

# PAIN KILLERS

10 steps to relieving  
& re-living our lives  
with chronic pain.

By

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**Disclaimer:**

I am not a doctor, psychiatrist or psychologist. In all cases of illness, pain or discomfort I sincerely recommend your first appointment should be with your own doctor. **None of the exercises in this e-book are to be done if your medical practitioner recommends otherwise.**

These exercises are used to help you to reflect on some of the thoughts, feelings and ideas you might have about yourself, your illness or your being. Sometimes these thoughts and feelings are hidden from us and stop us from benefiting from the healing journey we are taking to wellness. From a psycho – spiritual perspective wellness is your most natural state and pain is happening to show you where you have become stuck and where you may need to grow in your thinking and feeling so that your body may re-embrace wellness.

**Dedicated to  
My true heart  
May your understanding turn to delight.**

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# Introduction

Recently a dear friend was diagnosed with severe pain, in this case discopathy. He was floored literally by the pain and I saw my friend move from a man with a mission, passionate about living in the world to one who was literally afraid to move because of how the pain would be if he did.

Acute and chronic pain changes us overnight. It changes our ability to cope with what the world offers and diminishes our capacity to find love and joy in living.

Chronic pain however is a term that is usually applied to the physical body. My friend's pain made me think that chronic pain is felt on many levels of the being and that maybe some of the methods I would recommend a client use for emotional, mental or spiritual pain could be applied to assist the sufferer to support the work on the physical body.

I offer it up here as a book of exercises that can assist the recovery process.

No matter the physical pain I would recommend reviewing all the opportunities and options available to you. While for some chronic pain can only be reduced with surgery many others respond well to alternative methods. It is in your best interests as the sufferer to look at all your options and choose what is right for you.

May these exercises assist you to handle your pain, relieve your frustration and bring a small measure of peace while you deal with the physical pain.

You will notice that this e-book is available for free download on my website.

I do not wish to make money from your pain. I wish you to be free of pain so that you can live your life in joy and happiness as was your desire and intention when you incarnated.

I ask that you freely recommend this e-book to all you know and meet. Spread it around, give it away and allow the energy of healing to circumnavigate the globe.

I would be happy to hear of your experiences as you work with these exercises to relieve your pain. Drop me a line at [info@melodyrgreen.com](mailto:info@melodyrgreen.com)

Bless-sings

Melody

# Acceptance

Yes this is the first step.

When something terrible happens to us we prefer to get angry at the world or God saying,

'Why me?

'Why has this happened to me?'

'What have I done to deserve this?'

I would like to tell you a story here.

*Many years ago, I went to counselling. I arrived at my session with my counsellor, only unbeknownst to me, she had called in sick and my session had been allocated to another at the practice. This is not usual practise but they had not been able to contact me before I arrived and they did not want to send me away when I had turned up, so I agreed to go ahead with the replacement.*

*We began the session in the usual way and I was in full swing getting nicely worked up about the unfairness of what had happened to me, when he put up his hand to stop the tirade and said:*

*'Why not you?'*

*It stopped me in my tracks - pardon?*

*He repeated himself – 'Why not you? Why do you deserve to be treated in anyway different to millions of other victims around the world?'*

*Surely it is not important wondering why it has happened to you – it has!*

***'What do you want to do about it?'***

***This is the question.***

*I sat for quite a few minutes with that before I replied – 'I don't know really, I just want the pain to go.'*

*'Good, we can do some work then, can't we?'*

Are you ready to start work?

Relieving pain is hard work.

It requires you to

- look at your long held beliefs that have got you to where you are now
- be willing to face parts of yourself you have hidden for a long time
- be willing to face your strengths and your weaknesses
- be willing to be more vulnerable when pain has already made you feel like that
- take responsibility for your actions, your situation and your steps to recovery
- change your lifestyle, living, eating and exercise patterns, sometimes it may require you to change your work as well

Are you ready for all that your illness, your chronic pain wishes you to know about yourself?

We are master self deceivers.

Illness, accident, traumatic experiences are an opportunity to connect with the truth of who we are, to reach the core of our being where we have extraordinary power.

The problem is only **we** can tap into ourselves.

Counsellors and therapists may be able to point the way, help us see what is hiding inside of us, but if we do not wish to see it or wish to work with it, nothing will happen. So the question remains – Are you ready to do this?

### **Exercise 1: Acceptance**

Many of the exercises will require you to journal your emotional responses to your situation. Find a fat exercise book and pen and on the front cover write 'My new life.....'

Today's exercise is to work with acceptance of where you are now – right now. What do you feel about accepting your pain right now. Keep writing down all your thoughts for a minimum of ten minutes. When you have finished do not read. Close the book, have a shower and start your day.

### **The next day:**

Re- read what you have written. You will be surprised at how much negativity is there. In order to move forward we must let negativity go. You can begin this by letting go of the things you have written here in your journal.

Taking a red pen put a line through the negative, incorrect or non-accepting things you have written down. A line through your written work was how your teacher marked something as wrong. It has a strong cell memory of not being correct, so you will accept that these things have now been eradicated from your thinking process.

If any of these ideas come up again in your thoughts, imagine a big red pen coming to cross it out so that you can write the correct version again.

Anything that you have read that is positive or construction to your increased health you want to keep so highlight these in happy yellow!

At the end of your exercise re-write the scribbling into a series of affirmative statements. These statements must be active sentences in the present tense. You do not want to use a future tense word such as 'It will be better' because you will always be waiting for it to come to you, instead couch your sentence in terms like: 'I am feeling better now, today and every day'

This is an affirmed statement of action and power.

**Please note:** You may need to do this exercise for many days until you feel you are at peace around your situation. Furthermore you may need to come back to this exercise at other points of your healing.

If you feel you re avoiding taking that next step, procrastinating or resisting the change that is required at any point in the process – then come back to here and do the exercise again. It will help move you forward.

# Commitment

We have made the first step to wellness.

We have accepted the condition and circumstances we have found ourselves in.

Now we must make a commitment. This needs to be done on many levels.

We need to commit to being willing:

- to change
- to do what it takes to make the best of where we are
- to accept healing assistance from others
- to heal to the best level of health we can have
- to be consistent and focused on being healthy
- to make whatever changes are necessary to our lifestyles to support this new situation

And when we are in pain these changes seem insurmountable!

As in all things, it begins with one step!

Affirm your willingness to change. 'I am willing to change.

When this affirmation has become your truth opportunities for change will begin to be presented to you and you will have moved on to the next step – Negotiation.

# Negotiation

It is my observation that it is here at this point that we rebel!

This is because up to here, we have only been working with what has been and what is, but from this point forward we are starting to take responsibility for our actions for the future – and all the rebellious teenager part of us, the part that says- its unfair, I don't want to do this anymore – comes out motivated by our fear!

If you find yourself

- resisting the changes you have asked to come forward
- procrastinating about making a decision
- avoidance in all its forms

go back to step 1 – acceptance and start journaling! There are emotions that are holding you to where you are.

Let me explain this.

Our emotions are powerful thoughts and feelings that have negotiated everything into our lives. Imagine you are made up of a family. You have a mother, father, older brother, younger sister and baby, toddler, child, teenager and adult and **you** play all the roles.

For you to move forward in a direction other than where you are currently headed requires you to negotiate with all the parties to make sure that all of you are moving forward in the same direction. This is usually done unconsciously when you are normally going about your life but at times of great trauma and stress there is an opportunity to start a dialogue with yourself to find out why all of you would not be interested in being in wellness or optimum health. Usually parts of us can gain benefit by keeping you from health.

Here is the scenario:

You have broken your leg and it is now mended sufficiently enough for you to start physiotherapy to strengthen the muscles and gain optimum fitness.

Some of the roles played might look like this:

The mother plays the role of nagger, the father plays the role of bully and disciplinarian, the teenager plays the role of rebel, the child plays the role of attention seeker, the baby and toddler cry at the discomfort and pain, the older brother and younger sister play on sibling rivalry and the adult waits for all to

become quieter long enough for action to occur! Every role therefore has an invested interest in *not* getting well!

Now when it is explained like this, it seems pretty silly, but this kind of emotional tug of war is going on within most of us all the time over every action in our lives. No wonder we are exhausted!

Journaling allows the dialogue to happen. It allows you to see which aspect of yourself is having the most say in your life and also points to the direction that needs to be taken. The adult needs to take action to enable all of you to choose health.

**What to do:**

Using the same technique as before in Acceptance, journal. Get your red pen and isolate the different voices. Ask each voice what it needs to get well. No matter how many times I have spoken to clients and used this technique myself, ultimately each part of us wishes to feel loved and validated for their contribution to your life. When we do this it is easy to move all of you forward to the next step.

## Utilising our Whole Self

If we were playing international sport as a professional sports player we would expect to give our heart, mind, soul and body over to playing the game the best we could. Achieving personal best takes all and then some.

### **Why would we not expect this from ourselves when we are changing who we are and coping with pain?**

We need to activate **ALL** of ourselves to work on this not just the physical body.

When we have an accident or shock, be that physical or emotional, the non physical parts of us leave the physical body in preparation if you like to exit. When pain is severe these non physical parts of us can stay locked out of the body for long periods of time.

### ***Let me tell you the story of Mary.***

*I met Mary when I was a colour consultant with Aura- Soma. ([www.aura-soma.net.uk](http://www.aura-soma.net.uk)) She came to choose some bottles from the Aura-Soma range. Her second bottle (the one that Aura-Soma recommend the client works with) was Number 26. This bottle is orange over orange and is called the shock bottle. As Mary divulged her story it was quite clear that she had been in shock for many years. Her eldest son had died in a car accident when he was nine (she was not driving the car), the accident had happened 15 years before. Within 2 years of the accident she started having lots of accidents to the right hand side of her body and this had continued for the whole time. She was always feeling tired and listless. She often felt lopsided but didn't understand and her right elbow has developed eczema while the rest of her body was perfectly ok.*

*It is believed in some esoteric teachings that when a person dies the soul body exits out the left hand side. If this were true in Mary's case it would explain all of the symptoms she was having. She agreed to work with Bottle 26 to help her deal with her delayed response to the shock and within ten days of rubbing the contents on her body daily, Mary reported a greater sense of well being and her eczema started to clear up. It was a good three months until Mary was ready to try another bottle, but when we did the next reading of the bottles, the orange bottle had moved to the past position, suggesting that the shock was now in the past and that healing could begin.*

If pain and shock makes us lose connection with the non-physical aspects of our being, then surely the first place of work must be to get all parts of ourselves to work together for the greater good?

There are 2 things I recommend to ensure we are always connected to all of our selves.

Firstly after any shock or distress take a few drops of rescue remedy (Bach Flower Remedy) or Australian Bush Flower Remedies (Emergency Essence).

With prolonged pain a few drops in a glass of water sipped throughout the day will take the edge off the pain levels. This is because as we disintegrate our connections with our greater selves we lose touch with the energy that helps support us in the world – that includes creating a buffer between us and the pain – so flower essences can work similarly to pain killers but on the emotional, spiritual and mental bodies - enabling us to cope better with the physical pain and maintain that connection.

Secondly there is a pep-talk that you can learn and apply at anytime. It consists of treating your body as a communicating individual. The first time you apply this pep-talk you will need to place your hands on your body as well, but after that the words should simply do the trick.

### **Self Pep Talk:**

Place your left hand on top of your head and your right hand on the middle of your chest and say the following words aloud.

Ground, Align, Connect, Protect, Seal, Energise.

Then breathe in a deep breath and let it go.

You will find a few things happen as a result of this exercise.

- Calmness
- Clarity
- Willingness to take the next step
- Stress levels drop
- Panic will be lessened
- Breathing patterns will be deeper and more even so that you will be taking in more oxygen than before

You could experience all of them or none of these on the first few attempts.

Do not give up if you think nothing is happening - keep going - sometimes it takes a while for our bodies to be sensitive enough to recognize what is happening to it, especially if we have hidden or deadened our body's responses by continued use of drugs, tobacco or alcohol.

# Agreement

Out of negotiation and journaling comes a two part agreement. The first part is an agreement between you and yourself. The second part is the action plan you wish to follow.

Write it down.

This is like writing a contract. Put in all the details.

Work out the plan of action required to get you to healthy wellbeing.

What do you need?

What do you know about yourself that needs to be put into your agreement?

If you are a procrastinator then write in the time and dates to be met.

Give yourself **carrots or rewards** to enable you to keep to your action plan.

This is an important strategy.

*Many years ago I finally gave up smoking. I vowed that in order for me to suffer the pain of withdrawal from nicotine I needed to find a reward that I wanted so much that the reward outweighed the discomfort of doing the action. I decided to put the money I spent on cigarettes each week into a special account for a holiday. It was a very sobering act to realise that within six months I have enough money to visit my family in New Zealand, especially when I had been crying poor for such a long time before that and by the end of that year I had enough money to have the holiday I wanted and go to NZ!*

*The truth was cigarettes were making me unhealthy both physically and financially!*

When you have completed your action plan/agreement then it is time to celebrate all you have achieved.

**Do not forget this step.** It is part of the process of honouring, recognizing and validating yourself for your efforts. We all too often forget this step and as a result feel resentful at all the effort we are making that seems to be unnoticed.

The document you have just written is one of the most important in your life at this time – keep it safe. Put it amongst your most important papers. Give it its own special envelope, file or box to go in. Don't forget this contract is with your

self. If you would like someone else to be involved to witness your journey then sign the document in front of them. Ask them to regularly ask you how you are progressing.

I know this seems a bit over the top but getting to a state of optimum health for you is not. Make your investment and effort count. It is an important part of healing.

# Action

## Take action - Now.

You need to take the actions you have set out in your action plan.

You need to follow through on the first action. Do not race ahead, stay with the first action you have agreed to take. When this is complete, review it. See if the action brought you the desired outcome.

If it did not - why didn't it bring the desired outcome?

Often it is because we expect too much of ourselves too quickly. Go back to your plans. Review the time allowed for your actions and make adjustments that are more realistic in light of what you now know about you and the situation.

Action attempted but bringing a different response is ***NOT*** a failure. This is merely a sign that there is more knowledge left to uncover. Keep digging until you have an answer that enables the action to be followed and a positive outcome gained.

Human beings are quite simply an expression of love but we are very complex in the way we individually express that. Give yourself permission throughout this whole process to tap into the core of you that is love for there is the energy to heal, to move mountains and to make change. Anyone who has achieved a magnificent feat has tapped into this energy. It is not only for the few it is within each of us.

## **Sing your Song**

Scientists are slower to come to truths than metaphysicians, only because they need to prove it, rather than be filled with faith at the knowing of it.

The article below confirms what sound therapists have always known. No living thing in this universe has a presence unless it first has a sound frequency and yes, even death has a frequency!

Think on this next time you hum or sing in the shower - **Are you singing your true note, or one that someone has foist upon you?**

**Singing the truth of yourself into the world is the most powerful thing you can do and doing it will change how the world responds to you!**

So if things seem to be holding you back, not quite going your way - start singing - you might just be surprised at how your life starts embracing more of the things you want in your life and less of those you don't!

And what if you are tone deaf? Tone deafness is an ear problem not a soul one. Your soul still know the truth of you - ask and you shall receive.

How do you ask? In meditation or prayer ask for the piece of music that resonates most with your being to be presented to you. You will start hearing this music all around you, on the radio, in the lift, someone humming or whistling a tune - it will come up to your consciousness. If you do not know what the piece is, ask, buy a CD of it and start listening to it.

### **For accelerated pain relief:**

Use headphones so that your whole body will reverberate with the sound and you will feel happy and peaceful. This sense of peaceful euphoria can be very healing and will assist you to overcome the sense of pain, helping you to release emotions that are held in our body.

***And for those of you who just have to know what the scientists think here is the article.***

## Sun's Atmosphere Sings

Jeanna Bryner

Staff Writer

SPACE.com Thu Apr 19, 11:30 AM ET

Astronomers have recorded heavenly music bellowed out by the Sun's atmosphere.

Snagging orchestra seats for this solar symphony would be fruitless, however, as the frequency of the sound waves is below the human hearing threshold. While humans can make out sounds between 20 and 20,000 hertz, the solar sound waves are on the order of milli-hertz--a thousandth of a hertz.

The study, presented this week at the Royal Astronomical Society's National Astronomy Meeting in Lancashire, England, reveals that the looping magnetic fields along the Sun's outer regions, called the corona, carry magnetic sound waves in a similar manner to musical instruments such as guitars or pipe organs.

### Making music

Robertus von Fay-Siebenburgen of the Solar Physics and Space Plasma Research Center at the University of Sheffield and his colleagues combined information gleaned from sun-orbiting satellites with theoretical models of solar processes, such as coronal mass ejections.

They found that explosive events at the Sun's surface appear to trigger acoustic waves that bounce back and forth between both ends of the loops, a phenomenon known as a standing wave.

"These magnetic loops are analogous to a simple guitar string," von Fay-Siebenburgen explained. "If you pluck a guitar string, you will hear the music."

In the cosmic equivalent of a guitar pick, so-called microflares at the base of loops could be plucking the magnetic loops and setting the sound waves in motion, the researchers speculate. While solar flares are the largest explosions in the solar system, microflares are a million times smaller but much more frequent; both phenomena are now thought to funnel heat into the Sun's outer atmosphere.

The acoustic waves can be extremely energetic, reaching heights of tens of miles, and can travel at rapid speeds of 45,000 to 90,000 miles per hour. "These [explosions] release energy equivalent to millions of hydrogen bombs," von Fay-Siebenburgen said.

"These energies are plucking these magnetic strings or standing pipes, which set up standing waves--exactly the same waves you see on a guitar string," von Fay-Siebenburgen told SPACE.com. The "sound booms" decay to silence in less than an hour, dissipating in the hot solar corona.

### Solar physics

The musical finding could help explain why the Sun's corona is so hot.

While the Sun's surface is a steamy 10,000 degrees Fahrenheit (5,538 degrees Celsius), plasma gas in the corona soars to more than 100 times hotter.

"How can the atmosphere above the surface of the Sun be hotter if nuclear fusion happens inside the Sun?" von Fay-Siebenburgen said. If astronomers can get a clearer picture of what's going on inside these magnetic loops in the Sun's atmosphere, they have a better chance of finding the answer.

Another recent study using images from Hinode's telescope revealed twisted magnetic fields along the Sun's surface, which store huge amounts of energy. The magnetic fields can snap like a rubber band; when they do, they might release energy that could heat up the corona or power solar eruptions and coronal mass ejections, the researchers say.

## Keep Going!

The hardest thing to do when pain feels as though it defeats you - is to find the energy to be disciplined enough to keep going.

And this is now where you are.

Remember, when you look at all you have understood about your emotions you can see that many of those emotions you have carried for a long time. If you carried it as a pack upon your shoulders, day in, day out, you would not be surprised to see a bent back would you?

It is important here to realize that now you have put the pack down, but the body is used to accommodating it. It will take time, effort and energy for the muscles and spine to re-arrange, so that your back can be straight.

Allow that.

Do not force or push, take your time. Stretch yourself gently. You will achieve more in short, consistent, regular movements than hard irregular workouts.

If you get stuck you know what to do – that's right back to Acceptance to start digging.

Don't forget to reward yourself when you have reached your goals.

Re-evaluate your physical health goals with your health practitioner to ensure you are doing the best for you at each step of the journey.

## Watching out for depression

One of the many complications of chronic pain is the onset of depression.

It is my hope that the exercises here may alleviate the pathways to depression for you.

But if you are feeling that you are

- unable to cope with the pain
- unwilling to look after yourself
- withdrawing more from others
- unable to remember the last time you laughed or felt happy
- listless and tired all the time
- apathetic to life
- suffering with broken sleep patterns or not enough sleep

then get in touch with your medical practitioner or counsellor to see if you need treatment for depression.

You have even less chance of dealing with chronic pain if you are feeling depressed about your situation.

## Review

Each step of the way you need to reflect on what has worked and what has not and maybe re-visit some of your earlier steps to assist you to move forward further.

It is a good idea to keep a diary of your healing process because

- it always good to have a record of your efforts
- it helps you plot your emotional rhythms, which impact so heavily on your ability to handle pain
- plotting your emotional responses will help you to find the triggers that set the responses off
- it assists in the review process
- on a particularly bad day you can re-read what it felt like on a good one – this helps maintain perspective ( this is the first thing to change as a result of chronic pain)

### Extra tips:

- Don't forget to congratulate yourself for every positive step you have taken.
- Be grateful for the really good days – life is to be enjoyed - allow your senses without pain to enjoy what you are experiencing.
- Remember your friends and relatives do not want to hear about your pain interminably, otherwise you will not be invited to other functions. Your best medicine is to keep actively involved in what is happening around you.
- Keep your eye on what is happening in the world – don't close off.
- Laugh – a lot! Watch comedies, read joke books, look out for entertainment that uplifts you.
- Enjoy your friends and loved ones, be grateful for their time and company. You have the opportunity to build deeper and more intimate relationships with those around you. Take this opportunity you life will be richer for the effort.

- Your life has been slowed down for a reason. It is your job to find out what for! Take time to smell the roses, be present in the now. Don't rush forward or backwards in time you will (in either case) be resisting your place of absolute power – NOW.
- Allow every emotion you are feeling about your pain, acknowledge its impact and let it go. **It is very important not to hang on to emotions as these are partly the reason you are where you are now.** Part of your lesson is to allow your emotions freedom of movement.

Finally, I cannot stress strongly enough – be gentle with yourself. You deserve to be at peace with your life. You deserve to be loved by yourself and by others.

I wish for you a release from pain, an acceptance of love and peace in your life and the joy to appreciate all that has been given to you.

Many bless-sings to you.....

# Helpful Websites

This is by no means a definitive list!

Aura-Soma Australia – [www.aura-soma.com.au](http://www.aura-soma.com.au)

ASIACT – (The Art & Science International Academy of Colour Technologies) UK  
– [www.asiact.org](http://www.asiact.org)

Bach Rescue Remedy – [www.bachshop.co.uk](http://www.bachshop.co.uk)

Australian Bush Flower Remedies – [www.ausflowers.com.au](http://www.ausflowers.com.au)

Assistance with depression – [www.beyondblue.org.au](http://www.beyondblue.org.au)