

Heal Your Own Pain Seminar Outline

Introduction

Luli's scientific career as a neuroscientist and pharmacologist

Luli's personal experiences, and discovering spirituality and alternative therapies

Discovering the emotional cause to physical problems

Limitations of Current Medical Sciences

Medical science does not understand the cause and does not address the cause

Scientific research examines effects and is fraught with artefacts

Pharmaceutical drug treatments are based on a simplistic understanding of the human body

Problems With Understanding Pain

The cause is usually unknown

Current medical treatments for pain are commonly ineffective, short lasting, and have unpleasant side effects

The common belief that pain is due to physical structural abnormalities is not based on all of the scientific evidence available, but this is overlooked

Our Bodies Are Affected By Our Emotions And Beliefs

We have bodily expressions of our emotions e.g. blushing, butterflies

Brain areas that mediate emotions are the same as those that mediate physical pain

Negative emotions suppress our immune response, affect our DNA and cause aging, whereas positive emotions boost our immune response

Examples of the placebo effect - ailments improve when they are expected to

Examples of the nocebo effect - ailments get worse when they are expected to

Emotions Affect Physical Health

Well established effects of stress on health e.g. headaches, stomach ulcers, heart disease

Dr John Sarno's research and practice in the USA, healing patients through emotional education and emotional disclosure

Evidence from Eastern medical practices

How Emotions Affect Our Health

Suppressed negative emotions from our childhoods create our health problems

These denied negative emotions are stored in the soul, which controls our spirit and physical bodies

The longer we carry suppressed negative emotions in our soul, the greater the negative impact on our spirit and physical bodies

Types of negative emotions that create pain are anger, fear and grief, which are stored in layers of emotions within us

Our negative emotions are usually covered by our emotional and physical addictions, which help us avoid our negative emotions

Scientific and medical studies have demonstrated the relationship between emotions and physical pain, including arthritis and migraines

Anger suppression in particular has been shown to associate strongly with physical pain

Childhood Emotions Affect Our Health As Adults

Development in the womb is affected by stress, and this can cause health problems in adult life e.g. obesity, heart disease, stroke

Childhood trauma is linked to many health problems in adulthood, including physical and emotional pain

Dealing With Emotions Heals Physical Ailments

Scientific and clinical studies have demonstrated that emotional disclosure improves physical ailments e.g. pain, fibromyalgia, arthritis and asthma

Luli's personal experience from 5 years of experimenting with the causal link between emotions and physical ailments

Heal Your Own Pain Program

A free program, with no negative side effects, to take you through the process of dealing with the emotional cause to your physical pain

It shows a way that you can have control over your own life and control over your pain

Further Information

The free program: www.smashwords.com/profile/view/HealYourOwnPain

Email enquiries, including registering your interest in sessions on the program:
HealYourOwnPain@gmail.com