

## 10 Ways To Alleviate Pain

~ By Jan Tincher

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<http://www.tameyourbrain.com>

1. Sound helps you heal. Sit and relax. Hum the sounds oooo eeee and feel the healing vibration go through your body. Do this fifteen minutes a day.

2. Positive thinking helps you heal. Let the doctors take care of your body. You take care of your mind. \*Awaken The Giant Within\* by Anthony Robbins is exactly what you need to change your thoughts around. It gives you examples, techniques, and strategies to make your life better! <http://www.amazon.com/exec/obidos/ASIN/0671791540/httpwwwtameyc-20>

Stop saying \*I'm sick.\* When you say that you are claiming the illness. Start saying \*Every day in every way, I am better, better, and better.\* What that does is program health into your body. What does \*I'm sick\* program into your brain? Do whatever it takes to not say that.

Another way your mind works: When you feel the sensations of pain or illness, if you begin to worry about disastrous consequences, you will cause stress in your body. By linking specific symptoms and sensations with positive outcome, you can relax and allow maximum opportunity for natural healing to occur. For instance, what is the swelling and the throbbing telling you?

That your body is sending blood to area bringing healing nutrients so it can heal. Visualize the healing as you say it.

What is the fever telling you?

That your body is making adjustments to battle the infection.

What is the itching telling you? That the area is drying up and healing.

What is the meaning of needing bedrest?

That your body is recuperating and it is time to let it.

Blaming yourself or others won't promote good health. Concentrate on the positive. What if you think it can only get worse, but then you change that way of thinking. Once you stop thinking of it with hopelessness and fear, you stop giving your brain the direction of hopelessness and fear. If you have pain -- think of it as you would a pain that easily goes away.

Instead of saying \*It hurts.\* Say \*It hurted.\* :)

3. Feng Shui is a form of healing. When you find the right way to decorate your home so that the energy moves peacefully, you bring peace. Check out \*Feng Shui For Dummies\*.

<http://www.amazon.com/exec/obidos/ASIN/0764552953/httpwwwtameyc-20>

4. When you are able to release your thoughts, you release hurtful thoughts. You can learn more about it here: <http://www.qksrv.net/click-741727-1532995>

5. When you run energy, do Qi Gong, you heal. <http://www.qksrv.net/click-741727-7088817>

6. When you visualize, you heal.

7. Attract the Angels to help you. Here is a fr\*ee ebook that will help:

<http://www.angelsarewithus.com/ebooks/attractAngels.pdf>

Angels love to give you their healing music and energy.

Close your eyes and listen to their healing music.

Feel their healing energy flow through you.

If you don't know what Angel music sounds like, experiment a little. Can you give love a sound? Can you give joy a sound? Can you give healing a sound? Can you give rapture a sound? Can you give forgiveness a sound? Can you give hope a sound? Can you give peace a sound?

What gives your heart a lift? Can you give it a sound?

When you see an Angel in your mind's eye, what sound comes to mind?

Combine all, or even a few of the sounds, and you will have the music of Angels.

Now, play the sounds back in your mind and visualize an Angel coming to you to remove whatever illness or disruption you have in your life.

Feel their healing energy as it fills your body.

And, of course, always give thanks for the healing you know is yours. ^j^

## 8. Swish Technique

What is a limiting pattern, and what does interrupting limiting patterns mean?

A pattern is something you find yourself doing all the time, you've formed a pattern. A limiting pattern is one that limits you, one that stops you from being all that you can be. It's a pattern you've developed over the years that usually says you can't do something. A limiting pattern might stop you from trying new things, taking new jobs, finding new friends. It might be a

pattern that makes you nervous, upset, or anything else that says you are not in control of your state.

How do you interrupt your limiting patterns, so much that they'll never come back? Here's how:

First you need to identify the limiting pattern, then you can do something about it. What can you do about it? Well, one thing is the \*Swish Method\*.

Once you learn the \*Swish Method\*, you can begin interrupting your limiting patterns.

What is your limiting pattern? Can you close your eyes and make a picture of it?

How do you feel inside when you see that picture?

What are you saying in your mind when you think about it?

When or where would you like to respond differently than you do now? How about when you get angry at something the kids, your parents, your friends, or your spouse did?

What do you actually see just before you start behaving in a way you wish you didn't? Run through a scenario where you are about to get angry. What are you paying attention to? Something they said or did, or the way you are feeling because of what they said or did? How do you look when you get angry?

Now, create a second scenario. One where you are in control. Where you don't get angry. Where you are in charge of your feelings. Keep at it until you feel you are really attractive in this picture, attractive in the sense that you are in charge of your state and feeling content instead of anger.

Now, see the original scenario of \*you getting angry\*. It's big and bright.

Now, make a small, dark image of \*you in charge\* in the lower, right corner. That small dark picture will grow big and bright and cover the first picture as quickly as you can say \*SWISH\*, while the angry picture is growing dimmer and shrinking away right before your eyes.

Open your eyes.

Close your eyes and repeat the process eight or more times.

Test. When you look at what was the angry picture, how do you feel? What happens in your mind and your body when you look at it? Not the same old angry reaction, right?

Fantastic!

Do this for all your limiting patterns and watch as your life changes for the better.

There are lots of methods to use, but this one gives you immediate results. You can use it for nail biting, smoking, eating, and almost any bad habit.