

A soft-focus background image of a desk. In the upper left, there are several light pink tulips. To the right, a portion of a black laptop is visible. In the lower left, an open notebook with a gold pen lies on the desk. In the lower right, a white ceramic mug filled with dark coffee is prominent. The overall scene is clean, bright, and organized, suggesting a professional or academic setting.

SMART HEALTHY WOMEN ACADEMY

MEDITATION
for
PAIN RELIEF

WITH ESTELLE WILLIAMS



MODULE ONE

Are you someone that has wondered what life would be like if you could properly and successfully manage your pain? Have you currently reached the point where you feel you no longer have any control over the management of your pain? If so, you may be thinking you have to just accept and tolerate chronic pain as part of your life.

Here is some news: you do not have to live your life this way. You probably don't want to either because here you are. Your decision to take this course was a wise one because it just may be all that you need to unlock the secrets of a completely pain free life.

It's accurate to state certain types of pain have an organic and demonstrable cause. However, it's equally accurate to state that some forms of pain – specifically, pain related to stress– might not have a clearly distinguishable root cause.

It's no secret that stress is a pervasive and unavoidable part of life in modern society. We frequently avoid giving ourselves permission to take a little time off and recharge our batteries so to speak. This leads us to losing our motivation and natural vitality.

We frequently push ourselves far beyond our limits in order to meet deadlines, appointments, and responsibilities - regardless of how we feel and of the consequences.

Even in those rare moments when we do find a little time for a break, we don't give ourselves permission for one. Yet, something along the lines of a “nana-nap” would work tremendously well in terms of being able to alleviate a lot of stress.

In addition to rest, our unconscious mind can often prove to be our best ally when it comes to tackling stress-related pain. Utilising meditation-induced hypnotic techniques that can be mastered by anyone go a long way in this regard.



MODULE ONE (cont'd)

Through bypassing the conscious critical faculty, it becomes possible to develop the potential to eliminate all manner of pain, from headaches to certain forms of back pain. Keep in mind though, you are strongly advised to consult your primary health carer to check out whether any pain you do have is not due to an underlying and more serious issue, however, it would still be beneficial to take part in these guided meditation techniques.

Such techniques have the potential to provide a benign and complementary addition to various other treatment therapies and methods.

This does lead to questions regarding how the unconscious mind assists us to alleviate and eliminate pain. The unconscious mind is largely an enigma, because by its very nature it's that part of our mind which is unknown to the conscious mind. The unconscious mind has been the subject of study for centuries. (The German philosopher Sir Christopher Riegel first coined the term “unconscious mind” in the 18th century although the concept of the unconscious mind can be traced back to Hindu tradition in the Vedas.)

To the famous psychiatrist Sigmund Freud, the concept of the unconscious mind has two components: the Id and the Superego. To his student Carl Jung, the unconscious consisted of the “collective unconscious” and the “personal unconscious”. In this article, I am referring to the unconscious mind as that part of our intelligence that has a blueprint of our perfect health, and provides the consciousness and direction for the functioning of the body. This idea is one of the Prime Directives of the Unconscious Mind, as described in Time Line Therapy®. These ideas all lend to us an indication of how truly complex and indeed marvellous the unconscious mind is.

How so?

Basically, the process works because at its core, the unconscious mind easily takes directions and complies with orders from the conscious mind.



MODULE ONE (cont'd)

There may be many other theories that address the unconscious mind: what is important is you do not need a thorough understanding of the unconscious mind to engage it. This way, you can work with it and influence what you are doing each and every day. This is true even if you may not realize the extent to which you are doing so.

I would like you to consider a technique that I use with great success when it comes to eliminating certain types of pain. In particular, you might get great benefit out of reducing headache and back pain. Such a method is not limited to these two particular types of pain. Yet, they may be applied to all manner of pain that you might experience. Since the technique is a benign one, you can certainly use it in conjunction with other pain management treatments.

I. I'd like to talk about how the mind can affect our pain levels

The ability of the mind to affect our perception of pain is becoming more and more studied and understood, especially in medical circles. Once we can understand the role that the mind has on the body, we can design strategies, or utilise existing strategies to deal with pain. And the more we're able to do this, we find that it gets easier each time.

Our focus plays an enormous part in the level of pain we may experience from day to day.

When we're engaged in pleasurable activities, or when our mind is completely occupied in performing a task we enjoy, our likelihood of experiencing negative emotions or physical symptoms appears to lessen. But when we're worried and experiencing stress regarding an outcome, we're more likely to feel the tension build up in our body and create opportunities for injury. And often our anticipation of a negative outcome, even though it hasn't happened yet, is enough to cause us to notice all types of physical symptoms – increased heart rate, rising blood pressure, pain in our joints – to name but a few.



MODULE ONE (cont'd)

This is a very interesting phenomenon, because a lot of us are convinced that the level of pain we experience is directly connected to a mechanical cause. But consider, for example, if I have been working on a deadline and trying to get a report completed that is due at 8am the next morning, and I have also another five tasks that need to be completed before I can get to bed that night. I reach the wrong way for a folder and pull my lower back out. I might try and seek some pain relief and/or some sympathy. And if I succeed in getting some sympathy, I'll likely feel the pain more and even cry about it!

On the other hand, if I were to visit a retirement village on any given day, I'd certainly find a number of residents who would be discussing their pain symptoms and aches frequently and in detail. But if I was to go at a time when the grandchildren are visiting, or if those wonderful people who do the rounds with companion animals were making the rounds, I would guess that a different atmosphere – one of happiness and delight – would be more the norm.

What is the difference here? The difference is in my focus. In the first case, I was already resenting the tasks I had to do – I had, as usual taken too much on. It's understandable that my focus would play a part in my perception of what was happening. The level of stress I was experiencing over the unending list of things I needed to complete no doubt contributed to my perception of the pain, if not the pain event itself. And in the second case, the introduction of pleasurable associations is enough to drive away melancholy and associated feelings of physical and chronic pain and suffering, even for a short time.

I invite you to notice in your own life the circumstances where you are more likely to suffer with pain symptoms – what are you focusing on at these times?

In later modules, I will show you how to use your mind as an ally, that will help you deal with and eliminate those habits of negative focus which lead to stress and eventually to physical pain.



MODULE ONE (cont'd)

Stress Reduction Exercise

I want you to create a list of tasks that you currently have today - include everything you need to achieve before you go to bed tonight, whether it's work-related or not. We want about 20 different tasks in your list:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Next, using the technique I describe in the Module One video, compare the first item in the list with every other item one by one, and place a cross next to the task that needs to be prioritized. When you've finished comparing item 1 in the list with all the others, move back to the top of the list and compare item 2 with the remaining items in the list and continue until you reach the end. Now count up your crosses and sort the list by the most crosses to the least. You want to reduce the list by moving the least important tasks to the following day, delegating or eliminating altogether depending on importance.



MODULE ONE (cont'd)

Stress Reduction Exercise (cont'd)

Next, using the technique I describe in the Module One video, compare the first item in the list with every other item one by one, and place a cross next to the task that needs to be prioritized.

When you've finished comparing item 1 in the list with all the others, move back to the top of the list and compare item 2 with the remaining items in the list and continue until you reach the end. Now count up your crosses and sort the list by the most crosses to the least.

You want to reduce the list by moving the least important tasks to the following day, delegating or eliminating altogether depending on their importance. You can decide how many items can be reshuffled in this way.

You can also use this method to work out priorities in any area of your life!



MODULE TWO

So once we understand our focus where pain is concerned, it may help to understand that not all stress is bad. It is generally thought that two types of stress are common -- similar in intensity but that have very different functions and effects on our health and wellbeing.

The first type of stress is called eustress – the prefix ‘eu’ comes from the Greek meaning “good” or “well”. Eustress was a term coined by Dr Hans Selye in 1975. While eustress can be taxing on the body, the effects of this type of stress have a positive outcome for the individual. Some examples of eustress would include strength training, applying for a job, going on a holiday to a new place or giving birth. All of these types of stress have the potential of providing a positive and natural high to the person who achieves the outcome being sought. Associated with the release of endorphins in the brain, eustress is considered to be short-lived.

The second type of stress, known as distress, is when a stressor is not eliminated through coping or adaptation and becomes persistent – this often leads to anxiety and even depression. It can also cause or worsen pain symptoms. Triggers for distress to occur can be internal or external, real or imagined. What may be stressful to one person may be not so to someone else – it is our focus and belief regarding the stressor that makes the difference here. Associated with the release of cortisol, adrenaline and other chemicals in the brain, it is this type of stress that I am addressing in this book and in relation to the perception of pain symptoms.

Why is understanding stress important in the treatment of pain? If we can link our stress states to pain symptoms, specifically chronic pain symptoms, it gives us some concrete actions we can take to address pain via our stress responses. It has been estimated that approximately 75% of the general population experience some type of stress every two weeks, and half of those experience moderate to high stress levels. Stress has been linked to conditions such as heart disease, strokes, depression, high blood pressure and many others, and it is also considered a major cause of back pain, headache and migraine. It stands to reason that if we can adopt practices aimed at reducing stress in our lives, then our health will benefit on many level



MODULE TWO (cont'd)

Meditation is considered to have begun over 6000 years ago, and is a practice that takes many varieties of form in the present.

Some meditation techniques involve focusing on the breath, such as Vipassana , while other practices advocate chanting of a mantra such as Om to focus the mind and keep it in the present. These meditation practices are passive and take a lot of practice, although the benefits of mastering these specific types of meditation are long lasting and profound. These types of meditation are considered more spiritual than other types, although you can certainly practice these methods without a spiritual inclination.

Other types of meditation are more activity based – my sister meditates every day while washing up at the sink, as she allows her mind to defocus and relax and finds this very soothing. There are also practices such as dynamic meditation, which involves shaking the body vigorously and making spontaneous sounds, which is said to release deep--buried emotions and will ultimately benefit the physical and mental health of the individual. And then there are guided meditations which take the individual on a guided imagery journey with the purpose of achieving deep relaxation without the danger of being sidetracked by the ego. If you've ever tried to meditate and found yourself making shopping lists or to--do lists you'll know why this type of meditation might be useful.

Regardless of which type of meditation you choose, the practice itself has enormous health benefits – improvements are typically experienced with heart rate, breathing, blood pressure, adrenal gland function, immune system function, and so on. Other benefits of meditation include a clearer mind, becoming more aligned with one's life purpose, improved presence (or being in the Now) and increased feelings of wellbeing.

And unlike other treatments for stress, like medication, meditation has no side effects to speak of.



MODULE TWO (cont'd)

THE RESEARCH IS IN....

Many people believe that using meditation to relieve pain symptoms is not “scientific” or “proven”. If this is you or someone you know, I have included some information on the latest research that supports using meditation for pain relief to assist you to make an informed decision:

“Demystifying Meditation: Brain Imaging Illustrates How Meditation Reduces Pain”
Meditation produces powerful pain-relieving effects in the brain, according to new research published in the April 6 (2011) edition of the Journal of Neuroscience.

“This is the first study to show that only a little over an hour of meditation training can dramatically reduce both the experience of pain and pain-related brain activation,” said Fadel Zeidan, Ph.D., lead author of the study and post-doctoral research fellow at Wake Forest Baptist Medical Center.

“We found a big effect — about a 40 percent reduction in pain intensity and a 57 percent reduction in pain unpleasantness. Meditation produced a greater reduction in pain than even morphine or other pain-relieving drugs, which typically reduced pain ratings by about 25 percent.” ([ScienceDaily \(Apr 11, 2011\)](#)) quoting Journal of Neuroscience April 6 2011“

Further research:

Meditation Reduces the Emotional Impact of Pain, Study Finds ([Science Daily, June 2, 2010](#))

Brain Waves and Meditation ([Science Daily, March 31, 2010](#))

The clinical use of mindfulness meditation for the self-regulation of chronic pain ([Journal of Behavioral Medicine, 1985](#))

Please – don’t take my word for it – investigate for yourself and you will see that there is great merit in using meditation to control and eliminate your pain symptoms.

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MODULE THREE

In this module I'll be covering two areas that we utilize in meditation practices to achieve relief from pain.

This now brings us to beliefs. How can our beliefs affect our health and more specifically, our experience of pain? What is a belief anyway?

In simple terms, a belief is a statement that we make to ourselves that we hold to be true, and it informs all of our decisions and attitudes in life. Beliefs are not generally something we work out as we go, but are handed to us from our parents, our teachers, our mentors in life. Most of our beliefs were formed in us before we were seven years old, and it simply does not occur to us to question their validity, or the fact that they may not serve us individually as we mature, or that we might want to change them.

I am not suggesting that all beliefs are outdated, wrong or without merit. To the contrary, many of our beliefs serve us well and ensure our safety and the quality of our lives. It is the beliefs that limit us from experiencing a full, rich and varied life that I am addressing, and more to the point of this course, those beliefs about our health and healing that we can examine and change if we so wish.

Imagine for a moment that I believe that my back pain is caused by my sitting in a chair at my desk for eight hours a day, and that the only thing that will give me relief from my back pain is medication, frequent trips to the chiropractor, daily practice of yoga, or more drastically, surgery. No amount of convincing that meditation or attempts to address a possible emotional cause to the problem will help in any way, because it is not in my belief system. My belief system states that the cause of my pain must be mechanical, so I need to address the mechanics of the pain.

But to paraphrase Dr John Sarno, in his book "Healing Back Pain" he states that back pain is often caused by repressed emotions, specifically anger and rage that is unexpressed by the sufferer. Since it is not considered socially acceptable to express these 'negative' emotions, too many of us push them down inside and think "That is that!"



MODULE THREE (cont'd)

And just as often, we don't realise that we are doing this since it has become so habitual. But this energy will find an outlet somewhere, much like water flowing down a hillside. If you try to stop the flow of water by damming it up where it is flowing, it will simply find some other path to flow – but flow it will.

So if I entertained the belief that my pain is caused by repressed emotions, how can I release the emotion and subsequently, the pain? And if the emotion is too painful for me to voluntarily want to revisit, isn't it just easier to take more 'conventional' treatments? Well, conventional treatments have their place, certainly, but there are many other things you can do to assist with your recovery. And meditation, specifically guided meditation as discussed in this book, addresses the deeper mind, overcoming the resistance of the ego, and allows us to release the need to manifest repressed emotions in the body. This is without having to reawaken the negative emotion at all. Keep in mind that this is just one of many methods that can address this emotional cause of pain.

So how does meditation help to release repressed emotions and assist with pain relief?

Using such techniques as affirmations and visualisation are the keys with this technique, and will be dealt with in depth in a later module.

Affirmations are statements that you make to yourself that you wish to be true. This is different to a belief, which is a statement that you hold to be true. Affirmations don't necessarily have to be believed to be effective, however a belief in the possibility of the affirmation certainly helps it be more effective.

Affirmations are underpinned by the belief that what we language, we create in our life, and can be positive or negative. A famous positive affirmation penned by the early 20th century pharmacist Emile Coué is “Every day in every way , I am getting better and better.”



MODULE THREE (cont'd)

This is also known as the Coué Method. He also discovered what came to be known as the “placebo effect” where the positive expectation by a patient of a drug’s efficacy would be enough to effect a cure, even when there was no trace of the drug in the prescription.

Affirmations are what we focus on, consistently and persistently.

A negative affirmation is something that I am sure we all engage in – negative self-talk. It is estimated that we have something like 60,000 thoughts a day running through our heads, and that most of these are negative.

If we use the premise that 90% of these thoughts are repetitive, and that of the 90% we can estimate that 70% of these thoughts are negative, that would mean that approximately 38,000 thoughts are repetitively negative, why there we have some powerful negative affirmations going on every day! Imagine if we could train our brains to turn those negatives into positives – well, you can! Just train your brain to improve the ratio with meditation.

A visualisation, on the other hand, is simply an affirmation from which we make a picture in our mind. Visualisations have a very powerful effect on the unconscious mind, since the unconscious mind loves a story and a picture story is even more powerful.

Since it is said that ‘a picture paints a thousand words’ you can see how much more potent a tool visualisation becomes when trying to effect a positive outcome. In this course, I use guided visualisation as a powerful component in creating wellness and relief of pain symptoms.

Visualisation has had great applications in improving pain symptoms, and in improving immune system functions, among other benefits in the health arena.



MODULE THREE (cont'd)

Anger is a human emotion. It is strongly linked to rage, and all of us have experienced it in some form since we were children. We are taught as children that anger and rage are not OK, and so we learn very early on and very skilfully to hide our anger and our rage.

Anger is also linked to fear. It is often a fear response that triggers an angry outburst, and is part of the fight or flight response. But fighting and retreating are actions that we take in response to an external threat. These actions have been bred into us in order to allow us to preserve our life -- it is a function of the oldest part of our brain, the limbic system.

When this part of the brain is triggered, we find we have acted before we have realised it consciously. On the other hand, fear and anger are emotions that are part of the same response, but generally are responding to an internal thought or perception about a situation. Since these are an internal representation of what we see, we can usually do something about these types of reactions before they create a problem for us in the external world.

Does this mean that we can make the emotions disappear? Emotion is energy. What happens to energy when it is no longer discernible – does it cease to exist? Or is it transformed into something else? Physics teaches us that energy cannot be destroyed, it is always transformed into something else. If we push down and deny our anger, it will re-emerge in some other form, usually as pain and disease in the body. Or we project it on to those around us and become a target for another's anger.

Which sets up a cycle of blame and recrimination, sometimes for decades. If you attract angry people in your life, it might be worth examining situations where you do not own your own angry emotions. You have the option to transform your unwanted anger into a more productive force



MODULE THREE (cont'd)

Anger has so much energy in it, imagine what you could accomplish if you could transmute it into an area in your life that needs a burst of energy and enthusiasm!

The need for forgiveness of those who have earned our angry or raging emotions is critical to avoid these emotions turning against us and emerging as serious health issues. Often we feel anger, and are unable to forgive those who have wronged us, and believe that they should pay for what they have done. But if we look at our output on an energetic level, what we put out comes back to us three times and more. If we are putting our anger “out there” then we attract it back to us x 3. If we put out forgiveness, it’s the same thing. Love, acceptance, kindness – what do you want to attract back to yourself?

Forgiveness is not about letting people off the hook. It is about freeing yourself from a destructive cycle that has no good outcome for your mind or your health.

Loving yourself

One of the most important lessons in this life is to learn to love and accept oneself. Many people need to learn the lesson of self--acceptance, and this seems particularly difficult when we face health challenges on a regular basis. By loving and respecting our bodies, and ourselves we tell our mind and body that it is valued and we give ourselves permission to live a fulfilling, rewarding and amazing life.

This is not a narcissistic directive, but a truth that the deepest core of our mind and body knows is self--evident. If we do not love ourselves completely, with kindness and compassion, how do we expect to exist on this planet? How do we expect others to love and accept us, if we are unable to do so? What example do we set for others – when we fail to love ourselves completely and unconditionally -- what are we teaching our children and what are we setting up for them down the track.



MODULE THREE (cont'd)

Self-loathing, guilt, shame - these are all the most destructive forces on the planet. If you can learn to release these negative emotions, you relieve your body of a lot of unnecessary stress that impacts your health and energy, and that of those around you.

Be a light in the world, and you will attract butterflies!

In our next module, we'll be going through the five steps to manage your pain.



MODULE FOUR

In this module, we'll be creating a system of guided meditation that is tailored to you and your pain symptoms. There are five steps that need to be completed in implementing the guided meditation - once you are familiar with the system, you may create a personalised guided meditation and record it for yourself. At the end of this module, you will find a link to a guided meditation I've recorded to eliminate back pain - you can listen to this as an example of the type of meditation using the steps described in this module.

The steps that are followed in this guided meditation system are described in detail below.

In order to gain the best possible result employing this method of pain management, it is necessary to venture into a state of deep relaxation. This can also be referred to as a deep meditative state. Upon entering such a state, our brainwaves will slow down and become more rhythmic and open to suggestion. It is possible to even slow our brainwaves down to an even deeper state known as a Theta state. Such a state is conducive to healing the body, although it can be something of a challenge to stay awake at this level. This should not be a problem however, if you are taking part in guided meditation in the form of a class or working along with an audio recording.

There are many ways to enter a deep meditative state. Personally, I like to use an audio recording designed specifically to help me get into such a state. This is not absolutely necessary as you can eventually train your mind to enter this deep level at will.

Several steps characterise the ability to enter into a meditative state. It is suggested that you employ these same steps each time you wish to enter a meditative state for the purposes of pain management. Since the brain likes repetition, you will find it easier to reach the desired state as long as you practice the process. This will eventually lead to more consistent results.



MODULE FOUR (cont'd)

Step 1 - Relax!

Find a comfortable position in an area of your home or office where you will not be disturbed. It is best to use a comfortable armchair so that you sitting in an upright position. If you lie down, you will be tempted to fall asleep once you reach those deep levels.

This is a common problem when first starting out and you need to avoid it. After all, you do not want to train yourself to sleep every time you meditate! If you are using a recording to assist you to reach a meditative state, you may find you are jolted out of your sleep when the recording comes to an end and you are instructed to open your eyes. Now, you need to keep your arms relaxed with palms open. Plant your feet flat on the floor and do not cross your legs or ankles. This will ensure you are grounded at all times.

Since such a deeply relaxed state is highly embodied by meditation, you may feel like you are floating. This may prove to be disorientating for some. Drop your shoulders and ensure you are not holding tension anywhere in your body.

Take a deep breath. Proper breathing is best done through your nostrils. If you are unable to breathe deeply and clearly through the nostrils, you may use your mouth.

When you take a deep breath, ensure that your diaphragm fills with air. You need to feel your stomach distend with the effort. As you breathe out, imagine that any tension you possess in your muscles exits with your breath. You can visualise the breath coming out of your body carrying the tension away with it. Then, the tension dissipates throughout the air in a coloured cloud.

You can also perform a fractional relaxation process which means you can instruct each part of your body and each muscle to let go of any tension and exit with your breath. This is done one part at a time. Start with your head, moving down the body, and finish by losing any remaining tension through your toes.



MODULE FOUR (cont'd)

Now that you are in a deeply relaxed state, it is time to venture even deeper. You can use a counting technique to do this.

So, count backwards from 20 to 1 and while you are counting, remind yourself how deeply relaxed you feel.

You can also imagine yourself in a relaxing setting. For example, I like to imagine I am having a deeply relaxing back massage, but you could equally imagine a relaxing location in nature such as a cool rainforest or a deserted tropical beach.

Once you are in this deeply meditative state, you can continue on to the next step to becoming pain free.



MODULE FOUR (cont'd)

Step 2 - Describe the Problem Pain

In the second step, you will define the exact nature of the pain, how it feels, and even how it looks. While this may seem like a strange idea to some, it is perfectly natural for a visual person to experience pain in this way.

Take note of any colours associated with it or any other sub-modalities that you may notice. A sub-modality is a term from NLP (Neuro Linguistic Programming) that is used to distinguish the nuances of one of our senses for example our visual sense – or when we imagine something in our mind that we see as a picture. Or it could be a sound, in which case a sub-modality will be the tone, volume, speed or distance. And if you prefer to use your sense of touch or movement, it might be rough or smooth, soft or hard and so on.

In the most basic of terms, a sub-modality is the colour, flavour, sound, intensity, and location of a sensory experience, and so it is breaking up the sense experience further. A visual representation may be a still colour picture; but it could just as easily be a moving black and white picture.

For the purposes of describing pain, it can be one of many possible qualities that pain can be represented by. Therefore, a headache can be described in any of the following ways: hot, red, flashing, throbbing, dull, clanging, moving, still, and so on.

If you can describe the pain you are suffering in detail with regard to its sub-modalities, you will have much more success in dealing with it in when practicing the remaining steps.

It is useful if you can visualise a picture of the pain on a blank canvas or screen in your mind. Be sure to notice where on the screen the pain appears; whether the screen is close or far; whether it is moving, growing or shrinking; whether there are colors or monochrome; and so on.



MODULE FOUR (cont'd)

If you are unable to visualise in pictures, that is fine. You may be able to only feel the pain in your body, so you would tune in to the pain in as much detail as you are able to feel. In this instance, you would notice whether the pain is sharp or dull; whether there is tingling, tension, tightness; or whether the pain seems to be moving around just when you pin it down!

And, if you prefer to focus on your auditory system in order to notice and describe the pain, you might experience it in the form of buzzing or humming.

Since everyone is different, the way that you experience pain will vary from the next person. It is advised that you calibrate the pain on a scale of 0 to 10 with 0 being non-existent and 10 being the most intense you have ever experienced. Always give the pain a score so as to be sure you know where you are in terms of intensity levels. This is an important part of the process because you will calibrate again when you complete the exercise, so you will need a 'pain baseline' to compare your end result. Use the scale below and circle the number that closely matches your level of pain (1 is low, 10 is high).

Pain Scale: 1 2 3 4 5 6 7 8 9 10

Regardless of how you experience the pain, the ability to notice and describe it is what this step is all about. Yet, it is necessary not to get hung up on this step if you are unable to utilise the detail to the degree of depth others can. With the proper practice you will definitely improve this ability and be able to perform it as easily as exercising a muscle.

It might also be useful in the initial stages to make notes of the pain's sub-modalities and record the date this occurred. This way, if the pain reoccurs in the future, you can compare its intensity to an earlier occurrence. A comparison of the similarities and/or differences will be useful in managing any future recurrence of the pain.



MODULE FOUR (cont'd)

Step 3 - The next step is to decide the way you prefer to feel

While it certainly may seem obvious that you want your pain to be gone, you will need to positively and clearly state such a fact. That means you need to embellish the desired result as much as you can. The only limit to this step is your imagination.

In a manner similar to the previous step, you must describe the sub-modalities of the result you wish to create in your meditation session. This is true whether you are crafting a picture, a sound (or the absence of sound), or a feeling. In reality, you can duplicate anything that is descriptive and meaningful for you.

It is important to imagine the result you wish to experience in this step. And, once again, since you are engaging the unconscious mind to assist in creating your desired result, you must use as much detail, colour, movement and sound as possible. The bigger, the louder, the brighter and more articulated your imagination is, the more it will turn what you desire into an effective outcome.

The trick to this step is to make the representation of the benefits you will experience when your pain is eliminated more attractive, vibrant, melodious, fun and more pleasantly harmonious than the pain you have been feeling.

You may find that the first few times you use this method that you will not be able to create a sufficiently detailed representation of your result. Do not fret. This will simply be due to the fact what you are doing is new to you. It will take some degree of focus and commitment to produce a satisfactory result. However, with practice you will create a desirable image more quickly each time.

My advice to you is to persist and be consistent in your efforts.



MODULE FOUR (cont'd)

Visual/Auditory/Kinesthetic Modalities

Which modality do you relate to most? Use the below sheet to record how you experience your pain symptoms.

Visual - Pictures

Colour(s): _____

Size: _____

Proximity: _____

Movement: _____

Auditory - Sound

Pitch: _____

Tone: _____

Loudness: _____

Proximity: _____

Location: _____

Kinesthetic - Feel

Texture: _____

Size: _____

Feel: _____

Heaviness: _____

Movement: _____

Anything else you'd like to observe?

Note: There are other modes of experiencing pain symptoms, such as Auditory Digital, Gustatory, Olfactory etc, but we've used the three most common.



MODULE FOUR (cont'd)

Step 4 - Define an Action Plan to Eliminate Pain

This may very well be the most important key point of all. Without action, there is no movement. Without movement, there is no progress. Unless you take deliberate action, this entire 5 step methodology will merely remain a possibility. It will fail to become an idea that, once implemented, has the potential to transform the quality of your life. This also happens to be the simplest steps in this system.

So, how do you implement Step 4?

Stick with the most basic aspect: tell yourself that you will emerge from your meditative state and that when you become fully conscious, the pain will be gone.

A good way to come out of your meditative state would be to count from 1 to 5. At each increment, you tell yourself that you are going to open your eyes. Once you reach the count of 5 you will be feeling healthy, relaxed, and free of pain. You could consider this a great opportunity to build upon various other elements of your overall health. As you have taken the time to put yourself in the proper state of positive suggestibility, then you should take the next logical step which would be to maximize your benefits. An example of this is to state that your immune system supports and protects you, which has the added benefit of improving your health in many other areas.

If you'd like the bonus step in this system, well here it is: take the steps to imagine the pain as you described it in step 2 to shrink down to nothing. Now, replace it with the image you created in Step 3. This will give more power to this system of minimizing the impact such pain may have on you.

Once you have reached the count of five, you will open your eyes, take a deep breath, and then state to yourself that the pain is gone. At this point, you need to take notice of the results.



MODULE FOUR (cont'd)

Step 5 - Acknowledge Your Results

Now that you are fully conscious again, calibrate the pain – where is it on a scale of 0 to 10? Use the scale below and circle the number that closely matches your level of pain (1 is low, 10 is high).

Pain Scale: 1 2 3 4 5 6 7 8 9 10

When you are beginning to use this method, you may find that the pain is reduced by a few points but still bothers you. You may need to repeat this method more than once. I recommend that you repeat it two more times and a few minutes between each round. Then, go away and leave it for the rest of the day. If the pain returns on subsequent days, you will need to repeat the sequence. What we have found when using these steps is that the pain will not only decrease in intensity, but the frequency with which the pain will occur decreases also. The trick here is that this method works better with each subsequent application.

The reason that this is a step on its own is so that you can acknowledge that there has been a change in the level of pain you initially experienced. This will allow the unconscious mind to lock this in your mind as a “win”. As a result, you will create new neural pathways to the successful management of pain without outside agents.

Upon completing one round, you may find the pain remains, although diminished. If this is the case, it is best to repeat this method up to three times. The unconscious mind reacts very well to receiving information in threes, and so is especially receptive to suggestions repeated three times. Repeat such patterns daily until the pain has been eliminated, and if the pain returns, repeat the sequence suggested above.

Eventually the pain will no longer be an issue and you will no longer suffer from it chronically. It may recur infrequently in the future as a reaction to some stress-related event in your life. While we can't always avoid the common stresses that our lives present to us occasionally, we can certainly utilize these tools to reduce the negative impact of such unchecked pain and allow us to enjoy the total quality of our lives.



MODULE FOUR (cont'd)

Final words

Use this meditation technique as described, and repeat it as many times as is required. Everyone is different, so you may find your pain is eliminated completely or it is reduced gradually over time.

Do make sure you come along to the Facebook group and share your results, questions and observations with us.

I have recorded a guided meditation for back pain that uses this system - you can download it from [this link](#).

Feel free to record your own meditation based on your preferred images, sounds and textures as described in Step 4 - it will then be tailored completely to you and your symptoms, and be even more effective.