

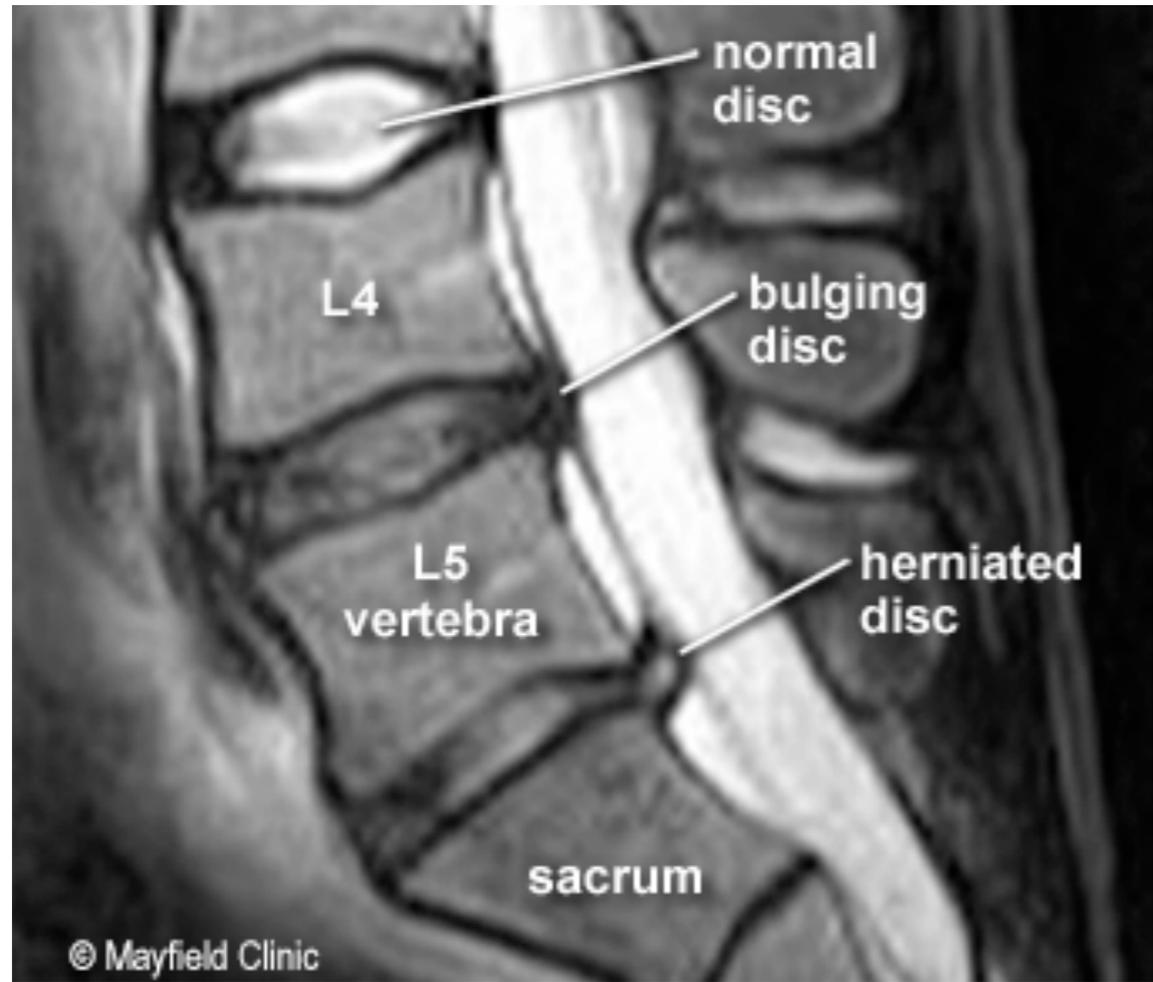
# Living with Chronic Back Pain

out

Healing TMS (Tension Myoneural Syndrome)  
as taught by Dr. John E. Sarno

# Disclaimers

- Not everyone heals the same. A few will begin healing tonight. Even completely. A few more will heal in a few days if they trust and apply the principles presented here. Others will take a few weeks, many will take a few months. I took a few months. A few (very few) will take a couple of years. And unfortunately, quite a few will simply not accept the diagnosis, and remain in pain. Even Jesus could not cure everyone (Mk 6:5) (Hint: see the reason.).
- I stand by the teachings of Dr. John E. Sarno and Nichole Sachs and attest that: **an emotional exercise can cure a physical condition.** It is commonly accepted that emotions can aggravate physical conditions. What is not commonly accepted is that they can *cause* them. *Trust in this will separate those who will heal from those who will not.*
- I am not a doctor. I am not a pharmacist. I am a former sufferer of chronic pain. For what it's worth it was a doctor, not a hypnotist or faith healer, that provided my treatment. This is not a gimmick. While faith certainly helps, the only faith that is required is faith in the diagnosis.
- Thousands of patients like me have been cured. I'm passing it on to you to give you a chance to get your life back. But it's up to you to trust the information here.
- You're welcome ;-)



# My backstory

- miscellaneous ailments, worse with age
- Italy and Disney Interrupted
- Fort Worth server incident
- L3/L4 lumbar microdiscectomy; goodbye basketball.
- 12 years of intermittent back “pulls” / “pinches”: 2 - 7 days lying / crooked
- X-rays, Cat Scan, and MRI showed 3 degenerated disks, one bulging, a second one herniated.
- Diagnosed with Degenerative Disk Disease that would only get worse with age (said the experts).
- Stories of fusions followed by weightlifting and lumberjacking (seriously?).
- But also horror stories of worsening conditions, relapses, and repeat customers
- Then... The Sneeze
- 20 months of now severe and constant back pain: I told myself at first, it will only last couple of months -> 6 months -> 1 year -> it wasn't going away -> *serious* depression.
- The unthinkable: no more gigging.
- Spiritual inventory; What did God want? Now or never: 12 Stories
- Done. Now what? I believed in miracles, but not for me. In the spirit of the the Serenity Prayer:
- TENS, acupuncture, massage, chiropractic, epidurals, prayer, meds, PT, faith healing. Nothing, nothing, and a big fat painful, depressing NOTHING.
- Doctors: if direct cortisone didn't even work, next procedure was: Discography (describe)...
- TIME OUT! THIS WAS THE MENTAL BREAKING POINT

# “Healing Back Pain” - a \$7 book by Dr. John E. Sarno

- The trust disclaimer: *the* condition for belonging to the 90% success rate is trust. Trust in what? Trust in a different diagnosis: TMS. Tension Myoneural Syndrome.
- 90% unheard of with back surgery. I trusted: (1) *Desperation* (2) *It made sense*
- The great exposé: **herniations are normal (!!!)** Of this I was already suspicious: TOO many people with herniations and no pain. But no explanation? BS!!!
- The real reason: **emotions can cause pain... *physical* pain.** Wait... *emotions*?
- For your painful consideration: (1) Where have all the ulcers gone? (2) What happened to the American back? (3) How can people have herniations with no pain? (4) Why is the pain in the *general vicinity* of the herniation?
- “So it’s all in my head?” No! It’s in your back. But its *origin* is not in your back, but in your emotions. The brain, in an effort to protect you from “dangerous” emotions, will introduce pain in the area of a herniation or other *normal abnormality*. Even a major fracture of a bone heals in 6 weeks.
- **The actual direct reason for the immediate pain is: mild oxygen deprivation.**
- In fact... **My back is basically normal.**
- 12 Daily Reminders:

# 12 Daily Reminders

- The pain is due to TMS, not to a structural abnormality.
- The direct reason for the pain is mild oxygen deprivation.
- TMS is a harmless condition, caused by my repressed emotions.
- The principle emotion is my repressed anger.
- TMS exists only to distract my attention from the emotions.
- Since my back is basically normal, there is nothing to fear.
- Therefore, physical activity is not dangerous.
- And I must resume all normal physical activity.
- I will not be concerned or intimidated by the pain.
- I will shift my attention from the pain to emotional issues.
- I intend to be in control - not my subconscious mind.
- I must think psychological at all times, not physical.

# Treating TMS

- (1) Resume Normal Activity (2) “Do the Work”: JournalSpeak (2.5) Lean into the pain, knowing it’s NOT dangerous (i.e., you will not damage tissue). (3) Practice love & kindness to yourself.
- Before finishing the book, I was already able to resume some normal activity: Laundry, stairs without a cane or a walker, garbage. (Wife, mom and daughter were VERY scared!)
- The chair from hell. 3 Days sitting up straight. It got worse before it got better, but I knew that could happen, having seen many testimonials on YouTube. And there was the symptom imperative - the pain shifting to different locations!
- Nichole Sachs’ JournalSpeak. “Do The Work”. Categories: Childhood, Present, Personality.
- Unlike regular journaling: (1) NO FILTER; (2) NO SAVING.
- Unexpected tears. Then... the breakthrough!
- The healing ramped up FAST: first no more heating pads, then the ice packs, then the cushions, finally the meds! (Important: NOT overnight!). Then walking -> running!
- Today I do everything as if I never had the injury. 100% *chronic* pain free. Not pain free! (Who is?) Aches and pains, and I’m prone to TMS pain, but (1) I can scold it down (!) (2) **I am not concerned or intimidated**, (3) **I resume normal activity**.
- That *chronic, movement limiting* pain VANISHED, like a MIRACLE: It’s as if Jesus laid his hands on me. More on that guy later...

# The Next 6 Months

- The **symptom imperative**: My flavor was the shooting down the left leg, and... Anxiety!!!
- Pressed on: 3 sets! A 5K - SHUTDOWN SCARE... CONQUERED! Year end goal: A 10K!
- Stuck at 90% pain-free. Nichole's advice: "Give up. Stop caring." (!) There was nothing left to "figure out". I had the winning lotto numbers the whole time. I just had to cash in my ticket and claim the "100%".
- The wife's challenge: a Half Marathon!!! And we did it!
- The inevitable question (that I still get today): "HAVE YOU HAD ANY SETBACKS?"
- I thought I did. Upon reaching a 7 mile run the pain did come back (almost a year later), for 5 days. I thought, maybe I finally overdid it. WRONG! Dr. Sarno specifically on setbacks: "Look for a psychological issue." But what could it be? Work? Midlife? Family? All candidates. (I did figure it out later - it was my self imposed 10K limit!) The important thing is:
- I DIDN'T HAVE TO KNOW. I only had to remind myself of how the brain works. I therefore resumed the very next weekend and did 8 miles, and only hurt for 2 days (!!!) **I will not be concerned or intimidated by the pain...** 13.1 - Been there, run that!
- So, 12 Stories was done & I had done the half. Time to make good on... THIS TALK!
- I am 100% free of chronic pain. And there's no reason for you not to be as well. DON'T THINK "well, good for *him*". NO! Believe (in the TMS diagnosis), and YOU will be saved (from chronic pain)... Speaking of which...

# The Jesus Connection

- What does this have to do with Jesus? Can't a nonbeliever be cured of chronic pain? Of course! But faith (even in a diagnosis) made me see something I didn't see before:
- Evidence that Jesus does takes away sin: He healed a lame condition that people only thought was caused by sin. "What's easier...?" (Mk 2:9) But the cure implies the diagnosis: we ARE in sin, today, now. But the bad news is inseparable from the Good: a Savior who can literally take away sin if you believe in him, but not if you don't:
- "Your faith has saved you" (7x); Yet he could perform no miracles in his own town!!! (Mk 6:5). *Folks, this is the same thing!*
- Modern rejection of Jesus: sin is only "in your head"; salvation is unnecessary, as is the church; and they turn to the worldly placebos of selfish pleasure, or even humanistic philanthropy, which is better but does not satisfy our deepest longing
- Likewise, skepticism to TMS: Pain is physical, not psychological, therefore we don't need this "mindbody" talk; and they turn to worldly placebos like orthopedic devices, medications, *and surgery*.
- Apply the placebo test! Has the pain returned? THEN GUESS WHAT.
- The final Jesus connection: Not being accepted amongst your own

# Back to life!

- (1) Fellow chronic sufferers, (2) the medical community... (3) what about you?
- (1) From day 1, you could see the divide: those who believe in the diagnosis and those who cling to “But that MRI!”; or “I’m just one of those 10 per cent”
- (2) Multi billion dollar pain industry. Less malice and more ignorance. Like Jesus to the Pharisees and Sadducees. Some believed. Others were the blind leading the blind.
- (3) Will you reject this message? It’s your life. How long do you want to suffer? This healing is for ANYONE who has eyes and wants to see, ears and wants to hear.
- “I do believe. Help my unbelief.” (Mk 9:24) “Lord if you wish, you can make me clean”; “I do will it.” (Mt 8:2) “If today you hear his voice...”
- “Let the sinner keep on sinning and the upright keep on being upright. I am coming soon.”
- Let the nonbeliever in mindbody healing keep on walking hunched over in pain and the believer start walking upright. For the end (of your life) is coming soon. Do you intend to waste your God given time?



**Dr. John E. Sarno**



**Nichole Sachs**



# Suggested Reading/Viewing



- Main book for back pain: “Healing Back Pain” - Dr. John E. Sarno
- Best book for treating TMS: “The Meaning of Truth” - Nichole Sachs
- For more than the back: “The Great Pain Deception” - Steve Ozanich (detailed!) and Dr. John E. Sarno’s other books.
- Videos: Go to YouTube and search for: (1) “TMS John Sarno”; (2) “Nichole Sachs Healing Yourself”; (3) “TMS Joe Tunon”