power. No. A *lot* of your beauty and your power and the goddess nature that is more present in you than you even know. You just gave your power away to that information from the psychic who said, don't give up. Millions of people go to psychics. Millions of people read their astrology. Millions of people do their own affirmations. Sure. I've been doing that stuff for 40 some odd years. Most of the time, over 97% of the time, it fails. It wasn't the psychic and the information that transformed your life, that created a miracle that has now healed your whole life, healed your family, that a whole different opportunity; it was your courage.
- Dr. Irena: Oops. Right now I think you're frozen.
- Ti Caine: You made that choice.
- Dr. Irena: I did make that choice, but I don't, pardon me?
- Ti Caine: Yeah. Froze on this end also, just for a moment.
- Dr. Irena: So yes, you were saying, I made this choice.
- Ti Caine: It was you that made that choice.
- Dr. Irena: I definitely did make that choice, but it really helped to be shown from another person that there is an option. And I was looking at this option, I was actually, you know, thinking about it. Okay. Older, dark, whatever.
- Ti Caine: Yes. That sounds...that can work...
- Dr. Irena: Looking here and there... You know , could this be the guy? Eh, What about that one? Nah...but before that it was just, no, it's never gonna happen.
- Ti Caine: You couldn't see it, couldn't imagine it.
- Dr. Irena: Yeah, I couldn't see it, but this is what I'm saying is sometimes, you know, people just need a little bit of help to get over the hump. They need to believe that they can do it too. If they really want it, they can really envision it. That's the big thing that you're talking about, right. If you can envision it and you can feel into it. It's the law of attraction as well. It's really happening. And I manifested other stuff too. Like physical stuff.
- Ti Caine: So the information from the psychic helped to open up your imagination.
- Dr. Irena: Exactly.
- Ti Caine: When you read biographies of very successful, happy, healthy, successful people, there's very frequently one moment in their life when they touch the future and the future



touches them and it changed the whole course of their life. You had one of those moments.

Dr. Irena: Oh, I love that!

Ti Caine: You had one like the...I had a friend who was absolutely in love with the Beatles. And he told me about... I think it was John Lennon; his mom took him when he was young, like nine years old or something like that. Took him to a movie to see Elvis and he (John Lennon) saw Elvis in the movie with all those girls just screaming, going crazy, loving him. And he said, I want that. And the Beatles, like the first time they came to America and they got off the plane... And sometimes just that one moment. So what you're doing now is more than just a one moment. What I do is help people create the whole vision of the future. What's you're doing is creating a real example, not just, Oh, this could happen and they'll be tall and dark and handsome. But you are a real example. So people can just see the light, the smile when you speak of your family and the joy and see, oh my gosh, it really is possible. And you can help them do it.

Dr. Irena: Oh yes, 100% because that's when I was, you know, after this happened and it was so fast, I mean, 10 days... I remember exactly what day it was; and 10 days later we were like teenagers in love. Like I couldn't even think right anymore...

Ti Caine: after your three day marathon?

Dr. Irena: after the three day marathon, everything turned around and we kind of reconnected and the flames of passion just like went UP. And ten days later, it was Christmas, so it was before Christmas. 10 days later the kids came to celebrate Christmas with everybody and they're like, what's going on with you guys?

Ti Caine: Oh my gosh.

Dr. Irena: And you can see it in the pictures from that Christmas. It's like I have no brain and I have to tell them all, I'm so sorry if something is missing, you know, with the dinner, whatever, my brain is out the window. I'm just like, I couldn't even recognize myself. It was crazy. I was giggly and like a teenager in love. It was...I told my husband, you know I'm like nuts the way I feel right now.

Dr. Irena: But he said, I love that. We both were (infatuated), you could see it. Everybody could see it. I mean, he said, you know what? I can't believe it. I went into Starbucks and people started smiling at me, which they normally don't do because, like I said, he's a very reserved guy.

Ti Caine: Right, right.

Dr. Irena: That's what he started to project out was that being in love. And one of the most beautiful moments happened. I think it was about two years ago when my husband threw a birthday bash for me, which had never happened before. Right. Um, and he,



total surprise, had invited friends from before, from Long Island where we lived for a long time and neighbors from here; now we're in New Jersey. And my daughter from Houston came, my son from Portsmouth, my brother from Connecticut came down, everybody was there and he actually publicly declared and that was such a heartwarming, emotional moment. Talking about me like... it was like a wedding when you talk about people, right, you know, about their life and stuff, saying about me: "The love of my life". It was the most beautiful gift I've ever had. Yeah.

Ti Caine: Wow. That is so special.

Dr. Irena: And I feel about him the same way, I do. And we declare that to each other now every single day.

Ti Caine: oh, what a gift.

Dr. Irena: Just imagine how this is like. That is what makes it happen, like you said.

Ti Caine: And do you know Irena, that you changed the world then and now?

Dr. Irena: I think, I know in my little space, I definitely changed it. Yes. And I know that it ripples outward. I know my kids have picked it up right away.

Ti Caine: The people in that coffee shop, you changed the lives of the people in that coffee shop that your husband walked into and they're going, wow, he's like this guy who looks like he's loved or something and it feels good. And I want what he's having.

Dr. Irena: Yes.

Ti Caine: So like you, so many women do: you know the beauty, the magnificence. You have a sense of the goddess, but you don't own the magnitude, the breadth, depth, the infinite of that. And one of the greatest examples is Roger Bannister who was a runner in the 1950s. He's the first person to break the four minute mile. And he was just a runner and they told him, scientists told him, it can't be done. Human bodies can't run that fast. It just will never happen. But he kept running and he kept running and he kept running again. And then ultimately he broke the four minute mile. And this is the 1950s. So we didn't have a CNN, we didn't have cell phones, we didn't have internet. So it would take weeks or months for news to get around the planet when something happened back then. But the story of Roger Bannister, it's an inspirational story. People use it in motivational speeches and stuff like that and it's cool. Yeah, just keep trying and keep trying. You can do it, but the magic part, which is what you need to own...

Ti Caine: When he broke the four minute mile, within hours, within days, people all around the world who had never heard of him, started breaking the four minute mile also. Because he changed the consciousness of the world. We are all one, in the morphogenic field, as Rupert Sheldrake called it. The psychic Internet. He (Bannister) changed and made a new, like the cross-country skier; he made a new path for the human race. They didn't



have to hear by the newspaper or didn't have internet. So when you made that change six years ago, you created a change in the field.

Dr. Irena: I think everybody, whatever people do, will leave a trace in the universal unconscious.

Ti Caine: in the everywhere...

Dr. Irena: everywhere,

Ti Caine: and the more, the more you celebrate and feel that your courage, your power, the magnificence, all that you created and the joy that you've created now in your life, in your relationship with your husband and your children, and then for the people in that coffee shop,

Dr. Irena: haha yes,

Ti Caine: you are literally changing the world and then when you do it consciously, like sharing your story now, so that everybody who hears this can see the light in your eye and can feel the depth of the love in your heart, and the connection that has even brought a reserved man more out, more open. You've changed the world and there are women and men right now, other places around the world, maybe in in Australia or Afghanistan or South Africa who right now feel more hopeful about their relationship.

Dr. Irena: That is my passion. This is why we're doing what we're doing now. This is why I brought the Life in Love masterclass series together. This is: what if anybody and everybody could feel this? Yes, there would be no war. There would be no strife. Everybody would be happy and children would be happy and everything would change because you know what? The crazy thing is, not only did, in my husband's life, change our personal relationship. Because he probably emanated this kind of a becoming a different person, like becoming a whole person, business relationships changed and business starting to pick up and got better and it's just blossoming. More and more.

Ti Caine: Yes. And imagine the future that you were just talking about. You can do this easily. Imagine a future where every woman felt loved the way you do.

Dr. Irena: This is my ardent wish because there is no better thing, there really isn't.

Ti Caine: Right. And imagine a future where every man had the courage, which is enormous in your husband. The courage to hang in there and to actually change. You changed. You said I'm going to this brighter future and we can't be the same people we are now. I'm changing. Most men bail at that point. Your husband didn't. Mario did not. He said, okay, I'm going to open up also. Imagine if all men and all women opened to their future self to who they can be. What would the world look like?

Dr. Irena: Yes, right? Wouldn't that be paradise here on earth?



Ti Caine: And is that sort of why you decided to do this summit?

Dr. Irena: Yes, it totally is. Because you know what? Waking up every morning next to the love of my life, going to sleep every night next to the love of my life or cuddling in his arms. Oh, please just give that to other people as well. Let them know that this is possible. Let me show, and let you show them, and the other experts show them what they can do to get there. Because in the end it's really simple. It's not easy, but it is simple. So...

Ti Caine: uh, actually, if you look back, the actual truth is the reverse. What you did was not simple. What you did was... So like you had to encounter your entire life story, your childhood, and your issues, your husband and his story, your kids in the dynamics there. The choice about do I change, do I disrupt the entire life that I've structured here. The complexity of that is staggering. Only a goddess could handle that and handle it gracefully. And you did. This is one of the weird metaphysical principles that I'm working with. I maybe didn't mention it. If you look for simple answers, you guarantee yourself a difficult life, because nothing in life is simple.

Dr. Irena: yeah, yup, but...

Ti Caine: Let me just finish the second part, because this is what you did. The second part is if you're willing to embrace complexity, to embrace it, not understand it all, but embrace it, you can have an easy life. And look, particularly the situation you went through was complex, crazy. You addressed it courageously, didn't understand it at all. Stepped forward into what you wanted. You changed, your husband's changed and notice now like it's even visible in your smile. Notice how easy it is for you to love now.

Dr. Irena: Yes. I understand what you're saying. Maybe I have to try to explain what I mean by simple. Oh, I know, everybody's situation is highly complex.

Ti Caine: As a doctor, you knew that to begin with, and then as a coach helping people now; you're intelligent and aware of the incredible complexity and willing to embrace that.

Dr. Irena: Right. But it still comes down to a few, not simple, but yes, maybe easy adjustments, steps, things to do that then makes it elegant,

Ti Caine: elegant,

Dr. Irena: smooth,

Ti Caine: smooth...

Dr. Irena: ...and in flow. Easy to access, be in the flow...

Ti Caine: if you're headed for the... If you're courageous enough to choose the bright future.

Dr. Irena: Yes.



- Ti Caine: because you are a god, because you are a goddess, because you're a powerful being. It becomes inevitable, but it's because of your power in your choice. If you just let go and go with the river, for most people that takes them right into their painful future and 97% of the population are in pain. You chose, I'm going there. It was courageous, it was crazy!
- Dr. Irena: Well, thank you.
- Ti Caine: And so many women don't do that. Just stay and try to make the best. Try to accept, try to just allow, accept him any way he is... No, you said, we're designed for more. I deserve more. That was a courageous choice and a beautiful choice. You changed the world, you changed your entire family, you changed all those people in that coffee shop. They're still wondering what happened to them.
- Dr. Irena: Yeah, hahaha
- Ti Caine: and you help people. Now you help people. How can the people who see your light when they go: I want what she's having...
- Dr. Irena: I can tell them how, and that's what I do when I say I offer you a breakthrough session with me. Let's get on the phone and talk and I can show you what I did, what you can do. But you gotta start with, you. Start with yourself. Believe that you can do it. You will be able to use all the tools that you have. You get many, many more from here, from all the experts. And that's what I'm offering to you is, yes, let's just, let's just talk.
- Ti Caine: So how do they get in touch with you to do that breakthrough session? To be, not only to be invited, but to be touched by your energy?
- Dr. Irena: Thank you. I actually have; the link is below and the schedule where they can directly go into my calendar, they'll get to an application page there. So I know how to serve them best. I know where they are and where we can meet. Then we'll talk. We'll take it from there.
- Ti Caine: Wonderful. And your website is?
- Dr. Irena: oh, I have this one: [marriedlovesuccess.com](http://marriedlovesuccess.com)
- Ti Caine: Married Love Success dot com. And the world needs more of that! Married love, that you can fix it with the guy you're already there. He's willing? You can actually have married love success!
- Dr. Irena: right! You don't have to go through all of what a painful divorce and the financial drain that will bring; it's really much easier.
- Ti Caine: Once more, as we complete, talk a little bit about what does it feel like to be so loved and so loving and have that work together in your relationship?



- Dr. Irena: How does it feel? Lasting happiness every single day. Every. Single. Day. It's just the joy and the beauty of the world and being an unstoppable team. You know that you always have someone in your back. You know humans are tribal animals, right? We need the other people. We need a relationship. This is an intimate, passionate relationship that you know you can trust somebody 100%, and he can trust me 100% and together we're continuing to grow and bring this bright future to others.
- Ti Caine: Yes. So let's take just a moment and imagine that bright future. What if every woman had that kind of love in her life and in her heart?
- Dr. Irena: Ahhh yeah. Can you imagine how the children would turn out?
- Ti Caine: That's where I went too. I was just, I could feel the children just blossoming.
- Dr. Irena: The whole world would be different, right? There would really be no reason for war, no reason for hunger, no reason for all that crazy rat race.
- Ti Caine: Right, right. So that's what we're doing, creating a bright future for everyone, particularly my daughter who's 32 I think now, for our kids and for their kids, and for all of them to create a beautiful future. And thank you so much, Irena, I so loved meeting you. And then our first conversation was so fun and this one has...I loved our first conversation. This one, I have felt in my chest at least six times.
- Dr. Irena: Oh Wow. Wonderful. Thank you so much, Ti! It was awesome talking to you and learning from you and speaking about the bright future that people can envision for themselves. So thank you very, very much. We'll definitely keep in touch, and I know people can look at the replays with your interview as well, where we talked about what you do, and how you got to doing all these kinds of things and making miracles every day. That's what we're trying to do. Right?
- Ti Caine: More and more.
- Dr. Irena: More and more.
- Ti Caine: Thank you, Irena!
- Ti Caine: Thank you so much, Ti! Ciao!
- Ti Caine: Bye!