

# Free Yourself From Pain

## What is Pain?

Pain is a signal. It's a direct communication from the body that something is out of balance. It is a way of getting you to pay attention and address an issue. Pain is not the problem but *reveals* a problem. Pain is a warning.

How do you react when pain occurs? If you're like most people your reaction is to brace against it. Its common sense to want to avoid pain however, the reaction of bracing around pain creates tension. This tension unless released, will reduce the body's ability to heal the cause of the pain. To heal, body has to get through the tension. Think of it in terms of pressure. The pain's energy wants to flow outwards. The tension pressures inwardly to prevent you from experiencing the pain. This creates an equilibrium. The pain cannot flow.

There is a natural flow to all our body's internal sensations. All internal sensations rise and fall. Pleasure rises and falls quickly in our experience because we don't resist the presence of pleasure. Pain on the other hand receives not only resistance but we question its existence. "Why is it here?" "What's the cause?" These questions actually cause the body to brace against the pain.

The unfortunate reality is that in order to heal, pain must be faced. Embracing pain allows it to flow. Once it flows the body can heal the problem.

The following techniques are designed to make this process as easy as possible. The good news is these techniques not only can address your pain but also address the major cause of most pain, stress.

The nervous system functions similarly to your computer. Its programs instruct the body how to function, behave, interact and respond to the environment.

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The purpose of these techniques is to help us access this system in order to update or delete existing programs. The nervous system is a *living system*. To access this system requires understanding its *experiential language*. This means that any concept you introduce to the nervous system must have an experience associated with it for it to be meaningful.

## Nervous System Entrainment

Imagine the following scene:

*A little boy is playing in a clothing store while his mother shops. While shopping, she realizes her son is nowhere to be found. Now at this point her state of being can either become overly alarmed and frightened or she can remain calm as she begins looking for him.*

*The state of being she reveals to her child upon finding him will dictate how the child responds. If she is hysterical when she finds him he will respond in the same way. If she is calm when she finds him he will remain calm.*

How you respond to your pain sends a signal to your nervous system how it should react to its pain. What this reveals is your relationship to pain. The goal is to help **you re-train your responses to pain towards helping the body heal.**

## The Nature of Internal Experiences

All internal experiences are temporary. None of them last. All thoughts rise and fall. All emotions rise and fall. The key is having enough distance from them to allow this natural

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process to occur. When you are too close to a thought or feeling, which is where the majority of people exist, you have no choice but to rise and fall with the thought.

Then the associative mind takes over. One thought rises and as it falls your mind is triggered to create another thought, which is in some way related. Then you're rising again. This is *Constant Thinking*.

## Constant Thinking

Our thoughts help us to consider and direct our choices. Through the application of our minds we: analyze, describe, compare, qualify, structure, and quantify all the details of our lives.

What needs to be understood is *the essence of thought is language dependant*.

Thinking is a process of description where we use words and pictures to point to objects and experiences in reality. Daily thoughts consist of, "I need to go to the store later and pick up milk." Or, "I wish I said this yesterday to my boss." Or "I should have done this."

If you're like most people, every moment of your waking day is spent describing your life.

You are **constantly thinking thoughts** about your day, your work, what you don't have, what you think you need what you want and so on. It is commonplace and expected in our society. Constantly thinking is the basis of our childhood training.

While productivity is seemingly associated with this constant stream of thought, the price we pay is it prevents us from tuning in and listening to our bodies.

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**The nature of the mind is to apply its abilities to solve problems.** A problem is “something is wrong in my life and needs to be fixed.” Problems cause us to continually be concerned about our lives. This continual concern fuels the habit of worry and feelings of anxiety. This creates more tension in the body as it is constantly buffeted around by the large amounts of emotions and hormones this way of living creates.

What you mentally invest yourself in eventually becomes your experience. To address and resolve your pain requires a different approach to your mind, body and life.

Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.

Mahatma Gandhi

The techniques contained in the full version of *Free Yourself From Pain* will not only help you change your relationship to pain but it will also help you learn to release accumulated tension in your body, clear your mind and improve your body’s natural healing abilities.

Visit [www.thefitpath.net](http://www.thefitpath.net) to purchase the full version.

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