

2018 HEAL SUMMIT – UNLOCKING YOUR BODY’S NATURAL ABILITY

Speak Schedule of Topics

SERIES 1-7 | JULY 25-31, 2018

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SERIES 1: HEALING YOUR BRAIN

Start July 25 @12AM ET

End July 25 @11:59PM ET

Lesson 1: Dr. Joe Dispenza - Programming Your Mind for Remarkable Recovery

Please Note: Only Dr. Joe Dispenza’s lesson will be available during the entire event, July 25 @ 12 AM ET through July 31 @ 11:59 PM ET.

Category: Health

Lesson Description:

In 1986, Dr. Joe Dispenza suffered a debilitating biking accident that left doctors telling him *he’d never walk again*. Weeks later, he proved them wrong. In this astounding lesson, he shows you exactly how to use the power of your own mind to remarkably heal your body.

You’ll learn:

- How to **create the best outcome** during a crisis.
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The power that made the body, heals the body. — Dr. Joe Dispenza

Related Lessons: “How to Use Sound to Boost Healing” — Dr. Jeffrey Thompson, D.C., B.F.A.

Lesson 2: Kelly Brogan, M.D. – Using Natural Remedies to Heal Mental Illness

Category: Health

Lesson Description:

Kelly Brogan, M.D., went from just filling prescriptions to completely healing patients using whole foods and natural medicine. This fascinating lesson looks inside her journey from by-the-book doctor and psychiatrist to courageous health crusader.

You'll learn:

- **What depression is** and when you really need medication.
- The **first thing Kelly prescribes** when patients come to her.
- **A 30-day plan** to heal from psychological issues.
- A 3-minute exercise **to rewire your fear response** in weeks.
- The hidden way fighting germs **perpetuates disease**.
- The single **most important tool** in medicine.

Every single person has within them the potential to transform their experience. — Kelly Brogan, M.D.

Related Lessons: “Programming Your Mind for Remarkable Recovery” – Dr. Joe Dispenza

Lesson 3: Dr. Jeffrey Thompson D.C., B.F.A – How to Use Sound to Boost Healing

Category: Health

Lesson Description:

In this fascinating lesson, Dr. Jeffrey Thompson, D.C., B.F.A., shows you how to break the patterns of persistent stress that lead to disease and retrain your brain for homeostasis using the power of sound.

You'll learn:

- A method to quickly **change your state of consciousness** at will.
- How to **train your nervous system** to relax.
- The surprising effect adrenaline has on **blood sugar**.
- Methods to reset your internal clock for **better sleep**.
- Two rules that must be met to create a **relaxation response**.

I'm not a visitor here. I belong here. I've grown out of the universe, and the whole universe is a functioning organism that I'm part of. — Dr. Jeffrey Thompson, D.C., B.F.A

Related Lessons: “Using Natural Remedies to Heal Mental Illness” — Kelly Brogan, M.D.

SERIES 2: HEALING YOUR HEART

Start July 26 @12AM ET

End July 26 @11:59PM ET

Lesson 1: Gregg Braden – Harmonizing Your Heart and Brain to Create Healing

Category: Health, Spirituality

Lesson Description:

As Gregg Braden shares in this rousing lesson, our hearts control a powerful energetic field that regulates the health of our entire physical body. Gregg explains with *heart coherence*, we can create physical healing, trigger healing resonance in others, and even *change the weather*.

You'll learn:

- **Six questions** you must answer to heal, and how *new science* is addressing them.
- How **your heart** directs the brain and controls your health.
- Steps to create *heart coherence* and trigger a **super-immune response** in your body.
- How to **heal your body in 72 hours**.
- The **three emotions** that create stress and disease.
- An instant technique to **harmonize your heart and brain** and create healing.

Your body wants to heal, and the ability to heal is part of your original design. — Gregg Braden

Related Lessons: “Programming Your Mind for Remarkable Recovery” — Dr. Joe Dispenza

Lesson 2: Joan Borysenko, Ph.D. - What Your Disease Is Trying to Teach You

Category: Health

Lesson Description:

In this heartfelt lesson, Joan Borysenko, Ph.D., teaches us to view disease as an **initiatory rite of passage** with hidden gifts. In fact, she explains it's our openness to *learning* from illness that foretells our fate... and, it is the power of love that we must lean upon as we traverse the path of illness and find within it *the joy of healing*.

You'll learn:

- A **two-step plan** for letting go of painful emotions.
- **How loneliness impacts** your immune system.
- The **two emotions** that keep you stuck and how to **free yourself**.
- Why you need a **higher cause** to truly heal.
- A **15-minute headache relief** tool.
- How self-love **healed one woman of ALS**.

Healing is jumping out of the matrix into a different reality of love. That's what we're here for, to learn how to love and to inspire other people and to spread compassion in this troubled world. — Joan Borysenko, Ph.D.

Related Lessons: “Harmonizing Your Heart and Brain to Create Healing” — Gregg Braden

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The power that made the body, heals the body. — Dr. Joe Dispenza

Related Lessons: "What Your Disease is Trying to Teach You" - Joan Borysenko, Ph.D.

SERIES 3: HEALING YOUR GUT

Start July 27 @12AM ET

End July 27 @11:59PM ET

Lesson 1: Anthony William - The Mystery Viruses Wreaking Havoc on Your Body

Category: Health

Lesson Description:

In this value-packed lesson, Medical Medium Anthony William shows you how to identify why you're sick and shares a wealth of practical solutions to heal your gut, restore your brain function, fight off pathogens, and more.

You'll learn:

- The surprising virus making **95% of people** sick.
- What's *really* causing chronic illness worldwide.
- The simple juice you can make right now to **heal your gut in weeks**.
- The **sweet treat** that boosts longevity.
- The **#1 mineral you need** to fight bugs and stay well.

- The one fruit that Anthony calls “the answer for saving generations to come.”

*Knowing the cause of disease is half the battle. The second half is knowing what to do. If you have these two pieces, **you are going to get better.*** — Anthony William

Related Lessons: “Eat This If You Want to Be Well” — Mark Emerson, D.C., C.C.S.P.

Lesson 2: Mark Emerson, D.C., C.C.S.P. - Eat This If You Want to Be Well

Category: Health

Lesson Description:

Grab a notebook, because you’re going to want to take notes during this jam-packed lesson with renowned chiropractor Mark Emerson, D.C., C.C.S.P. As he shows us, it doesn’t take much to heal. In fact, once you get your lifestyle cleaned up with his simple tips—**you’ll find it easy.**

You’ll learn:

- How *resistant starches* can help reduce your supplement bill.
- Why gut health is the **#1 most important key** to overall health and healing.
- The secret way to **reverse type 2 diabetes**, even without medication.
- How to heal cardiovascular disease in weeks, without stents or surgery.

Healing takes care of itself. — Mark Emerson, D.C., C.C.S.P.

Related Lessons: “Programming Your Mind for Remarkable Recovery” — Dr. Joe Dispenza

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Related Lessons: “The Mystery Viruses Wreaking Havoc on Your Body” - Anthony William -

SERIES 4: HEALING YOUR GENES

Start July 28 @12AM ET

End July 28 @11:59PM ET

Lesson 1: Bruce Lipton, Ph.D. - Why Your Genes Aren't Making You Sick

Category: Health

Lesson Description:

Do *your genes* control whether you get sick or stay well? According to pioneering scientist Bruce Lipton, Ph.D., the answer is most likely *no*. In this eye-opening lesson, Bruce explains that **less than 1% of disease** is genetic. Instead, it's the *environment* that makes your cells. He shares ways you can master the environment around your cells starting now.

You'll learn:

- Steps to **stop sabotaging yourself** and become your own all in health.
- How to **reprogram your thoughts** for health.
- The **honeymoon effect** in relationships and how to prolong it.
- The secret way your brain **turns thoughts into energy**.

The action or function of the immune system is tied directly to our perception of life. — Bruce Lipton, Ph.D.

Related Lessons: “Programming Your Mind for Remarkable Recovery” — Dr. Joe Dispenza

Lesson 2: David Hamilton, Ph.D. - How Kindness Fuels Healing

Category: Health

Lesson Description:

In this energetic lesson, scientist David Hamilton, Ph.D., shares how *the placebo effect* inspired him to leave behind a successful career in the pharmaceutical industry to understand how we as humans influence our own health and biology **with our beliefs**.

You'll learn:

- A **2-minute meditation** to heal your body at the quantum level.
- The **key ingredient** good doctors use to heal their patients.
- The secret power of *conditioning* to amplify belief and speed healing.
- The **feel-good chemical** that sweeps your cardiovascular system, helping it heal.
- How to do **quantum field healing** for yourself.

- A **miraculous story** of healing the body using only the mind.

When you work on your inner sense of worthiness and value, your energy levels go up. Your insights, creativity, and your belief in yourself, all increase. — David Hamilton, Ph.D.

Related Lessons: “Why Your Genes Aren’t Making You Sick” – Bruce Lipton, Ph.D.

Lesson 3: Dr. Joe Dispenza - Programming Your Mind for Remarkable Recovery

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Related Lessons: “How Kindness Fuels Healing” – David Hamilton, Ph.D.

SERIES 5: HEALING YOUR PAST

Start July 29 @12AM ET

End July 29 @11:59PM ET

Lesson 1: Bernie Siegel, M.D. - Resolving Guilt, Shame, and Blame to Heal Your Body

Category: Health

Lesson Description:

Join the hilarious Bernie Siegel, M.D., for a reminder why you should never take your healing journey too seriously, as he shares that it's not until we heal our pasts that we can truly get beyond illness in its many forms. You'll also hear a remarkable part of Bernie's journey—when he suddenly died as a child, left his body, and then later came back to life.

You'll learn:

- Why **unresolved childhood pain** can make you more susceptible to disease.
- Why sickness is not a punishment.
- How **your current symptoms are clues** to other issues needing attention.
- The **difference in perception** that helps people survive cancer.
- How *finding a reason to live* can be enough to **keep someone from dying**.

Save your life. Live your authentic life. And do something real. — Bernie Siegel, M.D.

Related Lessons: "Living Beyond Your Story of Suffering" — Peter Crone

Lesson 2: Dr. Darren Weissman - Using Your Body's Wisdom to Uncover the Root of Disease

Category: Health

Lesson Description:

Join Dr. Darren Weissman in an exploration of your body's remarkable ability to not only *heal itself* but tell you why it's sick in the first place. Plus, learn the secret cause that Darren found—after over 100,000 client sessions—to be the root of all disease.

You'll learn:

- A simple tool you can use to **instantly uncover** the cause of any disease in seconds.
- A 3-part technique to **trigger subconscious healing**.
- How *scar tissue* blocks chi and why.
- **Four words to speed healing** and aid recovery from any issue.
- The **one thing that you are responsible for** if you want to heal.
- **A step-by-step sequence** to raise your consciousness.
- How to use pain as a **portal to healing**.

Focus where you're going. Not what you want to get away from. — Dr. Darren Weissman

Related Lessons: "Programming Your Mind for Remarkable Recovery" — Dr. Joe Dispenza

Lesson 3: Peter Crone - Living Beyond Your Story of Suffering

Category: Health

Lesson Description:

Ayurvedic Practitioner Peter Crone teaches in this lesson that it matters more what you *think* about what happens than what actually happens. In fact, when you are detached from the outcome of an illness or issue, that is when you can find peace with it. And peace—as Peter teaches us—is a doorway to health and healing.

You'll learn:

- The key to accepting any outcome, no matter how difficult.
- Why *resistance to "what is"* is **the chief cause of stress and disease**.
- How to go from sick and unhappy to **in harmony with life** right now.
- How the *accumulation of toxins* (of any kind) perpetuates disease.
- Why **digestion is the key to health**.

Happiness is the absence of the search for happiness. — Peter Crone

Related Lessons: "Resolving Guilt, Shame, and Blame to Heal Your Body" – Bernie Siegel, M.D.

Lesson 4: Dr. Joe Dispenza - Programming Your Mind for Remarkable Recovery

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The power that made the body, heals the body. — Dr. Joe Dispenza

Related Lessons: "Using Your Body's Wisdom to Uncover the Root of Disease" – Dr. Darren Weissman

SERIES 6: HEALING YOUR SPIRIT

Start July 30 @12AM ET

End July 30 @11:59PM ET

Lesson 1: Marianne Williamson - Using Miracles to Heal Yourself

Category: Health, Empowerment

Lesson Description:

In this powerful lesson, Marianne Williamson tackles the questions at the heart of health and disease. Why do we get sick? How do we get well? How does our disease play a part in our spirituality and the health of our society at large?

You'll learn:

- Why meditation is *as important* to your daily hygiene **as a shower**.
- What to say (and what not to say) to someone with a terminal illness.
- Transcending the fear of death so that it no longer has power over you.
- What a *Miracle Worker* is and how you can become one.
- How simply *seeing yourself as Spirit* can heal illness.

That which heals one area of life heals every area of life. — Marianne Williamson

Related Lessons: “Healing the Body with Affirmative Prayer” — Michael Bernard Beckwith

Lesson 2: Michael Bernard Beckwith - Healing the Body with Affirmative Prayer

Category: Health, Spirituality

Lesson Description:

In this life-changing lesson, Michael Bernard Beckwith gives you a **spiritual prescription** to heal any ailment you're currently struggling with. With his compassionate style, he shares the true power of prayer, how to self-forgive, and why *courage* is the key to abundance, success, and happy relationships.

You'll learn:

- The **critical reason** *you need your health* to withstand the toxic environment around you.
- How to strengthen your **spiritual—and physical—immune system**.
- How falling out of **spiritual alignment** can cause **physical pain**.
- How to cultivate *tonic* thoughts that heal your body, rather than *toxic* thoughts that cause disease.
- The **two levels of prayer** that are necessary for powerful manifestation.
- How to **train your body to heal**, even while you sleep.

The presence of God can only do for us what it can do through us and as us. — Michael Bernard Beckwith

Related Lessons: “Programming Your Mind for Remarkable Recovery” — Dr. Joe Dispenza

Lesson 3: Rob Wergin - Rapidly Heal Your Body with Energy Work

Category: Health

Lesson Description:

In this brief yet meaningful lesson, Rob shares how *energy* can rapidly heal your body, and why it works. If you feel abandoned, hopeless, or like nothing can help you—this dose of wisdom will lift your spirit and remind you that, yes, *anything is possible...* no matter where you find yourself now.

You'll learn:

- How to make sure the **500 million new cells** your body makes daily become *healthy* cells.
- How pain helps your body **clear itself of toxic energy**.
- **How thoughts create disease**.
- How **the story you tell** yourself about being sick is more important than being sick and why.
- How self-judgment pushes illness into the body and **keeps it stuck** there.

What you think about and what you talk about is what you create. — Rob Wergin

Related Lessons: “Using Miracles to Heal Yourself” — Marianne Williamson

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Related Lessons: “Rapidly Heal Your Body with Energy Work” - Rob Wergin

SERIES 7: HEALING SPONTANEOUSLY

Start July 31 @12AM ET

End July 31 @11:59PM ET

Lesson 1: Deepak Chopra, M.D. - Creating a Body That Heals Itself

Category: Health, Spirituality

Lesson Description:

In this eye-opening lesson, Deepak Chopra, M.D., draws a scientific bridge between modern medicine and Eastern mysticism, delivering a rare understanding of your most basic nature, the origins of disease, and the keys *you have right now* to heal your body.

You'll learn:

- **The true origin** of 99% of your thoughts.
- Why a diagnosis should *never* become your prognosis.
- **Five ways to create wellness**, even when recovery seems impossible.
- One step to **influence spontaneous remission** in your body.

*In 95% of disease cases, there is something that you can do about it, right now, to **change the outcome of that disease**.* — Deepak Chopra, M.D.

Related Lessons: “How Authenticity Heals You” — Anita Moorjani

Lesson 2: Kelly Turner, Ph.D. - 9 Essential Factors of Spontaneous Remission

Category: Health

Lesson Description:

In this thought-provoking lesson, Kelly Turner, Ph.D., describes starting her career in cancer treatment before learning about the surprising incidence of spontaneous remission. Armed with newfound wisdom, she began a quest to understand *how and why* people healed miraculously. To her surprise, there *is* a formula for this type of healing.

You'll learn:

- **The #1 thing you need to heal**, no matter how sick you are.
- How **laughter** lifts our spirits and speeds recovery.
- **One simple way** to trigger your body's detoxification system.
- A method to clean your organs in three days.
- How **a sense of purpose** calls life energy into your body.

Healing can happen at any time. Even when you're at 'Death's Door,' you can still turn things around. — Kelly Turner, Ph.D.

Related Lessons: “9 Essential Factors of Spontaneous Remission” — Kelly Turner, Ph.D.

Lesson 3: Anita Moorjani - How Authenticity Heals You

Category: Health

Lesson Description:

In this jaw-dropping lesson, Anita shares how visiting the Other Side gave her the ability to tap into the remarkable power of authenticity back here on Earth. In order to manage the natural fears that are part of human existence, Anita now teaches how we can use authenticity to make healthier food choices, remain at peace, and stay connected to our spiritual nature.

You'll learn:

- How experiencing **the Other Side** can bring inspiration.
- The stunning shock of insight that helped Anita **heal her cancer in six weeks**.
- How to find the **perfect diet for you**.
- How **authenticity** can help you heal fear and disease.
- What you should never, ever say to someone with cancer.

Focus on what brings you joy, focus on the people who you love and the people who love you, and spend every day doing things that make you feel good. — Anita Moorjani

Related Lessons: “Programming Your Mind for Remarkable Recovery” — Dr. Joe Dispenza

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Related Lessons: “Creating a Body That Heals Itself” — Deepak Chopra, M.D.