

HEAL YOUR BACK

SESSION 1

PAIN

Physical pain : suffering from discomfort caused by illness and injury

and or

Mental and or Emotional suffering sadness caused by some emotional or mental problem ...

I will break down each section of the body to what you can do for each area that is causing different issues ... most generally to start with and that you can do at home

General Information

Acute Pain : is something you do to yourself to cause pain. Such as lifting heavy stuff, to many hours on computer ,cell phone and or a variety of task.

Most Acute injuries are treated with Ice .

Chronic Pain : Is ongoing and can be dull or sharp and somethings can help usually you deal with some part of the pain during the day or night . It is a daily deal

Will be addressing both issue types with stretches & exercises. Will also cover the meaning & causes also by emotions and mindsets.

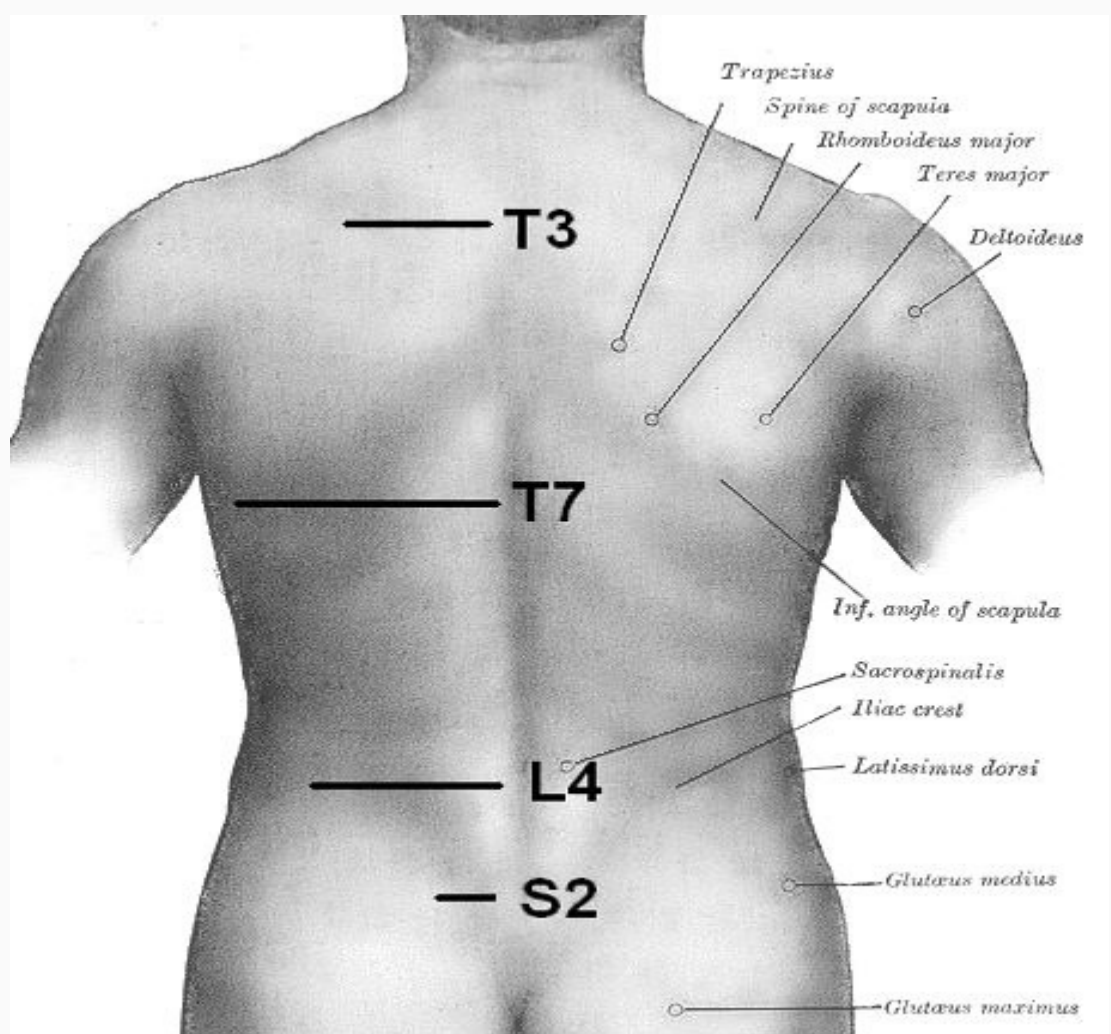
General Rule is it isThrobbing= Ice.

Aching = Heat . Apply one of these to the site of pain or injury

Neck & Buttocks

The T-3 Zone is considered the upper back shoulders , neck between the shoulder blades can become super on fire when working this area or not working this area like sitting in front of computer with hands fixed in same position. The muscles become on fire due to flexing and fixed , no blood to the area ...

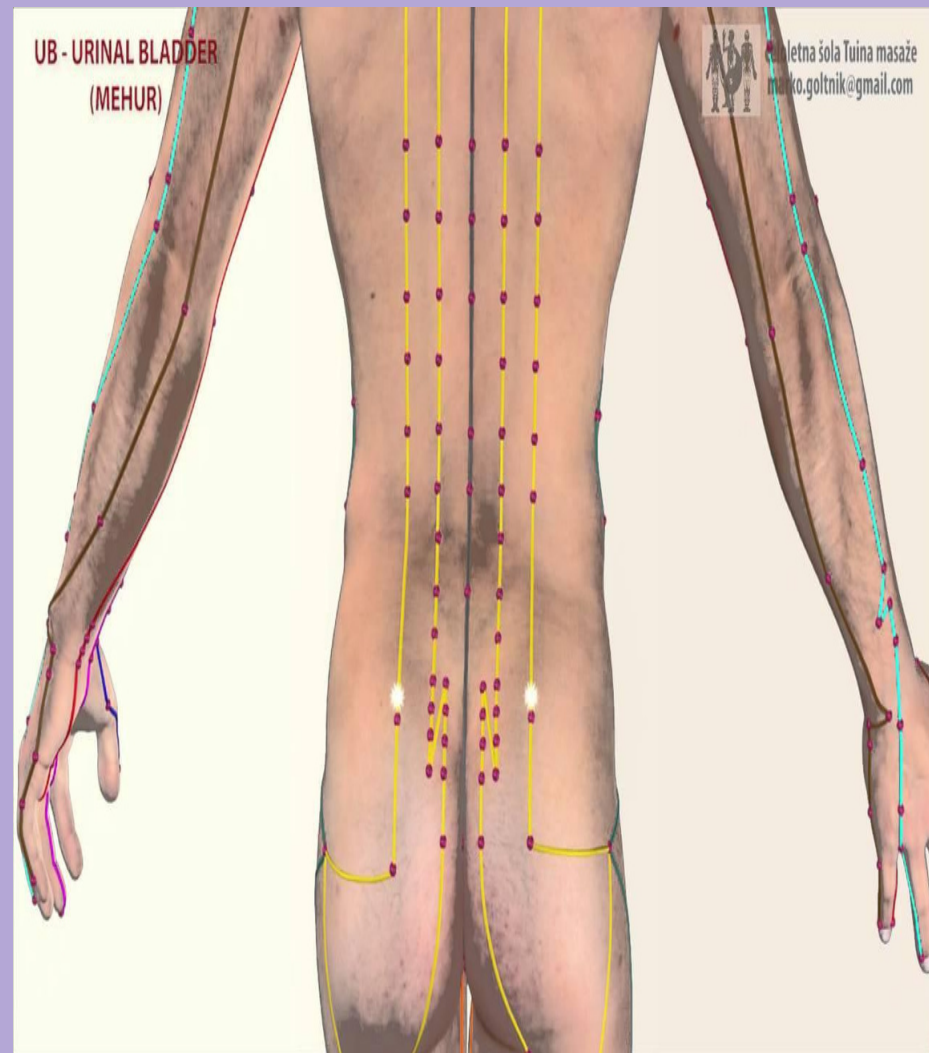
The L-4 area to S-2 .. is considered the lower back . This area usually becomes inflamed with overuse .. it also can have restricted blood flow .. this is most common area of screaming pain .most common is it pinches off the sciatic nerve . which then causes a whole new level of pain and numbness ..



Emotions :

Triggers

emotions ... mindsets ...
the energy flowing through and
around us .. all play a part ...



Emotional trigger

Part of the back pain can be believes ..

Pain: Guilt..Desire for punishment, Not good enough...always seeking punishment.

NEW THOUGHT PATTERN: The past is over,I choose to love and approve of myself NOW!

Arthritis : Feeling unloved, Criticism, resentment ..

NEW THOUGHT PATTERN: I am love,I know how to choose to love and approve of myself,I see others with love

Numbness: Withholding love and consideration, Going dead mentally

NEW THOUGHT PATTERN: I share my feelings and my love .I respond to love in everyone

Stiffness: Rigid, stiff thinking

NEW THOUGHT PATTERN: I am safe enough to be flexible in my mind!

BACK PROBLEMS:

NECK: Refusing to see other sides of a question, Stubbornness, inflexibility.

NEW THOUGHT PATTERN: It is safe to see other viewpoints ,I am peaceful with life.

UPPER: Lack of emotional support . Feeling unloved . Holding back love

NEW THOUGHT PATTERN: I love and approve of myself,life supports and loves me

MIDDLE: Guilt , Stuck in all that “stuff”back there ...GET off my BACK!!!

NEW THOUGHT PATTERN: I release the past .I’m free to move forward with love in my heart

LOWER : Fear of money , Lack of financial support .

NEW THOUGHT PATTERN: I trust the process of life. All I need is ALWAYS taken care of .I am SAFE

SCIATICA: Being hypocritical, Fear of money and of the future ...

NEW THOUGHT PATTERN: I move into my greater good. My good is everywhere, and I am secure and safe .

This is just some of what I cover in Healing YOU!!!

Thanks!

Contact us:

THC

Total Healing Centre

www.totalhealingcentre.com

also you can set appt at :

