



Reprogramming Your Brain for Healing Hurt, Pain or Anger

What You'll learn

What You'll learn and do in this lesson:

- Why heal any hurt, pain or anger.
- Uncovering your unique sensory experiences when feeling hurt, pain or anger and feeling healed hurt, pain or anger.
- How surrendering to both positive and negative feelings opens you to being the whole you experiencing duality
- Do the Meditation for reprogramming Your Brain to Heal Hurt, Pain or Anger
 - o Then do the meditation Connecting with Your Highest Self
 - o Download the Bonus Tip Sheet for Receiving Answers and Help from Your Highest Self

Why Heal Hurt, Pain or Anger

Other than the obvious, in order to connect to your highest self and receive its wisdom, you are better served healing any hurt, pain or anger that is still within you. This helps you put aside those feelings to receive clearer answers from your Highest Self.

Holding onto these emotions can halt your growth. Many times we think that these emotions protect us from future possibilities, so we hold onto them. The truth is that holding onto them keeps you tethered to what experiences caused those feelings. Healing them releases you from these emotions and from the people who may have acted to cause them. When they are healed, you continue your growth.

Healing can resolve the paradox of being given an experience or ailment for learning. Before you were born, you chose a general plan of paths you wanted to experience or learn. Your Highest Self may give you an ailment or experience as part of that general plan. For that reason, an ailment may be able to be healed, but not cured. Your Highest Self never intends you to suffer. Suffering only comes when you resist having an experience or illness. Accept all experience as a means for your growth. You may not understand that growth in this moment. Accepting it and allowing it to exist is a paradox and is necessary for healing and disconnecting from it. To heal, you don't need to know specifically what that growth is. Allow it to be revealed to you in the right time.

In this lesson you will:

Fill out the 4 step worksheet for uncovering sensory experiences for healing any hurt, pain or anger.

Do the meditation for Reprogramming Your Brain to Heal Hurt, Pain or Anger.

The Healing Hurt, Pain or Anger path requires you to complete the reprogramming worksheet first in order to uncover your own sensory experience used in that guided meditation.

Do the Meditation for Connecting to Your Highest Self

Worksheet a 4 step process

Filling out the worksheet has four steps to complete.

Completing the worksheet for "Reprogramming Your Brain to Healing Hurt, Pain or Anger".

Let me walk you through these worksheet 4 steps now.

Step 1 Uncovering your sensory experiences for reprogramming your brain:

Uncover your sensory experiences for constricting feeling experiences such as hurt, pain or anger. They may be visual images, sounds or feeling senses. What images do you see? What sounds do you hear? What feelings do you feel?

Step 2 Uncovering your sensory experiences for reprogramming your brain:

You then notice where that sensory experience (be they images, sounds and/or feelings) is in space with relationship to you. For example is it straight ahead and aligned to your height, in front upward to your height or in front downward to your height. It can be to your right. Also note if it is aligned to your height or up or down. Similarly it can be aligned to your height, up or down yet on your left.

Step 3 Uncovering your sensory experiences for reprogramming your brain:

Recall your expanding feeling sensory experiences such as healed hurt, pain or anger, so you can reprogram your brain. What images do you see? What sounds do you hear? What feelings do you feel? (hints: powerful, safe, loved, courageous, joyful, valuable, or peaceful)

Step 4 Uncovering your sensory experiences for reprogramming your brain:

Then sense where in space those healed feeling sensory experiences are in relationship to you in your space. For example is it straight ahead and aligned to your height, in front upward or in front downward. It can be to your right. Note if it is aligned to your height or up or down. Similarly it can be aligned to your height, up or down yet on your left.

Next do the meditation for reprogramming your brain to heal hurt, pain or anger

When you have a clear idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation for “Reprogramming Your Brain for Healing Any Hurt, Pain or Anger”.

The video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions. The meditation does this 4 times.

Also remember to be gentle with yourself and surrender to your unique process. Holding onto a desire to get rid of negative feelings may be stopping you. If that is happening, be willing to feel the negative feelings. Resolution of emotions requires you to surrender to allowing both positive and negative feelings. The reason why this helps is that you are surrendering to the whole of you that is experiencing a duality.

An Important Point:

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation as well as the meditation for Connecting with Your Highest Self.

Next after healing hurt, pain or anger

When you feel emotionally clear enough to relax and be in the stillness of the Now moment, you are ready for guided meditation video "Connecting with Your Highest Self".

Once you have established a connection with you Highest Self, there is a bonus tip sheet for receiving answers and help from your Highest Self. The link to that page is in lesson 1.

Download the worksheet now and watch the guided meditation to heal

Download your worksheet for uncovering your sensory experiences for healing hurt, pain or anger

Watch the meditation for Reprogramming your brain to heal hurt, pain or anger

Now go to next page to:

Watch the meditation for Connecting with your highest self

And don't forget to down load your bonus Tip sheet for receiving answers and help from your Highest Self in lesson 1

When you feel easily connected to your Highest Self and can comfortably use them for receiving help, you are ready to move to Module 2 "Discovering Your Strengths".