



Sacred Anatomy Energy Medicine

## Witnessing Your Pain

Working on yourself.

1. Feel your body in the chair. Relax into your physical body until you feel yourself suspended in space.
2. Become aware of a place in your body that hurts. Focus in on one location that hurts more than any other places. Place one hand over the area that hurts. Say to your hurting place (aloud): *“I’m so glad you’re here to help me. I love you so much. You’ve done a wonderful job telling me what’s going on. I appreciate your gifts and I want to give you what you need.”*
3. Place one hand over your hand placed on the hurting place. Extend your light fingers into your body to hold the inner organ or muscle that hurts if need be. Gently cradle the hurting area and sit with it. Tell it: *“I love you. I appreciate you and I understand how hard this has been for you.”* Without feeling sorry for yourself have compassion for how tough this wounding has been for this hurting part of your body.
4. Take a deep breath going a little deeper into the body part and say: *“Show me the pain.”* With light fingers extended, go in, lovingly cradle and caress the spot that hurts sensing the pain as it is being demonstrated to you.
5. Say aloud: *“Tell me what emotion is caught in this pain.”* Continue holding the area... and allow the emotion to start to move out of the body part and into your hands. Let it make itself known to you, all of it may not let go at first. Please be patient with your body. It has its own timing. Do not analyze or process this emotion, just feel and acknowledge what that pain is experiencing. Say out loud: *“Thank you for trusting me enough to share*



- your emotion with me.*" Simply sit with the power of this experience for a few minutes.
6. Ask aloud when you feel moved to do so: *"Are you ready to release?"* Listen to the pain place, to everything it says.
  7. Request aloud: *"Put your pain into my hands now."* Feel the emotion move into your hands like a ball of gel. It will feel a little goopy and sticky.
  8. Wrap your fingers around it, wiggle it a little and lift it up, out and away from your body. Clap your hands firmly to release all of it out from your hands. When you release this attachment, the pain often releases.
  9. Place both your hands back on the pain place. Be completely present with what's there, what remains. Say to it aloud: *"You have been so brave, so strong and carried this burden, I want to help you release this burden. You don't have to carry the weight of this burden any more."* Breathe deeply and relax.
  10. Say aloud: *"Place into my hands this illness, this disease, this injury, this trauma (which ever is most accurate)."* Rock back and forth a bit as you feel it moving completely into your hands.
  11. When the pain place is empty ask yourself: Am I ready to release this? To let it go completely right now? Am I ready to be in my body without this pain? Listen deeply to your own heart, not your will to make this work, but your heart. If he or she is not ready to let the pain go. Ask aloud: *"Why are you not ready to let go?"* Listen for the response, hear it. Acknowledge it by saying: *"I understand. Thank you for telling me."* Gather it like goopy ball, lift it up away from your body, clap it out and away. You have released the emotion and trauma, now you will release the pain.

12. Place your hands back to that place, say, “Take me to the center of the pain” and relax, and sit in the center of the pain. With no agenda. Sit with the pain place (even if there is no pain at the moment). Still, witness your pain. Saying out loud: “*I accept you.*” Breathe. “*I allow you.*” Breathe. “*I align with you*” Breathe. Feel your whole body align, material and subtle aligning together say: “*I allow you.*” You may feel pain completely vanish. If there is still pain, go into the pain’s center again and repeat steps 11-12.

13. Closing Protocol:

- a. Allow *Integration*: a white and silver colored energy filling you for 20 feet around your physical body and your larger subtle structure.
- b. Allow *Blending*: a lapis lazuli blue energy with golden flecks filling entire subtle structure & physical body.
- c. With a deep breath say: “*I accept just the possibility that I am shifted.*” Feel yourself owning this shift.
- d. *Stabilize* by feeling yourself wrapped in green energy of stabilization.
- e. *Integration* again.
- f. *Blending* again. Resolve as you feel calmly aligned

Repeat the exercise from the beginning again in a few hours if your pain was not fully released or if you would like to focus on another area of pain. Don’t do this process over and over again as it is better to give yourself a rest before doing it again.