

The Healing Paradigm

This pattern is very useful for physical pain or unwanted emotions. You can use it in addition to the Traumatic Injury Relief or on its own for things such as headaches. Just remember, even with headaches we cannot diagnose, treat, or prescribe for the client. Be sure to get a doctor's referral or written approval.

Pain is a message from the body telling you that something is wrong; this process assists the client in learning what the subconscious message is while allowing the pain or "messenger" to go away...

1. Set the frame.

- a. Explain to the client that pain is a message.
- b. Explain that energy flows where attention goes.

2. Use "pain" as the induction.

- a. Elicit kinesthetic Sub modalities by having the client explain where the "pain" is in their body, what it feels like and what direction it moves in.
- b. Ask them on a scale of 1-10 where their level of discomfort is at, so that you have a before/after way to measure.
- c. Elicit visual Sub modalities by having the client imagine the size, shape, and color of the "pain".
- d. Have the client imagine the "messenger" or "pain" flowing into one of their hands.

3. **Elicit the highest intention or message of the “pain”.**
Say to the client: *“Before you let go of this discomfort, I want you to ask this messenger, what is the message it has for you? What is it trying to tell you?”* Ask the client what the message is, so that you can hold them accountable to taking action with it.
4. **Have the client imagine to the energy flowing out of their hand, and outside of the room you are in.** Get the energy flowing in the correct direction outside of him/herself.
5. **Have the client concentrate on the color** and continue to imagine it flowing outside of them, far away.
6. **Have the client imagine a comforting energy** (with a different color) flowing from above, into wherever the pain/discomfort “used to be”. (Out with the “bad” energy and in with the “good”).
7. **Suggest to the client that they learn from this message.**
Ask the client if they decide now to learn from this message and take the appropriate actions to make any changes that they should.
**Make sure they heed that message!



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