

Lesson 001 Workbook

The Instant Pain Removal Technique

WHAT THIS LESSON IS ABOUT

In this lesson, I'm going to show you one of my favorite techniques for rapidly removing emotional pain and stored tension from the body.

Most people think emotional pain lives in the mind. But the truth is, the body stores emotional experiences in very specific places — in the muscles, fascia, meridians, and sometimes even the organs themselves.

When those emotional charges stay trapped, they create patterns that influence how you think, feel, and behave.

KEY TAKEAWAYS

- Emotional tension is often stored physically in the body.
- The unconscious mind organizes emotional experiences through pattern recognition and familiarity.
- Absorption and focused attention are the two key ingredients of trance.
- When the body and imagination engage together, emotional intensity can change rapidly.
- The spin technique interrupts unwanted emotional states and replaces them with new patterns.

PRACTICE ASSIGNMENT

Your goal for this lesson is simple: practice the basic emotional spin technique.

1. Think of a mild emotional irritation or annoyance.
2. Notice where you feel that sensation in your body.
3. Imagine that sensation as a color or energy.
4. Reach out with your hands and gather that energy.
5. Spin the sensation in the opposite direction.
6. Double the speed of the spin.
7. Continue until the sensation changes or disappears.
8. Practice this exercise several times with small emotional states before attempting to work with more intense experiences.

INSTRUCTOR NOTE

One of the biggest mistakes people make with techniques like this is trying to analyze the experience instead of allowing it to change.

The unconscious mind responds to experience, not intellectual analysis.

Focus on the sensation. Follow the instructions. Let the process work.

NEXT STEP

Now that you understand how the body stores emotional patterns and how to interrupt them, it's time to begin applying the technique.

In the next lesson, we'll take this process further and show you how to direct these techniques toward deeper emotional patterns.

Practice log — Lesson 001

What you did, what you noticed, what changed. Write it down while it is fresh.