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## Mini-healing session 'Ease Your Pain' : Key points

### 1. Introduction

Most people feel some sort of pain; be it physical pain such as a sore knee, or emotional pain such as anxiety or doubt. Or perhaps you've got so used to the pain that you've blocked it out.

**This article introduces three ways to help you ease your pain.** Try them out and see which, or which combination, works for you. Or what variation you come up with for yourself!

**Distance healing.** In the audio version of Ease Your Pain I also offer you distance healing. Healing energy follows thought, so you receive the effects of the healing I transmitted when I recorded the audio. Healing energy can be transmitted in various ways; I was very surprised to feel tingling in my hands and the soles of my feet while reading a book. Then the author explained that reading the book would activate healing energies! So please keep an open mind.

**If you'd like to be guided through these techniques, and also be offered distance healing energy,** please listen to the audio version of Ease Your Pain.

### 2. Rate your pain level

You may want to keep a note of your pain levels so you know the progress you're making. Sometimes as pain gets better we forget how bad it was, and don't realise it's actually diminished

Here's a rating scale you can use:

**0 >>> 1 >>> 2 >>> 3 >>> 4 >>> 5 >>> 6 >>> 7 >>> 8 >>> 9 >>> 10**  
**No pain** **Severe pain**

### 3. Adopt a curious attitude

Be curious to find out what these techniques do for you. Open your mind, and trust you'll get what you need right now by trying out the techniques below.

#### Self-help technique 1 : Relax

1. Find yourself a comfortable position.
2. Imagine a space between your eyes. It could be a bubble or a balloon. Allow it to expand. As it expands notice that part of your body relaxing. Spend a little time doing this.
3. Repeat, imagining a space:
  - i. between your eyes
  - ii. between shoulders
  - iii. between hips
  - iv. between knees
  - v. between ankles
4. Scan your body, and if you find an area of tension visualise your bubble or balloon within the painful area. Allow it to expand, and notice the relaxation take over.

## **Self-help technique 2 : Offer yourself healing energy**

This technique helps you re-awaken the instinctive help we automatically offer a child in pain.

1. Place your hand(s) on the painful part of your body. If that's not possible take your attention to that area.
2. If you're experiencing emotional pain, ask yourself where this pain is represented in your body. For example fear is often felt in the chest. If you're not sure where it's represented you could assume it's your heart area, and place your hands over your heart.
3. Find yourself a comfortable position.
4. **Collecting energy:** as you breathe in visualise healing energy from the air around you (life force energy, chi, prana), being drawn into your body.
5. **Offering energy:** as you breathe out visualise the energy flowing out to the area of pain. If you have your hands on the pain visualise the healing energy flowing down your arms and out of your hands.
6. Practice collecting and offering the energy until you get into a rhythm.
7. Keep collecting and offering yourself healing energy for as long as you like.
8. You can enhance the energy, if you like, by giving it a colour, seeing it as spirals, or anything else you feel may help. Just follow your imagination and your gut feelings. Rainbow spirals...?
9. There's no need to think about what happens to the energy after it leaves your hands. Your body intelligence, which knows perfectly well how to heal your finger when you cut it, takes over and uses the energy in the best possible way for you.

## **Self-help technique 3 : Access the power of feeling relief**

1. Find yourself a comfortable position.
2. For the moment, suspend your mental logic, and be open to the unexpected.
3. Imagine the feeling of sheer relief you have once the pain has gone. Really get into this feeling. Make it as big as you can. And bigger. And bigger! Let your imagination play with this feeling.

If it's difficult to sense the relief, as best you can access a taste of relief, and then allow it to grow. Notice what's happening, which may include:

- a. feeling a smile spreading across your face
- b. feeling your shoulders dropping
- c. feeling the sheer joy of being pain-free!

4. Whenever you notice your pain, access the feeling of relief.

It is now scientifically proven that our thoughts and beliefs affect our bodies<sup>1</sup>. When you have a high vibration, as in feelings of relief, joy, acceptance, peace, your body shifts towards healing and balance. On the other hand low vibration feelings such as apathy, fear and anger take the body out of harmony, and, if persistent, eventually into dis-ease.

So when you find yourself dwelling on doubts and fears try accessing the feeling of relief. Try this for say a minute three times a day, and watch what happens!

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<sup>1</sup> See for example: The Biology of Belief, Bruce Lipton, 2005, Cygnus Books. David Hamilton, It's the Thought That Counts, 2005, David Hamilton.

## Reviewing your pain level

Afterwards review your pain level, to check whether there's been a change.

0 >>> 1 >>> 2 >>> 3 >>> 4 >>> 5 >>> 6 >>> 7 >>> 8 >>> 9 >>> 10  
No pain Severe pain

## Finally...

1. **If you liked this article**, you can find out more about Delicious Healing resources, products and services at <http://delicioushealing.com>
2. **If you can spare three minutes**, I'd really welcome your feedback on this session. You can tell me what you think of it by going to <http://delicioushealing.com/your-feedback>

**Reminder:** Delicious Healing is no substitute for medical care you may need, or be receiving, from your doctor. While Delicious Healing can be used alongside any treatment or pain relief, you should consult your doctor when you need help, and before making any changes to your medication.

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