

PAIN REVIEW SESSION

Have the client confirm their desire to be Pain Free – deal with any hesitation/lack of desire. Then ask for a **BRIEF** summary of their problem. Listen carefully and WATCH them whilst they explain. Establish why the pain is lingering and what protection the unconscious THINKS it provides. Discuss the options with them and use all 5 BrainBargaining™ elements conversationally to **change their mind over pain**.

- 1) Why that **STORY is no longer appropriate or needed**.
- 2) **Old Pain may mask New Pain** and this process **does not Numb the area**.
- 3) That their **Quality of Life** is adversely affected by the pain continuing.
- 4) Their **Free Will** and intended outcome needs are to be taken into consideration.
- 5) Help them **build the Desire & the Clarity of a Positive outcome**, then move directly to yeses.

The Yeses

- 1) “Please ask YOUR unconscious to **give a sign for YES**, which is a forward lean”.
- 2) “Thank you. Please ask your unconscious to **give a YES** if it is WILLING to DELETE your OLD Pain Messages?”
- 3) “Thank you for agreeing to delete the old pain messages. Please delete ALL the Old Pain Messages NOW, like deleting an old answer phone message so that it cannot ever return, and when you have totally deleted them, **give a YES**”.

Client Seated and Hand Connection

“And now I want your unconscious to look for any muscles in tension and to relax them to their normal waiting state, so.....

Relax, Relax, and totally Relax”.

AutoSomatics™

“And in a few moments – not now – I would like your unconscious to find any muscles that are still tight because of old injury or trauma, and when it finds them to tighten them up just a little and then allow them to slowly and completely relax into their normal waiting state. So, let’s do that **NOW** - not consciously – just your unconscious scanning for those tight muscles

and when it finds them, **tighten them up** just for a couple of seconds, then **s l o w l y r e l a x** them **completely**..... And again, your unconscious scanning for those tight muscles and when it finds them, **tighten them up** just for a couple of seconds, then **s l o w l y r e l a x** them **completely**. And one last time, your unconscious scanning for any of those remaining tight muscles and when it finds them, **tighten them up** just for a couple of seconds, then **s l o w l y r e l a x** them **completely**..... Your unconscious can now update your muscle memory to the full range of movement you had before there were any problems. After which your unconscious can direct and allow your body to go into perfect alignment and balance as soon as it is safe & possible to do so”.

Draining Pain Inflammation and Tension

“And now I want your unconscious to scan your body looking for any remaining Old Pain, Inflammation and Tension. This will drop down through you from the top of your head to the tips of your toes, just like water dropping through pebbles, with gravity taking it away effortlessly. Which will allow the blood-flow full access to repair and renew cells in those areas. Starting with your head, scanning and releasing that Pain, Inflammation and Tension NOW, dropping down through your neck, shoulders, down the arms, through the elbows, wrists, hands, fingers, and leaving the body. That Old Pain, Inflammation and Tension dropping down NOW through your shoulders, spine, chest, abdomen, hips, legs, knees, ankles, feet, toes, leaving you and dropping onto the floor making a big puddle of that Old Pain, Inflammation and Tension that you can step away from and leave behind. And, when you have removed every last bit of Old Pain, Inflammation and Tension your unconscious will open your eyes and you will come back into the room. Please take as long as is needed to complete the process”.

Remove Hand and Allow the Process to Complete

Sit quietly with them – let them talk first. **Assume** they are totally Pain-Free, don't mention Pain.

Gently ask “**How do you feel Now?**” and if necessary “**Move your body to check!**”

If pain is totally removed: “**Now please thank your unconscious for this gift**”.

End Session

Deal with any residual issues, then future pacing, advice to not overdo it, and to see their doctor if they need to deal with any medication questions.