



The Bosurgi Method™ is an At Home Therapy that works with your mind to accelerate your chosen path to becoming emotionally independent. Emotional dependency is the root cause of most all our fears, anxiety, and lack of performance and low levels of self-worth. Becoming emotionally independent will give us the freedom to truly enjoy life as we are meant to. The following offers some clarity on the Bosurgi Method, if you have any additional questions you can reach out to us at Info@MindFitnessLab.com.

- The Bosurgi Method includes 20 sessions, 10 Core (30-40 minutes) + 10 (7-10 minutes).
 - All 20 sessions should be completed to obtain the expected results.
- It is recommended that you take one or two sessions daily. Give priority to your session, completely disengage from your day-to-day world during the time of the sessions.

This commitment can vastly improve your life.

 - If you are interrupted in the middle of a session it is important that you redo this session from the beginning. The sessions are designed to be taken in a single sitting with no interruptions.
- The therapy should be completed in a maximum of four–five weeks. The more consistent you are in taking the sessions - 1 to 2 sessions per day - the better the chances of achieving your desired results.
 - If you pause more than two weeks we recommend you restart from Session 1.
- During the therapy it is best not to repeat completed sessions. Once completed you can repeat the therapy as many times as you wish.
 - Many of our clients enjoy taking the long and/or short sessions as individual sessions once they have completed the full therapeutic process of 20 sessions: there is no problem to do this once you have taken the full therapy.
- Though you may find it entertaining, the Bosurgi Method™ is not entertainment and may feel in some cases repetitive and uneventful. Trust the method – it is based on a tested and proven mind communication protocol developed in a clinical setting over 25,000 hours.
- To be effective it is not required that you focus on the words of the virtual therapist, if you feel your mind wander or like you are falling asleep don't fight it. Your mind will listen to every word despite your thoughts and attentiveness.
 - A small percentage of users find the visuals distracting rather than reinforcing - in these cases you may be better served to minimize your use of the visuals to a point you find comfortable and focus your attention on the audio. (Note: this process was developed in the clinical setting using 100% audio, the visual was added for the immersive environment to enhance the experience)



Below is a breakdown of the 20 sessions and an overview of their purpose:

- The first 4 sessions ease your mind into the Bosurgi Method™ program while helping your mind release unwanted anxiety and fear. This vital initial step aims to reduce the inefficient activity of your brain, freeing brainpower required to progress with the therapy. According to your emotional issues, this initial stage may produce fatigue and feelings of overwhelm – these are positive signs indicating that your mind is clearing unresolved issues. In other cases this first group of sessions provides only relaxing effects.

Session Names:

1. Release anxiety and fears I
2. Interim 1
3. Release anxiety and fears II
4. Interim 2

- Sessions 5 to 10 helps your mind accept and embrace what is natural and long past-due, emotional self-reliance. This is the primary aim of the therapy; we noticed substantial changes in most users during or immediately after this group of sessions.

Session Names:

5. Release dependency behaviors I
6. Interim 3
7. Release dependency behaviors II
8. Interim 4
9. Release dependency behaviors III
10. Interim 5

- Sessions 11 to 14 capitalize on the work done, the minds new-found willingness to establish and enhance emotional independence. These sessions are crucial to create the framework for all your new self-reliant behaviors - these are then developed and refined in the next months and years through your daily experiences.

Session Names:

11. Build framework master behavior of independence I
12. Interim 6
13. Build framework master behavior of independence II
14. Interim 7



- Sessions 15-18 focuses on removing negative emotional attachments with the past by processing past experiences associated with causes of emotional dependency. This process further frees-up misused brainpower enhancing your relationship with yourself and with the relevant people of your past. Some people feel a profound sense of liberation after these sessions.

Session Names:

15. Release self-judgment, shame, guilt and regret (self-forgiveness)
 16. Interim 8
 17. Release judgment, blame, resentment, anger and pain (forgiveness others)
 18. Interim 9
- The last 2 sessions complete the therapy where it started, with the release of lingering unwanted anxiety and fear – finalizing the course.

Session Names:

19. Release anxiety and fears III
20. Interim 10