

HEAL YOUR OWN PAIN

How to permanently cure your pain without the
need for medication

Luli Faber Ph.D.



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EMOTIONAL PAIN**



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www.healyourownpain.com

About me

- Neuroscientist (brain & spinal cord) and pharmacologist (drugs)
- I am currently a tutor in Biomedical Sciences
- My scientific research was carried out on physical pain in the spinal cord (Ph.D.) and then on how emotions are processed in the brain for 10 years, and the effects of spiritual practices on the brain
- During that time I came to see the shortcomings of current Western medicine and science at **curing** physical and mental problems

About me

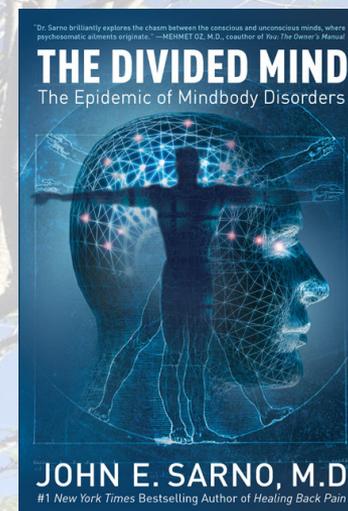
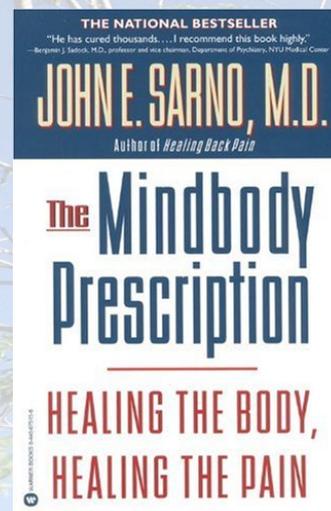
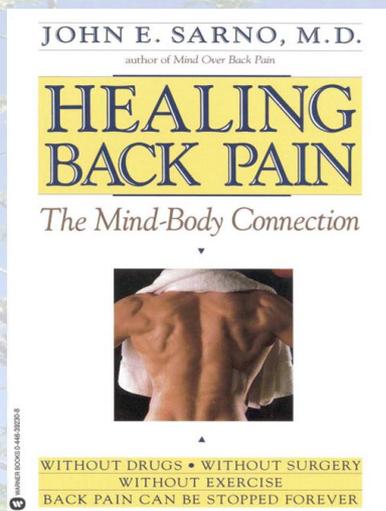
- I have been investigating different spiritual practices and the scientific basis of these since 2006 (primarily Divine Truth and yoga)
- I have been investigating personally and scientifically the affect of emotions on mental and physical health since 2008
- I've been working through my own emotions since 2008
- Through these methods I have healed myself of many physical ailments (e.g. hayfever, headaches, chronic tiredness) as well as completely curing my own anxiety disorder
- I have found that **physical and emotional pain is caused by our suppressed negative emotions**

Many sources/spiritual practices/medical practices show that there is an emotional cause to physical problems

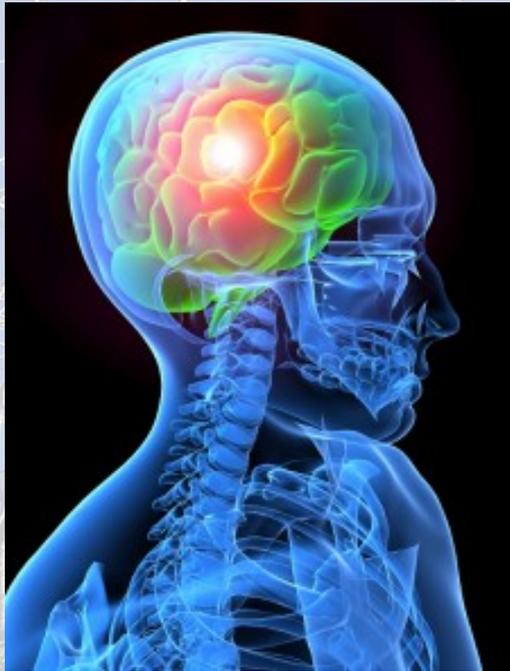
- Chinese medicine, which is 3000-5000 years old, is based around energy systems in the spirit body. The suppressed emotions that are linked to those systems create blockages, which in turn create a physical ailment
- A lot of scientific evidence to show that emotions affect the body
- A lot of scientific and medical evidence to show that structural problems in the body cannot account for the pain entirely
- There are doctors in the USA who have been curing 1000s of patients of their chronic pain through looking at emotional issues

Evidence showing that focusing on emotions heals illnesses – Dr John Sarno

- There is now scientific and medical evidence showing that feeling and releasing negative emotions can heal physical problems including;
 - Chronic physical pain (Dr John Sarno and colleagues)
 - High blood pressure (Dr John Sarno and colleagues)
 - Acid reflux (Dr John Sarno and colleagues)
 - Fibromyalgia (Dr John Sarno and colleagues)
 - Arthritis (Kelly et al, 1997; Smyth et al, 1999)



There is an emotional cause to emotional problems, not a physical cause



- The current view in Western medicine is that emotional problems are due to chemical imbalances in the brain
- This has led to the belief that there is a physical cause to emotional problems
- This is not the case!
- **Emotional problems have emotional causes**
- It is the emotional causes that create the chemical imbalances in our brains
- Therefore treatments that focus on the chemical imbalances deal with the **effect** of mental disorders rather than the **cause**

Emotional causes are being overlooked by the medical community at large

- Partly because of the hold of pharmaceutical industries over the medical industry
- Partly because there is mentality in current society where people just want a quick fix i.e. take a pill and they don't have to do anything else – band aid solution
- Partly because doctors feel they have to pander to patients and give them what they want
- There is a stigma attached to there being an emotional cause, where it can be implied that the patient is “imagining their problem”, or being a hypochondriac – I'm NOT suggesting this
- Many people are offended at the idea that emotional and physical pain is caused by something inside of them

Many studies have shown no correlation between structural abnormalities and physical pain

- e.g. 60% of normal people with no pain have abnormal spines when examined with MRI
- People can have surgery to correct a structural problem and the pain will return
- People can have some pathology on both sides of their body, but only pain on one side
- People can have nothing apparently structurally wrong with their body, and yet still be in significant pain
- Studies have shown that the recovery rate after knee surgery is exactly the same as if the person undergoes “sham” knee surgery

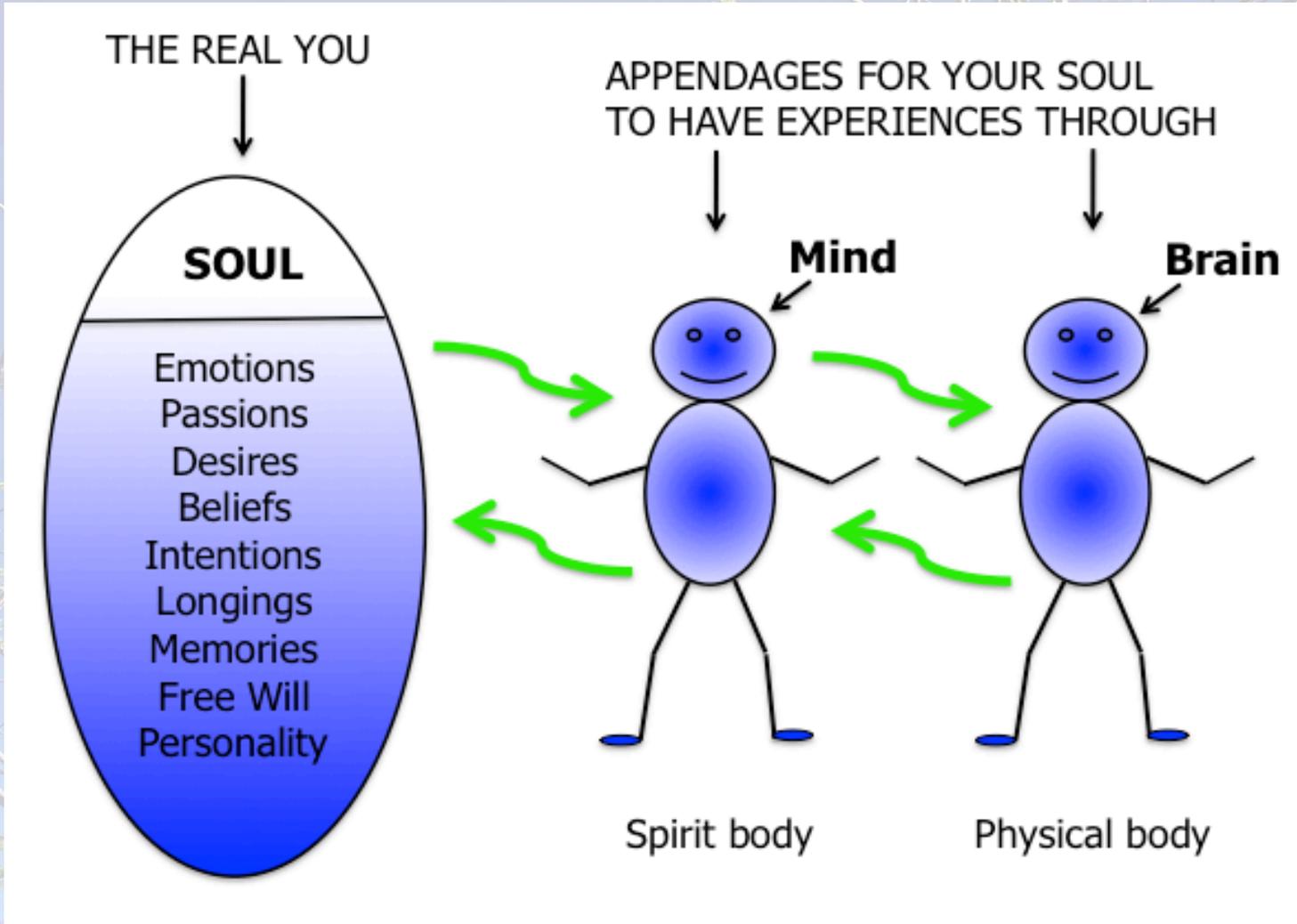
Examples of bodily changes that occur with emotions

- We get headaches when we are stressed
- We get diarrhea when we are afraid
- Stress is a major known contributor to many health problems, including heart disease, cancer, gastrointestinal problems (e.g. stomach ulcers, irritable bowel syndrome), immune problems, premature aging
- Our immune system changes with different emotions, where people were shown to produce more antibodies when they felt compassion, and less when they felt angry
- The structure of our DNA changes with different emotions
- The tension in our muscles increases during negative emotions such as anger
- The placebo effect – we get better when we believe we will
- The nocebo effect – we get worse when we believe we will

Limitations of modern medicine

- Western medicine has accomplished astonishing feats over the past 50 years
 - BUT these have all be in the area of **treatments** rather than **cures**
- The current treatments (surgery, physical therapy, medication) are often ineffective, and do not cause lasting relief
- Medications are expensive, and have nasty side effects that then also need to be treated with other medications, which are also expensive and have nasty side effects -> create dependency cycle
- At present almost ALL Western medical practices focus on the physical body as the cause of the problem and attempt to treat that
- This is treating the **EFFECT** of the problem, not the **CAUSE**

The cause of emotional and physical pain is within our soul



The soul is dominant over the mind

Emotions create thoughts

THE SOUL

Emotions
Passions
Desires
Intentions
Beliefs



MIND
Thoughts

- If you remove an emotion by experiencing it, the thought will never re-occur
- This happens automatically, without any mental effort
- In contrast if you try to tell yourself you no longer have an emotion with your thoughts, the emotion will still arise in another situation
 - A fear will be triggered when stimulated with a particular situation where there has been fear associated in the past
 - E.g. a fear of snakes will come up every time you see a snake
 - But if you remove the fear, emotionally, you will never even think of feel afraid of snakes again

Focusing on emotions rather than thoughts

THE SOUL

Emotions
Passions
Desires
Intentions
Beliefs

↓
MIND
Thoughts

- Therefore to change the way we feel, we need to focus on our feelings in our soul, not on our thoughts in our mind
- Using this approach **cures the problem** rather than treats it
- It is **fast and effective** because it is addressing the cause rather than trying to “work around” the problem
- It is **permanent** because it changes the cause in our soul, rather than an effect
- Therefore the soul won't then just create another problem in the mind/brain



How Do Emotions Affect Our Health?

Denied negative emotions create health problems



- It is the **SUPPRESSED** negative emotions that cause our health problems
- All our of health problems are caused by the **DENIAL** of an emotion

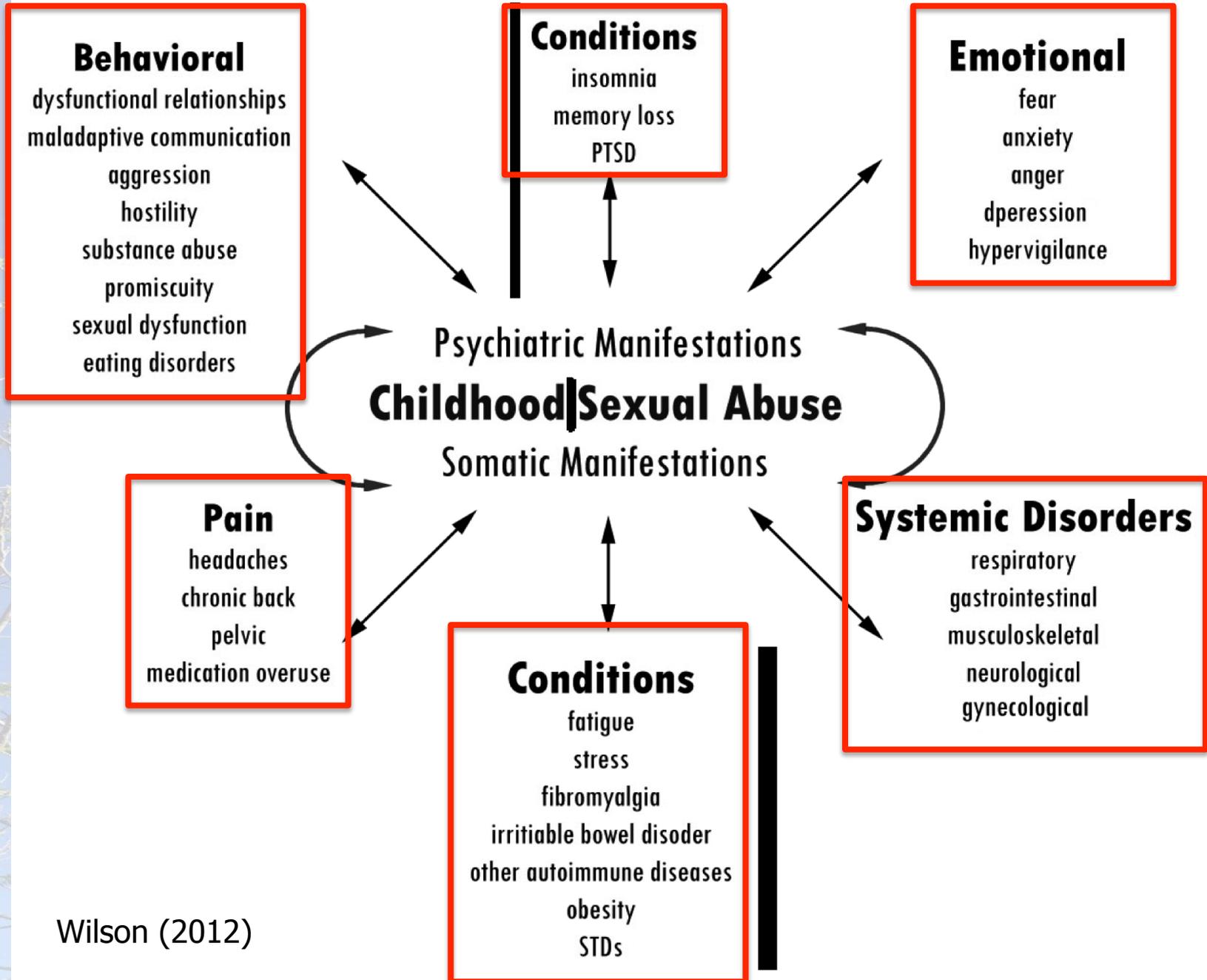
Two types of denied negative emotions

1. Pain within us that was created by other people doing harm to us -> forgiveness
2. Pain within us that was created by ourselves doing harm to others -> repentance

Many denied emotions are stored within us from our childhood

- We all have many, many denied emotions within us, many of which have been stored there since our childhoods
- Even those of us who say we had happy childhoods, have denied emotions within us
 - E.g. every time our parents stopped us crying, we suppressed the emotion of grief
 - E.g. every time our parents felt any form of anger or fear, we felt unloved
 - If we did not grieve that feeling of being unloved in that moment, that feeling will be stored within us

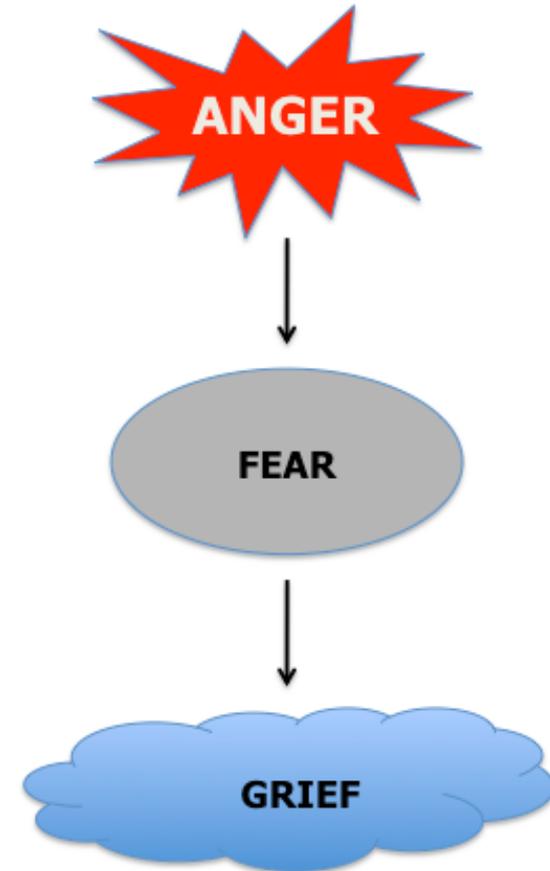




Wilson (2012)

Layers of emotions within our soul

- The negative emotions include
 - Anger (ranging from feeling slightly irritated or annoyed, through to rage and hatred)
 - Fear (ranging from feeling slightly un-relaxed, through to stressed, through to terrified)
 - Grief (deep sorrow about pain we have caused others or pain that others have caused to us)
- Any type of negative emotion that we don't want to feel can cause psychological or physical pain



Layers of emotions within our soul

- Addictions are the main way we use to avoid our emotional pain
- They can be either physical or emotional in nature
- We learn ways in which we can avoid our pain at a very young age in our childhood, and then use these ways (addictions) for the rest of our lives
- They cover our fear and our grief so well that usually we can't even tell that we have fear and grief in us
- When we feel hurt or anger it shows we have an addiction that is not being met



Suppression of fear creates physical pain and anxiety

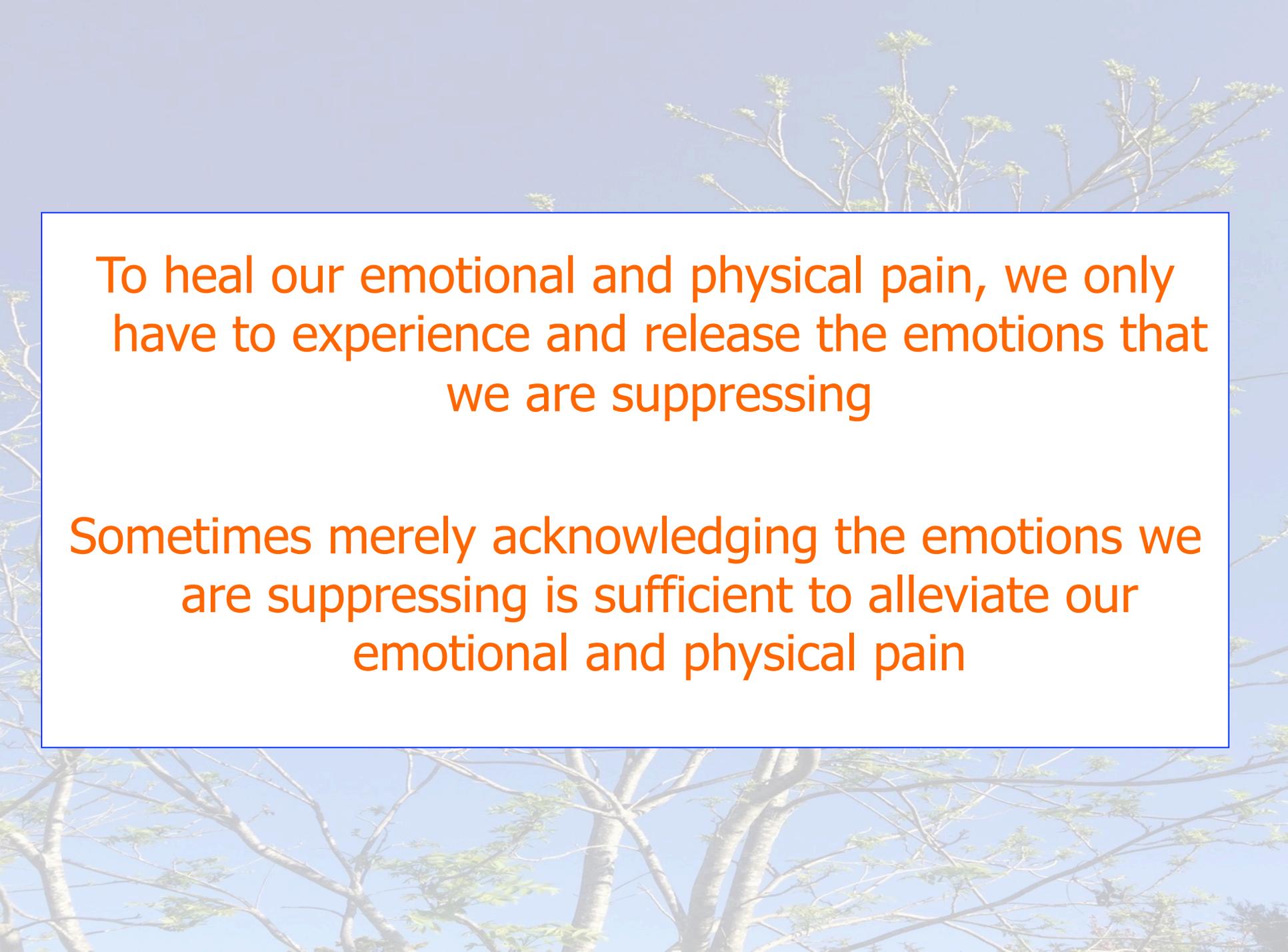


- Physical pain and anxiety disorders are all the result of **suppression of fear** i.e. NOT FEELING OUR FEAR
- As soon as we are willing to feel our fear, we start to release it
- Releasing the fear and the underlying grief removes the cause of the anxiety or pain, and they will disappear
- This can be done very rapidly i.e. within hours or days
- I cured my anxiety disorder that I had had for 3 years in one weekend

Suppression of anger creates depression



- Depression is the result of **suppression of ALL of our emotions**
- Feeling our anger, and then our fear and grief will release the cause of our depression
- This can be done very rapidly i.e. within hours or days
- If you're willing to feel your anger, depression can be alleviated in minutes
- I've alleviated depression in myself, that had lasted for months, in under an hour

The background of the slide features a clear blue sky with the upper branches and green leaves of several trees visible at the top and bottom edges. The text is presented in two paragraphs within a white rectangular area that has a thin blue border.

To heal our emotional and physical pain, we only have to experience and release the emotions that we are suppressing

Sometimes merely acknowledging the emotions we are suppressing is sufficient to alleviate our emotional and physical pain

How do we find our suppressed emotions?



- We can make an emotional choice to feel our emotions that we are denying, or that are “subconscious”
- We choose to suppress our emotions because we do not want to feel our pain
- As soon as we truly decide that we want to feel our emotions, and no longer suppress our emotions, we will be feeling them
- It takes extensive self-examination to identify our deep seated emotional addictions, which seem to us as normal behaviour

Two ways to work through suppressed emotions

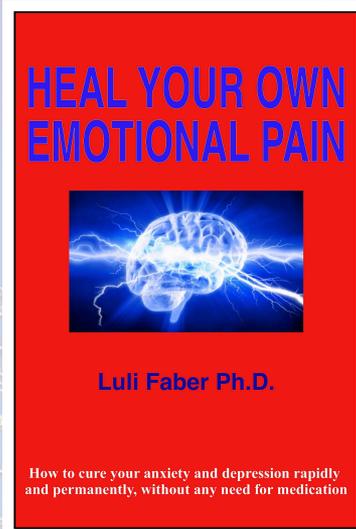
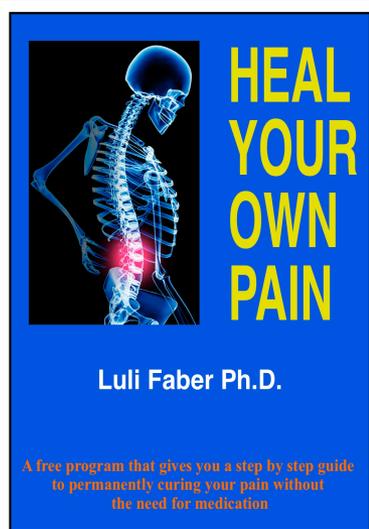
1. Without God

- Slow
- Brings relief that is permanent
- Improves your life and your relationships
- Improves happiness levels

2. With God

- More rapid
- Feels easier because you have more assistance
- Brings relief that is permanent
- Improves your life and relationships to a much greater extent
- Brings immense feelings of love, joy, peace, bliss
- Creates an immense feeling of fulfillment

Ways to work through suppressed emotions



www.healyourownpain.com

- I have written two books to help identify and work through the emotions that are causing physical and emotional pain
- It is not dependent upon doctors, pharmaceuticals or any other medical costs
- It only has positive side effects
- Once the emotion underlying the pain is felt, the pain is gone **immediately** and **forever**

Ways to work through suppressed emotions and connect with God

AJ Miller & Mary Luck

www.divinetruth.com