



Dr. Irena: Hello, and welcome to "Life in Love", a three day master class series and online event brought to you by your host; I'm Dr. Irena Kay. And I would love to tell you why "Life in Love". See, I was one of the many people that were living in a dark marriage and a dark life of gray where everything was blocked or sometimes worse. And I definitely didn't want a divorce, although the statistics were almost against me, but I have found a way to turn it around, and transform this marriage into a life in love, literally every single day. Being loving and joyful and happy. It is possible. I'm living proof and I want to show you how I got there a little bit later tomorrow during the morning or afternoon session for certain people. Um, now I'd just like to tell you a little bit about who I am.

Dr. Irena: Why am I doing this? Where did I come from? What did I go through? So I was born and raised in Switzerland, hence that funny accent that you might have detected. And I went to medical school there, became a medical doctor specializing in Ob /Gyn, working as an Ob/ Gyn. I still wanted a family and I had four children and worked part time. It was really hard. It was really stressful and a lot of work. And then my husband got transferred for business, and we made the choice to go with him because he was able to become the president and CEO of a company over here in the United States. And I kind of put my career aside and focused on the children by that time. The fifth one was on the way and she was actually born here in the States and I became a full time mom...but I'm kind of a "doer".

Dr. Irena: I'm being told that I'm an Alpha type or A type person. And I was always interested and fascinated with the Eastern martial arts, which was actually a childhood dream to become a karate adept. So I took lessons and I got to my karate black belt and then became an instructor in karate. And of course all of this brought to me...the eastern philosophies; brought me the Japanese take on life and the whole philosophy of Bushido, of being a warrior in a much, much wider sense than just the physical; as well as the influence of the Chinese medicine and from Hinduism and whatever else, Buddhism, that got me into this knowledge about the Chakras and knowing about the Meridians and the energy work and bodywork and the healing that they do based on this whole big eastern philosophy of mind, body, soul connection that you can influence not just with Western medicine, but also working with the energy.

Dr. Irena: Now, I'm a scientist at heart and I know from Einstein's famous equation that you all know: $E = mc^2$, that energy and matter are equivalent, so we all are also just energy and it's not just what we see and touch and feel here, but our thoughts are energy as well. It makes sense because they originated from a brain, a physical thing that has a bio-electricity and neurons connecting and giving each other messages, which is physical, but they must have an energy, which they do!
You can feel energy; you probably don't want to put your hand into an



(electrical) outlet, right? You feel there was energy in there. So the energy work was something that fascinated me as well. And I went into there and I learned Reiki and became a Reiki master and later on I brought all of this with me... and all of these things and people that I met in there led to the point where at one time I was really able to turn my marriage around into a life of love.

Dr. Irena Like I mentioned, we'll talk about this more in depth tomorrow, but what I had to say is I opened myself up to that energy world that could be love experienced every single day, and let me tell you, there is nothing better than that! It is absolutely beautiful. It is. Can you imagine waking up every single morning next to the love of your life? He smiles at you or you smile at him and you say, I love you. Let's start the day together and have fun and do our work and know that every single time there is something that bothers you, whatever life throws your way, you can deal with it. And you know you have somebody behind you that you can rely on 100% to be supportive and you can trust this person 100%. There is no more intimate relationship between two people than the one like a marriage or committed relationship where you live almost, you know, 24/7 together.

Dr. Irena: Even as you go to work, you always know, you come home to somebody who has your back, nothing better than to plan the vacations and outings and days together like this, when you know you can come to a conclusion to know when both will enjoy it and then go to bed again, cuddled up in the arms of the love of your life and say good night to each other, knowing full well that next morning he or she will be there for you and you can start over and living your life in love every single day. So after that happened and I was telling other people, or actually, they noticed, they noticed in us, I remember exactly when it was back in 2013 when Christmas came up, our kids were like, what happened to you? You guys are so different. You are so lovey-dovey; wherever we went, whether it was bootcamp, (we went to bootcamp after karate, I couldn't do it anymore because we went into the mixed martial arts and the grappling hurt my back.)

Dr. Irena: So we went to bootcamp and they were always talking to us like, oh, okay, you two love birds. And like teenagers in love. It's what we felt like every day. And other people noticed. Even in my husband, who is a very kind of stern and reserved guy, but one time he walked into a Starbucks and he came back out, he brought me my drink and he said, you know what? It's you! I'm like, what do you mean it's me? And he said, I went in there and these people are smiling at me, they're friendly, they're trying to start up conversations. And this never happens to me. And I had to smile because I'd say: well it is me in you, or us together and you, because you are normally a person that is more like intimidating or you know, not really approachable. And that was such a beautiful thing to witness.

Dr. Irena: And for him to actually step up and say it meant the world to me too. So I was trying to think about when I told the people what happened to us and they



asked me, well how, how can you make this happen? I was starting to think...well how did it happen? All these things that came together, was it my reiki training, was it, you know, the martial arts and knowing about these eastern philosophies, what was it? So I was going and digging then really deeply, several hours and weeks spent digging into the neuroscience of memory and how is memory formed and how...how do we bring that stuff into our present, the memories from the past. Because I also work with people who have PTSD, and neuroscience tells us that all these brain patterns that we bring with us into this life and then get imprinted more and more is something that we probably don't even realize is there, because it's running in the background, like an operating system runs a computer.

Dr. Irena: You don't really know exactly what's going on, you're just happy something happens. There's also the fact that the brain has a negative bias, which helped us very well when we had to survive in the wilderness back, I don't know, 50,000 years ago when you had to live in a cave and be careful of every single time that something dangerous was going on, right, and just constantly on the lookout for something that could happen to you any second. Now, at least here, we're very privileged to live in this world where you don't have to be, you know, surviving every single day and being on the lookout, we can actually figure out how to project, instead of into that dark future...(You'll hear about this tomorrow morning too) envisioning something better. And then taking action on what we envision to be better and believing in this and turning it all around.

Dr. Irena: So in my course, um, I will show, I can show us...I call it "happily ever after" because that's how I live now. Life in love, happily ever after, that there's only five shifts that you need. The first one is that you absolutely have to believe that you can do it. If you don't, it will not happen because you're constantly blocking yourself. And the second one is you really have to own your crap. I call it something different, but whatever, you have to own up and be responsible for what you are doing, because you will see what you put out energetically comes back at you, and you know what I mean. Like if you're grumpy people are not gonna smile at you, and be happy around you, right? So just imagine you can be happy and joyful. What happens to everybody around you?

Dr. Irena: It's contagious. Your laugh, it's contagious. Your children would be happy. Everybody around you would be happy. And I know that this is what you guys want, what everybody wants in this life because we are a tribal animal. We need to have the human connection, we need to be connected and have positive and beautiful and supportive relationships. And this is what I want to bring to you today, and I have brought wonderful experts together. We each can give another facet, another angle, another perspective on how this can be possible and how this can happen. So I'm thrilled to be able to bring you these experts, and I'll tell you now what's going to happen. You can see it on the schedule page. We will start shortly with Lion Goodman who is a mentor of mine; he has created the "clear beliefs" process; a very cool



thing to get rid of those beliefs of the past that don't serve you and replace them with better ones.

Dr. Irena:

He will talk to you about how the beliefs that we've picked up from our parents influence the beliefs we have about our relationships today. And if you know about the divorce rate and you know that most of the people, even if they're not divorced, are unhappy, then you know where the heck could we have learned a better way to relate. Right?

The next luminary will be Esther Hatfield Miller; she has gone through some terrible trauma of clergy abuse over years and years, but she has come out not only as a survivor, she has come out as a thriver, and she will be able to talk to you about how you can work with the triggers, with the stuff that triggers you if you have gone through these kinds of trauma. She is a very fun person. You'll see for yourself. She calls herself the "Queen of Whoop Ass Healing" and I'm sure you'll love her take on that stuff because it's...it's heavy stuff, but she takes it with some whimsy and humor.

And then we'll hear from Kim Quick who has gone through a shitty marriage and felt shitty being single and decided: "I have to revamp that dating game in the online dating world and address this strategically" so she can share some strategies of how, if you're in that space that you want to date, you want to find the person that really compliments you, who's going to be a life partner that you can also stay in love with forever.

Dr. Irena:

It is a very strategic approach that you can do and she'll be able to share what you can do to find and keep this person.

And then we'll have as the last speaker today, Joan McLeod who has an interesting history of being a navigator for the Coast Guard, one of the very few women actually working in this really male oriented field, but she learned about navigation and navigating conflict and she is the "conflict navigator" who can share strategies with you on how to make any conflict that arises a win-win for both.

Dr. Irena:

Tomorrow morning we'll be opening with Ti Caine who is "the future whisperer". That sounds really awesome and you will see how he can blow your mind with the idea that the future actually creates the present, and I have to wrap my mind around this too because... isn't the present creating the future? Well, you'll see that there is a loop and that's why it's so much more important to let your future create your present and what choices that opens up for you and what an incredible empowerment that gives you. He is the founder of the "future visioning" system which can revamp your whole life and he will be the one where we continue our conversation, basically reversing the roles, where I'll be sharing how I did what I did. What he now brought into it because he knows what I did when I did it unconsciously, and I will share my story, about the transformation of my marriage.



Dr. Irena: Next we'll hear from Monica Bijoux, and let me tell you what a beautiful name Bijoux, right, meaning jewels. She will be speaking about boundaries. She too has gone through trauma and she had to shield herself from the verbal and emotional and physical abuse by fortifying herself and really establishing clear boundaries, and if you think you have to be complacent and you have to make other people happy by going outside of your comfort zone you, she can tell you: you need to learn how to really fortify yourself and establish those boundaries and what else you can do. Well, she did that for herself and her daughter, and she can tell you what she does in everyday life that makes it so much easier to be her authentic self, her strong self and have nobody breach her safety zone and her boundaries anymore. And then we hear from another cool guy who went through a traumatic experience with his daughter almost dying at age 14 and then later on he himself was almost dying and in these moments, when it was really down to the wire, he felt that you really need to live life like you want to live.

Dr. Irena: You have to be conscious about how you live your life and then be completely strategic about it. What is interesting with him is that he brings this into the relationships by saying, I'm not labeling anybody, even if I have a wife. I'm not saying like in a possessive way, this is my wife, but always consciously creating life together and it's much easier this way. It's so clear cut if you don't think anybody has some hidden agenda and he will let you know more about how he does this on a daily basis. It's very interesting to hear. Then on Sunday we are opening with Carista Luminare who is an amazing and highly accomplished therapist focusing on parenting, and that's what should happen, right? How people can start from the ground up...if you're able to teach your children how to be empowered human beings, everything would become so much easier.

Dr. Irena: So she's teaching parents how to work with their children, but what she does for us is saying, (because we heard from Lion that you're bringing those beliefs into your present now in the relationship like you saw from your parents), if that hasn't happened for you, she will explain what kind of bonding patterns and attachment styles you've picked up and what you bring into the relationships and what you can do to overcome them or change them. So it becomes a beautiful collaborative and supportive relationship and inspiring to everybody and this is what you want too, right? Now our next speaker will be Dori Klass and she also went through trauma repeatedly and to the point where she, you know, she'll tell you about it...she basically had given up on a life as a highly accomplished scholar. She went to Duke University, accomplished degrees in everything, but felt that she couldn't even do that.

Dr. Irena: It was to the point of being suicidal, because she, after these traumas, has complex PTSD. And in her darkest moment she was given the message to saying yes to life. And she can tell you what "say yes to life" meant for her and her



transformation. And if you are at a point where you are about to give up that you could really say yes to life, let her be an inspiration, support to you. She has done it. She knows from the ground up how it feels and she can tell you what you can do.

And then we have another very interesting expert, Cynthia Clark, who says, the love you have, the love you will have, the way you love, is in your hands. So she says, "love in your hands" is based in Palmistry. And she taught me something I had no idea about.

Dr. Irena: She told me that your patterns in your hands are not there like fingerprints or something that change very, very little, but they really can change with the experience of your life. In other words, whatever you brought into your life and then whatever happened to you in life will show in your palms. And then we'll give a demo and I was blown away because she was right on the money. What the lines in my hand actually say about myself and the way I love, what I feel, or need to hear to feel loved, what I need to do to be loved, and vice versa. And she has done something very cool. She has actually created software where you can upload pictures of your hands and then you can find your match of somebody else who...she gives the archetypes of the people...of somebody else who might match up with you based on the archetype of what is shown in your hands.

Dr. Irena: Pretty cool, right? Last but certainly not least, our last speaker of the event will be Christy Whitman. Also a mentor of mine, a former mentor of mine, who has founded the Quantum Success Coaching Academy based on the Law of Attraction. She will tell us that love really comes from the inside and good relationships come from the inside. You cannot make your partner...or feel you need to have a partner that has to make you happy. You have to start within yourself. And that's when you can get into a relationship where both co-create the beauty of the love and the happiness that you wish to have. It has to start with you. And this is the whole theme of the whole, you know, my "Life in Love" event; **you** can start it and then your partner should want to come on board because it doesn't make sense not to, right?

Dr. Irena: If it happens...if it happens that he wouldn't come on board... if it happens that you have a partner who's already out the door or just doesn't believe in it at all: hold fast, stay true to yourself, envision what it can be and claim that for yourself. Take the responsibility to fix what you can fix on your end. And if they still are not on board... which would be to me a total no brainer...at least you have done everything in your power. And okay, I can say I'm fortunate enough my husband was on board and I'm happy with that man. That same guy that I married over 30 years ago, happy now for years, every single day. I believe it can happen to you too. If it doesn't, you still held fast on your vision and on your own future and on your own life because then you'll find it probably with



someone else. But if you don't know how to do this, you will fall into the old traps again and...rinse and repeat (the misery).

Dr. Irena:

And that's why, you know, second marriages end in divorce at, I don't know, the 70% rate or something crazy. So let us help you, inspire you, support you in your quest for a life in love. Let those amazing experts give you guidance and give you ideas and let it happen for all of us. So we can really literally make the world a better place because we can radiate out to the others that are happy and infect them with happiness and laughter and fun. And love and life and joy. Your children will thank you, your siblings will thank you. Your parents will thank you! Everyone around you will be in your shining light and you feel that...you can feel it!

I can feel it now and I really want to bring that to you!

So we're taking a tiny little break, bio break maybe, and then we will start with our first fantastic luminary, my mentor, Lion Goodman, as I mentioned before, he will talk to you about the beliefs that we bring into today's life and what we can do about it. I'll see you soon. Ciao.