

ANXIETY CLINIC

BOSURGI MIND FITNESS™ GROUP COURSE

Introductory free workshop and Q&A about the mind and Bosurgi Mind Fitness Method™ Anxiety Clinic™ with Luca Bosurgi - during the workshop you will also experience a mind training-healing guided deep meditation. When: Monday 18th October 2021. What time:6:30pm-8pm. Where: 18128 Powell Rd., Brooksville. *Please bring a yoga matt and a blanket*

Mind Fitness Lab Corp. is proud to host a life-changing 'Anxiety Clinic - Mind Training' group course in Brooksville - Florida. Luca Bosurgi, Italian Mind and Life Coach, creator of the Bosurgi Mind Fitness Method™, for the first time in Brooksville, will train a group of students to establish and increase their emotional self-reliance by addressing the root-causes of anxiety. The course will lead to enhanced personal powers, confidence, performance and success in every aspect of life.

Course Details:

- Mind Trainer: Luca Bosurgi www.lucabosurgi.com
- Organization: Angelica Cooper
- Duration: 13 weekly 1:5 hours group sessions
- Schedule: Wednesday 6:30pm -8:00p.m.
- Location: 18128 Powell Rd., Brooksville, Fl
- Orientation workshop Monday 18th October 2021
- Courses starting date: Monday 25th October 2021
- Fee: \$18 classes
- If you reserve your spot after the orientation workshop or after each class : \$15
- Max number of students: 25 spots available per course.
- To reserve yours, email Angelica at groups@mindfitnesslab.com

Bring a yoga matt and a blanket

The Bosurgi Mind Fitness™ program , by significantly reducing or clearing the limiting effects of negative emotional issues or trauma, will help students to embrace emotional empowerment in place of:

Anxiety | Stress | Addiction | Depression | Social anxiety | Fear of being judged | Rejection and abandonment | Panic attacks and unwarranted fears | Anger | Feeling overwhelmed, tired and poor performance | Being a people 'pleaser' and neediness | Self-doubt or poor confidence | Dependency in relationships or loneliness | Emotional and spiritual numbness | And more..

Why attend Bosurgi Mind Fitness Method™ Anxiety Clinic? Bosurgi Mind Fitness Method™ helps to establish and increase emotional self-reliance by addressing the root-causes of anxiety, leading to enhanced personal powers, confidence, performance and success in every aspect of life.

During this course, you will enjoy 13 weekly 1:5 hour long group classes with creator Luca Bosurgi. The course will help you remove the root-causes of anxiety, clear traumas and gain emotional self-reliance, reducing or clearing the symptoms related to the 'need of others' for emotional fulfillment. This will help you enhance your personal powers, confidence, performance and success, transforming your life into an extraordinary journey, making you confident, mighty and happy in all areas of your life. Sounds too good to be true? Come to our free introductory workshop to discover how this can be your reality just a few weeks

About Bosurgi Mind Fitness Method™ program:

Based on the healing, mind enhancement training system used by Tibetan monks for centuries, Bosurgi Mind Fitness Method™ with its revolutionary technology is the next generation solution for mind mastery by combining cognitive coaching with guided mind healing and training deep meditations. This is a groundbreaking, fast and effortless therapeutic approach that teaches you how to clear proactive and reactive anxiety, manage your thoughts and emotions, resolve past trauma, and terminate the devastating effects of Adult Emotional Dependency (AED). Mastery will allow you to redirect your mental resources to high level productivity, confidence, leadership, creativity and happiness. Contrary to traditional beliefs that the mind requires extensive therapy and strenuous self-work to be at peace and

work efficiently, just a few weeks of Bosurgi Mind Fitness will produce transformational and life-long results.

The mind has a phenomenal ability to quickly self-correct for mistakes and perform updates. Bosurgi Mind Fitness Method™ does NOT reprogram the mind, it guides it in identifying and correcting its own miscalculations, and offers more efficient behaviors. This method restores the natural emotional flow by resetting imbalances of the mind causing perceptual errors that prevent synchronization of conscious cognition with unconscious event assessment. Quicker and more effective than traditional behavior modification therapy, this resetting corrects the mind's perception, priorities, and behavioral choices.

About the Mind Trainer: : Author, visionary, and inspirational speaker, Luca Bosurgi, DHyp, MBSCH, , founder and CEO of the Mind Fitness Lab Corp., is a mind-trainer specialized in anxiety, a highly experienced life and spiritual coach, and a master board-certified and licensed hypnotherapist. Luca is the creator of Bosurgi Mind Fitness™, the pioneering mind-healing and training program, which has helped thousands overcome anxiety, gain self-esteem, attain their goals, and find happiness. For over two decades, Mr. Bosurgi has guided clients – including accomplished artists, successful professionals, high-level executives, professional athletes, and entrepreneurs – in embracing high-performing, anxiety-free lives.

Luca has had formal training and clinical experience in psychology, metaphysics, life coaching, spiritual counseling, and hypnotherapy. He has spent a clinical career mapping the modern mind and perfecting techniques to increase cognitive performance and resolve maladaptive thoughts and behaviors. Bosurgi Mind Fitness™ provides answers that enrich the fields of mental health and performance, AI and Machine Learning just to name a few. Currently, the Bosurgi Method® VR (the Virtual Reality version of the method) is licensed and packaged as a VR experience through the company Mind Fitness Lab – recognized on the 2016-2021 TransTech 200 list of key technologies driving mental and emotional well-being forward. Luca was recently invited to introduce his groundbreaking theories about the mind with the Tech Talk – ‘Reaching Peak Mind Performance’ @ Google Global Head Office Venice, CA. Luca practices from his Spring Hill residence online

and in person. For more on Luca Bosurgi and the Bosurgi Mind Fitness program™ please visit www.lucabosurgi.co

WELCOME

Welcome to Anxiety Clinic - Mind Training by Bosurgi Mind Fitness™. During this course, you will enjoy 13 weekly 1:5 hour long group classes with Luca Bosurgi.

Based on the healing, mind enhancement training system used by Tibetan monks for centuries, Bosurgi Mind Fitness™ with its revolutionary technology is the next generation solution for mind mastery by combining cognitive coaching with deep guided meditations mind-training.

Bosurgi Mind Fitness Method™ program is a groundbreaking, fast and effortless therapeutic approach, teaching you to clear proactive and reactive anxiety, to manage your thoughts and emotions, resolve past trauma, and terminate the devastating effects of Adult Emotional Dependency (AED). Mastery will allow you to redirect your mental resources to high level productivity, confidence, leadership, creativity and happiness. Contrary to traditional beliefs that the mind requires extensive therapy and strenuous self-work to be at peace and work efficiently, just a few weeks of Bosurgi Mind Fitness Method™ will produce transformational and life long results.

Bosurgi Mind Fitness Method™ clears the root-causes of anxiety by teaching you to Self-Reparent your mind and body, embracing Self-Leadership, Self-Love and Self-Protection. Once trained, your life will be transformed into an extraordinary journey, making you supremely confident, mighty and happy in every area of your life!

To maximize the results of Bosurgi Mind Fitness Method™ please:

- Attend each class with an open mind committed to receiving the teachings, and to acquire the suggested behavioral models.
- Share your experience with others in the class and in your life.
- Enjoy the process!

INTRODUCTION

1. Bosurgi Mind Fitness Method™ restores the natural emotional flow by resetting imbalances of the mind causing perceptual errors that prevent synchronization of conscious cognition with unconscious event assessment. Quicker and more effective than traditional behavior modification therapy, this resetting corrects the mind's perception, priorities, and behavioral choices.
2. Bosurgi Mind Fitness Method™ relies on the supremely intelligent mind continually striving to provide optimum output. By offering the mind both attractive implementation strategies and safer more efficient models to choose from, the mind inevitably embraces and implements the suggested transformations. This subliminal cognitive methodological approach eliminates the need for the client-therapist conversation used in classical therapy sessions.
3. Each two hour Anxiety Clinic class begins with an introduction that covers new concepts to be the focus of the current training session, gauges your learning mastery and answers your questions. Then, during each session you will be presented with the focus, the objective and the method of that training to help your mind in a state of deep guided meditations implement the goals identified in the introduction.
4. The first part of each training module (pre-induction) prepares your mind for the training during the guided deep meditation. It's imperative that you grasp the logic of the exercise and its application. If any of it is not clear, please ask your trainer to clarify or re-explain for the best results of the session. The mind has a phenomenal ability to quickly self-correct for mistakes and perform updates. Mind Fitness Training does NOT reprogram the mind, it guides it in identifying and correcting its own miscalculations, and offers more efficient behaviors. Nevertheless, the mind will only perform the corrections if able to identify the behavioral mistake. Thus, the

pre-induction is essential to establishing what is to be expected during the guided deep meditations, initiating within the mind the urge to make and accept the necessary adjustments.

5. The deep guided meditations mind training is subliminal and does not require your active involvement. Your brain performs countless operations far too instantly for the conscious mind. All the work will be accomplished by your unconscious mind even if you drift away in a light-sleep or if your thoughts are distracted.

LET'S START EXPLORING THE MIND

a. **The mind is the 'software' that promotes and regulates each function and action of our body** – from the reproduction and reconstruction of our cells, to digestion and distribution of nourishment, to our voluntary and involuntary movements, to all our behaviors, etc. The mind's requests are then processed and implemented by the brain in the appropriate areas of the body. This extraordinarily sophisticated operation is occurring 24/7, from the day of our birth to the day of our death, and most of us will never know much about it.

b. **Your mind is perfect**, naturally healthy and constantly tries to give you the best possible service. Everything that your mind does, including anxiety, drinking, or depression, are the best options that your mind identifies to protect you, or to keep you going. In fact a broken or a wicked mind doesn't exist; a confused mind might make wrong choices, but always with good intention, thinking that it's acting in your best interest. As soon your mind discovers and embraces better options, it will substitute the old inefficient choices with healthier and more efficient solutions.

c. **Happiness is the natural state of the mind**; we are born with it and it is always with us. Unfortunately, happiness is often shadowed by 'faulty' behavior. This can be corrected through revising the unconscious decisions that caused them, clearing the way to restore the happiness that was always lying underneath. A clear mind is always a happy mind

THE PROGRAM

CLASS 1

Release of the Reactive Anxiety & Fear (I)¹

¹ Training modules designed to help your mind release unwanted anxiety and fear. This vital initial step aims to reduce the inefficient activity of your brain, freeing brain-power required to progress with the mind training. During these modules we prepare the environment required to clear Adult Emotional Dependency (AED).

CLASS 2

Release of the Reactive Anxiety & Fear (II)

CLASS 3

Release of the Reactive Anxiety & Fear (III)

CLASS 4

Adult Emotional Dependency (AED) (I)¹

Training modules designed to help your mind accept and embrace what is natural and long past due emotional self-reliance. The release of Adult Emotional Dependency is one of the main steps of the basic training. We have noticed substantial changes in most clients during or immediately after this group of sessions.

CLASS 5

Adult Emotional Dependency (AED) (II)

CLASS 6

Adult Emotional Dependency (AED) (III)

CLASS 7

8

Adult Emotional Dependency (AED) (IV)

CLASS 8

Building a Framework for Self-Reliance (I)

Training modules designed to capitalize on the mind's new-found willingness to establish and enhance emotional independence. These sessions are crucial to create the framework for your new self-reliant behaviors.

CLASS 9

Building a Framework for Self-Reliance (II)¹

CLASS 10

Journeys of Forgiveness (I) Release Self-judgment, Shame, Guilt & Regret - Self-forgiveness.

Training module focuses on the successful processing of your past experiences, associated with yourself. The aim is to remove negative emotional attachments with the past. This process frees furthermore misused brainpower and enhances your relationship with yourself and with the relevant people of your past.

CLASS 12

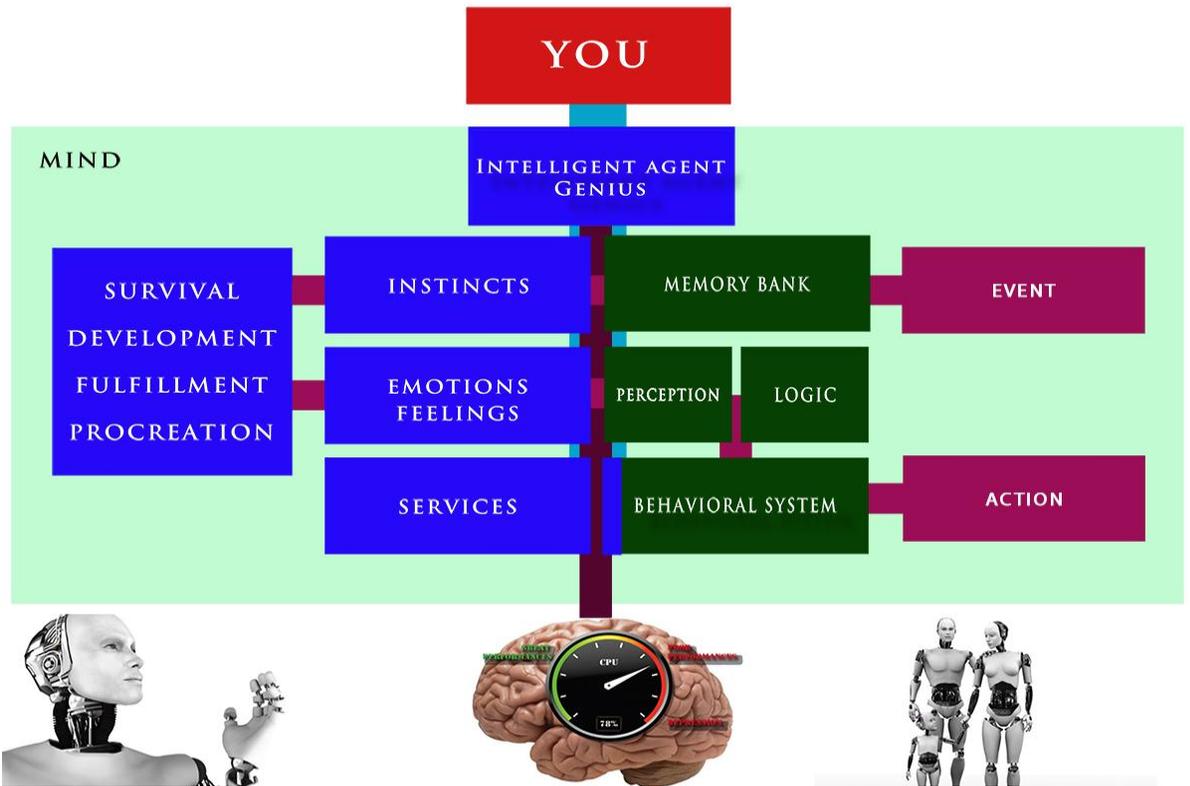
Journey of Forgiveness (II) Release Judgment, Blame, Resentment, Anger & Pain - Forgive others.¹

Training module focuses on the successful processing of your past experiences, associated with others. The aim is to remove negative emotional attachments with the past. This process frees furthermore misused brainpower and enhances your relationship with yourself and with the relevant people of your past.

CLASS 13

Release of Reactive anxiety and fears (IV)

The last session completes the basic program, focusing on the release of lingering unwanted emotional anxiety and fear related to the now removed Adult Emotional Dependency (AED).



Glossary:

You

Your higher self – the real you.

Mind

The intelligent bio-software that operates your physical equipment with the overriding purpose of keeping you safe and efficient.

Intelligent Agent (Genius)

In Artificial Intelligence this is the module that manages the interest system. In this schematic it represents the second in command under you. Genius operates, manages and controls all functions of the mind. This is the voice with which you interact throughout the day – the manager of your

equipment – the executor of your requests.

Instincts

Proactive functions installed in the mind (DNA) to promote and secure:

Survival: all physical and emotional needs as well as the fight or flight system.

Development: learning and gaining of knowledge – improving efficiency

Fulfillment: happiness, creativity, goals, hobbies, spiritual etc.

Reproduction: relationships and children (continuation of the human species)

Emotions and Feelings

Tools used by the instincts to compel Genius to act according to their priorities and agenda.

Services

Involuntary programs installed (DNA) to regulate bodily functions i.e. respiration, heartbeat, digestion, reproduction of the skin, immune system, etc.

Logic

Module that processes your analysis of the available options.

Perception

Module that processes your personal vision of life's events - your reality. This is determined by numerous factors, experience, intelligence, evolution, emotional freedom, cultural and religious influences, available brainpower, etc.

Behavioral System

Library of behavioral programs used by the Intelligent Agent to operate the mind and body. These are scripts created and updated throughout life according to our perception of our daily events. The purpose of behaviors is to respond to instinctual request with a set of organized instructions trained, corrected and refined through success and failures.

Memory Bank

Data Storage Bank – index and stores all data collected from the events of your life. The stored event includes the “actual” event or raw data, the

perceptions you had during the event, the decisions you made, the behaviors you used and the outcome of these behaviors. The memory bank is queried millions of times daily to activate existing behaviors or create new behaviors.

Body

Bio-Equipment operated by the mind to carry out any and all physical acts – transportation, data collection, procreation, etc.

Brain (Central Nervous System)

The bio-hardware that stores and processes the mind and interfaces it with the body. The brain's role is to store information, process information and interface information between the mind and the body.

Brainpower

The brain's capacity to process the mind's requests.

ABOUT ANXIETY AND THE SURVIVAL SYSTEM

- **Do not waste time trying to fix the symptoms:** Fix the root-causes, and the symptoms will inevitably disappear. Let's use an example: Alcohol addiction is typically the consequence of anxiety. Anxiety is the consequence of unfulfilled emotional needs, unmanaged thoughts and emotions, Adult Emotional Dependency (AED), and/or psychological traumas.
- Therefore, if you want to beat addictions, don't focus on drinking or on anxiety; fix instead the mental challenges that are causing anxiety. When these are resolved, anxiety ends and the addiction fades away. On the same note, if you have social anxiety, don't try to remove your fear of people. Remove your fear of judgment and rejection, and your social anxiety will disappear.

- **Survival system:** Let's explore the survival system and how it operates. This is an essential 'safety software package' operating from your unconscious mind, which has the main task of protecting you from any physical or emotional danger. It has been your best friend and your worst enemy. On one hand, it's a lifesaver, protecting you from physical and emotional damages, but on the other hand, it's the cause of most of your fears, anxiety, and depression.

It sounds like a crazy contradiction, but you will get it as we will explore this system further. Our survival system operates like most commercial security systems available on the market. It compares all the data collected by our senses (as well as our thoughts and emotions) with a list of possible threats. In the case a match is found, it responds by using a priority defense protocol. It works similarly to our immune system that filters everything that enters the body against a list of previously identified threats; as soon as viruses or other threats are identified, the immune system will attack and destroy them. Another good example is the antivirus that protects your PC. It constantly compares all the files that you download with a list of already discovered viruses, and takes a defensive action every time a match is identified.

Let's reassess the operation of our safety system. Our brain constantly collects and processes millions of data derived from three typical sources:

- the external data captured by our senses: eyes, ears, smell, taste, touch, psychic, etc.;
- the internal data generated by our body—the list of these is endless; however, the ones perceivable are physical pleasure, pain, and discomfort;
- the self-generated data originating from the mind such as thoughts, feelings, and emotions.

All of this data is filtered by the survival system and compared with a list of 'dangerous' items. If a match is identified, the survival system will believe that you are in danger and activate a defense protocol. The defense protocol typically consists of a shot of cortisol, adrenaline and norepinephrine in order to sustain a fight-or-flight response followed by a warning, such as anxiety, fear, or panic. This is lifesaving in case of a real threat. If, instead, this process is triggered by mistake thousands of times a day, it can seriously affect your quality of life.

You may wonder how this can happen if the mind is so perfect. The answer is simple. The survival system relies on a list of threats built throughout your life. This includes the period of pre-birth and childhood—periods where your mind is not developed enough to understand what is really dangerous and what is not. Therefore, we rely on our parents' and caretakers' guidance. If our folks or teachers are scared or angry or abusive people or just unable to create a safe environment for us, our assessment of danger is confused, and many things that are virtually safe are going to be listed by the young mind as dangerous. Some of these 'dangerous items' may be current in our daily life, so they will be constantly engaging your survival system in a totally unnecessary and highly crippling defense process.

Safety is the first priority, because it is survival, and so our brains allocate as much brain-power as required to keep us safe. This is perfect in a real emergency situation, because it is all about surviving the danger. But it becomes extremely challenging if this process is constant and unnecessary. It reduces the brain-power used for daily tasks. People affected by an overactive survival system use only a fraction of their thinking power, since the rest is engaged by the survival process. This creates issues with procrastination, lack of creativity, resistance to engage in new projects or

developing the existing ones, poor learning ability, feeling overwhelmed and tired, and loss of energy to the extent that it can lead to depression.

Depression is a lack of processing capability in the brain to accomplish the daily tasks, since virtually all of your brain's resources are being used to fight or flight false threats.

How can we fix that? Most therapies focus on providing coping mechanisms to help you to live with some of these 'dangerous items' as best as you can or they try to desensitize you by making you accustomed to experiencing these triggers without responding to them. We do something much simpler and certainly more effective—we clear the listed items that are not dangerous. This disengages the brain from all unnecessary work.

- **Anxiety is a natural and healthy feeling.** Yes! Anxiety is healthy and is used by the mind to prevent troubles. This means that if your mind sees troubles approaching it will use anxiety to force you to avoid the situation or do something about it. The problem comes if you can't figure out what to do. This feels scary and locks your thinking in a frantic search for possible options, escalating anxiety to fear, and triggering cortisol, the fight or flight hormone. If this painful process is protracted over time, it may degenerate into obsessive, exhausting and debilitating emotional loops. These are often the cause of procrastination, feeling overwhelmed, poor performance and in severe cases, depression. Sound familiar?

- So, if anxiety is a healthy feeling used by the mind to prevent trouble, what are the troubles that justify our relentless stress and anxiety? Let's break the causes of anxiety down into reactive and proactive.

- Reactive is the anxiety that responds to a real or imaginary threat, to something that feels dangerous.

- Proactive is the anxiety that responds to the generalized feeling of being vulnerable and unprotected typically originated from Adult Emotional Dependency (AED).

- **Reactive anxiety:** Let's explore reactive anxiety first. The survival system has a defensive program that compiles, throughout our life, a database of potential emotional and physical hazards: fire, tiger, rejection, eviction, failure etc. If, in the rare case, one of these threats is identified in

the immediate vicinity, the survival system activates an instantaneous fight or flight response, no thinking time, just action. If instead the threat is imminent but not yet present, the survival system activates anxiety.

A large amount of the threats causing our anxiety are false hazards. These may be wrong data received from our parents - how many of you are frightened of spiders because your mom was petrified in front of them? Or it may be items or situations that we mistakenly perceive as dangerous often resulting from traumatic experiences, or eventually threats that were effectively dangerous in the past but today are harmless. If one or more of these false threats are in our daily life, our survival system will constantly keep us in a state of emergency.

- **Proactive anxiety:** The other cause of anxiety is the proactive feeling of vulnerability and feeling unprotected. In my opinion, proactive anxiety is responsible for most of the actual worldwide psychological crises. This condition is caused by Adult Emotional Dependency (AED); we will talk extensively about this condition in the next part of this program. In simple words, proactive anxiety is a natural feature built into children's minds to secure their safety, and becomes active if the child feels unprotected. If you have children, you have certainly witnessed your child panicking if you or a caretaker is not present. This sense of vulnerability is meant to terminate around puberty, but it only happens if we become emotionally self-reliant, which is not the case for most. Thus, we carry on feeling unconsciously vulnerable throughout life, which creates constant anxiety.

- To cut a long story short, our mind is naturally healthy. We are in a rather safe world, therefore anxiety should be rare or non-existent in our life. If we experience recurring anxiety, we are not ill and we should not take drugs for it. We should focus on removing the causes, which are

- false threats constantly present in our daily life,
- we are affected by Adult Emotional Dependency (AED)
- or we are dealing with both.

The good news is that we can clear rather easily false hazards; this is the task assigned to the Class 1 - 2 and 12 of this program. We can do the same with Adult Emotional Dependency (AED) with the task accomplished by the Class 2, 3, 4 and 5.

- **Your body and mind are your personal life equipment.**
 - Your body is the equipment that you use to live on planet Earth. It's built similarly to a highly sophisticated biological robot, with legs as a transport system, hands as tools, eyes as cameras, ears as microphones and a mouth as speakers. Your brain is your central computer and its controlled by your mind, which is the onboard software that manages your entire system. Your mind runs every aspect of your mental and physical life; it's built to be your thinking tool and the manager of your equipment, and works for you 24/7 as your faithful servant.

 - The mind is the software that promotes and regulates each function and each action of your body, from the reproduction and reconstruction of your cells, to the food process and distribution, to your voluntary and involuntary movements, to all your behaviors etc. All of the mind's requests are then processed and implemented by the brain in the different areas of the body. This extraordinarily sophisticated operation is silently going on 24/7, from the day of your birth to the moment of your death, and most of us will never know much about it.

- **Mind vs. brain.** The mind is the software responsible for every aspect of your physical, emotional and psychological life, the brain instead is the hardware, the essential tool to process and execute the mind's requests. To take your computer as an example - the box with the processor, motherboard, drives and interfaces are your brain; the operating system and all the applications that are installed in it are your mind. If the brain is altered or damaged, the mind's process is limited or impeded, which is why we need to protect our brain at all costs, avoiding physical shocks, drugs, alcohol and all sorts of intoxications that can slow down, confuse or damage our central computer.

- **You are not your mind! Your mind is not you.** Your mind belongs to you, it works for you, but don't get confused - your mind is not you!

- **Your mind needs fuel, as well as your body.** This is a major psychological discovery, please pay attention! Your entire equipment requires fuel to operate. You are very aware that food is essential for your body, however you may not realize that your mind as well, requires feeding to subsist. I spent many years identifying the carbs and the proteins of the mind, and I isolated three vital emotional foods indispensable for your mind's wellbeing. These are **love, safety, and leadership**, which come with guidance and validation. Without, your mind starves and loses balance and power.

- **Your mind requires your leadership, your unconditional love and your protection to feel safe,** be focused and operate successfully. Your mind is built to operate your own equipment, therefore it requires your direction and your care to operate successfully. Without your leadership, your mind feels unguided and unsafe, looks for external leadership, works on autopilot, feels confused and scared, and often makes bad choices.

- **Your mind is perfect,** naturally healthy and constantly tries to give you the best possible service.
 - Every endeavor of your mind, including anxiety, drinking or depression, are the best options that your mind identifies to protect you, or to keep you going. Yes, a confused mind might make wrong choices, but always with good intention, thinking that it's acting in our best interest. As soon as your mind discovers and embraces better options, it will substitute the old inefficient choices with healthier and more efficient solutions.
 - Your mind's purpose is to provide you with the most efficient life. Thus, if you help your mind to identify mistakes or obsolete material, the mind automatically and permanently rectifies the mistake as well as all the connected behaviors.
 - We are often taught that poor parenting, childhood, or life's traumas can irremediably scar the mind. In my opinion, this is not true. A brain can be damaged; a mind can't. A mind can be troubled or confused but not damaged, and it can always be repaired.

ABOUT ADULT EMOTIONAL DEPENDENCY (AED)

- Adult Emotional Dependency (AED) is a condition that describes an over-extended Emotional Dependency. Emotional Dependency is a natural

stage in human psychological development and occurs in childhood. It is a healthy DNA's hard-coded behavior. It acts to keep children psychologically dependent upon the parents' protection in order to keep the children safe while they are physically and mentally vulnerable. It also compels children to need parental love and be receptive to their parent's tutoring and leadership. In essence, it is a tool offered by nature to our parents to love, protect, educate and raise us. It also keeps us close to our parents so that we don't wander away from home at an early age when we are not equipped to navigate the world.

- The Emotional Dependency period starts at birth and continues until 8 years old when we start developing reasoning, then it starts fading away and ideally should be terminated just before puberty, around the ages of eleven to twelve. During the Emotional Dependency period, the developing mind of the child is dependent upon the parents for leadership, love, security, validation and guidance. Ideally, the parents will give the required child leadership, unconditional love, validation and precise guidance, and will teach the child how to lead themselves so that the child can begin to exit codependency around eight years old. The full transition to complete self-leadership and emotional self-reliance (the self-reparenting process) should occur just before puberty. Correct termination of the Emotional Dependency period allows the young adult to become emotionally independent and equipped to lead and live an efficient and balanced life.
- The Emotional Dependency DNA's hard-coded behavior is naturally terminated by the mind, when the mind detects that the self-reparenting process has been completed. The mind will not terminate codependency until it is unconsciously confident that sufficient self-leadership and emotional self-fulfillment is in place. Emotional Dependency may remain active throughout all adult life, this recently discovered condition describes Adult Emotional Dependency (AED).
- To recap, we are born with the tools needed to become emotionally mature and self-reliant as we move from childhood into young adulthood. During our childhood, these tools remain undeveloped and/or dormant, causing us to be dependent on our parents or guardians. As we approach puberty our natural need for self-leadership and emotional independence begin to awaken with the purpose of converting our relationships from

dependent to independent. The level of success we achieve in our transition to emotional independence is determined by the education and life-models we learned from our parents.

- Though this is nature's plan, it frequently fails because our parents and/or guardians have not achieved emotional independence themselves, so they cannot model and teach these essential life skills to their children. Without good parental models of self-leadership and self-reliance we become either unaware or unable to make the shift from dependency to self-reliance. This missing developmental stage keeps us unable to self-satisfy our emotional needs throughout our life, thus emotionally dependent from the world around us. This highly vulnerable state causes a variety of consequences and unhealthy behaviors related to emotional dependency. In severe cases it can cause feelings of isolation, leading to self-medication through alcohol, drugs, or to other unhealthy behaviors including depression, violence or suicide.

- **When Adult Emotional Dependency (AED) is terminated**, you become the only authority of your mind and body. It means that you set the direction, adjust the route, define the priorities, moderate or enhance the moods and feelings and provide all the necessary tools for natural happiness: unconditional love, guidance, validation and safety. You become empowered to live the life that you choose and be the captain of it. The external world becomes an exciting place full of opportunities vs the source of stress as it had been perceived by you before.

- **Symptoms resolved by the termination of Adult Emotional Dependency (AED).** By training my clients' self-leadership and self-emotional fulfillment, we establish emotional self-reliance, transforming dependency into interdependency, and needs into choices. This automatically clears all the symptoms related to the 'need for others' as a source of emotional fulfillment, as well as false unconscious beliefs or the consequences of traumatic events:

Fear of Judgment | Fear of Rejection | Fear of Abandonment | Anxiety | Stress | Addictions | Feeling Overwhelmed and Tired | Depression | Poor Performances | Belief in the need for External Leadership and Validation | People 'Pleaser' | Self-doubt | Neediness | Self-Focus | Inadequacy | Social

Anxiety | Poor Confidence | Lacking an Identity | Feeling a Fraud and a Failure | Being a Child in a World of Adults | Resentment for the Lack of External Leadership and Support | Dependency in Relationships | Loneliness and Solitude | Loss of Spirit-Mind Connection | Panic Attacks | Chronic Anger | Unwarranted Fears | An Inferiority Complex | Antisocial Tendencies | Emotional and Spiritual Numbness | Borderline Personality | Unsuccessful Personal Life and Relationships | Unfulfilled Artistic and Professional Aspirations.

- **As soon the process of self-reparenting is** completed and the emotional self-reliance fully embraced, the related symptoms are reduced or cleared. Self-reliance transforms dependence to interdependence, needs to choices, and removes all the mental loops and distress related with the need for others as our essential emotional suppliers. This releases a large amount of brainpower that is re-invested in high performance, creativity and happiness.
- **Adult Emotional Dependency (AED) and Relationships.** When an individual is in Adult Emotional Dependency (AED), the relationship is their source of love, validation, attention, guidance and safety. They take all they can from the relationship; it becomes a utility. When codependency is released, an individual is able to provide love, safety, validation and guidance to themselves and build a real relationship. Being in codependency means one doesn't see other people, they only see themselves; the whole relationship becomes about the person in codependency, just like it is for a child.
- **Why Adult Emotional Dependency (AED)?** The massive presence of the Adult Emotional Dependency (AED) became evident in the Western countries after the 'Mental Revolution' of the sixties. Before then, people were following external leadership throughout their entire lives. Strict codes imposed by religions, traditions, family and society were directing most people's choices. Therefore, self-leadership was almost irrelevant. Life was boring but safe. Thanks to consumerism, the human mind became stimulated by the many choices unseen before, with the use of newly invented, highly sophisticated equipment, people started thinking. Humanity upgraded from the strength of the body to the power of the mind. I named this fundamental

transformation the 'Mental Revolution', which is, in my opinion, the most relevant step in the history of humanity.

We became Homo sapiens, as well as progressively free from external leadership. This virtually unnoticed revolution has dramatically improved the speed and the capacity of the human brain. Today, in just a few hours, we perform as many decisions as most people used to execute in an entire lifetime.

Unfortunately, every major evolutionary step has its victims; the loss of the external leaderships not replaced by self-leadership left a dramatic vacuum in the just-upgraded human minds. Our mind is not capable of properly operating on its own. It's just a sophisticated software that needs leadership and emotional fulfillment in order to function correctly. We lost external leadership, but we didn't acquire self-leadership. Therefore, the mind in most people feels unled, unloved and scared, therefore unsafe to release Emotional Dependency.

This produces a large amount of stress, anxiety, and depression in our current society. Many people can't bear the transformation and the confusion that comes with it, so they regress to external leadership. They do this by entering strictly controlled religions and organizations that are able to lead their minds and make them feel safe. But most people are fighting a harsh battle like you, totally unaware of the real issue behind their struggles.

We are now working to get to the next step, positioning our real self over our mind. This establishes a healthy self-leadership that equips our mind with the power of clarity, efficiency, and happiness. This is what I named the 'spiritual revolution'. As soon as this is acquired by humankind, the codependency will be released at puberty as nature requires. People will enjoy healthy transitions during the teenage period, to become efficient and powerful women or men.

Most stress, depression, confusion, anxiety, and fears will disappear as well as the many physical illnesses connected with the excess stress and cortisol in the body. Our identity will be based on our real self; therefore, beauty, wealth, and power will be a free choice, not a stressful need. People will find

God in themselves, as well as all the source of their powers. The spiritual revolution is a key step in the evolution of our species. It coincides with the Age of Aquarius and will give humanity a much better world, cleared of much of the greed and the fears.

- **You can't love others if you don't love yourself.** For most people suffering with Adult Emotional Dependency, relationships are challenging and often painful, but this changes dramatically as soon as self-reliance is embraced. After this course, you will be able to experience fulfilling relationships with ease. You will see a shift in your priorities and perception about relationships. This happens because emotional self-reliance satisfies your mind's needs, therefore your relations with your partners, that since now were used as emotional providers, change to become a powerful and beautiful journey.

Emotionally independent individuals create powerful unions, both strong and independent.

Individuals that focus on their reciprocal needs, without depending emotionally on each other. This makes unions a 50% mutual effort, keeping emotionally independent individuals faithfully together but single in their spiritual evolution. They choose to be together every day, and their choice is based on their love and pleasure of being with each other, not on the fear of being alone or unloved.

We can walk together with someone else for a period or for all of our life, or for several lives - but our evolutions will remain individual and never merge. Love is like a train track, two rails always progressing together in the same direction but never crossing. Khalil Gibran in his book *The Prophet* compared love to the same wine drunk from different glasses, or two strings of violin playing the same note. Our evolution is single.

- **Self-reliance - you are meant to become self-reliant in adulthood.** During childhood, your parents are supposed to feed you physically and emotionally. In adulthood you are meant to become self-reliant, nourishing with your own resources, your body with food, air and water, and your mind with love, protection, guidance and validation.

- **Self-reliance typically happens for the body, but rarely for the mind.** You learned how to feed your body, but unfortunately no one taught you that you must feed your mind. This becomes clear when you detach emotionally from your parents, since your mind enters a state of deprivation and is forced to seek emotional support from 'others'. Typically, your friends, your partners, your colleagues and the people around you, or religious organizations, ideological groups, the army, etc. This positions these 'others' as vital for your emotional wellbeing, giving them enormous powers and making them feel potentially threatening to you.
- **People are not meant to be your emotional providers.** People are not your surrogate parents; thus, they are usually unwilling and unable to satisfy your emotional needs. Your starving mind perceives this as rejection and lack of support, triggering fear of rejection, judgment, abandonment, lack of confidence, lack of identity, feeling unsafe, being a people-pleaser, narcissism or emotional numbness, if the pain is too great. These cause lots of emotional byproducts such as anxiety, fear, anger, addiction, sadness, social anxiety, isolation, neediness, confusion and so on. This condition is defined as Adult Emotional Dependency AED.
- **Emotional self-reliance is our natural state of being!** Fortunately, being emotionally dependent on 'others' in adulthood is unnatural and can be easily resolved. As soon as we discover and apply self-reliance, self-fulfilling our needs for love, guidance, validation and protection, the need for emotional support provided by 'others' vanishes. The relationship with 'others' improves dramatically, transforming dependence to interdependence, needs to choices, essential to enjoyable; and removes the power from 'others' to hurt us or make us anxious.

[ABOUT THE SPIRITUAL JOURNEY AND THE PURPOSE OF LIFE ON EARTH.](#)

Bosurgi Mind Fitness™ is based on working with the spirit to control and troubleshoot issues connected to the mind. This may sound far from clinical to many, suggesting philosophy over science; a notion hardly accepted by

most scientists and physicians. Well, the question is simple, do you feel that your spirit is just a philosophical notion or is it your real--self incarnated in your body and mind as your tools for living on earth? And, if you agree that your spirit is your real--self, doesn't it make sense that the driver takes control over its vehicle?

This awareness, if accepted, changes your perception about your identity. It repositions your spirit as the driver and your body and mind as a sophisticated vehicle, a complex and powerful bio--robotic system that needs control and care. If it is poorly guided it will easily develop physical and mental conditions and illnesses.

To understand why the concept of spirit over mind and body is the key to Bosurgi Mind Fitness™ it is important to understand the following principles:

- The spiritual evolution that we are all on, is a journey of reincarnations where souls are converting from a state of total ignorance to one of full enlightening
- The universe was created as a school to obtain this spiritual evolution
- The purpose of life on Earth is the furtherance of spiritual evolution in the form of knowledge and understanding
- Karma exists, not as a purveyor of justice, but as a mechanism slated with providing each person with the experiences needed to advance their own knowledge and understanding
- The body and mind is a bio--robotic system provided to the spirit as a tool of life in order to gain experience in the physical world

Your understanding and appreciation of spirit over mind and body is in itself an essential tool for evolution as well as for the success of the therapy.

Accepting that the purpose of our life is learning and evolution will add a new perspective to your mind, a meaning, and perhaps more important, a purpose to your life. This view is often clouded in a depressed or otherwise troubled mind.

In order to journey into this world made of matter and the concept of time, we are provided with equipment that allows us to live this new life. At birth, each one of us receives a fully functional bio--robotic system equipped with legs as transport; hands as operative tools; all the necessary multimedia

equipment to collect data and experience interaction with others with eyes as a camera, mouth as a speaker and ears as microphones; and in the most protected area of our equipment we find a supercomputer, the brain; inside the brain is super software - the mind.

We often confuse ourselves with it, but we are not our mind, brain or body; we are the driver of this precious life's tool. It is wonderful and powerful equipment that we own and we use as our tool to live our life on earth; if we love it, train it and keep it efficient, we will have a great life; if we hate it, neglect it or abuse it, we will struggle.

The rational concept of the spirit taking control over mind and body is the next fundamental step in the Homo Sapiens natural progression. This 'spiritual revolution' is made possible by two of the most powerful milestones in recent human history: the 'mind revolution' and the 'woman revolution'.

ABOUT THE MIND REVOLUTION AND THE WOMAN REVOLUTION.

Let's quickly revise the process that irreversibly changed the way that we think and act. In the last century the human mind has been upgraded to unprecedented levels of intelligence and data processing capability. This process that began with the industrial revolution has been greatly boosted by the consumerism and the technological revolution of the last 60 years.

For the first time in the history of humanity our mind has been confronted with an overwhelming amount of goods to choose from. It has been challenged by the daily use of highly sophisticated equipment such as cars or computers and has been educated by an overpowering amount of information through media and internet. Most importantly our mind has been severely tested by breaking free from the restrictive although safe dogmas and roles imposed by culture, society and religions.

The human mind adjusted to new needs and expanded as never before, confirming the power of the mind over the body, intelligence and choices over physical strength and dogmatic roles.

The 'mind revolution', a widely unspoken milestone in the history of humanity, became apparent in the western world around the 60s. The hippie movement was the first mass expression of it, a violent reaction to a set of cultural roles too limited for the new needs.

'Mind over body' opened the door to the 'woman revolution', allowing a new flow of fine intelligence to enter the business, medical and scientific arenas. This has greatly enhanced the quality of thinking, as well as balanced the male--female energies in both sexes allowing new strategies based on less rational and more intuitive thoughts.

The new minds, more analytical, balanced and open than ever before, and spoiled by material wealth, started searching for the real purpose of life. Spirituality became the leading search subject for most. The 'new age' movements began, a confusing, scattered, however significant preparation to the 'spiritual revolution' which is about to take the world by storm in the coming Age of Aquarius.

Now we are finally ready to capitalize on the struggles, mistakes and upgrades of the last sixty years, taking control over our mind and body, and in this way becoming professional drivers of our living robotics. This will activate our own personal powers and self--generated medicine and allow us to live a much more efficient, successful, and illness free life.

ABOUT KARMA

We will never appreciate and be thankful enough for a life on Earth. When we are allowed to enter a physical body, our new life has to be entirely organized and sustained by the Higher Forces. It's a highly complex and challenging project, tailor-made for each individual stage of evolution and in constant transformation as a result of our free will. The divine intelligence called Karma is responsible for this plan and generates experiences according to our learning plan and the time that we require to learn each lesson that comes with it. The same experience may have to be re-proposed a number of times before it is learned. This will delay or stall the progression of our life. Or on the flip side, if the experience is immediately capitalized and the lesson

proposed by it is learned quickly, the life progression becomes much faster than originally planned.

Let's define Karma again and expand on this concept. In many philosophies, Karma represents the fatalistic consequence of what we did during our lives, an action and reaction. This concept of reward and/or punishment according to your past actions is a naive explanation of the precious and complex work accomplished by Karma. Karma is neither a law nor a divine mechanism for reward or punishment. Karma is the divine intelligence that drives our 'Angels' training strategy' throughout our spiritual journey: from dark ignorance to perfection. It's that wonderful divine program that generates the time and type of incarnation, as well as our lives' teaching and experiences according to our spiritual weaknesses or to our next lesson in our learning schedule.

With stubborn precision, Karma will make us live the same type of experience again and again until we learn that specific lesson. If we abuse money, Karma will make us struggle financially until we learn to respect the energy of wealth. If we abuse love, we may experience dreadful periods of solitude until we learn the value of feelings. What may seem to be punishment are really lessons generated in order to provide us with that specific awareness and knowledge. Karma is also responsible for the incredibly accurate generation of the teachings that we require in the exact moments we are ready for them. The saying 'When the student is ready, the teacher will appear' is, in fact, talking about the work of Karma.

Most people are unaware that we can influence our Karma in many ways. Understanding the lesson that we need to learn from a challenging experience, as well as acquiring specific knowledge sooner than planned, will shorten the experience and avoid new similar ones. Keeping our mind and senses alert toward new understanding and teachings increases exponentially the flow of awareness and knowledge that we are able to receive. But we can go further by surrendering and starting to work hand in hand with Karma, as we would with our headmaster. This can be done by carefully analyzing repetitive patterns and identifying the experiences when they are still in the formative state. If we are able to read these messages and learn the lesson before they become a challenging experience, Karma will be

satisfied and the experience can be avoided. This transforms our relationship with Karma from a passive feeling of fatality to a constructive and grateful attitude for every experience received, good or bad. Mastering the relationship with Karma puts us in charge of our evolution, allowing for a much more enjoyable, efficient, and powerful life.

For more information or to book a free one-on-one consultation with Luca please call (424) 253-4554 or email luca@mindfitness.com