

# HEALING TRIANGLE: EMOTIONS & BEYOND



by Dr. Irina Kossovskaja, MD, PhD, DNM

# Why Do We Fail?





## Summary of **PERSONAL RESULTS**

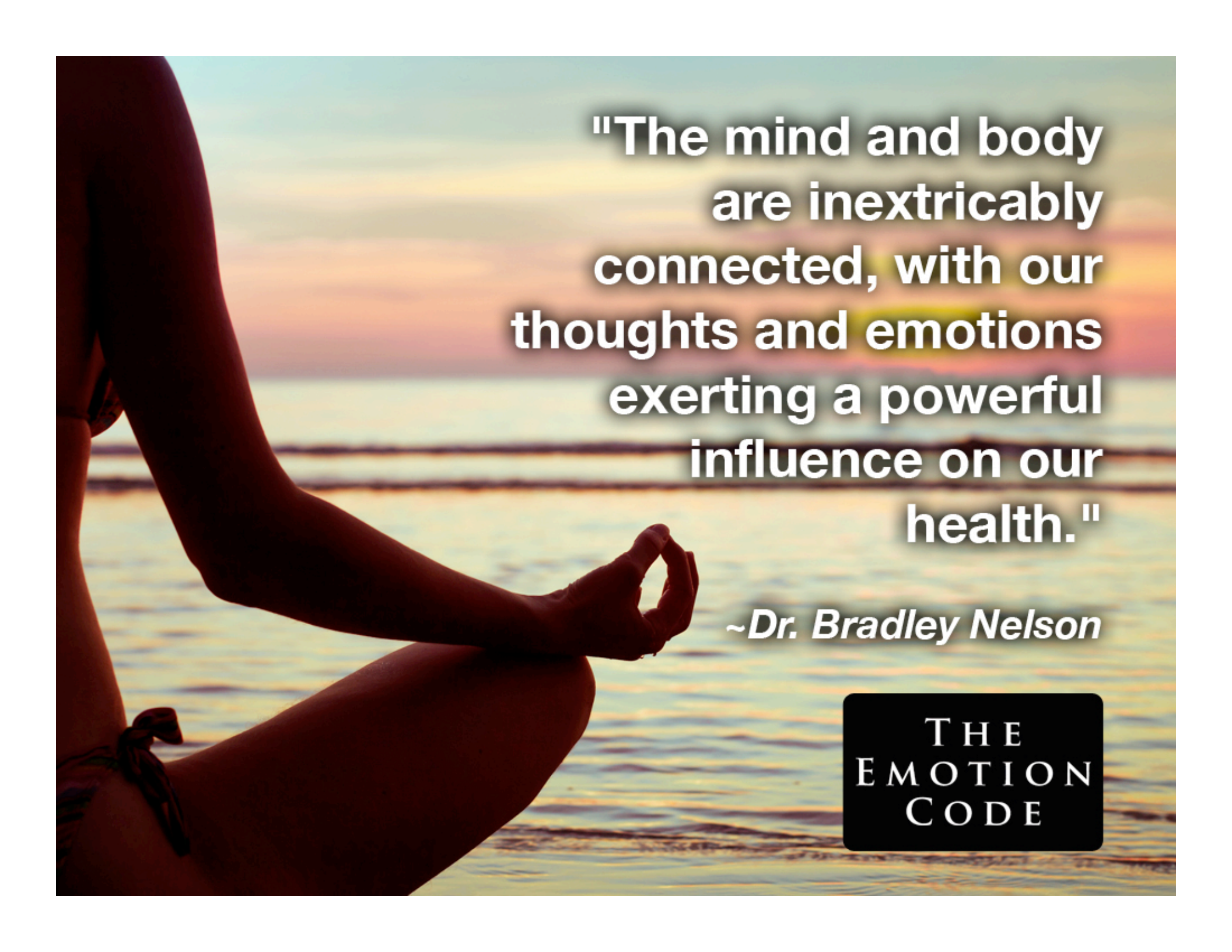
Диагноз	Кол-во пациентов	Ослабл. обработки	III I		Эффект				
			Кол-во процедур	Время процедуры/ч/р	Визуор.	Значим. анализ	Улучшение	не стал лучше	нет эффекта
Остеохондроз	2352	позвоночник и при. органы	10	15'	2018	252	35	17	—
Радикалит	1820	члсток и кр и ко ходу корешка	9	13'	1670	102	40	6	2
Невралгия	605	Межд. болет	6	10'	582	17	6	—	—
Миозит	840	межд. болет	4	10'	839	—	—	—	1
Артроз-артрит	1238	Тропакемне суставы	15	25'	753	280	114	61	30
Ушиб мягких тканей	325	Ослабл. ушиба	4	20'	325	—	—	—	—
Растетание сухожилий	108	Ослабл. болет	8	15'	108	—	—	—	—
Кантоинно боли	32	Кантоинно	15	10'	28	1	1	1	1

**Dr. Yuri Gorfinkel**  
(1961 – 1998)

**85-95% success rate**  
**in all disease groups.**

## **Three main reasons** for blocked healing:

- A client **does not believe** that he can heal (does not trust us or himself).
- A client thinks he **does not deserve** to be healthy (a guilt complex).
- A client **does not want** to be healthy (a victim mentality).

A person is shown from the side, sitting on a beach in a meditative pose. The background is a sunset over the ocean, with the sky transitioning from blue to orange and red. The person's hands are resting on their knees in a mudra. The overall mood is peaceful and contemplative.

**"The mind and body  
are inextricably  
connected, with our  
thoughts and emotions  
exerting a powerful  
influence on our  
health."**

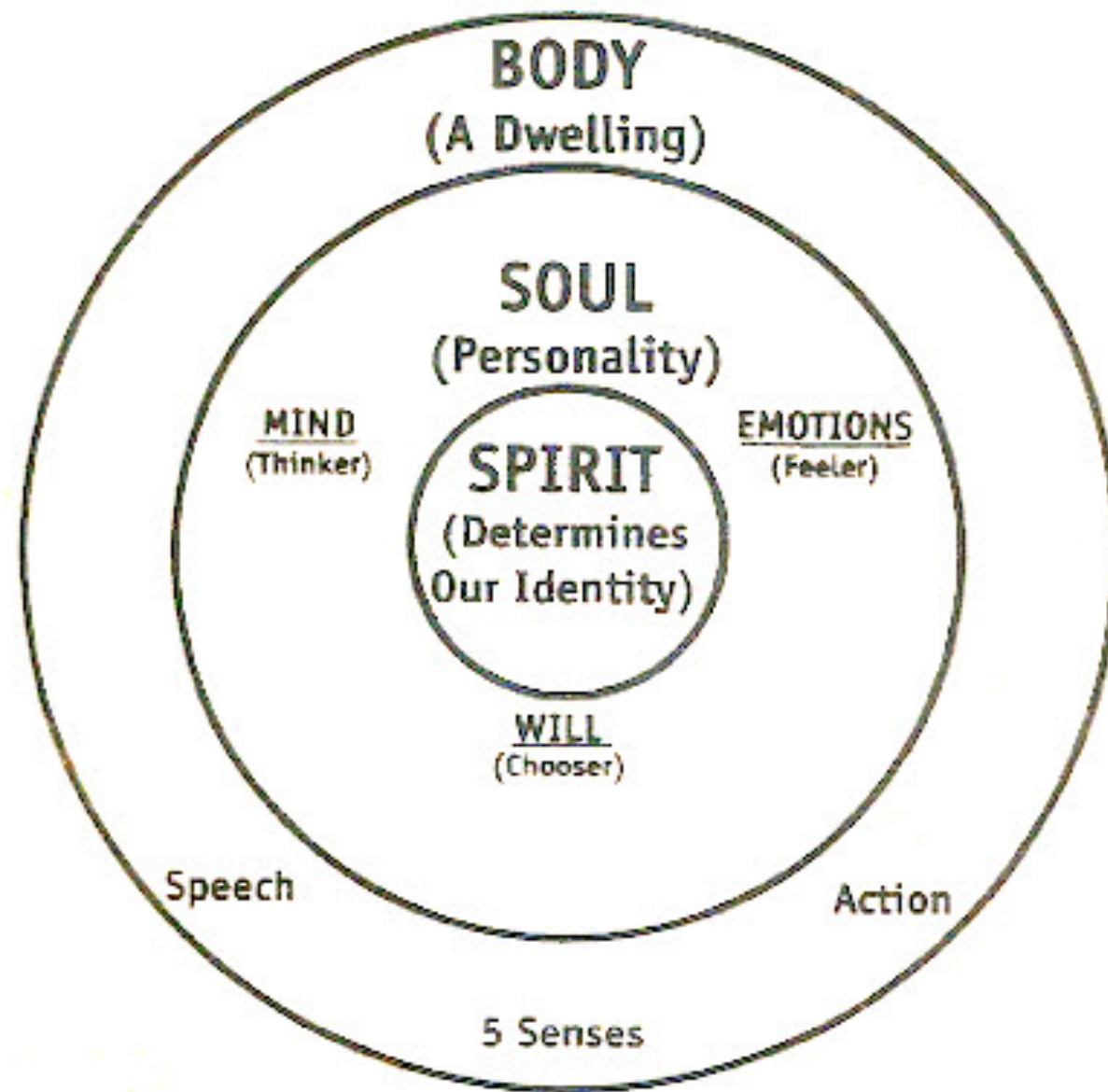
*~Dr. Bradley Nelson*

THE  
EMOTION  
CODE

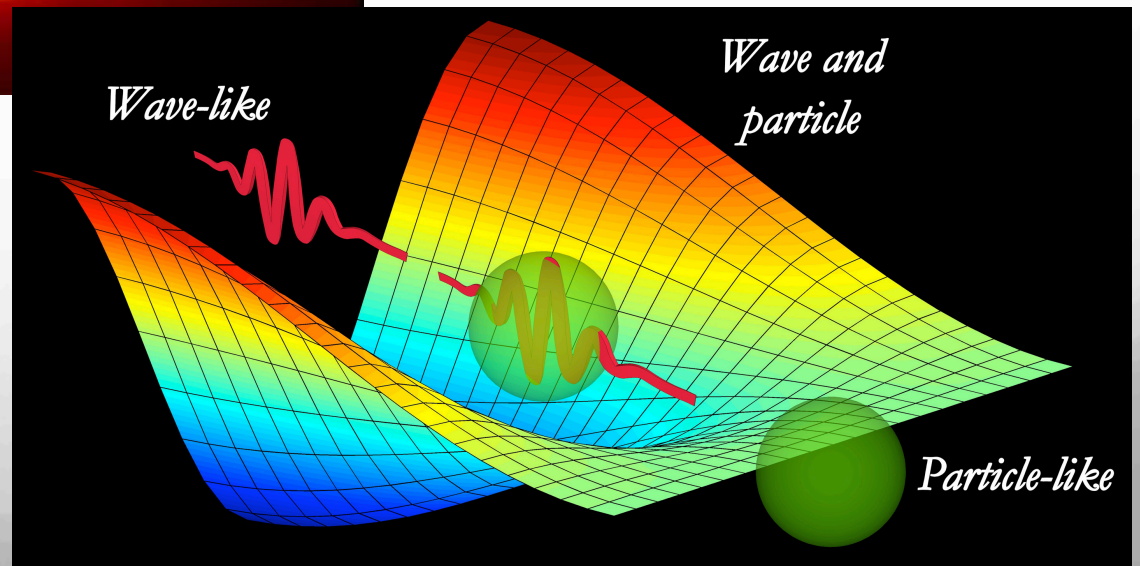
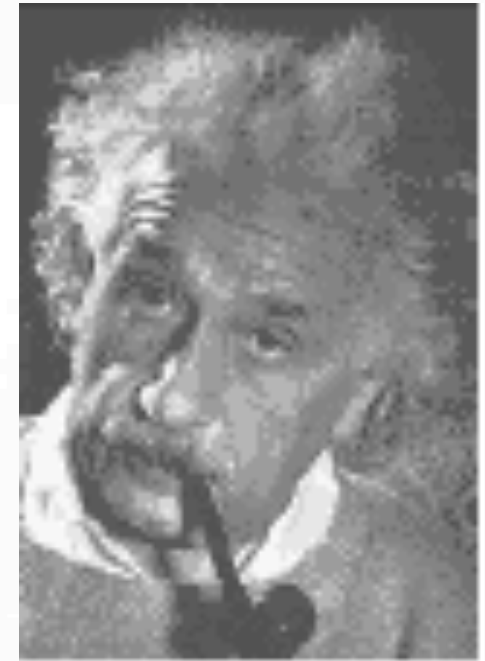
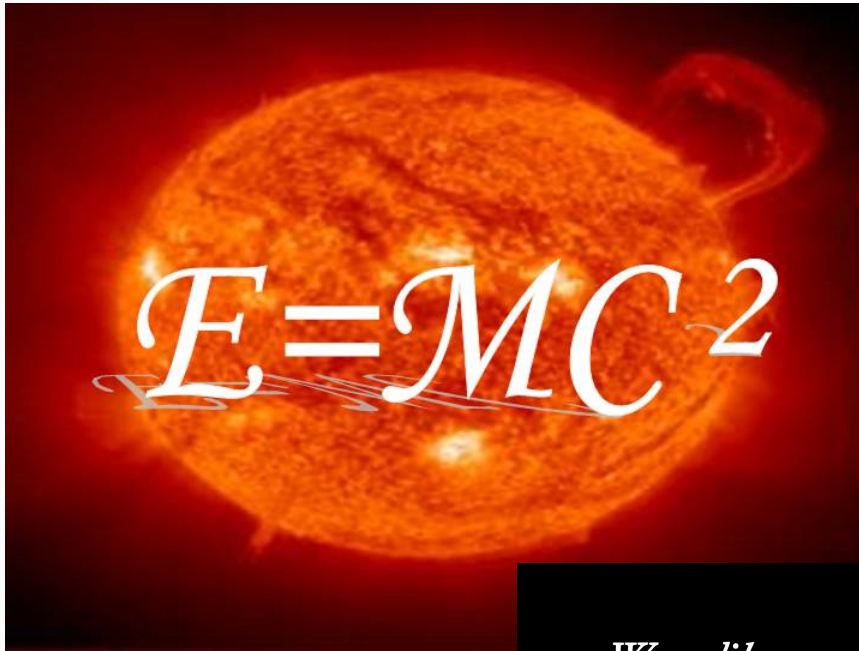
# A Biblical Picture of Man

*Man — A Three-Part Whole*

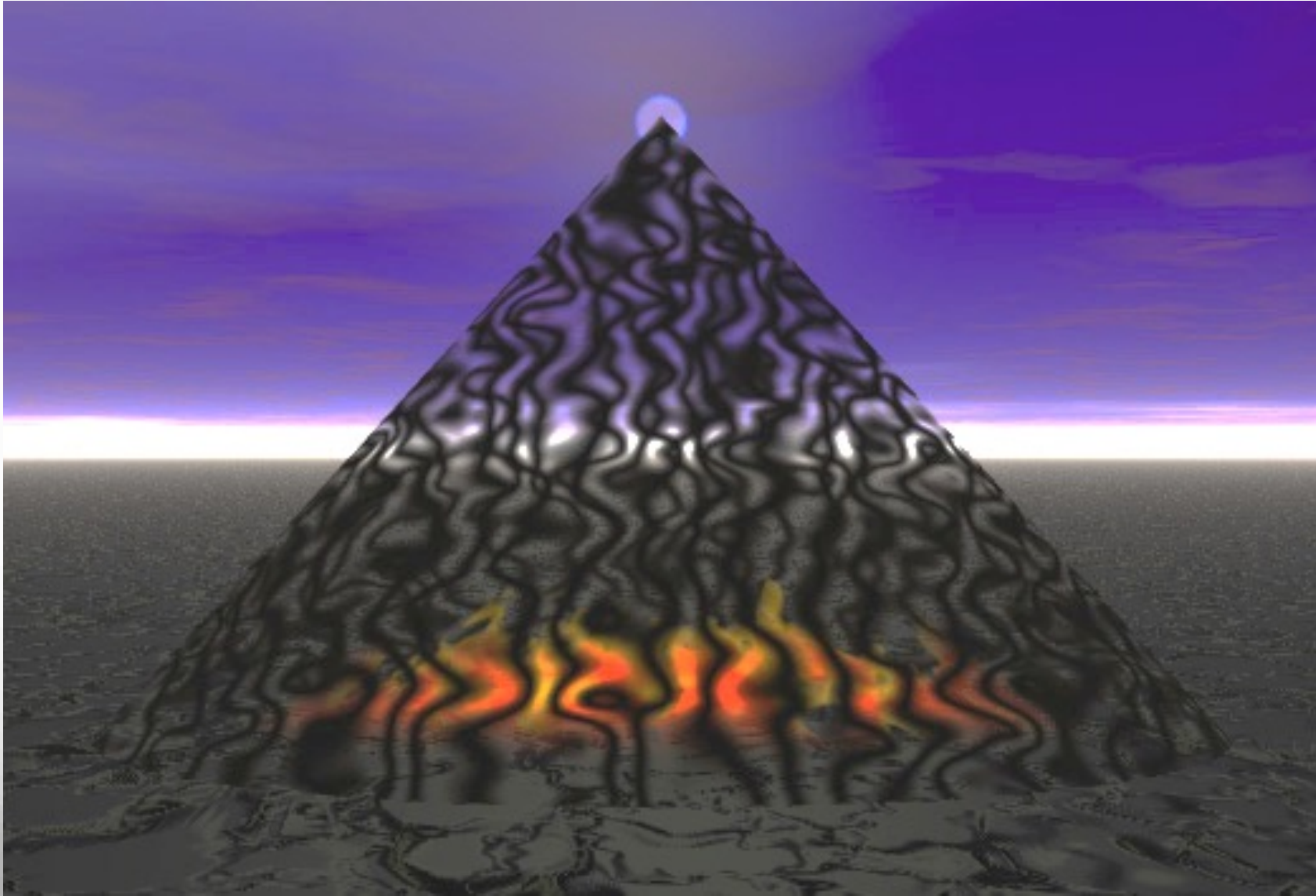
(I Thessalonians 5:23)



**ENERGY** and **MATTER**  
are two sides of the same coin



**INFORMATIONAL MATRIX → ENERGY → MATTER**







IN THE  
BEGINNING **W**ORD

JOHN 1:1 - 18

"In the beginning was the Word,  
and the Word was with God,  
and the Word was God."

- John 1:1

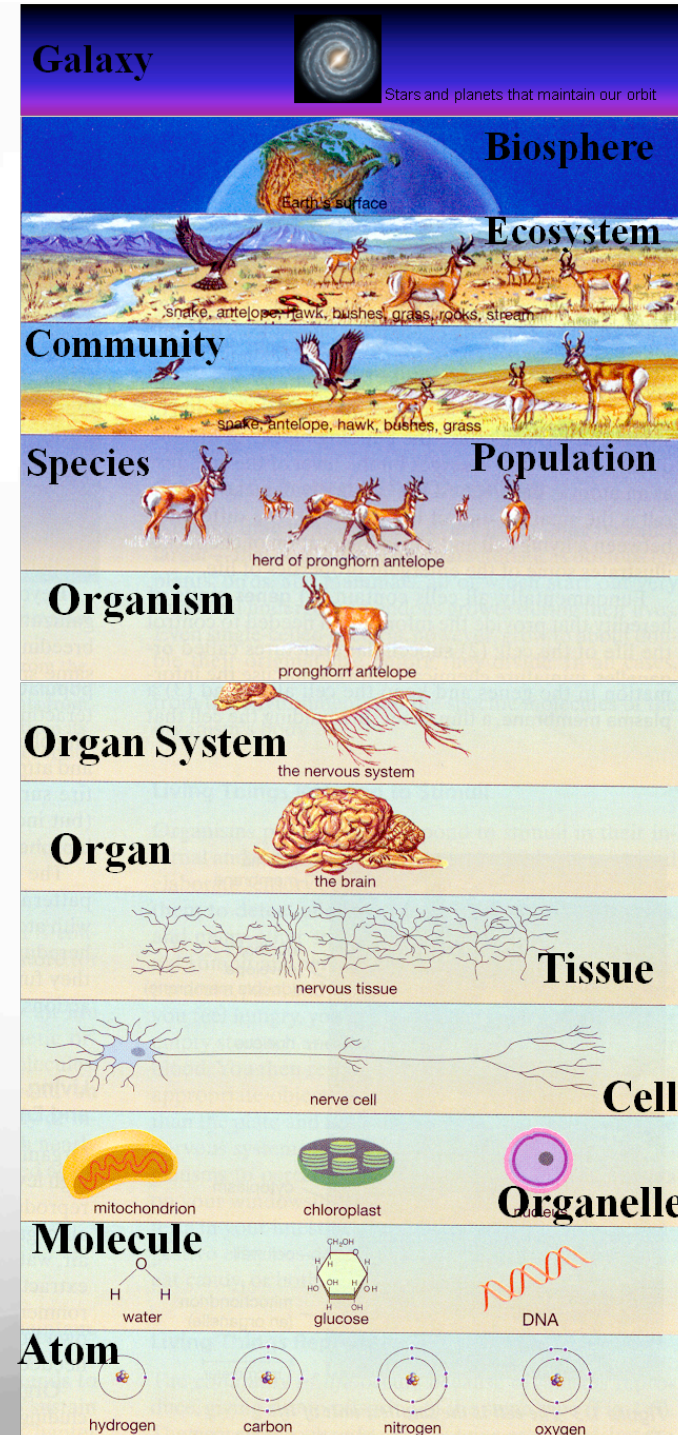
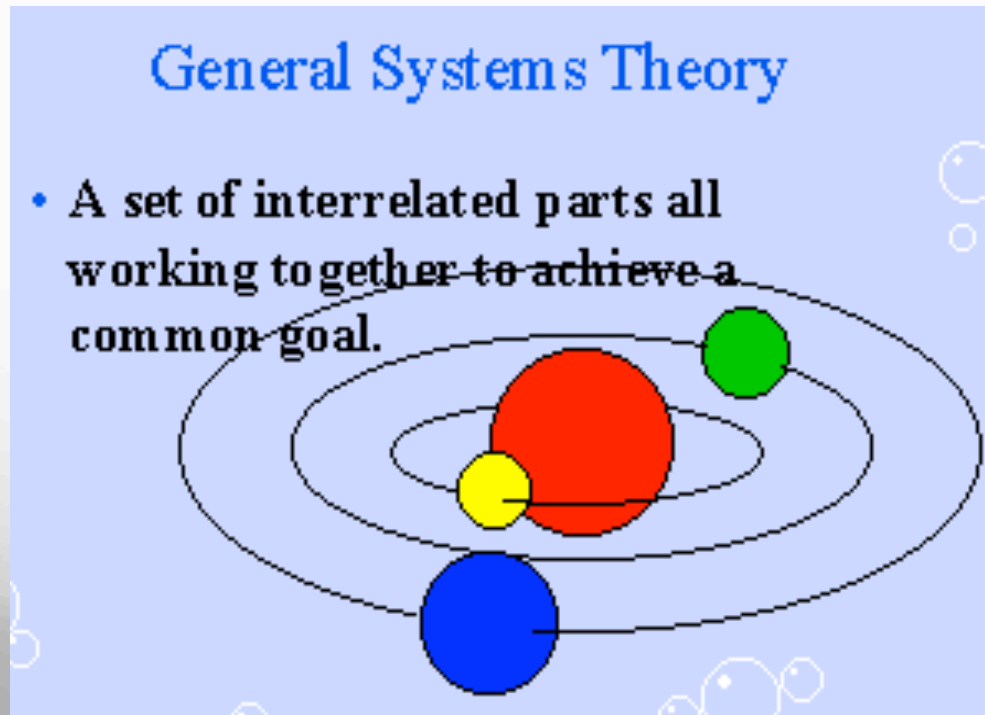
**INFORMATION** powered by **ENERGY** =  
**MORPHOGENIC FIELD**



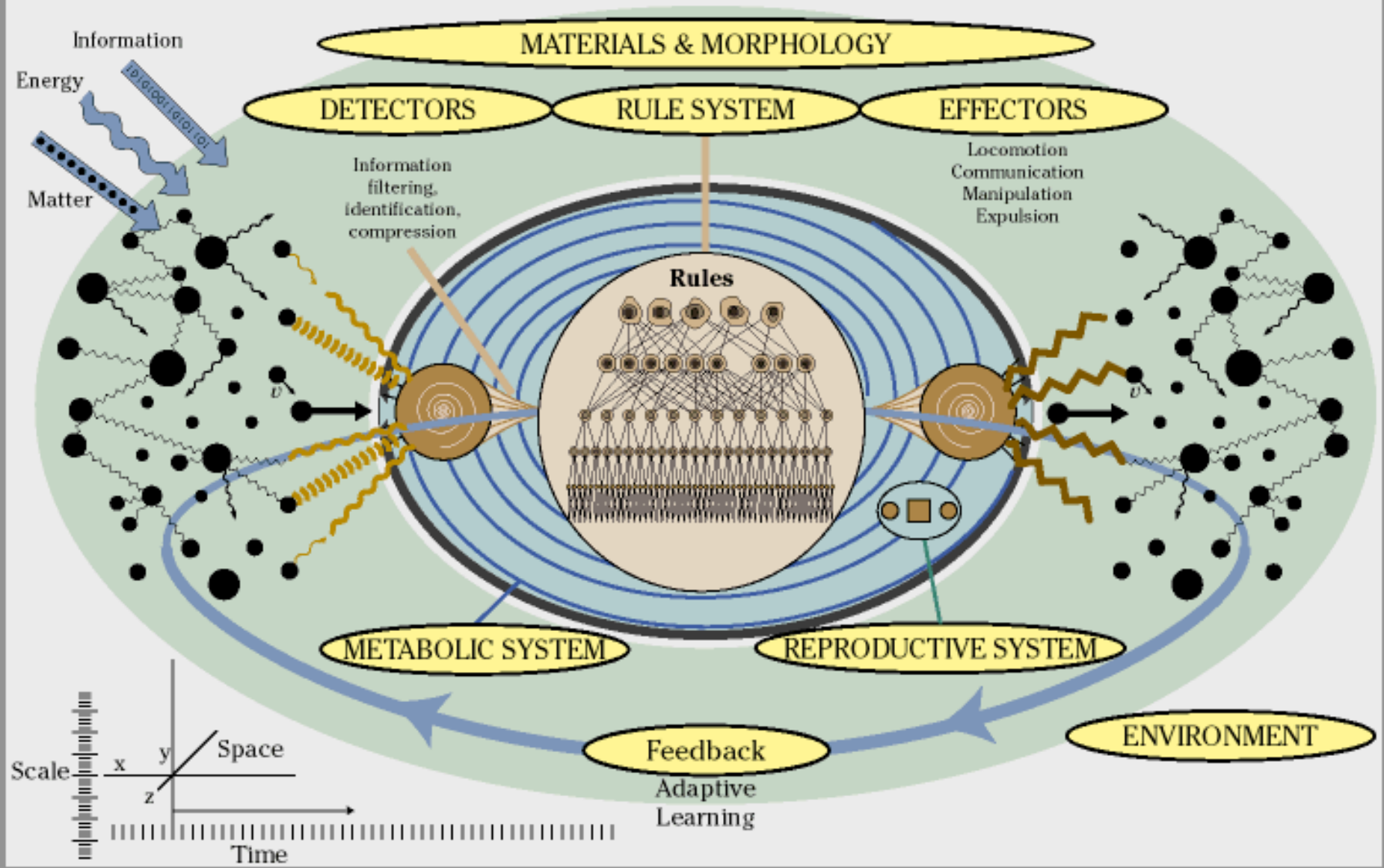
# SYSTEMIC UNIVERSE

## LIVING SYSTEMS:

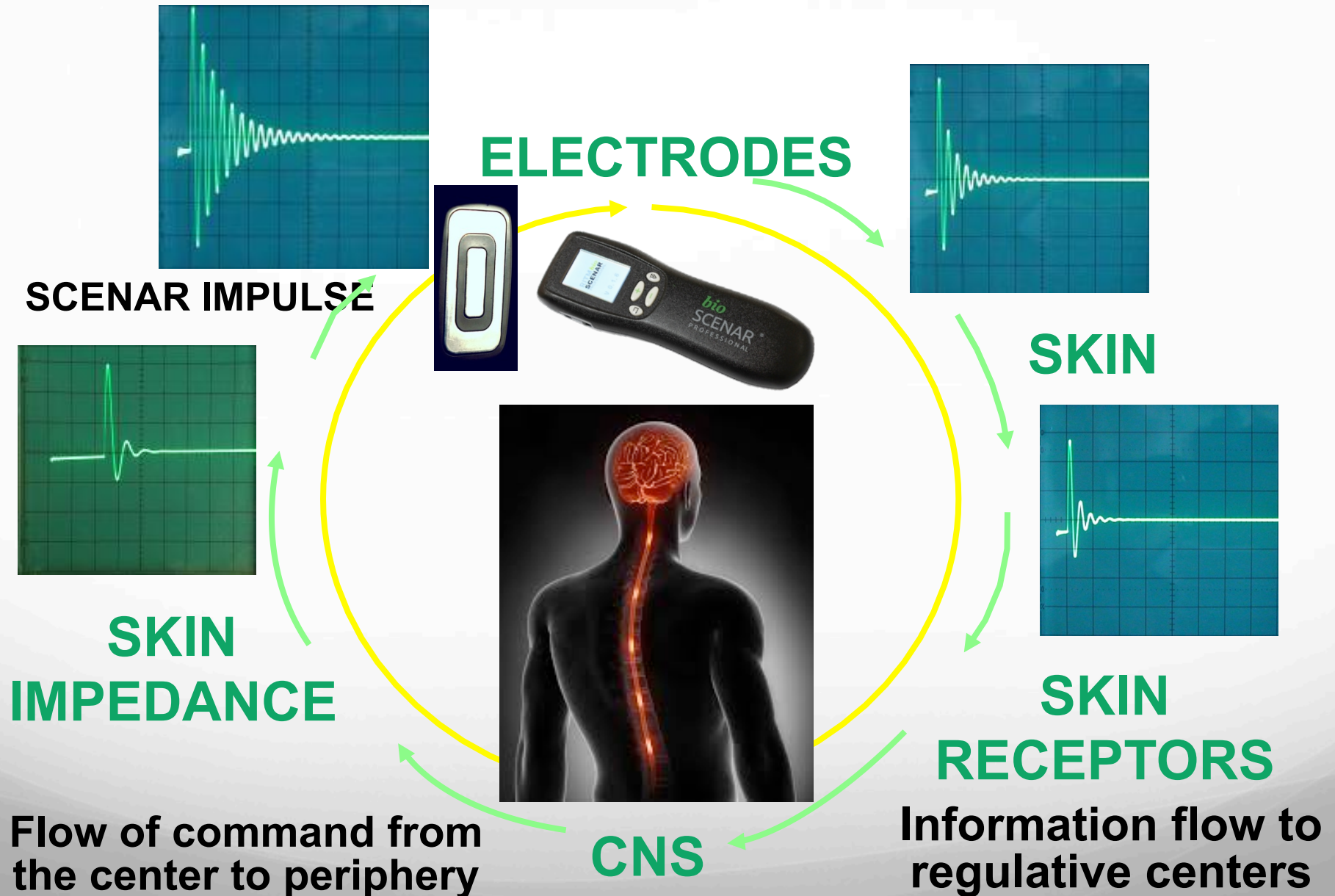
Self-controlling  
Self-regulating  
Self-reproducing

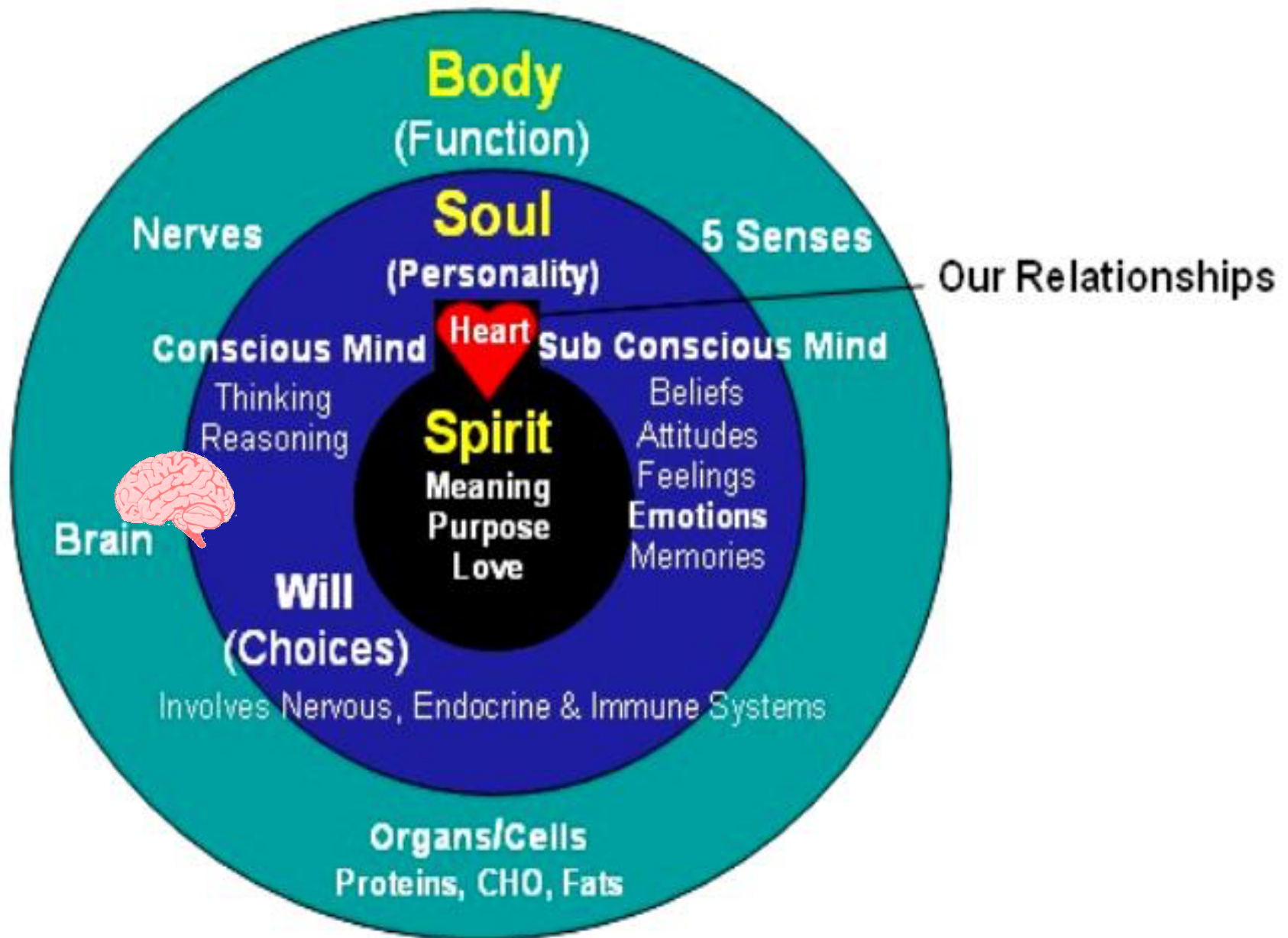


# Complex Adaptive System Model



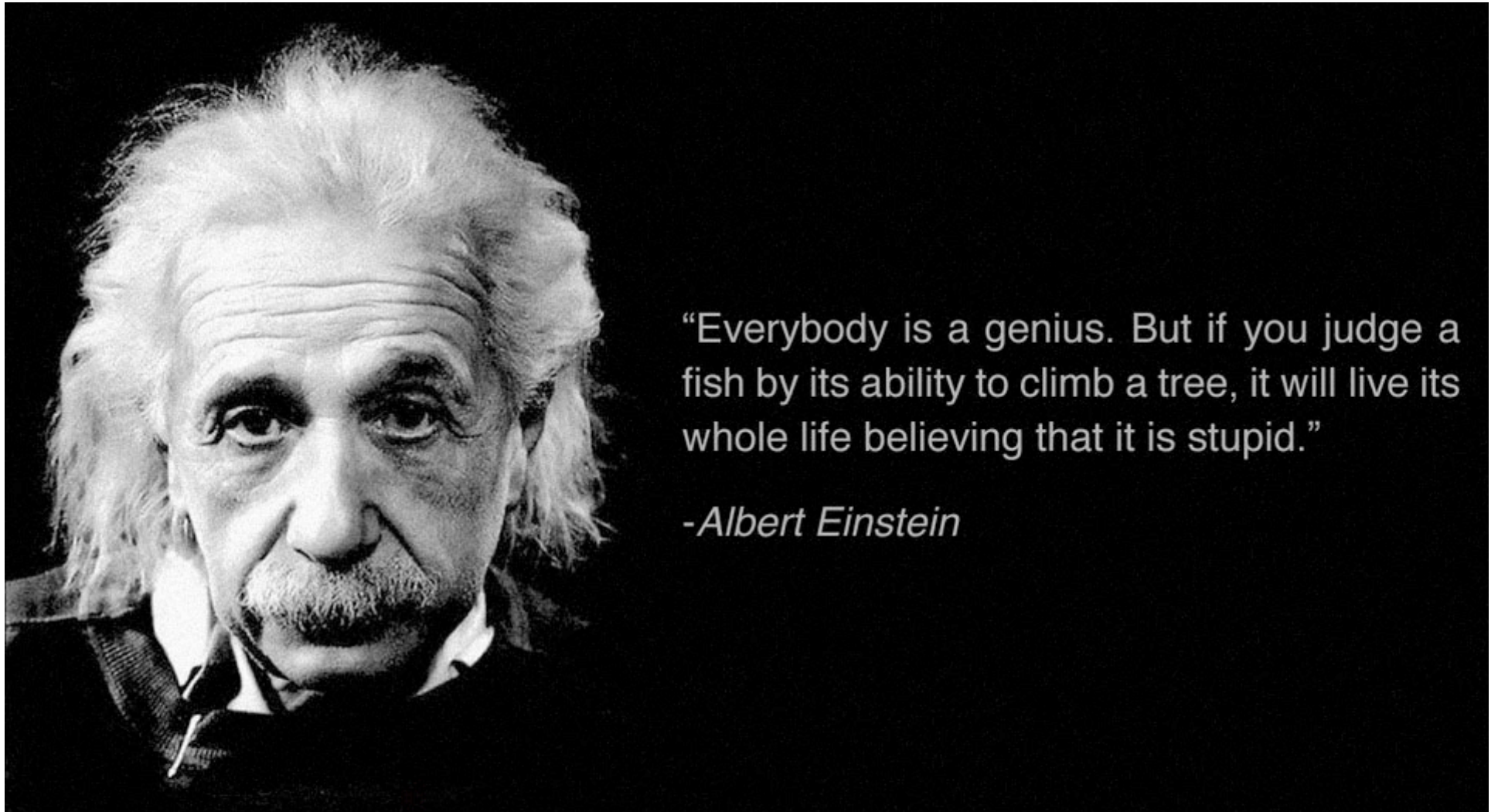
# SCENAR-BODY DYNAMIC INTERACTION





We are spirit, have a soul and live in a body

**IDENTITY CRISIS = INFORMATIONAL MATRIX  
DISTORTION IN THE CORE THAT RESULTS  
IN LOW SELF-ESTEEM**



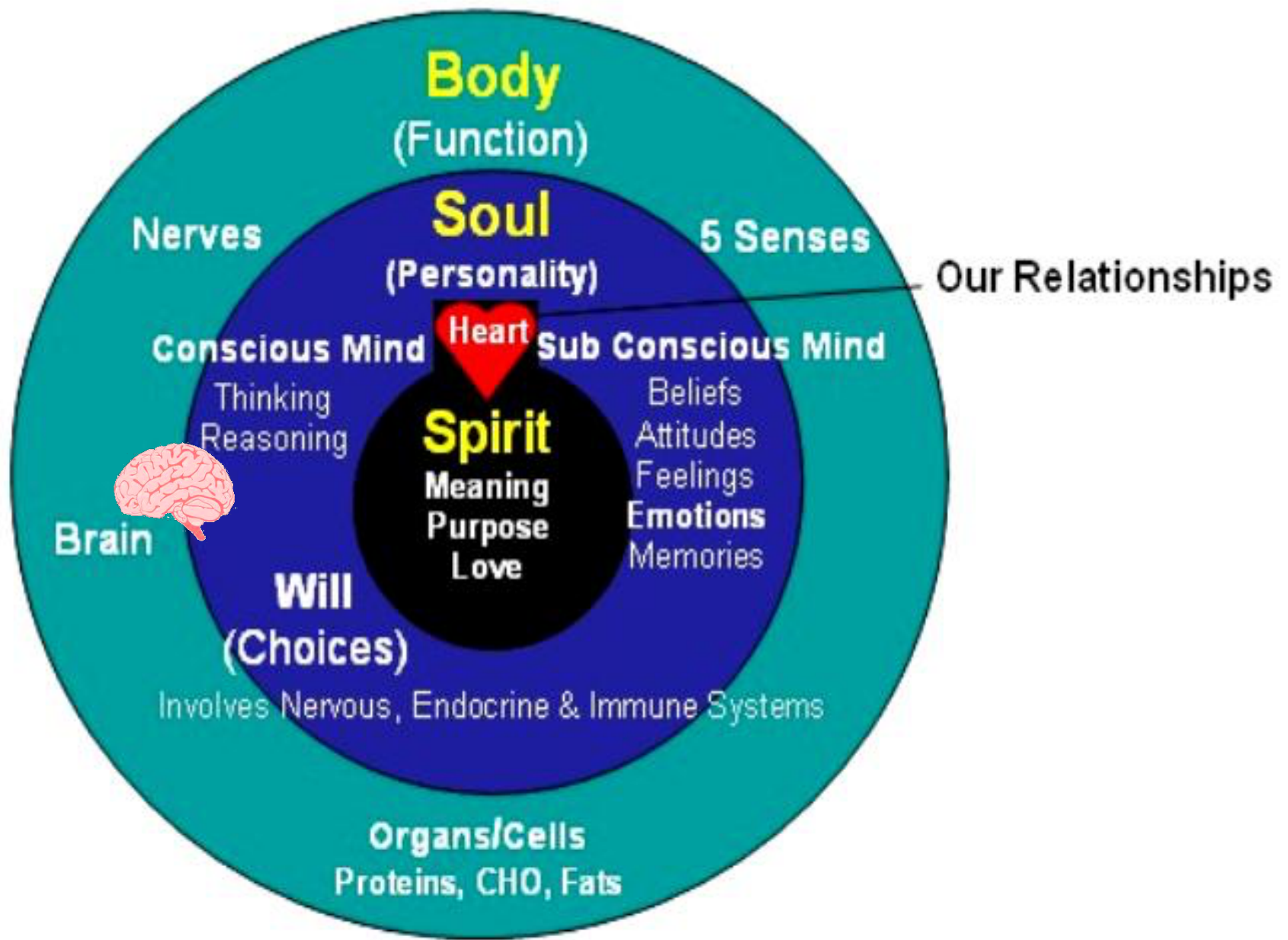
“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

*-Albert Einstein*

**LOW SELF-ESTEEM = “I am a Helpless, Hopeless, Worthless Victim.”**








**BODY  
TRUTH!**

**MIND  
LIE!**

Go inside and listen to your body,  
because your body will never lie to you.

[www.idlehearts.com](http://www.idlehearts.com)

Your mind  will play tricks,  
but the way you feel in your heart,  
in your guts, is the truth.

- Miguel Ruiz

It is **EXTREMELY** important, when you start working with a client, to determine:

- how deep the damage goes;
- which levels and aspects of your clients being are involved,
- how far are you willing to go in order to help.

And only after that make any predictions about the outcome.

# Emotional Freedom Technique with SCENAR

## EFT™ TAPPING PROCEDURE (The Basic Recipe)


### #1...The Setup

1) Repeat 3X

*Even though I have this (problem) I deeply & completely accept myself.*


2) While continuously rubbing the "Sore Spot" or tapping the "Karate Chop" point.

#### The Sore Spot/ Karate Chop Point




### #2...The Sequence

Tap about 5X on each point



### #3...The 9 Gamut



Perform 9 actions while tapping the GAMUT POINT continuously:

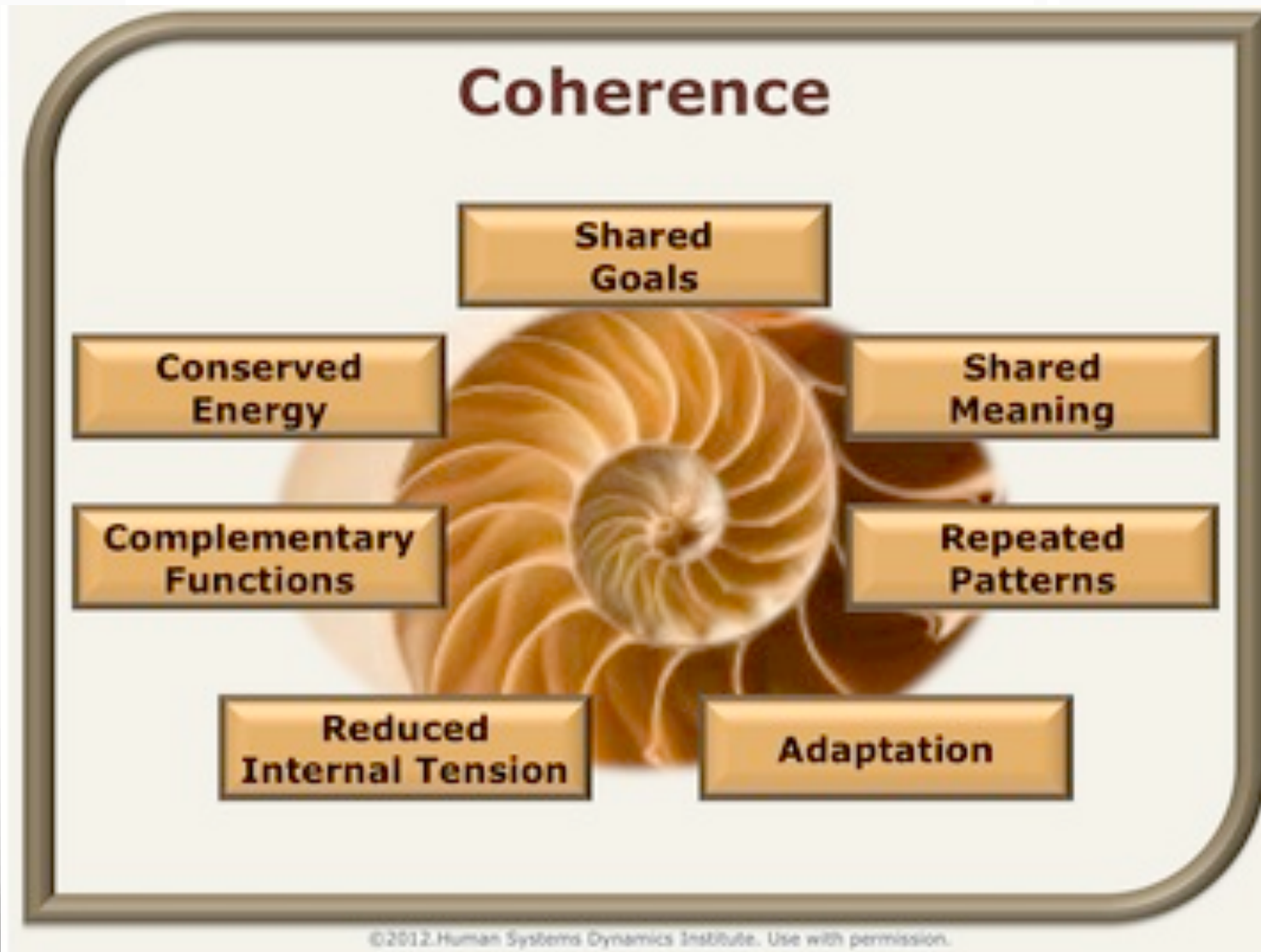
- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

### #4...Repeat (#2) The Sequence

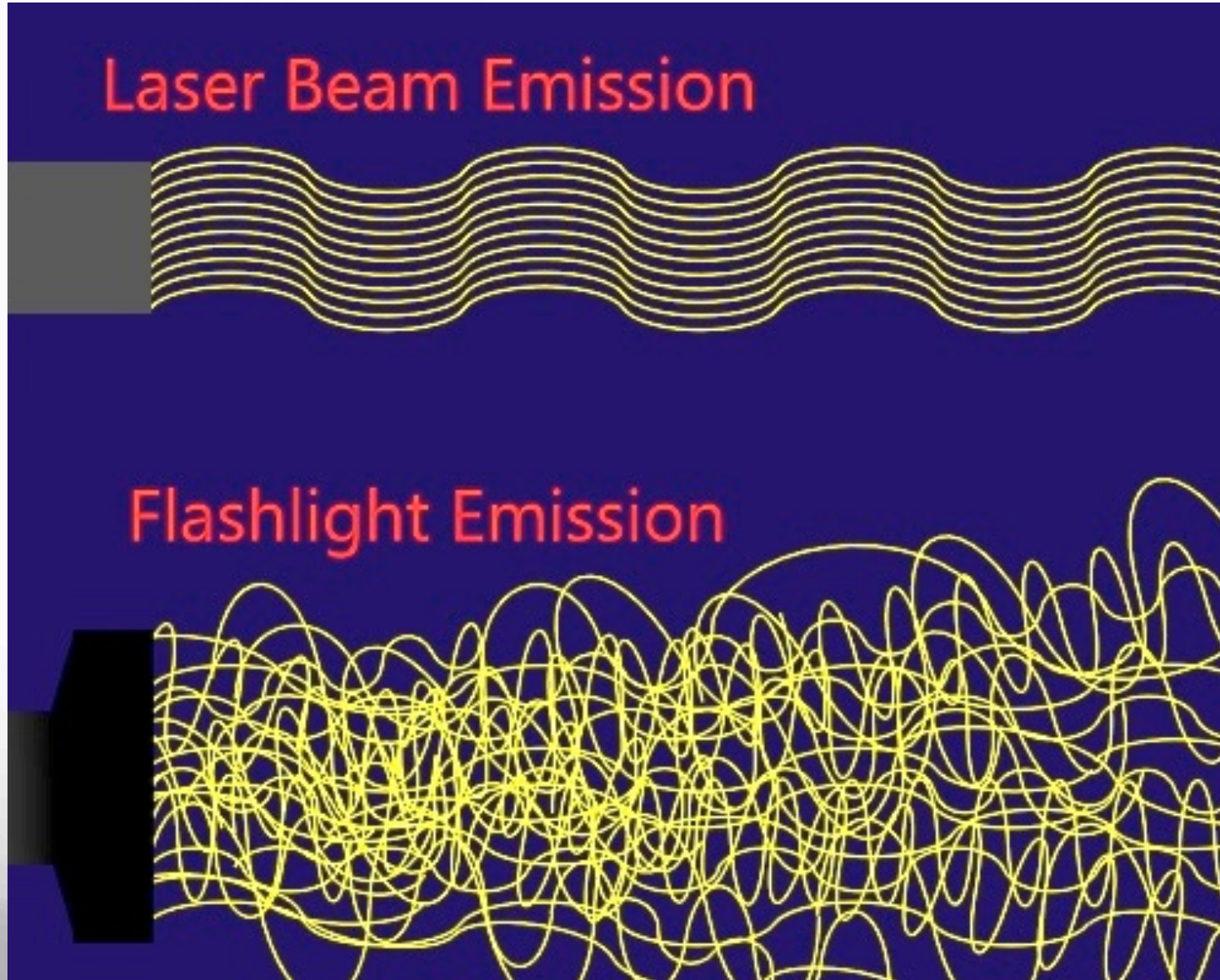
NOTE: In subsequent rounds of tapping, change the setup language to *"Even though I STILL have SOME OF this problem..."* and use *"REMAINING problem"* as a reminder phrase.

Chart © Copyright 2001 Gwenn Brossell All rights reserved  
HEAVEN ON EARTH • 954-370-1552 • WWW.TapIntoHeaven.com • EFT was developed by Gary Craig

# **COHERENCE** as the main systemic quality



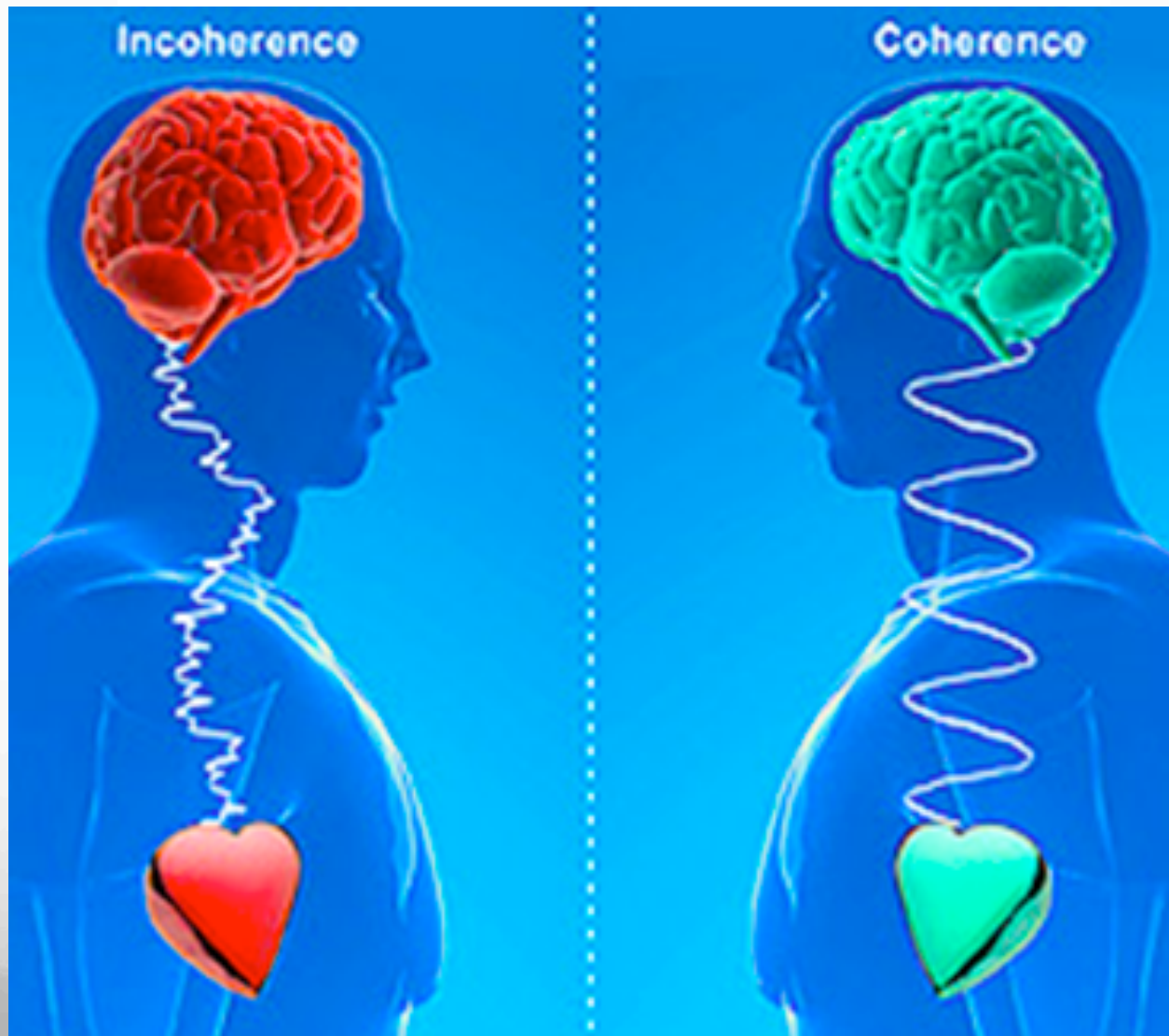
# Understanding **COHERENCE**



**HEALTH** is the state of **COHERENCE**, when the body orchestra plays the symphony of life.



**We get ill** when our waves are out of synch and we lose coherence.





# SCENAR for COHERENCE



# “The Brain Cross” with SCENAR



**4** Locations treated as 2 pairs:

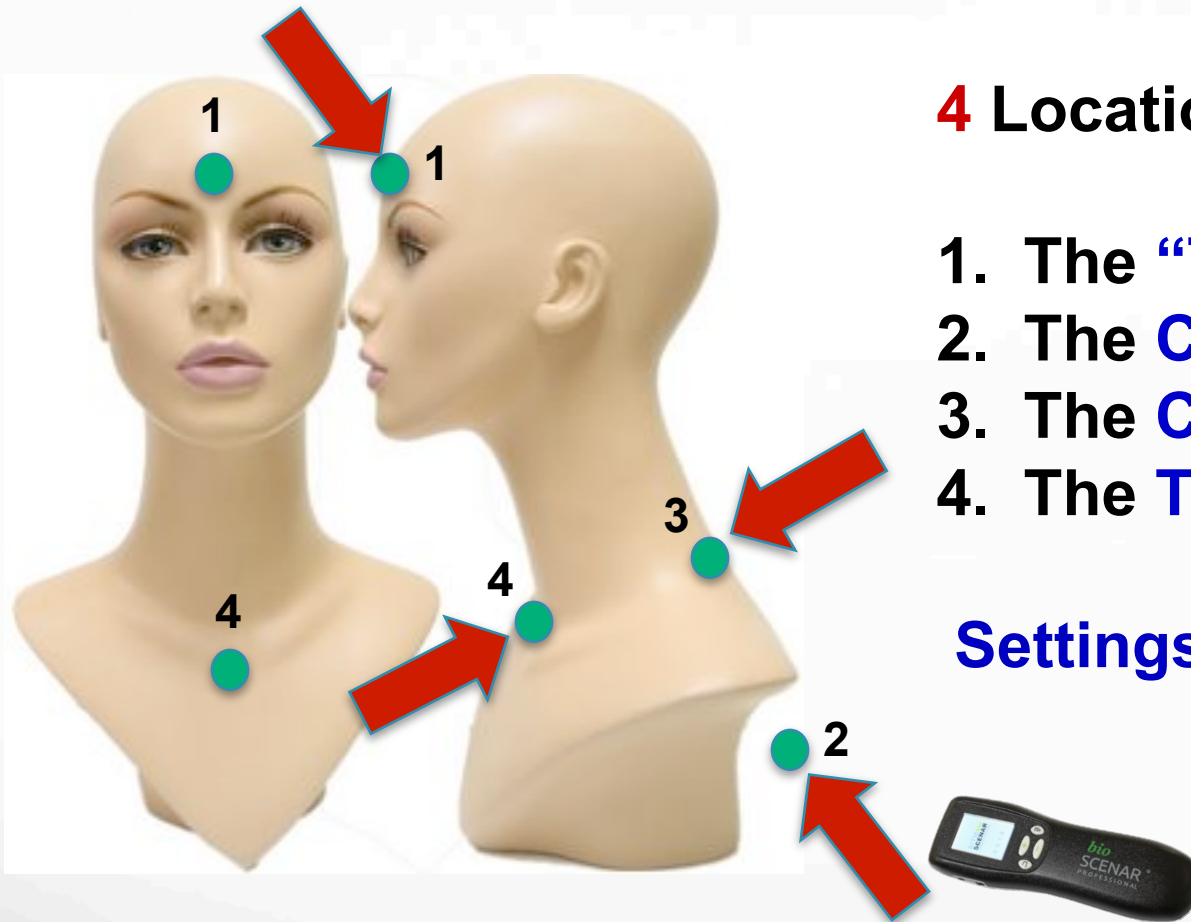
1. The “Third Eye” and the Base of the Skull
2. Both Ears (through **Ear-Brain Balancing** with 12mm shungite mini-spheres)

**Settings:** Diag=0, Sw1-4

You can use any small remote electrodes that come in pairs, but we prefer 12mm or 16mm **shungite mini-spheres** (shungite adds an extra healing and balancing effect) switching them half-way.



# “CROSS-POINTS” with SCENAR



## 4 Locations:

1. The “Third Eye”
2. The Coccyx (Tailbone)
3. The C7
4. The Thymus projection.

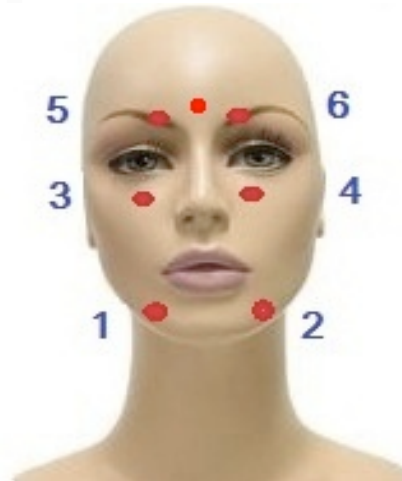
Settings: Diag=0, Sw1-4



The points can be influenced consecutively or simultaneously, with a pair of remote electrodes. We prefer large shungite electrodes (spheres or semi-spheres).

# SCENAR for CNS BALANCING

Central Nervous System (CNS) can be addressed through the classical **3P6P** routes.



1. Use a pair of large shungite electrodes on each end of the **3 Pathways** (at the hairline – and at the coccyx level) in the usual 1-2-3 order for 30 sec. – then switch polarity.

**Settings:** Diag=0, Sw1-4

2. **6 Points on the Face** – influence in pairs 1-2 then 3-4 then 5-6, switching polarity on every pair.

Alternatively, go consecutively 1-2 then 2-3 then 3-4 then 4-5 then 5-6 then 6-1 every time starting with the electrode of the same polarity.

# SCENAR for COHERENCE

With SCENAR and a pair of large shungite remote electrodes, you can **open, balance, and charge** the Seven Chakras of the body.

Use electrodes simultaneously on the front – and on the back of the body on corresponding points for the 2<sup>nd</sup>, 3<sup>d</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> chakras – and connect the 1<sup>st</sup> and the 7<sup>th</sup> chakras.

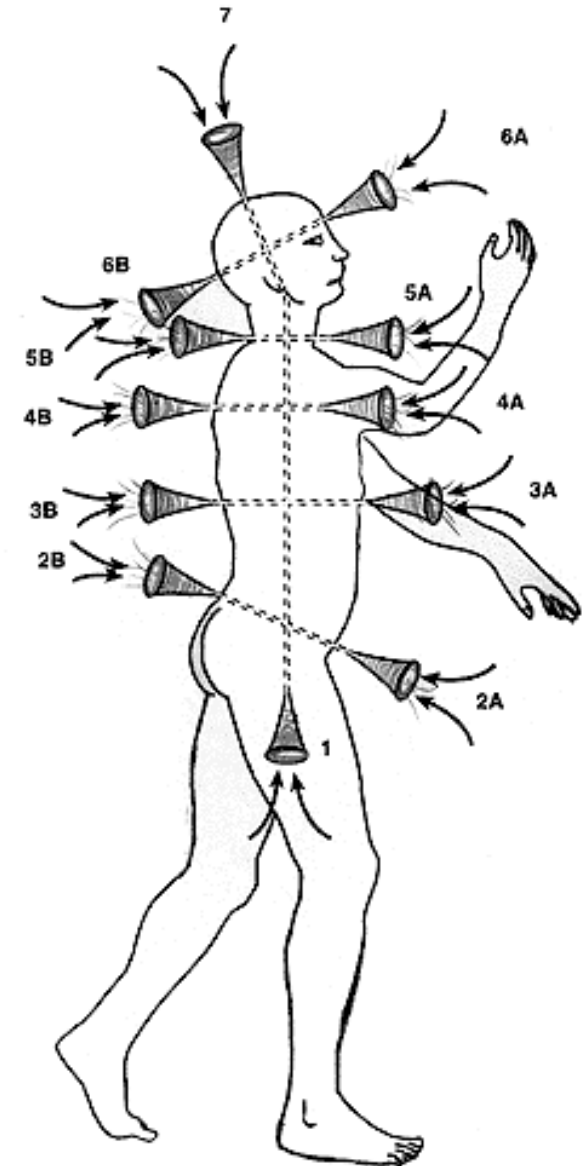
1. For **opening and balancing** Chakras, use:

**Energy** – high,  
**Diag=0, Sw1-4.**

2. For **energizing** Chakras, use:

**Energy** – comfortable,  
**Diag=0, alternate Int 2 + Gap 80 and Int 8 + Gap 10.**

## “Chakra Opening” – ver.1



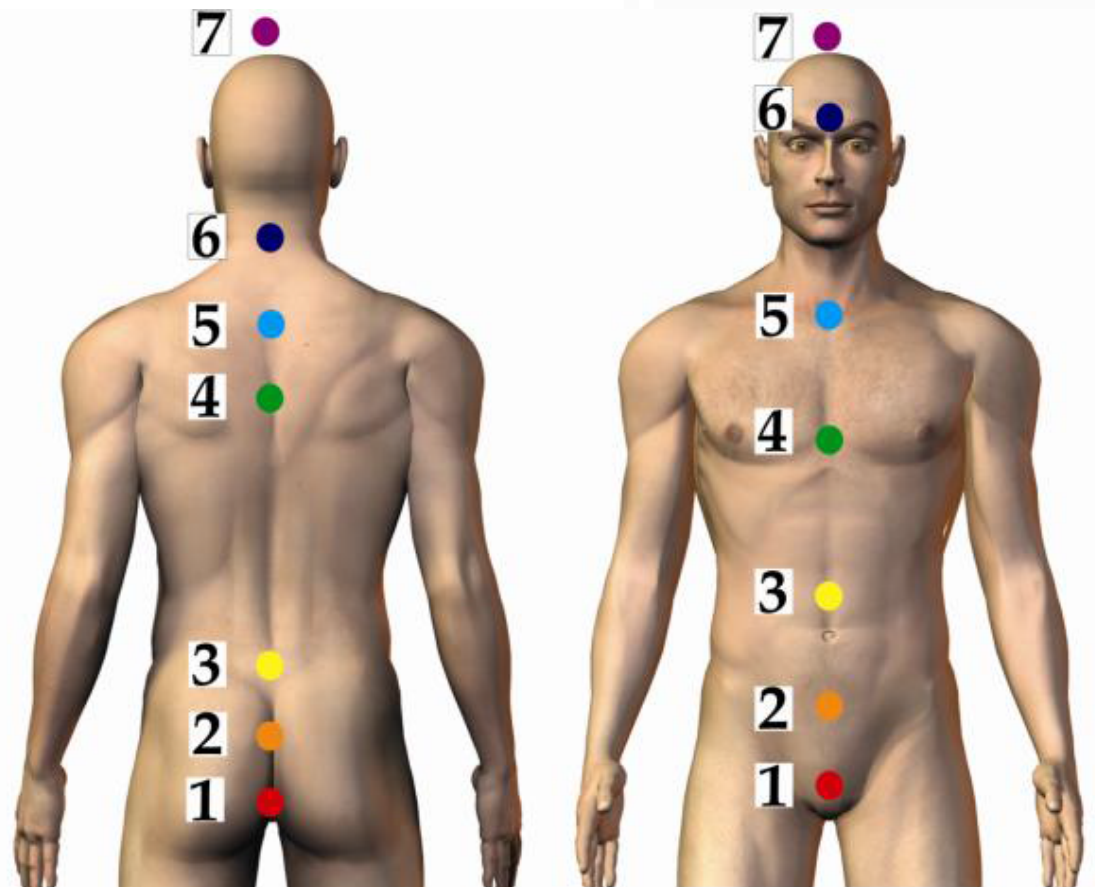
# SCENAR for COHERENCE

With SCENAR and a pair of large shungite remote electrodes, you can **open, balance, and charge** the Seven Chakras of the body.

Use electrodes simultaneously on the front – and on the back of the body connecting the points on the chart.

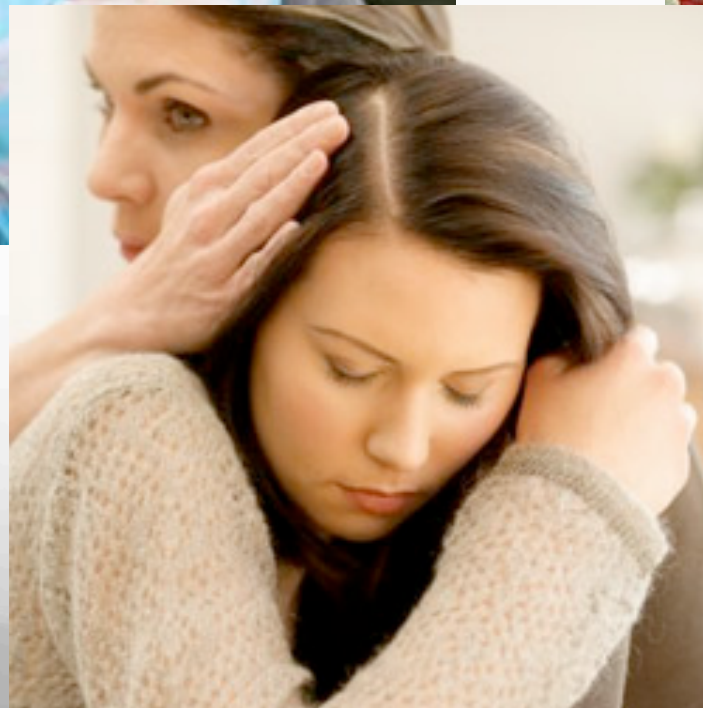
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**Diag=0, Sw1-4.**

2. For **energizing** Chakras, use:  
**Energy** – comfortable,  
**Diag=0, alternate Int 2 + Gap 80**  
and **Int 8 + Gap 10.**



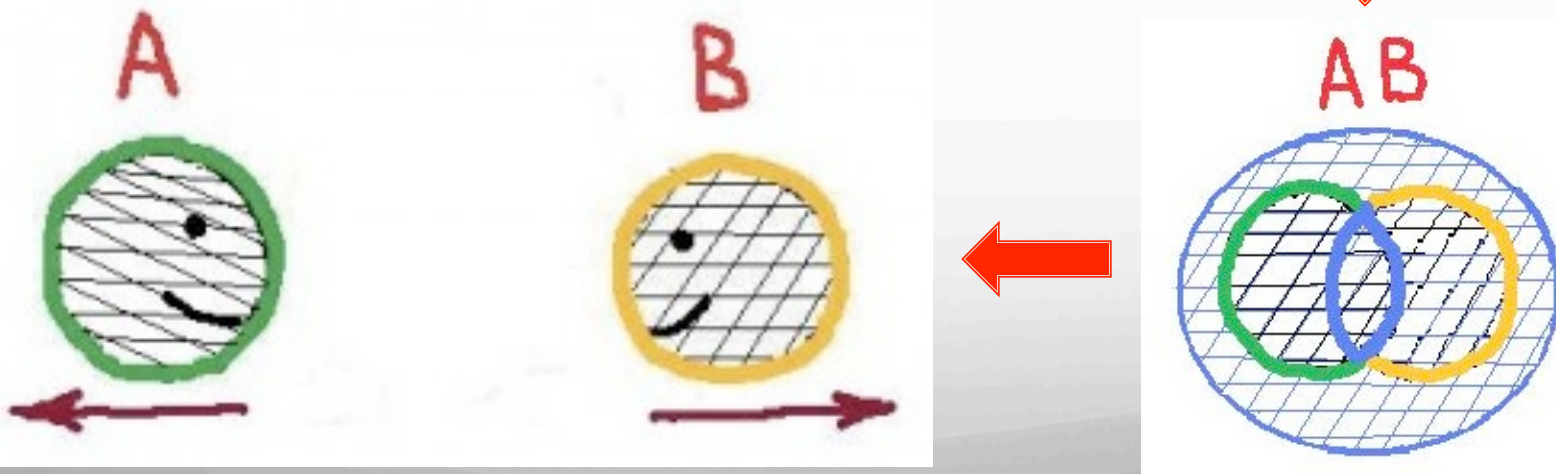
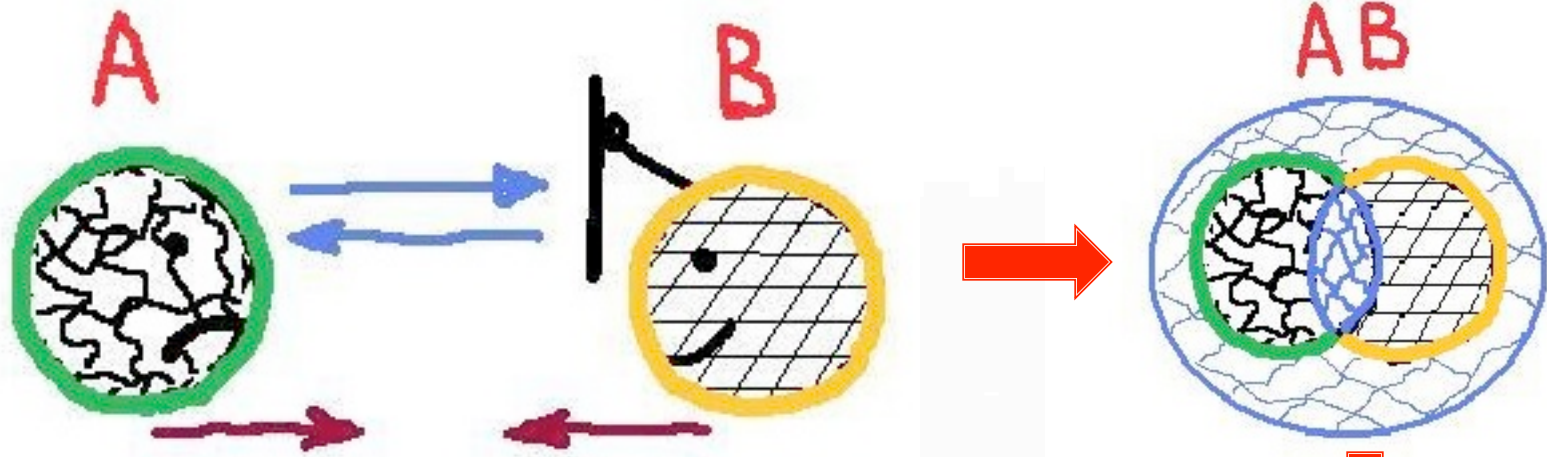
**“Chakra Opening” –  
version 2**

# SYSTEMIC INTERACTIONS



# SYSTEMIC INTERACTIONS:

mirror – connect – realign – disconnect





# SYSTEMIC INTERACTIVE MEDICINE



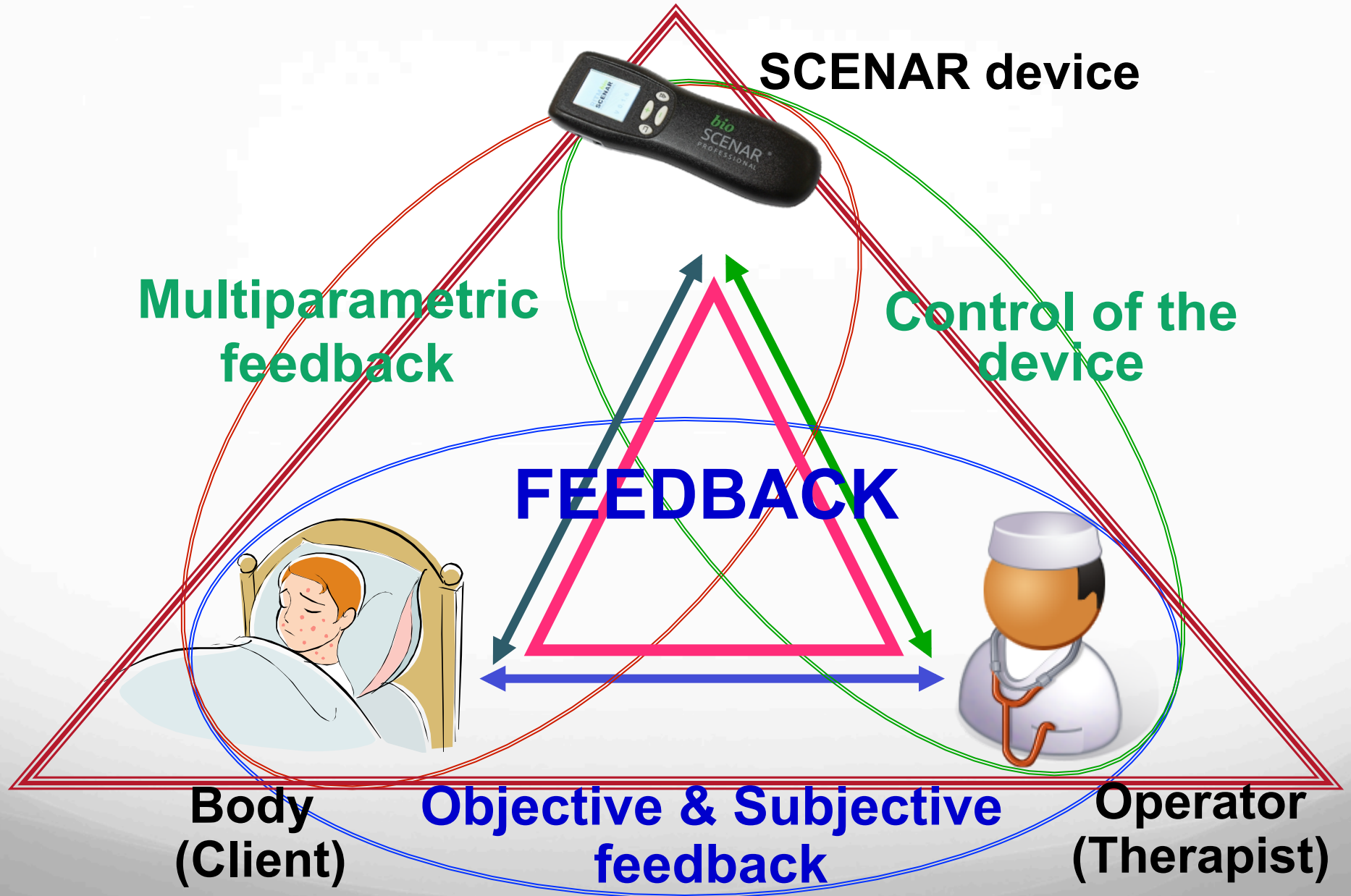
# IDEAL SYSTEMIC INTERACTIVE MEDICINE

- ◆ Direct connection on the physical level (**Body, Soma**), without the censorship of consciousness. That includes:
  - connection of **energy fields**;
  - direct **bodily** connection.
- ◆ Direct connection on the **Soul (Mind)** level. That includes:
  - **Conscious**, intellectual connection addressing **Logic** and the “left brain”.
  - **Subconscious** connection on **Emotional** level addressing the “right brain”.
- ◆ **Spiritual** connection involving unconditional **Love** vibrations and addressing the clients Identity issues.

**SCENAR** is a **Connector**. It opens a freeway of communication and energy exchange between a Client and a Therapist

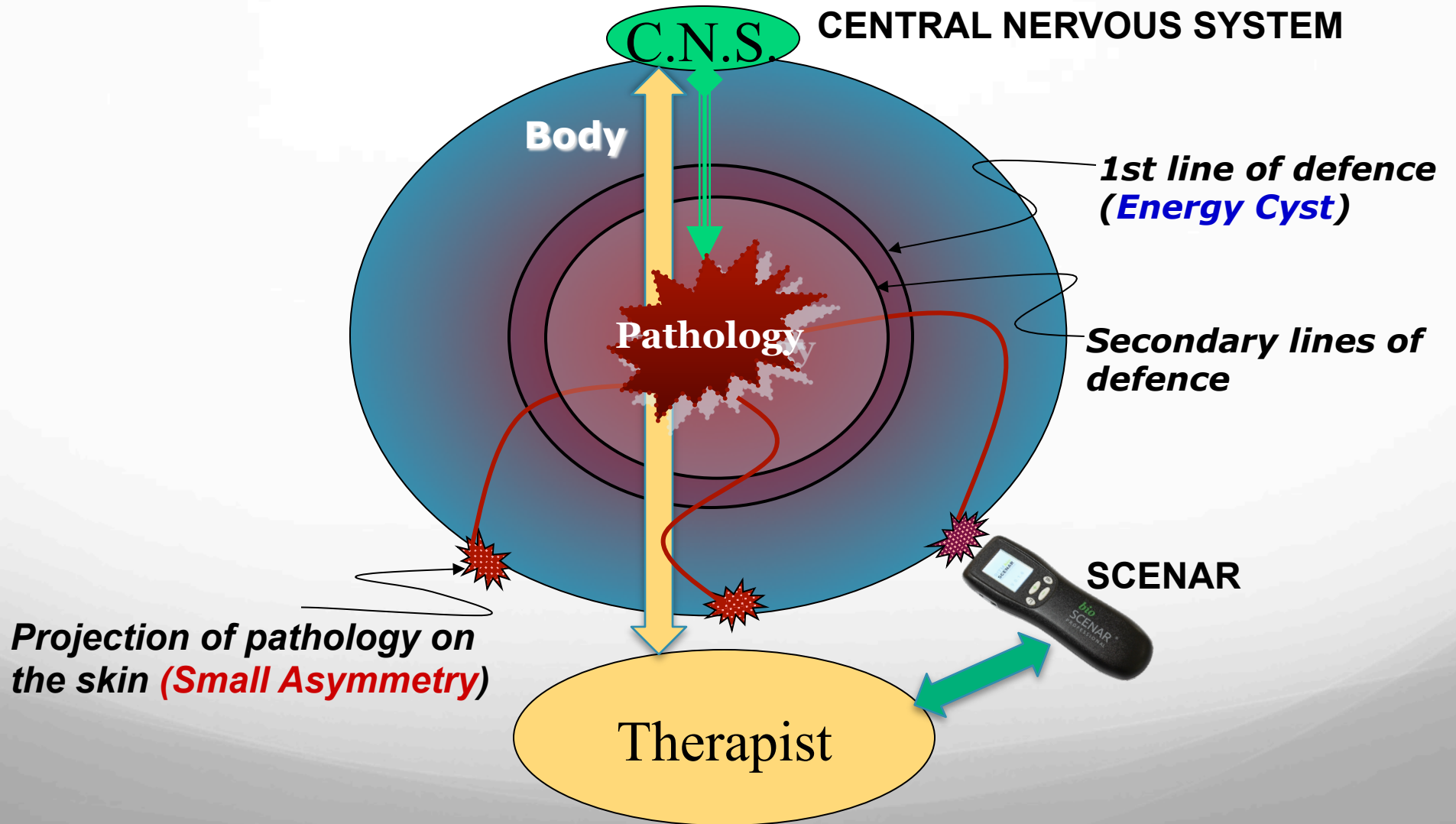


# THE HEALING TRIANGLE



# SCENAR DEVICE

## in the Process of SCENAR Therapy



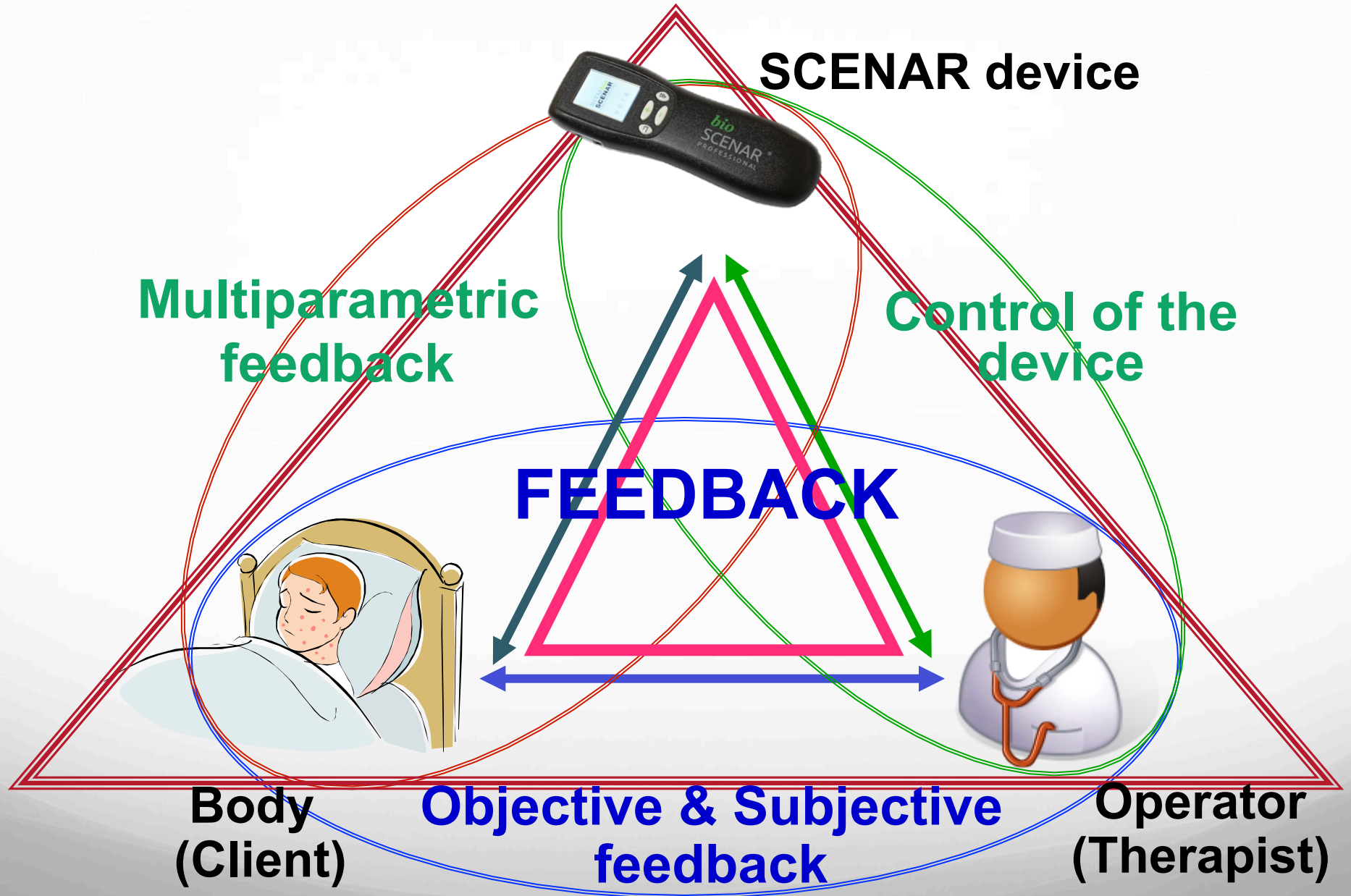
# EMOTIONAL DETOX PROTOCOL with SCENAR

## Emotional Detox Protocol (Facial Detox)



By Dr. Milena Lipkova, PhD and  
Irina Kossovskaja MD, PhD, DNM

# THE HEALING TRIANGLE

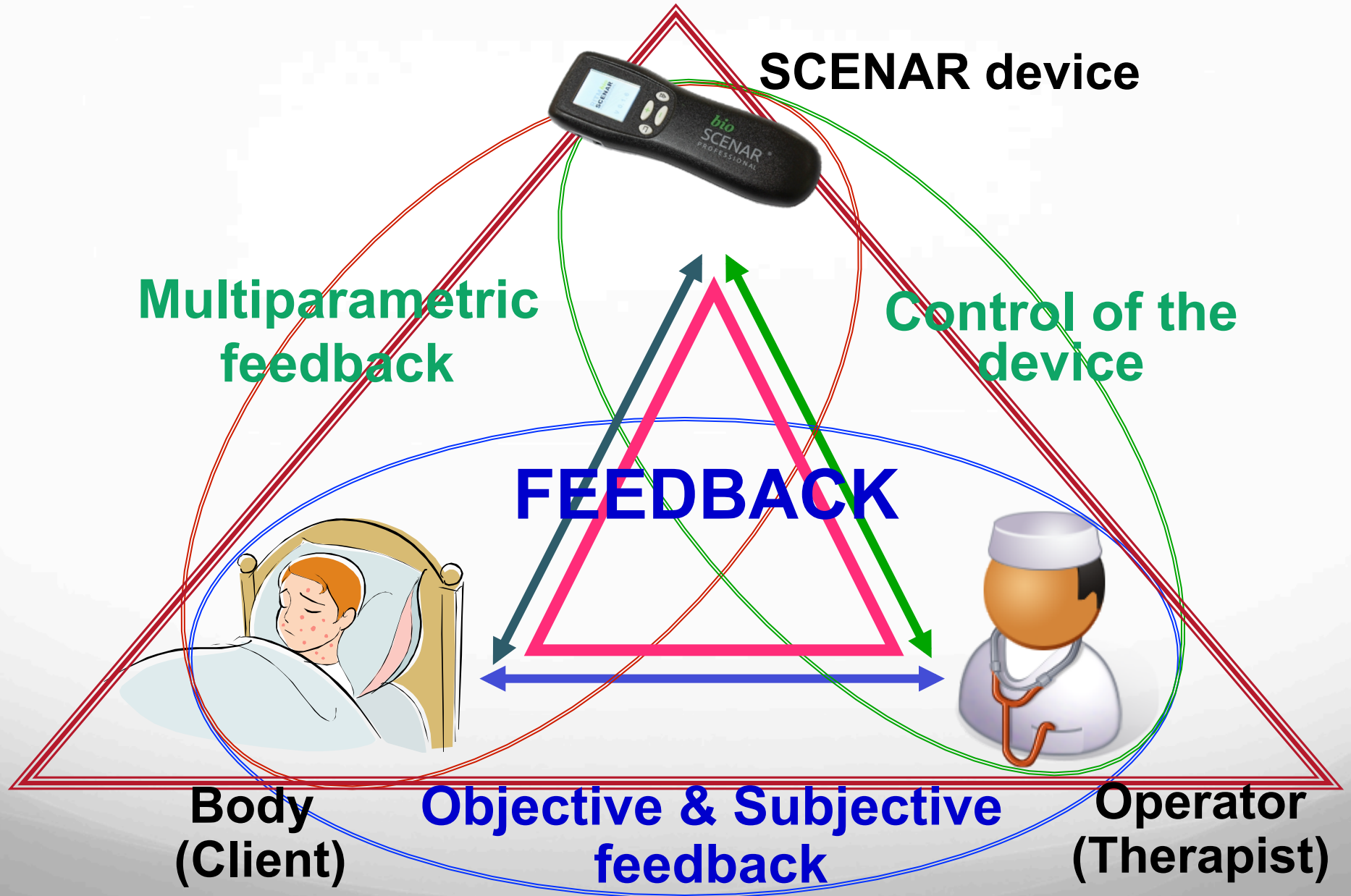


# SCENAR THERAPIST in the Process of SCENAR Therapy





# THE HEALING TRIANGLE



# SCENAR CLIENT

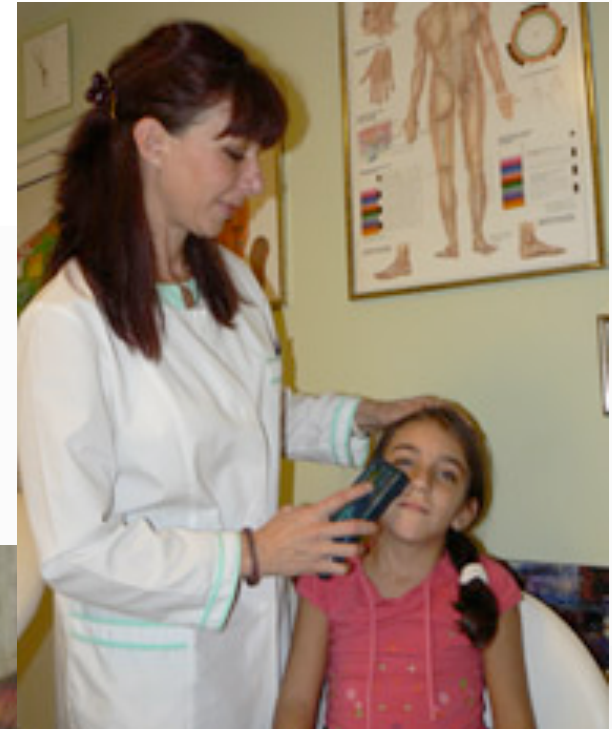
## in the Process of SCENAR Therapy

- ◆ Takes **RESPONSIBILITY** and plays **ACTIVE** role.
- ◆ Understands that *Health Cannot Be Granted*.
- ◆ **Understands** the healing process and his role in it.
- ◆ Believes that *There Is No Limit to Healing*.
- ◆ **TRUSTS** in himself, his Therapist, and SCENAR.
- ◆ Gets Rid of **FEAR**.
- ◆ Has **Positive Attitude**.
- ◆ Has a **WISH** and a **WILL** to become healthy.

Freedom from pain gives  
**a new quality of life**



# SCENAR THERAPY is **MORE** than just Techniques and Protocols



# SCENAR CLIENT

## in the Beginning of SCENAR Therapy

- ◆ Ailing Body.
- ◆ NO understanding **WHY** it is ailing and **HOW** to get better.
- ◆ **FEAR** of the unknown and, ultimately, of death.
- ◆ Imposed **PASSIVE** attitude.
- ◆ **Sceptical** about therapy.
- ◆ **Not believing** that he can or should be healthy.
- ◆ Often with the **Victim Mentality** and **Low Self-Esteem**.
- ◆ Often **angry** with himself and the world.
- ◆ Often weak **WILL**.

# OUR JOB:

- ◆ Take his **PAIN** away.
- ◆ Explain **WHY** he is sick and **HOW** to get better.
- ◆ Explain how SCENAR works and why it will work **FOR HIM** (engaging the Left Brain).
- ◆ Help him **BELIEVE** that he deserves to be healthy.
- ◆ Find a reason for him to **WISH** to be healthy.
- ◆ Turn **NEGATIVE FAGs** (**F**ear, **A**nger, **G**uilt) into **POSITIVE FAGs** (**F**orgiveness, **A**cceptance, **G**ratITUDE) – working with Emotions.
- ◆ Help to develop **ACTIVE** attitude and **WILL**.
- ◆ Bring to awareness **Victim Mentality** and **Low Self-Esteem**.

# First SCENAR Session:

- ◆ Establish a connection with your client. “Mirror” him – and then start to lead. Remember the relationship dynamics: **Know – like – trust**. Nothing moves without it. If you can’t get the connection (or if you don’t like the client) – fire him.
- ◆ After you got the connection, collect as much **information** about the client and his condition as possible; try to find how deep it goes (*“Find where you are”* – Your **PLACE**).
- ◆ Try to find the reasons for your client to become healthy (these become **GOALS**). **Be VERY specific.**

**“Scout’s principle”**: know where you are – know where you are going – develop a plan how to get there.



# First SCENAR Session:

- ◆ Educate the Client about his role in therapy and plant the seeds of the attitude adjustments – **“ACTIVATE”** the client.
- ◆ Separate The **Main Complaint** and achieve its positive dynamics no matter how long it takes – this will diminish scepticism and fear and breed **Hope** and **Trust** (*“It Can Be Done. I Can Do It!”*).
- ◆ Explain to the client what is happening and what SCENAR is doing. He needs to **understand** the process.

**“Scout’s principle”**: know where you are – know where you are going – develop a plan how to get there.



# First SCENAR Session:

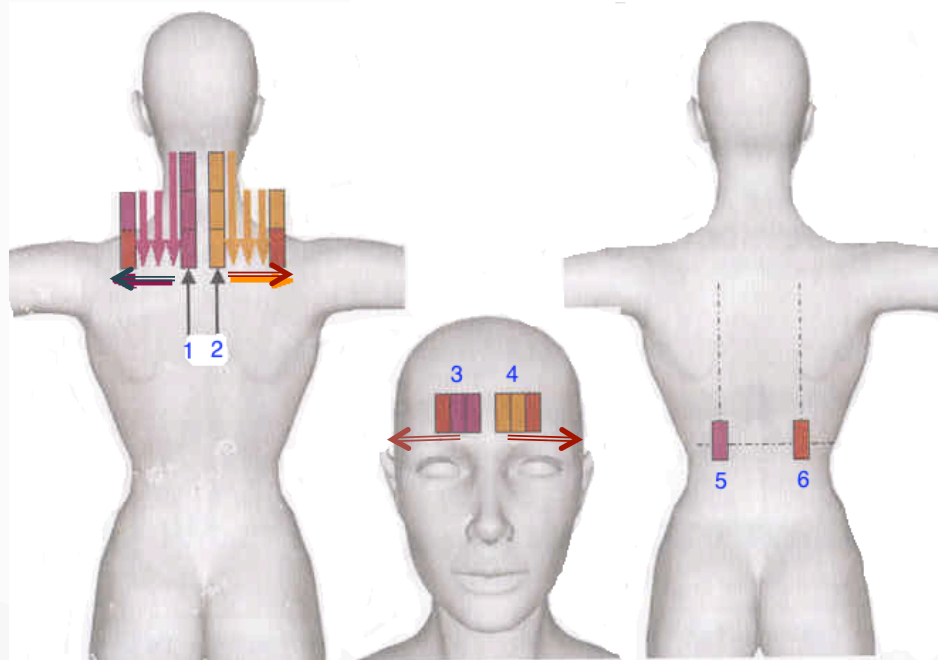
- ◆ Discuss the results of the session. Explain AGAIN what happened – and what to expect.
- ◆ Summarize your findings about the client's present state. Suggest a treatment **PLAN**.
- ◆ Give the client a **homework**: to read “*Advice to SCENAR Clients*”, to start a **diary**, and to write an **essay** on what it feels like to be healthy – what he would do with his newly acquired health.

“**Scout's principle**”: know where you are – know where you are going – develop a plan how to get there.





# SCENAR for CHRONIC STRESS



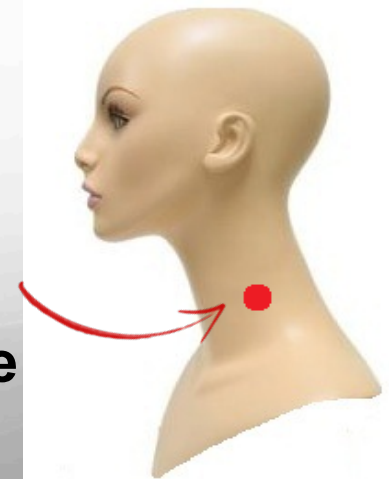
1. **Collar Zone** as described in classical SCENAR therapy (includes the **Forehead** and both **Adrenals**) – in Subjective (**SDM**) or Objective (**IDM**) mode.

2. **Solar Plexus** projection (Diag=0, Sw1-4).

3. Quick and effective stress relief can be achieved with the **“Little Wings”** Technique.

**Settings:** Energy – High, AM 3:1.

The technique can be also done with a pair of remote electrodes on both sides of the neck.



# SCENAR for CHRONIC STRESS

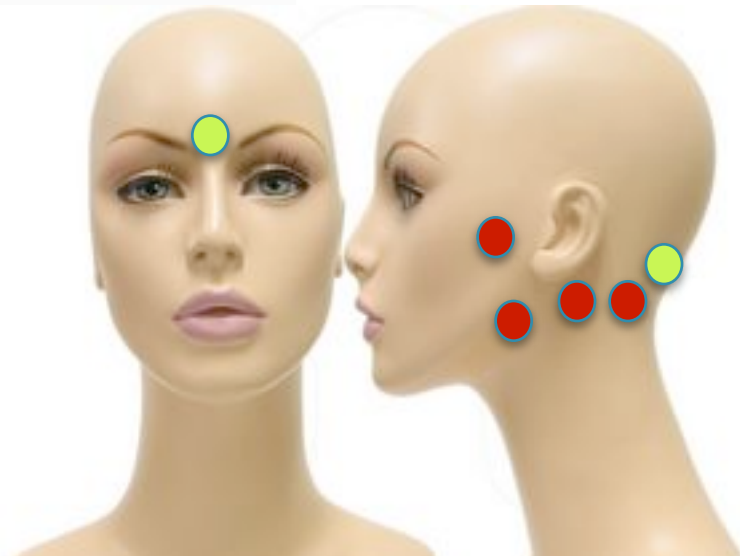
## 11 STRESS POINTS

4 Pairs of **Symmetrical** points (in red):

- TMJ areas
- Internal Pterigoid muscles (under the angles of low jaws)
- Mastoid processes
- Base of the skull on both sides

3 **Single** Points (in green):

- Third Eye
- Atlas projection (base of the skull)
- Coccyx (Tailbone)



**Settings:** Diag=0, Sw1-4)  
Symmetrical points can be treated simultaneously with a pair of remote electrodes switching them half-way.

# Following SCENAR Sessions:

- ◆ First and foremost – find out the dynamics since the previous session – and **POINT OUT TO THE PROGRESS** (*“Any change is a good one.”*)
- ◆ FORCE the client to take an **active position** in therapy constantly giving you a feedback during procedures.
- ◆ Constantly **EXPLAIN** what is going on - keep the client’s mind engaged making sure he **understands** what is happening – and what is going to happen.
- ◆ Try to get deeper to the **roots** of his problems on Mental, Emotional, or Spiritual levels.
- ◆ Feed his **Hope**, increase his **Confidence**, create **Positive Emotions**.
- ◆ Work on his Negative FAGs turning them into **Positive FAGs**.
- ◆ **Celebrate Victories**.

# Cinderella Beauty Treatment



**Face traps emotions** in the mimic muscles – plan at least one Cinderella Beauty Treatment early in the course to get rid of the “emotional baggage”.

The Protocol restores energo-informational balance of the body through the **microsystem of the face**, improves emotional health, and addresses aesthetic features on the physical level.



**Dr. Yuri Gorfinkel**  
**(1961 – 1998)**

## Философия СКЭНАР? теории. (1)

~~Организм генов - есть единое целое.~~  
И рассматривая его по частям, как математики,  
не корректно.

Организм генов - есть вершина эволюции  
органического мира. Он обладает самым  
совершенным строением и выполняет самые  
сложные функции.

И т.к. организм генов есть самое  
совершенное ~~из~~ то созданная природой,  
механизмы саморегуляции этого организма  
должны так же быть, самым совершенным  
То есть, генов не должен болеть.

Процесс адаптации должен протекать мгновенно  
и незаметно.

Почему же этого не происходит реально?

Есть несомненно верный ответ на этот  
вопрос.

1. Мы знаем, как правильно использовать  
механизмы саморегуляции. (цифровизация)
2. Хотели бы мы их осуществлять  
(разр. виды лечения)
3. Какую оценку процесс происходящие  
внутри орг-ма (от "большого шума")
4. Единственные существа биологического мира  
осознающие страх смерти, как угрозу.  
(Родился, что бы умереть).



**+1-855-468-0033**

**+1-905-468-0033**

**[support@healthboss.org](mailto:support@healthboss.org)**

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