HEAL YOUR OWN PAIN

Luli Faber Ph.D.

A free program that gives you a step by step guide to permanently curing your pain without the need for medication

This program is designed to help you cure your own pain. It explains how all physical pain is created by the suppression of negative emotions within us. It outlines the ways in which we deny our negative emotions, and provides tools and exercises that can be used to help identify the denied negative emotions that create our physical pain. It describes how to go through the process of experiencing and releasing our negative emotions, thereby healing our physical pain, without the need for medication.

Dr Luli Faber is a scientist who has 20 years of experience in research into neuroscience, physiology and pharmacology. Her Ph.D. focused on mechanisms of pain treatments in the spinal cord, and after her Ph.D., for most of the rest of her academic career, she studied the parts of the brain involved in mediating emotions and emotional memory formation. Over the past six years she has been investigating the soul, and the link between the soul and our physical health.

You can contact Luli about this program at HealYourOwnPain@gmail.com.

More information can be found about Luli and the program at www.healyourownpain.com.

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1. Introduction

This program is designed to help people who are suffering from chronic pain.

It will show you how to understand the cause of all of your pain, and show you how to take steps to remove pain from your body.

You won't need any treatment from any qualified medical professional, and you won't need any medication for your pain. You also won't need any medication to help you cope with the side effects of the pain medication.

This program is free.

What you need is an open mind and a willingness to take full personal responsibility for your life and for the pain that is within your body.

This program uses methods that are not currently widely accepted in Western medicine, but our preliminary studies, along with studies on thousands of patients by Dr Sarno (see the recommended reading section at the end of this book) and others in the USA over the past 30 years, prove that it is possible to eradicate pain from your life using the methods that we will describe.

This program will challenge you, in terms of your beliefs about how our bodies work and it will also challenge you emotionally.

The methods described in this program are the only way that you can permanently remove pain from your life.

All of current Western medicine treats the symptoms of the pain and the symptoms of disease, but this program addresses the CAUSE of all pain.

Only by removing the cause can you be sure to remove pain from your body and from your life.

You are welcome to try it the program for yourself, but if you wish to have personal feedback as you engage in the program, or if you wish to submit your data to help in the development of future programs, then feel free to email me at healyourownpain@gmail.com.

I have six years experience in working through emotions as outlined in this program, and am available to give personal assistance to people engaging in this program.

Disclaimer: Before doing this program we recommend that you consult a qualified medical professional to get a full diagnosis. Your engagement in this program is at your own risk, and we do not accept responsibility for any negative outcomes of the program.

2. Understanding our true nature

Western medicine currently does not understand what the cause of our pain is. It does not understand why we have pain.

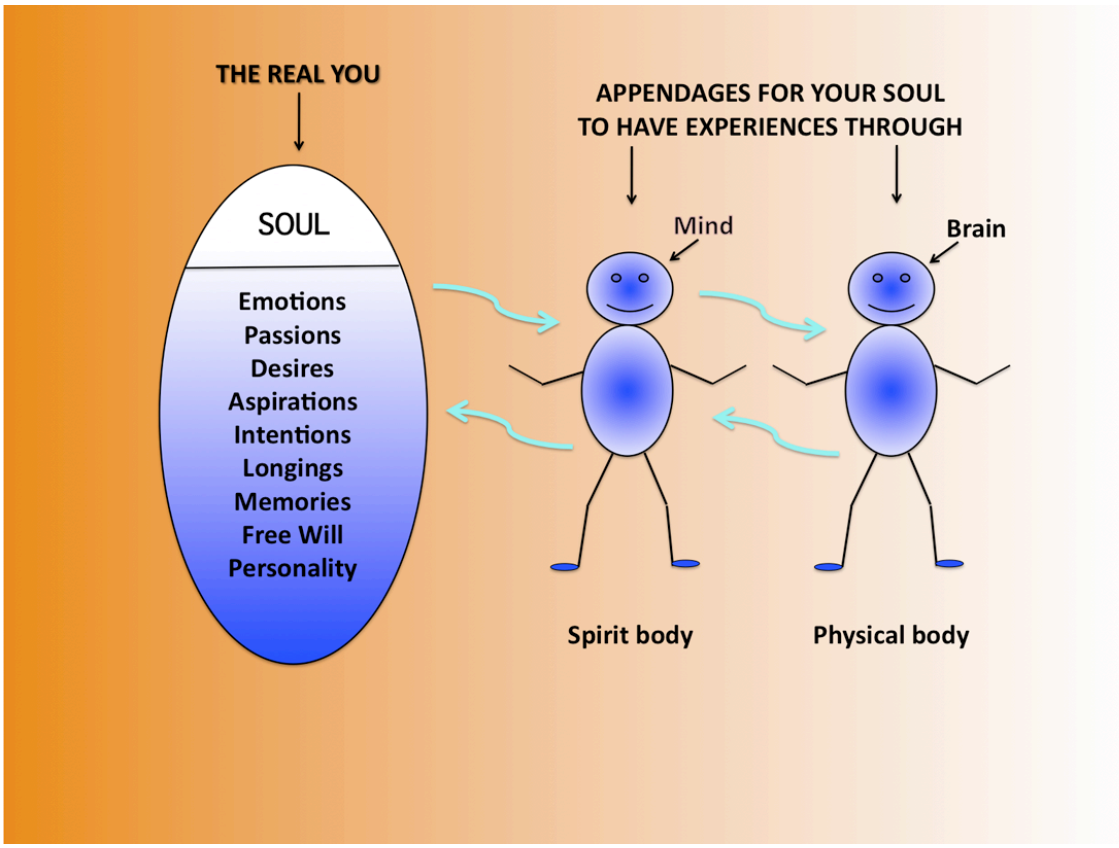
Instead doctors give patients a pill or some physical therapy in an attempt to make the pain, which is a symptom, go away.

The reason why doctors do not know what the cause of our pain is, is that they only focus on our physical bodies.

But while our physical pain occurs in our physical body, the cause of our physical pain is not in our physical body.

The cause of our physical pain is in our SOUL, which is the REAL US.

2.1. The soul, the spirit body and the physical body



Our souls are the real us. They are what make us human.

We also have a physical body, through which our souls interact with the physical world. The physical body is the focus of Western medicine.

In addition we have a spirit body, which our souls also have experiences through. It is our spirit body that contains the meridians and chakras, and is the focus of Eastern medicine.

However our physical bodies and our spirit bodies are just the appendages through which our souls have experiences.

Our soul is the container for all of the following (and more) -

- Our emotions.
- Our passions.
- Our desires.
- Our aspirations.
- Our longings.
- Our memories.
- Our free will.
- Our personality.

Since our soul is the real us, and controls our physical body and our spirit body, what happens in our souls controls what happens in our physical body and our spirit body.

Our soul is the CAUSE of what happens in our physical body and our spirit body.

2.2. Our soul is the cause of what happens in our physical body and spirit body

What that means is that our emotions, our passions, our desires, our aspirations, our longings, our memories, our free will and our personality all control what happens in our physical body and in our spirit body.

That means that the CAUSE of problems that we have in our physical body, including pain, is in the SOUL.

Therefore any therapy that focuses on the physical body will only be treating the symptom, rather than the cause.

And any therapy that only focuses on the spirit body will also only be treating the symptom, rather than the cause.

The only way to heal problems in our spirit body and physical body permanently is to focus on the SOUL.

2.3. Emotions and thoughts

Our mind is located in our spirit body.

Our brain is located in our physical body.

Since our soul controls our spirit body and our physical body, it means that our SOUL controls our thoughts and our minds.

So the parts of us that are in our soul, for example our emotions and our passions and our desires, control our mind and control our brain.

That means that our emotions drive our thoughts; ***OUR EMOTIONS CREATE OUR THOUGHTS***.

For example, we can tell ourselves with our mind that we are not afraid of snakes, but if we are put in a situation where we have a snake in front of us then we will feel fear.

However, if we remove a fear from us emotionally, when we see a snake we will not be afraid, because the fear does not exist within us.

We will not need to tell ourselves in our mind that we are not afraid, because the fear is no longer within us.

This means that we cannot remove negative emotions by using our minds to tell ourselves we don't have certain emotions, because the emotions will still be in our souls, controlling our spirit and physical bodies, and our thoughts.

THE ONLY WAY TO REMOVE EMOTIONS FROM US IS TO EXPERIENCE THEM BY FEELING THEM.

We are taught as children that if we pretend an emotion isn't there, if we push it down or push it away, then the emotion will go away or get smaller.

The opposite is true - if we suppress our emotions they grow within our souls, and they create our physical pain.

3. Denied emotions are the cause of all pain

Whenever we have a problem in our physical body, it is the way in which our soul is telling us that we have a problem in our soul.

Since our soul is the container of our emotions, if we have emotions that are painful within our souls that are not being experienced, eventually that will create painful experiences in our bodies.

This is the way in which our soul tells us that we have painful emotional experiences that we need to address.

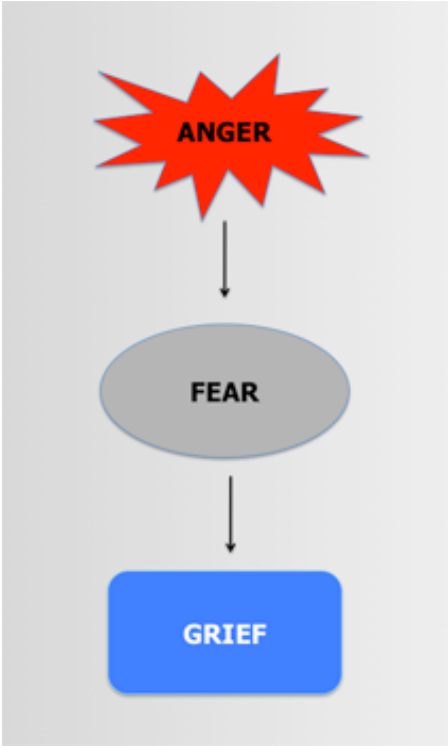
So, ***ALL physical pain is an indication that we are in denial of emotional pain***.

If we remove our emotional pain, we can completely remove ALL physical pain.

The ONLY way to remove emotional pain is to experience it.

3.1. Layers of emotional pain within our souls

There are three main layers of emotional pain that we have within our souls - anger, fear and grief.



Anger ranges from mild irritation, impatience and annoyance to anger, rage, fury, resentment and hatred.

Fear ranges from feeling unrelaxed and unsettled, to anxious, stressed or worried, through to feeling terrified.

Grief is the overwhelming sadness and sorrow that is within our souls.

Our emotions in our souls are in layers:

- grief is at the bottom and is covered by fear
- fear covers our grief
- anger covers our fear

So when we are angry we are denying a fear, and when we are afraid we are denying grief.

Once we experience a particular grief, we will never be afraid or angry about that issue again.

To get to our grief to experience it and release it, we need to first work through our anger, and then our fear.

WE CANNOT GO STRAIGHT TO THE GRIEF.

3.2. The source of emotional pain within our souls

Much of the grief and fear that is within our souls has been there since our childhoods.

Because we didn't fully experience the emotional pain when we were children, these emotions are locked up within our souls.

The older we get, the longer we have been denying and suppressing those emotions.

This is why older people experience more pain and illness than young people.

When we work through the emotional layers of anger and fear, and experience our grief, we will feel the age that we were when that emotion entered us.

So if there was an occasion when we were three years old when we did not feel loved by our mother, when we experience that grief as an adult we will feel three years old, and we will usually remember the events that created that feeling.

3.3. Physical pain results from suppressed emotional pain

ALL PAIN IN OUR BODY IS THE RESULT OF DENIED FEAR.

If we feel our fear, we will immediately eradicate the pain in our body.

This applies to ALL pain -

- pain from illness,
- pain from injury,
- pain from aches,
- pain from cuts,
- pain from ligament damage,
- pain from broken bones,
- pain from muscle cramps,
- pain from back problems,
- pain from headaches,
- pain from inflammation,
- pain from arthritis and so forth.

ALL PAIN IS CREATED BY DENIED FEAR.

Physical pain is the way that our soul tells us that we are denying our emotional pain, and so if we FEEL our emotional pain, our physical pain will disappear.

ONLY WE CAN FEEL OUR EMOTIONAL PAIN AND THEREFORE ONLY WE CAN REMOVE THE CAUSE OF OUR PHYSICAL PAIN.

4. How to identify what emotions we are denying

If we are in physical pain, it is a sign that we are denying a fear.

If we are not consciously aware of what the fear is, then it is because there are methods we are using to avoid feeling our fear.

There are two main ways in which we avoid feeling our fear.

1. We get angry.
2. We avoid our fear by controlling our lives through addictions.

4.1. Anger

If we are feeling impatient, irritated, annoyed, angry, rageful or resentful, then it indicates that we are denying fear.

To get to the fear that we are denying, so that we can feel and release it, ***we first need to feel our anger.***

This does not mean shouting at someone!

We can feel our anger without harming other people by expressing it privately e.g. by punching a punching bag, hitting a pillow.

When we feel our anger and have a desire to find what is underneath, we will discover what fears we were avoiding.

4.2. Addictions

Addictions are the main way in which we avoid feeling our emotional pain.

Addictions can be either physical or emotional.

For example, many people drink alcohol to feel relaxed. Others may exercise. These are examples of physical addictions.

However, most addictions are emotional in nature. These are methods and techniques that we develop at a very early age to avoid feeling the emotional pain within our souls.

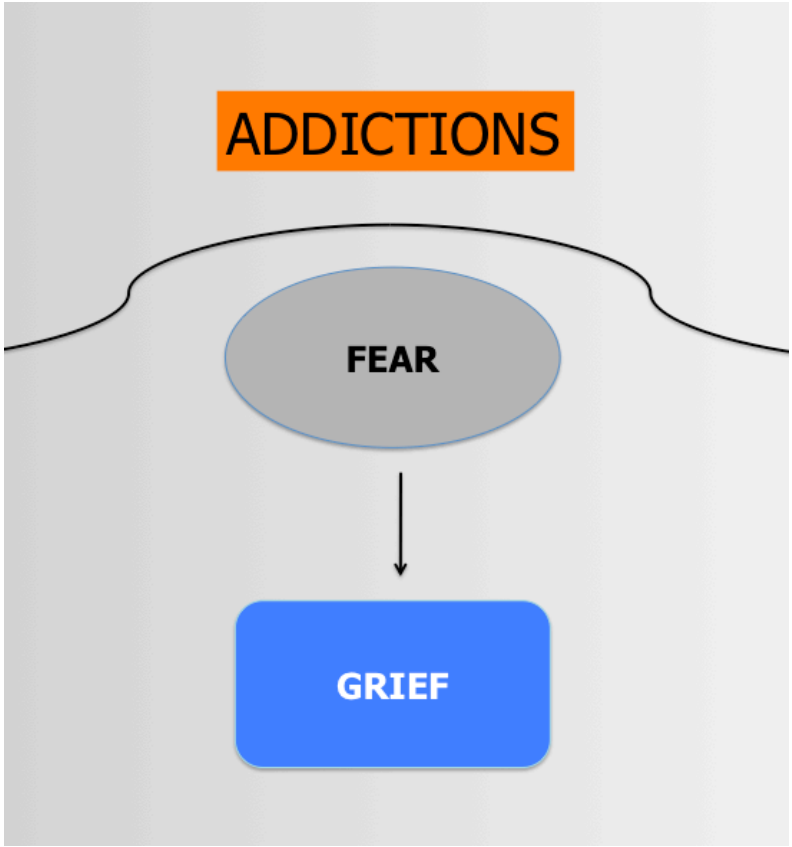
An example of an emotional addiction can be trying to be a high achiever, because the times that we achieved as a child were the times that we felt loved by our parents.

Our addictions cover up our fear and our grief so well that most of the time we can no longer tell that we have fear and grief in us.

If we are in physical pain, then it shows that we are in denial of fear and grief.

If we are not feeling fear and grief, it shows that we are in denial of those emotions.

If we are in denial of those emotions, then it is likely that we are in an addiction, which we are using to deny the emotion.



There are two main ways to identify whether we are in an addiction:

1. We get angry when the addiction is not met.
2. We have expectations and demands on other people that they behave a certain way, or treat us a certain way.

4.2.1. The purpose of addictions

These addictions are created in us to help us avoid feeling emotional pain.

Addictions are driven by two main issues:

1. To get a feeling from someone because we feel we lack that feeling inside of us e.g. a sense of worth.

2. To avoid a negative feeling because we don't want to feel the pain inside of us that it relates to e.g. we get angry if someone doesn't treat us well, because it makes us feel unloved.

Most emotional addictions are formed in us by the age of seven.

4.2.2. How to identify our addictions

The way to identify our addictions is to set our intention to SEE ALL OF OURSELVES, both the positive and negative points.

This includes allowing ourselves to admit to ourselves what desires we have that are unloving to other people, as these form our addictions.

- E.g. do we wish to be CONDESCENDING or ARROGANT towards another person to make ourselves feel superior?

- E.g. do we wish to PANDER to another person, to do everything they want, in order to avoid the feeling that they may not love us?

- E.g. do we wish to JUDGE, CRITICISE or BLAME others, instead of looking at what inside of us is unloving that is causing us to have a negative response to their actions?

When we identify these addictions within us, we need to allow ourselves to see that they are there, and FEEL them, rather than actually do them.

In the cases of the examples above:

- E.g. We recognise and say to ourselves, I am being CONDESCENDING and ARROGANT here. Why do I need to feel superior to this person?

- E.g. We ask ourselves, what will happen if I stop PANDERING to this person? Do I feel that they will no longer love me if I don't do everything they say? Am I avoiding feeling a fear that they don't love me?

- E.g. We ask ourselves, what feeling inside of me am I trying to avoid by JUDGING, CRITICISING or BLAMING this other person?

Asking ourselves these questions, and feeling the desire of how much we want to be condescending, or blame others and so forth will start to reveal the fear that lies underneath the addiction.

That will allow us to get closer to the fear, which creates all pain in our bodies.

5. Blocks to feeling our emotional pain

There is a very simple rule that applies to identifying what our denied emotions are:

IF WE WANT TO KNOW WHAT THE EMOTION IS WE WILL DISCOVER IT VERY QUICKLY.

IF WE DON'T WANT TO KNOW WHAT THE EMOTION IS WE WILL NOT DISCOVER IT.

So if we're in physical pain, and we are saying that we WANT to feel our emotions, but we are NOT feeling our emotions, we are NOT being truthful with ourselves.

If we say that we want to feel our emotions but are NOT feeling our emotions, the truth is that we DO NOT want to feel our emotional pain.

The issue then is to work out:

- ***Why do I not want to know what the emotion is?***
- ***Why do I not want to feel it?***

The answers to those questions are our BLOCKS to feeling our emotions.

Our blocks are also emotions e.g. beliefs and fears.

We need to feel our emotional blocks, and then we will get to the emotional causes to our pain.

Once we feel our blocks to our emotions, the causal emotional pain will automatically flow out of us.

6. Common reasons we don't want to feel our emotional pain

It can take time to work through our blocks and get into our emotions, because as individuals and as a society we have many reasons as to not feel our emotions, for example:

- ***Fears about what others will think of us if we feel our emotions.***

  Others may judge us when we feel our emotions, because it will trigger their own emotions that they don't want to feel. But do you want to live with your physical pain forever and be a slave to what others think of you? Or do you want to eradicate physical pain from your life?

- ***Fears that we won't be able to cope with our emotions.***

  The truth is that we can cope with all of our emotions because the pain is already inside of us, so we are already coping with them.

- ***Fears that we will go mad if we feel our emotions.***

  The truth is that mental disease results from suppressing, and not feeling, our emotions.

- ***Fears that if we start feeling our emotional pain that it will never stop.***

  The truth is that the emotional pain inside of us is finite, and once we release an emotion it is gone from us forever.

These fears need to be worked through and felt before we can sincerely address our more causal emotional issues.

7. Tools that we use to avoid our emotional pain

There are a number of other ways in which we can avoid feeling our emotional pain. These include the following.

- **We deny the emotion e.g. "I don't have any fear"**
- **We minimise the emotion e.g. "It's not that bad"**
- **We justify the emotion e.g. "Everybody else feels that way so it's normal that I do"**
- **We shift the blame e.g. "It's their fault that I feel bad"**
- **We repress the emotion e.g. "I can't remember what happened"**

When we use these tools, we are taking ourselves further away from the causal emotions that create our physical pain.

If we want to eradicate our physical pain, we have to be VERY TRUTHFUL with ourselves about the emotions that are within us.

This can often be very confronting or difficult to do because we are so used to denying our emotions.

To eliminate a physical pain, we only need to find the single emotional pain that is causing the physical pain and experience it.

ONCE WE RELEASE THE EMOTIONAL CAUSE OF A PHYSICAL PAIN FROM OURSELVES WE WILL NEVER EXPERIENCE THAT PHYSICAL PAIN AGAIN.

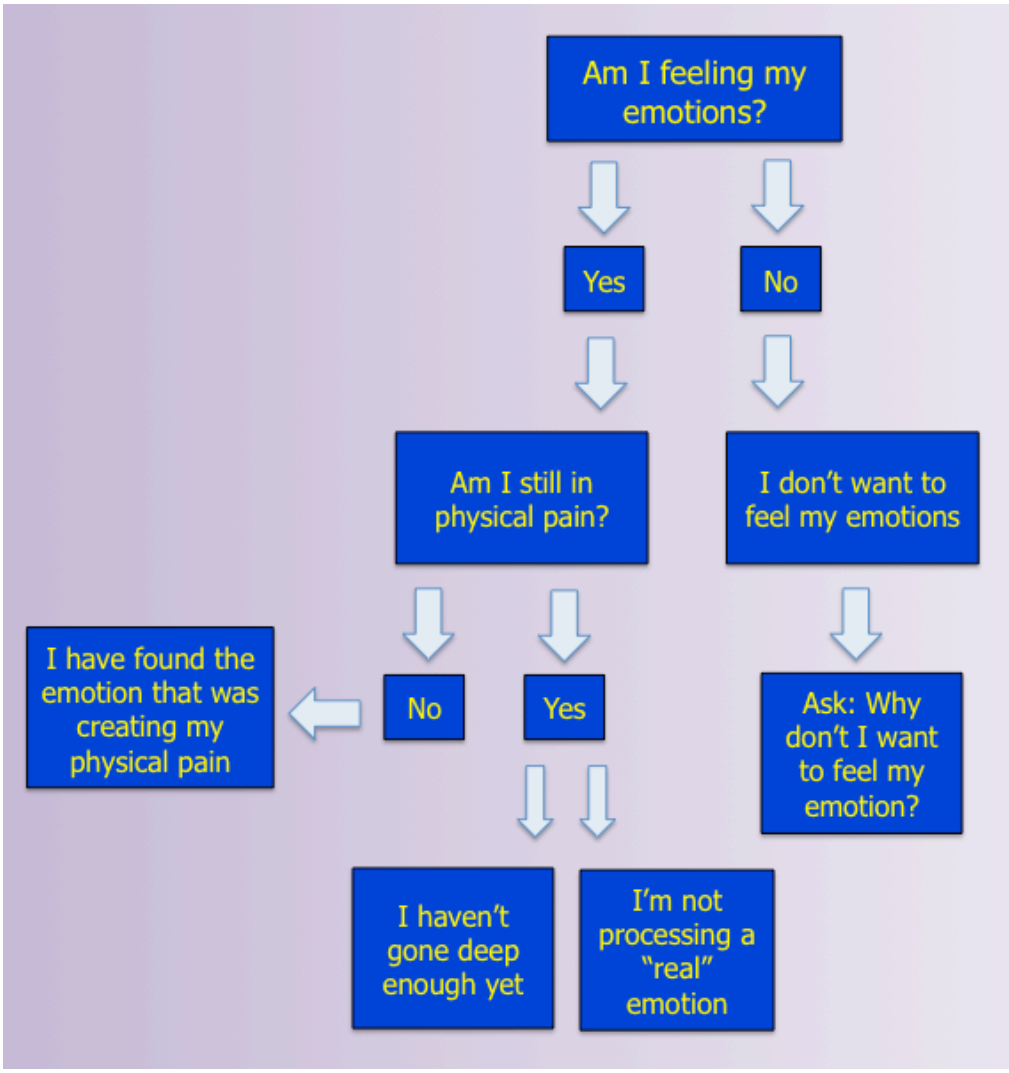
8. How to eliminate physical pain

It is **UP TO YOU** to feel your emotional pain and release the cause of your physical pain.

ONLY YOU are capable of doing this. No one else can feel your emotional pain and cure your physical pain.

So it is a matter of deciding, at a deep feeling level, that you WANT to feel your emotional pain. As soon as you want to feel your emotional pain, you will start feeling it.

You can use the following flow chart to help you to identify what is happening when you engage this process.



Remember: once you WANT to feel your emotional pain, you WILL be feeling it.

For more information on "Why don't I want to feel my emotion", see Chapter 9.5, "Identifying your blocks".

For more information on the "I haven't gone deep enough yet" and "I'm not processing real emotion", see Chapter 9.10 "Feeling your grief".

9. Tools to assist you in feeling the emotional cause of your pain

Events that are happening around you will already be telling you what the emotional cause of your pain is.

The key is to identify the emotional cause by taking notice of what is happening around you, and how you feel in response to those events.

The following exercises will help you do that.

Note: If you notice a certain emotion or feeling arising, it is important to allow it and feel it THEN AND THERE, because otherwise it is likely to pass and the opportunity will be lost.

It is helpful to create a space where you can go and feel feelings privately when they arise, and to warn other people in your home that this is what you are going to be doing.

9.1. Set your intention to discover what the emotional cause is

If you believe in God, then pray to God to find out what the emotional cause of your pain is, and ask God to help you find it and release it.

If you do not believe in God, then set your intention to the Universe to find out what the cause is.

Remember: If you set your intention, or pray, and nothing happens, it's because at the soul level you don't want to know. Ask yourself/God/the Universe: Why don't I want to know? Why am I afraid of finding out?

9.2. Use a journal to investigate your pain

Use a journal to reflect back on the time that the pain first started, and write down what was happening in your life at that time.

- Were you under stress?
- What were you feeling during that time?

Make a note of what you are feeling if the pain gets worse during the day

- E.g. is it worse at work or at home? What feelings are you feeling in those different places?
- E.g. is it worse when with certain people? What feelings do they evoke in you?

9.3. Identifying your anger and underlying fears

Use this table to take note of times during the program that you felt angry, ranging from impatience, slight annoyance, irritation to anger, rage, resentment and hatred.

Take a note of what event triggered the anger, and then feel about (set your intention, or pray about) what underlying fear might have been triggered that caused you to be angry, and enter that in the table too.

What type of anger arose?	What event triggered the anger?	What is the fear underlying the anger?
1.		
2.		
3.		
4.		
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10.		
11.		
12.		
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14.		
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18.		
19.		
20.		

If you use up the whole table, you can add more rows to the table in this document or create another one on a separate sheet of paper e.g. in a journal.

9.4. Identifying your fears

Use this table to help take notes of when you feel stressed, agitated, unrelaxed, worried, afraid or terrified during the program.

What type of fear arose?	What event triggered the fear?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
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10.	
11.	
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13.	
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19.	
20.	
21.	

This table can help you identify your fears during the course of the program, and what they are related to.

If you use up the whole table, you can add more rows to the table in this document or create another one on a separate sheet of paper e.g. in a journal.

Set your intention/pray about: What is the underlying emotional cause of these fears?

9.5. Identifying your blocks to feeling your emotions

If you are noticing your anger and fears, but do not want to feel them and do not want to go deeper into your grief, then you have blocks to feeling your emotions. This is very common!

If you are not feeling your emotional pain, ask yourself, or God, or the Universe, "What are my blocks to feeling my emotion? Why don't I want to feel my emotion?"

You can then keep a list of those blocks here.

Identifying your blocks is the first step to feeling them. Once you identify them you can then start to feel your blocks, and you will then be able to access your deeper emotional pain that creates your physical pain.

Reasons I don't want to feel my emotional pain
1.
2.
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4.
5.
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7.
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10.
11.
12.
13.
14.
15.
16.
17.
18.

When you use up the whole table, you can add more rows or create another table on a separate sheet of paper e.g. in a journal.

9.6. Identifying the ways in which you avoid your pain

If you are not identifying or feeling your emotional pain, ask yourself, "How am I avoiding my emotional pain? Am I living in addictions that prevent me from seeing my emotional pain?"

Ask yourself, have I -

- Denied the emotion e.g. told yourself, "No I don't have that emotion" or, "I've dealt with that emotion already."
- Minimised the emotion e.g. told yourself, "I don't feel it's that bad, it can't be the cause of my physical pain."
- Justified the emotion e.g. told yourself, "Everybody else has aches and pains, so it's normal."
- Shifted the blame e.g. told yourself, "That person hit me, it's their fault I'm in pain."
- Repressed the emotion e.g. told yourself, "No that emotion isn't inside of me."
- Played the victim e.g. told yourself, "Poor me that I'm in pain. I want someone else to fix it for me."
- Wanted attention for my pain e.g. told yourself, "If I'm in physical pain, someone else will care for me."

Each of the above techniques is stopping you from curing your own physical pain.

Once you identify the techniques that you use to avoid your emotional pain, it is easier to notice when you are doing it, and therefore you are a step closer to not using these tools and a step closer to feeling your emotions and the underlying emotional cause of the pain.

9.7. Stopping your addictions

When we live in our addictions we often feel "good" and "happy", provided our expectations and demands are being met.

When our addictions are not met, we get angry, or annoyed, or frustrated.

If you feel constantly "good" and "happy", and no emotional pain is coming up, but you are still in physical pain, then it is a good indication that you are living in an addiction.

As with all emotions inside of us, if you WANT to see what your addictions are, you WILL start seeing them.

Once you identify an addiction, the best way to discover what emotional pain (fear and grief) it is covering is to stop acting it out.

For example, if you are addicted to exercise, then stop exercising for a week and see what emotions come up.

Or, if you are addicted to pleasing women then stop agreeing with them on every matter, or doing things for them, and see what emotions come up.

Or, if you are addicted to being a high achiever, achieve nothing for a week, and see what feelings arise.

Or, if you notice you eat when you're feeling unsettled, then stop doing that and see what feelings arise.

The only way to expose the emotions that are underneath our addictions is to stop feeding our addictions.

When we stop FEEDING our addictions, we can then start to FEEL our addictions. In other words we can feel how much we want to take a certain action to avoid a feeling, or get a certain feeling from someone.

When we feel our addictions, we will then be able to start feeling the emotions beneath our addictions - our fears followed by our grief.

9.8. Feeling your anger

In order to feel our anger, we have to express it.

This can mean shouting, swearing, hitting something e.g. a punching bag, sofa or pillow.

HOWEVER it can be done in a loving way - privately, away from anyone else.

If you are directing your anger at somebody else then you are not actually experiencing it - you are projecting it. This is damaging to yourself and the other person, and will not take you deeper into the layers underneath your anger.

The way to experience your anger is to allow yourself to feel that you have anger within yourself, and express it, but not blame another person for it. The emotional cause of your anger is within YOU, whether somebody else triggered it or not, and only by owning your anger can you get closer to removing it.

As soon as you feel some anger, allow yourself to go and express it privately and away from anyone else e.g. the person who triggered the anger.

Even if you feel slight irritation, this can often be masking a much greater level of anger e.g. rage.

When you are expressing your anger, set your intention to go deeper into the anger and underneath to your fear.

If you can't get deeper, just ask yourself/God/the Universe:

- Why don't I want to go deeper under my anger?
- What am I afraid of?

That will help identify a block that you need to release so that on later occasions when the anger comes up you will be closer to going deeper.

Remember: This is a process that TAKES TIME. Try not to be impatient with yourself!

9.9. Feeling your fear

In order to feel our fear, we need to have the bodily experience of fear.

In other words, we need allow ourselves to shake as we feel fear, because that is a bodily expression of fear.

It is also normal to cry while feeling afraid. By crying about how afraid we are, just as a small child would, this enables us to release our fear and eventually reach the causal grief that is creating our pain.

It is important when feeling fear to breathe from the stomach and not the upper chest, as this allows the release of the emotion.

Create a safe place where you can do this comfortably, and if you are uncomfortable doing this alone, have someone to assist you initially (or pray to God for help and support).

If you believe in God: ask God for help to release all of the emotion and to keep you safe through the process.

If you are getting distracted while feeling your fear, or not able to stay in it, ask yourself/pray to God: Why do I not want to fully feel my fear?

9.10. Feeling your grief

Once all of the layers above the grief are released - the anger, the addictions, the fears - our grief will automatically flow out of us.

If we have to try to get to our grief, it shows we have more blocks to work through before we can fully experience it.

It is normal to cry for long periods of time e.g. hours, once the blocks have been removed, to fully release the grief. Most humans on the planet have a VAST amount of suppressed grief, and it takes time to release it.

Our body temperature will often rise when feeling the causal emotion, and we will feel the age that we were when the emotion entered us, which is usually when we were a child. We will also often have realisations about what the emotion was about, and how it has affected our lives.

On some occasions we won't know what the grief is about, as it may have entered us at an age when our brains were not developed enough to associate it with a memory, but we need to just allow ourselves to feel it anyway.

Allow your mind to be a passive observer of the feeling of the grief, and try not to "steer" the emotion to where you think it ought to go.

Allow yourself to stay in the grief until it is finished. If you stop early you will just have more blocks to remove to get back to it in the future.

If you believe in God: Ask God for help to release all of the emotion and to keep you safe through the process.

When it is finished you will likely feel a sense of peace, and may even fall asleep.

You will know when you have released some causal grief because events around you will change in response to the change in your soul.

9.10.1. Some grief is not real

Sometimes it can be tempting to try to go straight to experiencing the grief, in the hope that we can bypass the capping emotions of our addictions, fear and anger, and go straight to the cause of our physical pain.

Often under those circumstances we will not be feeling real grief, but it can be intellectually made up, because our real grief is buried under other emotions that we first need to feel.

For example, we can be crying about our addiction not being met, or we can be crying about what a terrible person we are, or we can be crying about "poor me, I'm in pain".

These are not real emotions - they are not the childhood emotions that are creating our pain.

If we are crying, but events around us are not changing, and our pain is not getting better, then we know that we are not getting to the real cause of what our pain is.

Set your intention/pray to God: What is the real cause of my pain?

9.11. Breathing exercises

Slow breathing, such as during meditation or yoga, can be used to detune us from our emotions.

However, if we allow ourselves to breathe diaphragmatically, in other words we breathe from our stomach rather than our upper chest, then this helps emotions to flow.

Practice this for 5 minutes each day until it becomes natural.

We can enhance the flow of emotion with our breath by doing the following exercise.

While standing upright, exhale as you allow the top half of your body to flop down and bend right over, while at the same time allowing your arms to flop down. Inhale as you rapidly move back to upright with your arms stretched above your head. Repeat for five minutes.

This technique can help release the emotions that are locked up inside of us.

9.12. Identifying your passions and desires

Our passions and desires are also in our souls.

When we live in fear, we suppress our passions and desires.

By engaging in our passions and desires, we can not only have a more fulfilling life, but we can also expose and eliminate fears that create our physical pain.

Use the following technique to help you identify your passions and desires.

Ask yourself -

- How do I really want to spend my life?
- What do I really want to do today?
- Do I really enjoy my job?

- Am I really happy in my relationship?
- If there were no limitations in my life, if I weren't constrained by what my family, friends or society thought of me, if I weren't constrained by money, my job, or any other thing in my life, what would I really like to be doing?
- If I could do anything with my life, any place in the world, and had no limitations on what that was, what would it be?

Now ask yourself:

- Am I harming any other person in any way if I follow that desire?

If the answer is *yes*, ask yourself:

Why do I have that desire to harm someone else? Allow yourself to feel the reasons why you have that desire (there will be emotional reasons within you as to why you have the desire, and they can be released by feeling the emotions) but do not act the desire out.

If the answer is *no*, then go ahead and do it!

The key is to learn to accept the negative emotions and desires inside of ourselves and not to judge them, as this will help the process of releasing them. If we judge or blame ourselves we will not release them.

You can start off with small desires and passions, and then as your courage grows you can move on to bigger and bigger passions and desires.

This is GUARANTEED to expose some emotions within you!

9.13. Diet

Many forms of food and drink can suppress our emotions. For example, hot drinks can suppress our fear, as can feeling full from a large meal.

To avoid suppressing emotions with food or drink, I suggest the following:

1. Avoid alcohol and other recreational drugs.
2. Avoid caffeine and hot drinks.
3. Only eat vegan food.
4. Avoid large meals.
5. Avoid meals heavy in carbohydrate e.g. pasta.
6. Drink AT LEAST 3 litres of water per day.

9.14. Exercise

A common way to avoid our emotions and our physical pain is to go "out of body".

Exercise can be used as an addiction to avoid our emotions, but it can also be a useful way to get us in touch with our bodies, and help us to connect to our emotions.

The best way to use exercise to this effect is to undertake light exercise e.g. go for a short walk, or do some gardening or yoga.

Provided you stay present during the exercise, and set your intention to feel the emotions as they arise, rather than use it as a way to escape from the emotion, it can be a very helpful way to access emotions, because our bodies help to lock up our emotions.

Therefore when we move certain muscles in our body, we can also help unlock the emotion and it will naturally arise in us.

10. Identifying the emotion that causes your pain from the location of your physical pain

Where the pain is located in our physical body is related to the type of emotion that we are suppressing.

One way to identify the emotion that is causing your physical pain is to actually allow the emotional experience of the physical pain. In other words, "go into" the physical pain emotionally. This will lead you to the emotional pain.

10.1. Meridians

Another way to find the emotion that is causing your physical pain is to identify which meridian system it is in.

Meridians are energy channels that were identified thousands of years ago in Chinese medicine, and are located in the spirit body. Emotional pain in our souls creates blockages in these meridians. This in turn creates physical pain in our physical bodies.

Specific meridians can be attributed to specific emotions.

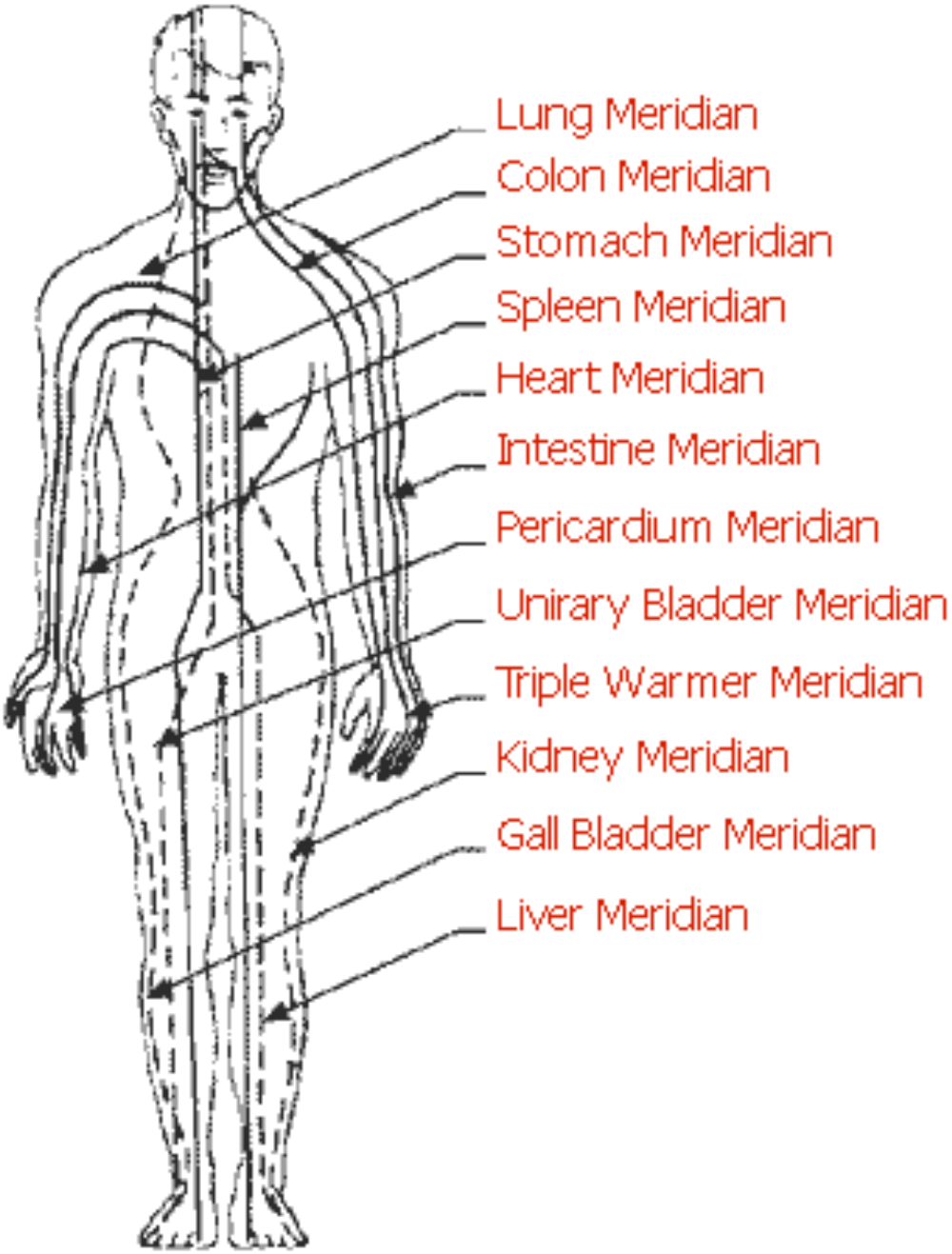
For example, lower back pain is governed by the kidney meridian, and this is associated with emotions of fear and unworthiness.

Meridians govern the organs that are stated below, but they also flow around the body. So the physical ailment can be either within the organ governed by the meridian, or in that organ meridian elsewhere in the body.

Meridian Energy System	Associated Emotions
Heart and Small Intestine	Abandonment, betrayal, lost, feeling unloved, heartache, insecurity, jealousy
Spleen and Stomach	Anxiety, worry, nervousness, despair, disgust, low self esteem
Lung and Colon	Sadness, sorrow, grief, rejection, discouragement, self abuse, confusion
Liver and Gall Bladder	Anger, bitterness, hatred, guilt, resentment, depression, frustration

Kidney and Bladder	Fear, unworthiness, sexuality, dread, horror, terror, shame

In the picture below the solid lines show meridians on the front of the body, and the dotted lines show to meridians running down the back of the body.



If your pain is in a location that is on a particular meridian, it is likely to be related to the emotions that that particular meridian is associated with.

10.2. Problems on the left side of the body relate to feminine issues, and problems on the right side of the body relate to masculine issues.

E.g. If I'm a woman and I have pain on the left side of my body, it will relate to how I feel about myself and it will relate to my relationship with my mother.

E.g. If I'm a man and I have pain on the left side of my body, it will relate to how I feel with regards to women, and it will relate to my relationship with my mother, or how my father feels about women.

E.g. If I'm a woman and I have pain on the right side of my body, it will relate to how I feel with regards to men, and it will relate to my relationship with my father, or how my mother feels about men.

E.g. If I'm a man and I have pain on the right side of my body, it will relate to how I feel about myself, and it will relate to my relationship with my father.

More information about the emotional causes of physical pains in specific locations on the body can be found in the book by Annette Noontil, "The Body is the Barometer of the Soul."

11. Notes to take during the Program

It is now up to you to start feeling your emotions and get to the cause of your physical pain. Good luck!

Remember to either pray or set your intention to feel your emotions and identify the cause of your pain.

It is helpful to track your pain levels during the program in order to gauge how the program is going for you.

You can do this by taking note of the times when your pain got worse during the day, what was happening at those times, and what you were not allowing yourself to feel, by using the table below.

Please copy the following table onto a separate piece of paper or into a journal, and use it to keep track your pain levels and your emotional experience during the course of the program. You can add new days to the table by adding new rows.

1. Day of program	**2. Maximum intensity of pain? (0-10)**	**3. Duration of pain? (0-10)**	**4. What happened/what was I not allowing myself to feel when the pain was the worse?**
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

11.1. Scoring guidelines for the level of physical pain experienced

In column 2, indicate the intensity of the most intense physical pain that you experienced that day e.g. if you were pain free, give a 0, but if the pain was excruciating, then give a score of 10.

E.g. if you felt moderate pain it would be a score of 5.

In column 3, indicate the duration that you felt any kind of physical pain during the day. Use 0 for no minutes, and 10 as all day.

E.g. if you felt pain for half of the day the score would be a 5.

In column 4, take a note of what happened when you felt the greatest pain, and how you felt about it.

The time it takes for you to heal your own pain depends upon how easy it is for you to access the emotion. Sometimes it is possible to access the emotion very rapidly, within days, whereas other issues are buried within many layers of emotions, and it takes time to deconstruct these layers, by feeling them.

For more information about accessing and feeling emotions, see "Heal Your Own Emotional Pain", a book designed to assist you resolve emotional difficulties such as anxiety and depression.

If your pain is not improving, it means that you are not on the right track emotionally. If you require assistance with this then you can email me at healyourownpain@gmail.com.

12. Frequently asked questions

12.1. What do I do if the pain goes away when I access an emotion but then comes back again later?

This indicates that the emotional pain that has created the physical pain has been touched upon, but not completely experienced and released. Therefore more emotion needs to be felt before the pain will be removed permanently.

12.2. I'm in pain but I don't feel afraid. How can my physical pain be a result of an emotion?

Physical pain is the result of a DENIED emotion. If you were already feeling your emotion, you wouldn't have the physical pain. Once we feel our emotion our physical pain will go away.

12.3. Why is it that I'm feeling lots of grief but my physical pain isn't going away?

If your physical pain is not decreasing, even for a short period when you feel an emotion, that is a strong indication that you are not processing REAL emotions.

12.4. I'm getting into my emotions but my symptoms are getting worse?

It is common during the emotional healing process for physical symptoms to flare up and get worse before they get better, particularly when working through emotional blockages to get to the grief. The key is to persevere with the emotional work and you will soon discover if you are on the right track when the pain starts to alleviate. Once you get to the causal underlying emotion for the pain it will alleviate IMMEDIATELY.

12.5. How do I score my pain intensities?

There is no right or wrong in terms of the scores given for pain intensities. As long as you are consistent throughout the program as to how to score the intensities, that is the important thing. Just give the score that feels the most accurate to you in response to the guidelines.

12.6. Can I continue to take my pain medication during the program?

Yes, provided you do not increase the dosage during the program, or change the type of medication that you are using. If you increase the dosage of your pain medication, or change the type of medication, then it confounds the results of the program and we cannot use your data.

12.7. What if I miss a day of scoring on the score sheet?

That's okay - just leave that day blank and start filling it in again on the corresponding day of the program.

12.8. What is the proof that this program will work?

While this program has not been clinically trialed, it is the amalgamation of five years personal research and preliminary experiments, coupled with a large body of evidence that proves that emotions create our physical ailments. This has been known in Eastern medicine for thousands of years, and some in Western medicine, such as Dr John Sarno, are now also proving this clinically.

I recommend reading Dr John Sarno's books for extensive clinical evidence of this approach. (The bibliography is at the end of this book.)

12.9. Why is this program free? What's the catch?

There is no catch. My philosophy is that every person on the planet should be able to live pain free, no matter what society they live in and what their income is. The information provided in this program is based largely on Divine Truth, which is available to every single person on the planet for free if they use the correct approach to discovering it.

12.10. I would like to express my thanks for this program by donating. How do I do that?

If this program has benefited you and you wish to express your gratitude through a donation, you can do so via PayPal (http://www.paypal.com) to healyourownpain@gmail.com.

13. Recommended reading and viewing

13.1. For clinical evidence of the link between emotions and pain

Dr John Sarno - The Divided Mind (http://www.healingbackpain.com)

Dr John Sarno - Healing Back Pain (http://www.healingbackpain.com)

Dr Howard Schubiner's Mind body program (http://www.unlearnyourpain.com)

13.2. For information on the soul, the link between the soul and the physical and spirit bodies, and how to work through emotions

Luli Faber - Heal Your Own Emotional Pain (www.healyourownpain.com)

Jesus (AJ Miller) - Emotions and Feelings FAQ
(www.youtube.com/playlist?list=PLE-RF2VTnr9jJEdSwd3P3Ea8_tDiaEGVB)

Jesus (AJ Miller) - "How do I deal with fear while going through physical pain?"
(http://youtu.be/7kkdeRZl0KQ)

Jesus (AJ Miller) - The Truth About the Human Soul ebook:
(www.smashwords.com/books/view/251274)

Jesus (AJ Miller) - The Law of Cause and Effect ebook:
(www.smashwords.com/books/view/245935)

Jesus (AJ Miller) - Denial of the Soul video:
(www.youtube.com/watch?v=39jzdJKfb_0&feature=youtu.be)

Jesus (AJ Miller) - Denial of the Soul ebook outline:
(www.divinetruth.com/E-Outlines/PDF/The Human Soul - Denial Of The Soul.pdf)

Jesus (AJ Miller) - Emotions and Emotional Processing ebook outline:
(www.divinetruth.com/E-Outlines/PDF/The Human Soul - Emotions & Emotional Processing.pdf)

Jesus (AJ Miller) - Emotions of Self Deception ebook outline:
(www.divinetruth.com/E-Outlines/PDF/The Human Soul - Emotions Of Self Deception.pdf)

Jesus (AJ Miller) - Processing Addictions video:
(www.youtube.com/watch?v=GZb6BrATgT8&feature=youtu.be)

(www.youtube.com/watch?v=5-RWkUdHybQ&feature=youtu.be0)

Divine Truth (http://www.divinetruth.com/)

13.3. For information on which physical ailments correspond to which emotions

Annette Noontil - The Body is the Barometer of the Soul (Note - some of emotional reasons for ailments in this book are not accurate, and therefore this book should be used as a guide only.)