

HOW TO ALLEVIATE BODY ACHES

After you have been assured by a physician that your pain has no physical cause requiring medical treatment that is discernible through examination and proper diagnostic testing, the following process can be used to rapidly release emotionally based pain which is held in specific areas of the body.

(It is recommended that you read the following steps and do the entire process out loud.)

Step 1: Ask ... On a 0 – 10 scale, “if 0 = feeling absolutely great and not a trace of discomfort, how much discomfort do I feel?”

Then rate how much discomfort you feel in a ‘particular area’ of your body vs. feeling absolutely great. Each time when rating, be sure to keep your body position constant, and do not move or breathe.

Step 2: Ask ... On a 0-10 scale, “If a ‘0’ is feeling ‘total joy’, like the sparkling joy of a little puppy running on the beach & having his best day (pause and see him), in sharp contrast how “un-joyful” would I rate myself, as I open up to the pressures and effects of all that I’m dealing with, past, present, and to come?”

Then rate how unjoyful you feel, opening up and expanding your sensitivity to allow a full awareness of all that’s upsetting & weighing on you now and in your anticipated future.

Step 3: Ask ... “Instead of total joy, what am I feeling when I open up to the pressures and effects of all that I’m dealing with, past, present, and to come?” (e.g., What am I feeling instead of the sparkling joy of that little puppy running and having his best day?)”

Put this feeling into a simple sentence, such as ... “I’m Feeling Overwhelmed,” or “Im feeling frustrated”, etc.

Step 4: Repeat over and over what you are feeling using this sentence ...

Keep the feeling in front of you, facing it until you don’t feel the feeling anymore: neither coming from inside of you, nor from any apparent direction outside of you. Later Ask: “Does anyone in the world still appear to have this feeling?” If so, turn your attention toward where the feeling seems to be coming from in the world, and continue repeating this sentence until you can no longer find the feeling anywhere in the world.

Return to Step 1: Continue with these steps until you’re happy with how much your pain has subsided.

... It may be helpful to remember the adage ...

“What I am willing to feel will heal ... What I am not willing to feel stays real!”