

Healthy Relationships

Require Healing the Pain Body

BY ANNIE LAWRENCE

What is a pain body, and why do we have it?

How is our pain body related to mass consciousness?

How does the pain in our body affect our relationships?

Can healing our pain create a healthy relationship and more loving relationship while creating more peace worldwide?

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Now is the time to cleanse your cellular memories and end the painful recurring dramas.



ur pain body is formed by all the pain experienced, stuffed, and not completed from the beginning of our life. This includes pain that we felt in the womb... and even the cells that were given to us from our mother to help us to survive. This also includes pain that we pick up from our environment and mass consciousness. If you saw Oprah and Eckhart Tolle on TV, you may be aware of your pain body, and be looking for tools to heal it.

Follow this guide to bring closure to your childhood pain. Most people have experienced cycles of pain, revolving in patterns, always with different characters but with the same painful endings. *Now is the time to cleanse your cellular memories and end the painful recurring dramas.*

What is a pain body and why do we have one?

All the pain experienced, stuffed, and not completed from the beginning of our life forms our pain body. This includes pain that we felt in the womb and even the cells that we were given just before birth, from our mother to prepare us to survive. It also includes pain that we pick up from our environment, and mass consciousness.

If you watched Oprah and Eckhart Tolle, and are aware of *your* pain body, and looking for tools to heal, follow this guide to bring closure to your childhood pain. Most people have experienced cycles of pain revolving in patterns, always with different characters but with the same painful endings. Now is the time to cleanse your cellular memories, and end the painful recurring dramas.

Love hurts when you are addicted to pain and drama. What causes an addiction to pain and drama? Perhaps you grew up in an environment where you never felt loved or

safe. If you only felt love when you created "drama" to gain attention, you now have love connected to pain and drama- neurologically. Living your life from subconscious patterns and conditioning feels natural and normal, yet creates a virtual "hell" on earth. This emotionally destructive pattern creates anxiety, stress, and depression.

You may be one of millions of people who are on anti-depressants, taking pills hoping to numb the pain associated with this pattern. Recent research has validated that anti-depressants don't deal with core issues, causing pain and suffering, and may cause deeper depression and suicidal thoughts.

Internalized anger toward the self is one of the most destructive emotions held in the pain body. Unexpressed pain and hurt, held in your energy field around your body, draws people into your life that hold similar pain and hurt. The law of attraction is at work here on an unconscious level. As a way to heal the unresolved pain, and allow your love and true authentic self to shine through.

Steps to Heal Your Pain Body

Keep an *Emotions* journal for one month. Become aware of the emotions that you experience on a daily basis. Write down what you are feeling first thing in the morning, and last thing at night.

Learn to feel your emotions and decide to have fun feeling. Notice the emotions that you are most comfortable with, and the ones that you are uncomfortable with. Take a breath or yoga class, and learn to use your breath to release your emotions. The same part of the brain that becomes addicted to heroin and other addictive drugs, is the part that becomes addicted to anger, anxiety, frustration and fear.

Give yourself a reward at the end of the month, and acknowledge your commitment to your emotional growth and health. Many who start to experience their emotions get scared and shut down.

Build a support group of people around you, who are also committed to healing their emotional pain body. Emotional Freedom Technique can help you learn to heal your emotions. EFT was created by Gary Craig, and has been used for everything from acute disease, to depression, and chronic disease. The philosophy is that all dis-ease, be it physical or emotional, is created by a disruption in the flow of energy, in the meridians in your body. By learning tapping points, and the self-acceptance phrases, you can learn to release past hurt and trauma.

Schedule a spiritual retreat. Research now indicates that in order to deal with the high levels of stress, short and more frequent breaks are just what the doctor ordered.

Share your story either success or challenge with healing your pain body. For each submission you will be entered to win an autographed copy of *Love's Secret Live Your Life In Love*. Art work and layout by Blue Moon Publishing. Visit www.retreatandheal.com and sign up for our free newsletter and send your story directly to annieb.lawrence@yahoo.com.

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"For most of my early years, I was living in a prison and I didn't know it. When I think about the girl I was and who I am today, it's as if they're completely different people. It took many years, a lot of pain, and four epiphanies for me to make the journey from a confused, unhappy teen to a self-assured, contented woman in charge of her emotions and her destiny.

Today I'm a consultant and what I call a Goal-Achieving Mentor, inspiring individuals, professional athletes, and organizations to connect to their passion, create goals, and reach their maximum potential. I've been doing this work for 25 years, and the insights and skills that I've acquired have allowed me to assist hundreds of people in creating the life they want to live. But I wasn't always enthusiastic, optimistic, and at peace with myself. As a teenager and young adult, I was living in a prison of negativity and had no idea that the key to escaping it was to harness the power of my emotions and use it to create the life I wanted for myself.

Over time, I discovered that as overwhelming as emotions may seem, we have the power to manage them, just as we have the potential to create our own destiny. I realized that it's as if we each have a Destiny Switch, a board of dimmer switches, each of which controls an emotional pairing- such as happiness versus sadness- and we have the ability to move those levers up and down, creating or enhancing



positive feelings and turning down the volume on negative, destructive ones. However, like many people, I started out thinking that my emotions were controlled by people and situations outside of myself. I needed to discover my power and learn how to use it." -excerpted from Peggy McColl's bestselling book *Your Destiny Switch*.

Experience the dramatic change that Peggy did, as well as some deep soul searching and spiritual rejoicing at **Hay House's Fifth Annual I Can Do It! event in Las Vegas!** The event is being held from **June 26-29th at the Sands Expo, Las Vegas.** Along with Peggy McColl, workshop presenters include Dr. Wayne W. Dyer, Joan Borysenko, Ph.D., Doreen Virtue, Marianne Williamson,

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