

Watch the video: https://youtu.be/yZo7Uk_WDMQ
or read the guidance below -



HOW TO RELEASE YOUR PAIN OR SYMPTOMS with the 4 Healing Actions

I'll be guiding you on this on the call but here it is for now so you can get a head start,
Some people have just seen the video above and started healing straight away! So try that
yourself x

Your pain and symptoms will go when you CONNECT to them. When you do this, you are also connecting to the reason it's there, so all root causes will go too and the pain cannot return.

Pain is a good thing!

Pain is a separation from you. It's a survival reaction from things that are difficult or uncomfortable. It's an expression of unresolved issues. It's something swept under the carpet. Something put away until we're ready to be at peace with what created the pain and problems.

When you're ready to heal, the part of you that needs healing will show itself in your emotions, your thoughts, your behaviour, in the choices you make and in your physical body as symptoms. It will call your attention and that's when you're ready to heal.

Pain is an opportunity for healing, a time to release what created it and come back to peace.

Healing doesn't happen by trying to get rid of it, fixing it or managing, cutting it out or throwing drugs at it - these actions will ensure symptoms cannot go and they'll even get worse. The message hasn't been heard and it will 'shout' louder.

Understand the correct mindset for pain release to happen -

Pain Is A Message That Wants To Be Heard.

Just like the message 'I'm hungry, I'm thirsty, I'm tired, etc' Pain is a message to alert you to something. To heal and let go of the problem, you need to CONNECT to it by using these 4 simple actions:

1. **Connect to the pain** - this makes the pain go.

Imagine your pain is like a good friend balling their eyes out, finding it difficult to talk. They just want you to be there for them, listen to them, comfort them. Even just your presence is going to make them feel better. It's exactly the same with your pain message.

Your pain is like your body talking. It wants to be heard and validated.

So, be present with it. FEEL INTO THE PAIN, explore it. Sit with the pain. Be with it, Describe it. It might feel unbelievably excruciating. Be patient. Give it time to express.

Ask yourself "how does it feel?" or "What's my body showing me?"

Try stating what you feel - "I feel pain in my..." or "the pain feels like..."

Relax your body no matter how bad the pain.

Take as long as you need. It takes the time that it does!

*Remember that the pain itself is not the problem. It is the *end* result of why it's there.

Describe the painful sensations - By connecting to the pain you are essentially bringing your energy back together, the mind meets the body and in that moment you are in alignment where healing happens.

Stay present with it when it calls you.

As you connect to your pain, you will be connecting to what's creating the problem too - feelings, thoughts, memories. You might feel this pain is irritating, frustrating, annoying, etc. You might be reminded of a memory. You might struggle to understand how this can work or that it's not going to work for you. These are the different parts of the symptoms. Connect to each of these things too and they'll go. CONNECT to ALL parts of the problem ie what comes up when you connect to the pain.

2. **Where do you feel these things in your body?** Where do you feel 'irritating, frustrating, annoying'? - In your physical body? Once you notice where they are, go to the next action -
3. **Breathe deep and slow** - this supports and encourages your body to heal.

There are two important reasons to deep breathe,

ONE - Your body needs blood to function properly. Blood feeds the muscles and cells. The lymphatics clears the rubbish. Blood is like the fuel to a car and by breathing deep and slow you are giving your body exactly what it needs to function properly.

TWO - The number one side effect of pain and discomfort is *tension*. By breathing deeply you are simultaneously asking your whole body to relax too. It takes the pressure off the troubled area.

Scan your body and relax any tension, soften your body.
Soften, deepen your breathing.

4. **What do you want?** Instead of your pain, what do you want?
Keep going back and forth between these 4 actions until either you've had enough or the pain has completely gone.

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SUMMARY: How does pain go?
- By CONNECTING to it.

Practise the 4 HEALING ACTIONS:

- Ask "How does it feel?", CONNECT with the pain or symptom.
- Ask "Where is that in me?", where is that description in you?
- Breathe deep and slow, soften your body.
- Ask "What do I want instead?"