



1. Real vs. Imaginary Pain



First: Check the action/inner dialog responses that resonate with how you deal with physical and/or emotional pain.

Second answer the following questions:

- Which of these forms of resistance and denial have you resorted to in your life?
- Which of them are you still using?
- Write down any other form of resistance to pain that isn't on the list. Pay attention to your body and what you feel while doing this.

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Real vs. Imaginary Pain Identify, Locate, Remove, Repair (ILLR)

<input type="checkbox"/>	Denial	"Everything is all right, there's no problem."
<input type="checkbox"/>	Judgment	"This shouldn't happen."
<input type="checkbox"/>	Avoidance	"What can I do to distract my attention from it?"
<input type="checkbox"/>	Medication	"I'll take a tranquilizer."
<input type="checkbox"/>	Complaint	"Why does this always happen to me?"
<input type="checkbox"/>	Analysis	"What does all this mean?"
<input type="checkbox"/>	Pray	"Please, my God, help me here!"
<input type="checkbox"/>	Visualization	"I imagine that I am feeling good ..."
<input type="checkbox"/>	Blame	"I imagine that I am feeling good ..."
<input type="checkbox"/>	Predicting	"If this is happening now, that is going to happen then."

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2. The Feeling Creates the Healing w/ Dr Joe Dispenza

<https://www.youtube.com/watch?v=7sxmK8A-Kco>

- Thoughts are the language of the brain.
- Feelings are the language of the body.
- How you think and how you feel creates your state of being.



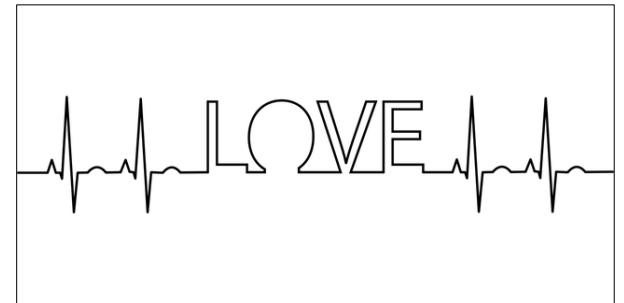
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3. Emotional Freedom Technique (EFT)

EFT is a form of psychological acupuncture that uses light tapping with your fingertips instead of inserting needles to stimulate traditional Chinese acupuncture points. The tapping is combined with verbalizing the identified problem (or target) followed by a general affirmation phrase. The EFT technique balances the energy system, relieves psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive.

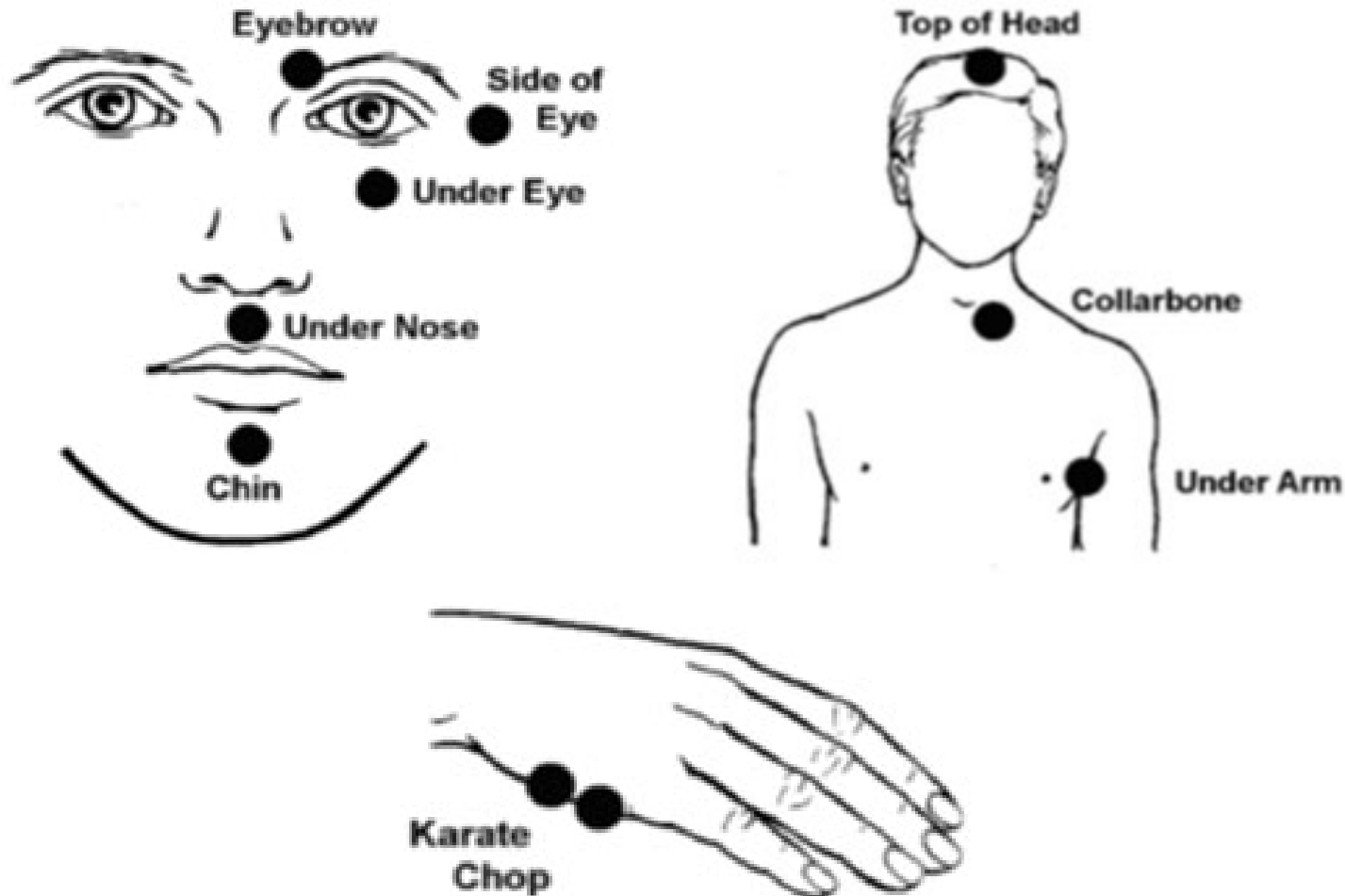
- **eyebrow:** *I am so grateful I got over this problem...*
- **Side of Eye:** *I'm so relieved this is over...*
- **Under Eye:** *I am so happy I am free of this conflict...*
- **Under Nose:** *It's about time I got over that!*
- **Chin:** *Finally, it is in my past where it belongs...*
- **Collarbone:** *At last, relief and peace on this issue...*
- **Under Arm:** *I so appreciate all the progress I have made...*
- **Top of Head:** *Finally, I feel peace from that problem.*



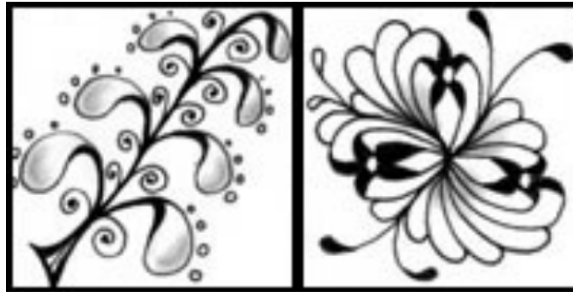
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Emotional Freedom Technique (EFT) Tapping Points



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4. The Eight Steps of the Zentangle Method

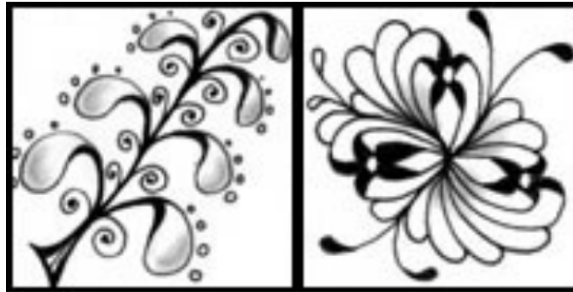
Step 01 – Gratitude and Appreciation. Get comfortable, take a few deep breaths .Feel gratitude and appreciation – for this opportunity to create something beautiful.

Step 02 – Corner Dots. To answer a familiar question of what to put on this beautiful paper, place a light pencil dot in each corner. Now it's no longer a blank piece of paper.

Step 03 – Border. Connect those dots with a light pencil line, straight or curvy, to create a square. This is your border.

Step 04 – String. Inside the border, draw a light pencil line or lines to make what we call a "string." A string can be any shape.

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The Eight Steps of the Zentangle Method

Step 05 – Tangle. Don't worry about what it's going to look like. Just focus on each stroke of the pen as you make it. Trust that you'll know what to do next when the time to do it comes. There is no up or down to Zentangle art so feel free to rotate your tile in any direction that is most comfortable for your hand as you draw.

Step 06 – Shade. Add shades to bring contrast and dimension to your tile. The black and white two-dimensional tangles transform through shading and appear three-dimensional.

Step 07 – Initial and Sign. This is art you created.

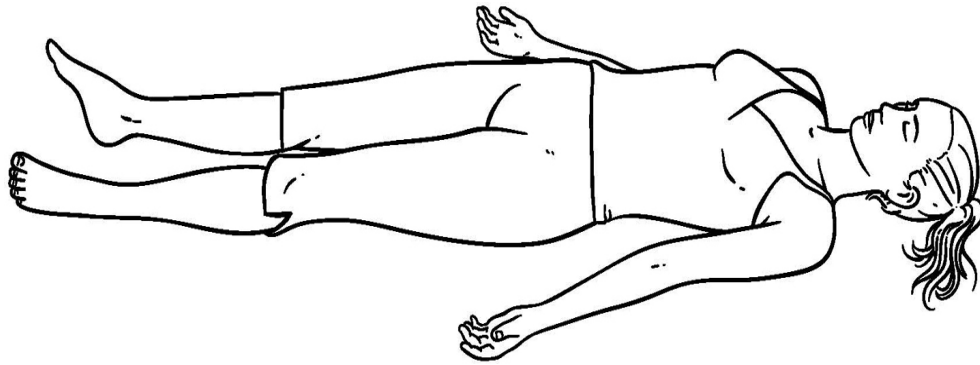
Step 08 – Appreciate what you just created.

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5. Gentle Poses for Brain Rebalancing

Savasana



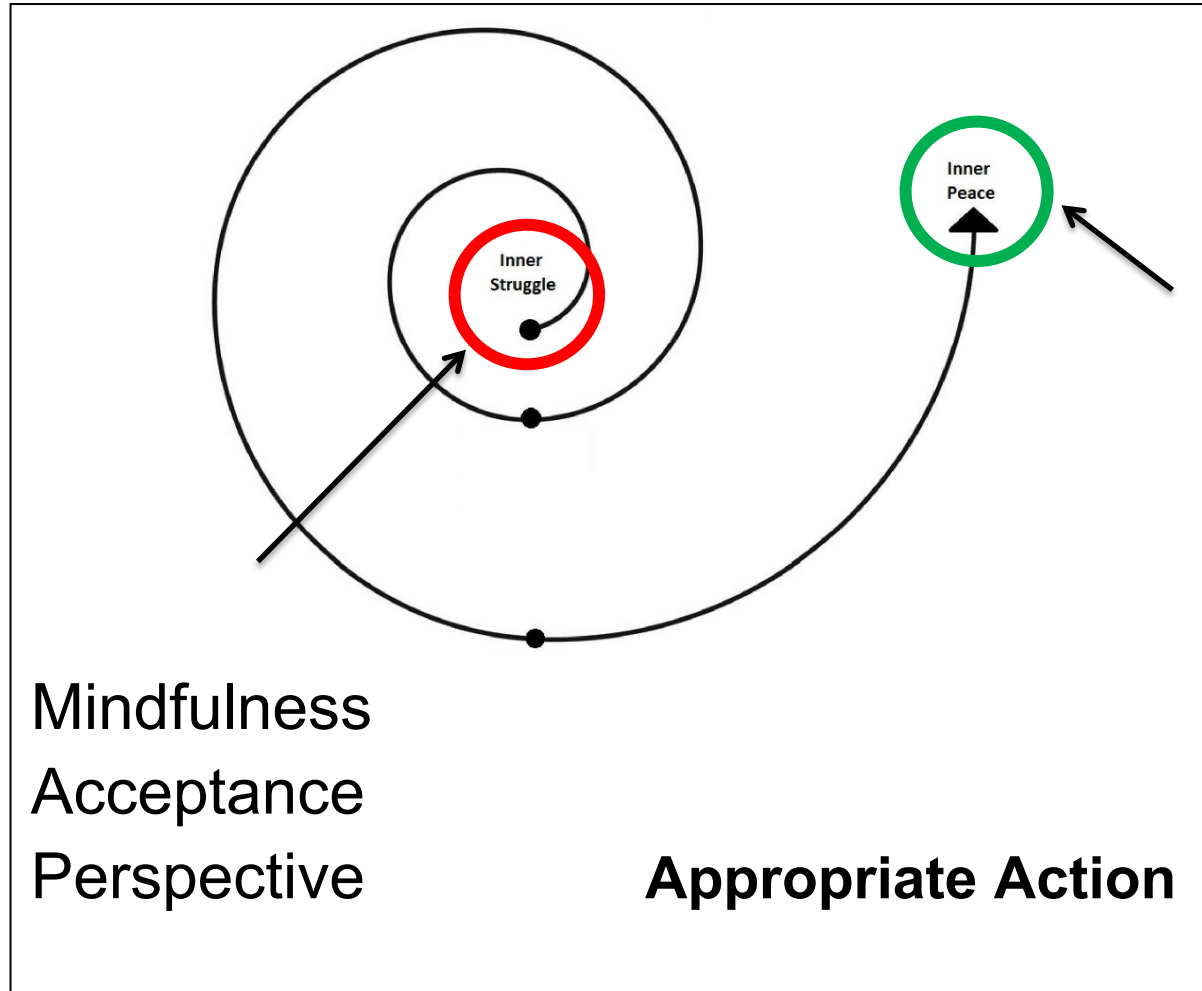
Viparita Karani

- DEEP, GENTLE BREATHING
- Can you recognize where you hold tension in your body?
- Did you sense any emotions while holding the pose?

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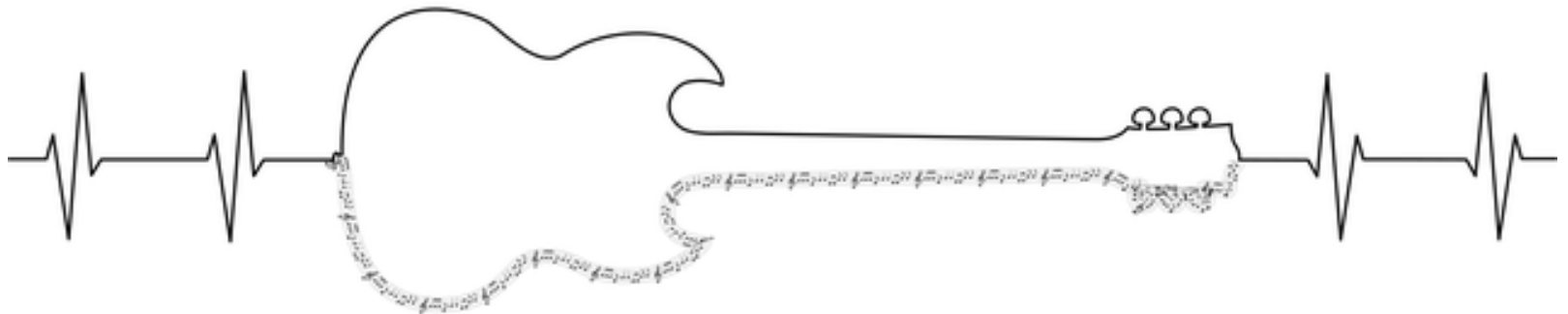
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- **FOODS:** Ginger (stimulate), Blueberry, Currant, Eggplant, Plum
- **OILS:** Lavender (relax), Clary Sage (lack of clarity),
- **GEMS:** Amethyst - provides a soothing, calming tranquil affect. Encourages mental stimulation, common sense, intellectual reasoning, clarity and insight.
- **MUSIC:** A#
- **COLOR:** Indigo



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