

Releasing Pain

Karate Chop (KC) point: Even though since being a small child I have learned to hide my feelings from others and myself, I completely love and accept myself.

KC: Even though I feel all this pain in my body from hiding those emotions, I acknowledge that this worked for me for a very long time, and I completely love and accept myself.

KC: Even though I keep this pain within me to protect those that I love from my feelings, I love and accept myself.

Top of the head (TH): All this pain within me.

Inside Eye (IE): So much pain held inside my body

Outside Eye (OE): This pain inside my body to protect those that I love

Under the Eye (UE): I did this to protect everybody

Under the nose (UN): All this pain inside my body

Chin (C): So much pain from hiding my feelings

Collar Bone (CB): I want to cover everything up

Under the Arm (UA): I want to hide this pain that I am feeling

Wrist (W): All this pain in my neck

Thumb (T): All this pain in my feet

Finger (F1): All this pain in my shoulder

Finger (F2): All this pain in my upper back

Finger (F3): All this pain in my lower back

Finger (F4): So much pain in my body from hiding it from others

Back to the top of the head

TH: Maybe it's time to release this pain

IE: Maybe this pain needs to come out of my body now

OE: Maybe it's time to allow my body to let this go

UE: Maybe all this pain that I've hidden from others

UN: Has served me all this time

[Type text]

Claire Williams

Website: www.yoursoulenergy.uk

C: Maybe it's time to change that pattern

CB: Maybe it's time to let it go

UA: Maybe it's time to release just a little bit

W: Maybe my feelings are not punishments

T: Maybe my feelings are just feelings

F1: Maybe my feelings are not meant to hurt other people

F2: Maybe my feelings aren't meant to hurt me

F3: Maybe my feelings are just meant to be felt

F4: Maybe my feelings are just my feelings

Back to the top of the head

TH: I am allowed to have feelings

IE: Even though I have always found them uncomfortable

OE: They've been too big for my body in the past

UE: and now I don't know how to process them

UN: They feel overwhelming

C: So I disconnect from them

CB: I've put them in a box

UA: I've pushed them aside

W: But by ignoring those feelings

T: I've allowed those feelings to fester

F1: I've allowed those feelings to cause me pain

F2: And all they wanted to do was show themselves for a moment

F3: and then move on

F4: But I haven't let those feelings do that

Top of the head

TH: Maybe I've kept those feelings in my body

IE: Even though I didn't want those feelings

OE: So all this pain in my body is because I haven't expressed those feelings

[Type text]

Claire Williams

Website: www.yoursoulenergy.uk

UE: Maybe it's time to let those feelings out

UN: Maybe it's time to start to release those feelings

C: I don't have to do it all in one go

CB: I can do it a small piece at a time

UA: Because these are my feelings that have been stored

W: Since I was a little girl

T: It was safer for me to store them

F1: I don't know that it's safe to feel them now

F2: I was protecting those around me

F3: And I was protecting myself

F4: It was too much for me to bear

Back to top of the head

TH: I was only a small girl

IE: And these feelings were too big for me

OE: I didn't know how to express them

UE: As a small girl I didn't even know what they were

UN: But I learned that I couldn't express them outwardly

C: I learned that it was better to pretend that it was all ok

CB: I learned that it was better to hide them

UA: I learned that it was my responsibility to keep my feelings away from those around me

W: I learned this as a self preservation technique

T: But maybe this isn't the way I need to be forever

F1: Maybe this isn't the healthiest way for me to be now

F2: Maybe I'm open to the possibility of allowing this pain to be expressed

F3: Maybe by releasing this emotional pain I can release the physical pain

F4: And maybe I can't

Back to the top of the head

TH: Maybe I don't really know

[Type text]

Claire Williams

Website: www.yoursoulenergy.uk

IE: But I know that hiding from this pain

OE: Doesn't stop it happening

UE: So I kept this pain to protect me

UN: and I kept this pain to protect my family

C: And I kept this pain to keep the peace

CB: But now my body is no longer peaceful

UA: Now my body is screaming its pain at me

W: It might not scream every day or all the time

T: But maybe it screams at me a few times a day

F1: maybe it screams at me to say

F2: Hey I'm still here and I need dealing with

F3: Maybe it screams at me because it's time to look at this

F4: And then maybe Once I look at it, it will stop screaming at me

Back to top of the head

TH: Maybe from now on it could change

IE: So as I sit here, tapping, to help myself feel better

OE: I acknowledge that this really could help me release these uncomfortable feelings

UE: And releasing these uncomfortable feelings will help my body feel better

UN: By letting these feelings out

C: My body can start to relax

CB: And my body systems can start to heal

UA: And then if my body feels safe

W: it will no longer need to shout at me

T: So with each day that I tap

F1: I'm releasing some of this tension

F2: I'm releasing some of this pain

F3: I'm releasing that which is trapped within me

F4: And I am ready to let some of this go

[Type text]

Claire Williams

Website: www.yoursoulenergy.uk

Back to top of the head

TH: I am ready to make the choice to let some of this go

IE: And maybe I can start to feel a difference

OE: Maybe this really could help me

Take a deep breath in, and release

And again, deep breath in and release

Then on the third breath, allow your feet to feel really connected to the earth, allowing earth energies up on the in breath and releasing anything that does not serve you, on the out breath.