



PRACTITIONERS LIKE MYSELF BELIEVE THAT PAIN MUST BE MANAGED HOLISTICALLY, NOT ONLY IN PARTS. WE SEE CLIENTS WITH A LOT OF EMOTIONAL TRAUMA AND FEAR STORED IN THE LOWER BACK AND SACRAL AREAS DUE TO INJURY, HEREDITARY INSTABILITY, AND UNCONSCIOUS PATTERNING AND HABITS THAT MUST BE ADDRESSED ON MANY LEVELS.

THE KEY TO LIVING A PAIN-REDUCED LIFESTYLE IS OFTEN DEDICATING YOURSELF TO A CONSISTENT PRACTICE OF STRESS-REDUCTION ON ALL FRONTS. YOU'LL TAKE CARE OF THE PHYSICAL IN THIS COURSE, AND NOW I ENCOURAGE YOU TO FOCUS ON THESE OTHER ARENAS: EMOTIONAL AND MENTAL.

LIFE IS CHALLENGING, YET YOU HAVE THE OPPORTUNITY EACH DAY TO DECIDE HOW YOU'RE GOING TO ACT WHEN YOU FACE YOUR STRESSFUL MOMENTS.

MANY PEOPLE, MYSELF INCLUDED FOR MANY YEARS, CHOOSE TO VIEW THEMSELVES AS POWERLESS AGAINST THE ONSLAUGHT OF INCOMING EXPERIENCES THAT CAN FEEL SCARY OR UNKNOWN.



HOWEVER, I DO FIND THAT WHENEVER A PAINFUL OR STRESSED PHYSICAL AREA IS SUPPORTED BY CONSCIOUS WORK ON OTHER LEVELS, PAIN CAN OFTEN BE DECREASED AND EVEN PREVENTED FROM GETTING WORSE IN THE FUTURE.

THERE ARE A FEW SAYINGS I WANT TO DRAW YOUR ATTENTION TO:

"BACK-BREAKING WORK."

"THE WEIGHT OF THE WORLD ON HER SHOULDERS."

"BENDING OVER BACKWARDS FOR PEOPLE." THE CONCEPT OF OVER-WORKING, OR OVER-GIVING TO OTHERS, IS PERCEIVED, EVEN IN COMMON LANGUAGE, TO BE A POTENTIAL SOURCE OF EMOTIONAL AND MENTAL PRESSURE IN THE BACK AREA. WE KNOW THAT WHAT BEGINS IN THE MIND AND HEART CAN SOMETIMES PRESENT ITSELF AS MUSCULAR TENSION AND PAIN.

TODAY, I INVITE YOU TO WRITE ON, OR SIT QUIETLY AND PONDER, THE FOLLOWING SELF-REFLECTION QUESTIONS:

"WHERE HAVE I BEEN WORKING TOO HARD IN DIRECTIONS THAT DON'T SERVE MY HEALTH AND HAPPINESS?"

AM I SOMEONE WHO LOVES TO HELP OTHERS, BUT PERHAPS I TEND TO DO TOO MUCH AND TAKE OVER FOR THEIR OWN WORK IN WAYS THAT MAKE ME FEEL DEPLETED AND RESENTFUL?

IF THE ANSWER TO EITHER OF THESE QUESTIONS IS YES, THEN HOW COULD I REFOCUS MY ENERGY AND ACTIONS IN WAYS THAT FIRST SUPPORT MY OWN BALANCE AND SUCCESS, AND THEN GIVE MORE SPECIFICALLY (BUT NOT OVERLY) TO THOSE AROUND ME?"





**I INVITE YOU TO SIT IN A
MOMENT OF QUIET
MEDITATION AND PONDER
THE FOLLOWING QUESTIONS:**

**"WHAT WOULD I DO
DIFFERENTLY IF I BELIEVED I
HAD THE POWER TO CHANGE
MY RELATIONSHIP TO
STRESS? HOW WOULD MY
DAY FLOW, AND WHAT NEW
ACTIONS WOULD I TAKE TO
MEET LIFE ON MY TERMS,
NOT ONLY ON LIFE'S TERMS?"**

**WRITE OR ENVISION A FEW NEW TECHNIQUES.
EXAMPLES COULD BE: DOING ONE EXERCISE
FROM THIS COURSE DAILY TO RELAX YOUR
BODY; SITTING FOR 5 MINUTES IN A MORNING
AND EVENING MEDITATION; STAYING
HYDRATED FOR MORE ENERGY AND CLARITY
THROUGHOUT YOUR DAY; TAKING THOSE 10
BREATHS OUR PARENTS TOLD US TO
WHENEVER WE FEEL INTENSE EMOTIONS
ARISING, OR WRITING OUT A STEP-BY-STEP
PLAN FOR YOUR MOST TANGLED PROBLEMS
AND CHECKING ONE THING OFF THAT LIST PER
DAY.**

**ALL OF THESE IDEAS ARE MY SUGGESTIONS.
WHAT DO YOU NEED SPECIFICALLY TO COMBAT
STRESS BUILDUP IN YOUR BODY, MIND, AND
SPIRIT? ADD THEM INTO YOUR DAILY ROUTINE
AND WATCH YOUR HEALTH, FITNESS, AND PAIN
IMPROVE.**

**YOU'LL SOON NOTICE WHERE YOU'RE HOLDING
TENSION IN YOUR DAILY LIFE, AND YOU'LL
BECOME MORE EFFECTIVE AT RELEASING IT
BEFORE IT BUILDS UP INTO MORE PAIN.**

