

# Mini-Blitz Workshops



Simple Ways to Deal with Pain

## My Journey with Pain



Do you have a nagging back ache? A constant headache or knee pain? We've all suffered from pain at different times in our lives, and it's not fun!

Many years ago when I managed the RSL Health Club (for 9 1/2 years) and was teaching 11 high impact aerobic classes a week, I developed debilitating problems with my knees that were swollen for 3 years with cracking under the patella's and a host of other diagnoses. I was told I would never exercise again, or even be able to go for walks. Thank God I didn't listen to them, and after a book on Reiki fell off a book shelf and landed in front of me, it started my journey down the path I have been on for the past 26 years, to alternative ways of dealing with my health and helping others.

After learning Reiki and spending 20 minutes with my hands on my knees doing this crazy stuff, the next morning the swelling and pain was gone and I could jog (and still do today).

I have also had breast cancer twice and bone cancer once. I used Reiki, self-hypnosis, meditation, vitamins and nutrition to get rid of the bone cancer, and after a double mastectomy and reconstruction using my stomach fat and muscle to rebuild 2 new breasts (a 10.5 hour operation with 7 surgeons) the only pain killers I had was Panadol. So I know the power of the mind and energy medicine to deal with pain and speed up healing!

## The Purpose of Pain

Pain is a signal that something needs attention. A toothache means you may need to see the dentist. Muscle pain while doing weight training means you may need to stop or take a break. A headache may mean you are dehydrated or not getting enough sleep. So it's a signal from your body that something needs attending to. If we don't attend to it, of course it may cause more damage, but once we've done all that we can, and the pain has alerted us, then pain can become chronic, and when this happens, it has served its purpose and doesn't necessarily need to be there any longer.

Pain, whether chronic or acute, can significantly impact the quality of our life. While

medication is often the go-to solution for pain management for a lot of people, there are several simple and effective non-pharmacological methods that can help alleviate pain and discomfort.

The opioid epidemic in many countries is now becoming an increasing problem as most of these pain medications lose their effectiveness over time and lead to greater amounts of medication being taken, people just moving from one medication to the next, and ultimately addiction, side effects and in many cases death. Abdominal worst of all they become less effective over time. Why not try a less invasive, safer and in many cases more effective method to manage your pain first?

## Here are some simple and practical ways to reduce pain!

I have listed these in an order that will be easier for you to start working on without the need of another person, so you can start taking care of yourself TODAY as a means of self-help that is free, however you may find that using some of the other therapies I've listed, which cost money will actually give you the results you are searching for long term, but with minimum side-effects. The beauty of this workshop is that we will be exploring some of these other techniques, so you can experience the power of the mind when working with energy medicine to have a healing effect on the body for free.

### 1. HEAT AND COLD THERAPY

Applying heat or cold to the affected area can provide immediate relief. Heat therapy, such as warm baths, heat pads, or hot water bottles, helps to relax muscles and improve blood circulation. Cold therapy, like ice packs or cold compresses, can reduce inflammation and numb the area, providing pain relief.



### 2. EXERCISE AND PHYSICAL ACTIVITY



Engaging in regular physical activity can help reduce pain, particularly for chronic conditions like arthritis or back pain.

Exercise releases endorphins, the body's natural painkillers, and helps improve flexibility, strength, and overall physical function. Low-impact exercises such

as walking, swimming, yoga, and stretching are particularly beneficial. Qigong and Tai Chi can also improve flexibility, alleviate pain, improve mobility, and increase feelings of wellbeing.

### 3. GETTING ENOUGH SLEEP

Poor sleep can exacerbate pain, creating a vicious cycle of discomfort and insomnia. Establishing good sleep hygiene practices, such as maintaining a consistent sleep schedule, creating a restful environment, and avoiding caffeine and electronics before bedtime, can help improve sleep quality and, consequently, increase healing and reduce pain.

### 4. HYDRATION AND NUTRITION

Staying hydrated and maintaining a balanced diet can influence pain levels. Dehydration can worsen muscle cramps and headaches, while certain foods have anti-inflammatory properties that can help manage pain. Incorporating foods rich in omega-3 fatty acids, antioxidants, and vitamins can support overall health and reduce pain.

### 5. CORRECT POSTURE AND ERGONOMICS

Maintaining proper posture and ergonomics, especially for those who sit for extended periods, can prevent, and alleviate pain. Ensuring that your workstation is set up ergonomically, taking regular breaks to stand, move and stretch, and being mindful of your posture can help prevent pain related to musculoskeletal issues.

### 6. HERBAL AND NATURAL REMEDIES

Certain herbs, essential oils and natural remedies have pain-relieving properties. For example, turmeric contains curcumin, which has anti-inflammatory effects, while ginger can help reduce muscle pain and soreness. Many of the essential oils can reduce swelling and inflammation while also increasing blood circulation.

I've used essential oils for more than 40 years, but only on the last 10 years or so as they have become more well known for their therapeutic properties, have people taken a greater interest in them as a way to manage things like pain, sleep and moods.



Essential oils are derived from herbs, trees, flowers and other plants, and if you buy from a reputable company with no pesticides or genetically modified ingredients, they will be purer and more potent, so you'll need less, and they will be more effective. Some of the best essential oils for pain include Wintergreen, Lavender, Eucalyptus, Clove, Rosemary,

Lemongrass, Ginger, Peppermint, Marjoram, White Fir (and other Fir), Frankincense, and a host of others. Many companies also have blends, such as dōTERRA's Ice Blue, that are already combined and available as an oil blend or a cream.

Many of these essential oils or herbal remedies will help reduce inflammation and swelling while also improving the blood supply.

Remember that many if not most of our modern pharmaceuticals were derived from natural therapies used by our ancestors, without the side effects. (Always consult with a healthcare professional before starting any herbal supplements.)

## **7. DISTRACTION TECHNIQUES**

Engaging in activities that distract the mind can help reduce the perception of pain. Hobbies, socialising, listening to music, or watching movies can provide mental engagement that takes focus away from pain. This approach leverages the brain's ability to shift attention and reduce the intensity of pain signals. Interestingly Hypnosis can also have a similar effect.

## **8. MASSAGE**

Massage therapy can relieve tension, improve circulation, and promote relaxation. Regular massages can help reduce pain in conditions such as fibromyalgia, arthritis, and lower back pain. Self-massage techniques, using tools like foam rollers or massage balls, can also be beneficial.

## **9. ACUPUNCTURE**

Acupuncture, a traditional Chinese medicine practice, involves inserting thin needles into specific points on the body. It is believed that this stimulates the body's natural pain-relieving mechanisms and improve energy flow. Many people find relief from chronic pain conditions through regular acupuncture sessions.

## **10. MIND-BODY TECHNIQUES**

This is my area of expertise! There are always psychological factors in our perception of pain, and because of this, we can often use psychological means to alleviate or reduce our perception of pain. Studies have proven that when we are stressed, anxious and depressed it opens up the pain gates or pathways giving us an experience of greater pain. When we are relaxed, calm and feel in control of our lives, it can close the pain gates or reduce them significantly, so our experience of pain is diminished and often disappears all together.

Hypnotherapy has been proven in hundreds if not thousands of studies to be one of the

most effective treatments, that can reduce or eliminate pain and reduce the need or the amount of medication needed .

Other techniques such as meditation, deep breathing exercises, and mindfulness can help manage pain by reducing stress and promoting relaxation. Mindfulness meditation, for instance, encourages awareness and acceptance of the present moment, which can help change the perception of pain and reduce its intensity.

Incorporating mind-body and energy techniques (such as some of those mentioned below) can open up a whole new area of treatment, and this is the main subject of our workshop.

## 6. REIKI AND ENERGY MEDICINE TECHNIQUES

Reiki, Touch For Health Kinesiology, Kinetic Shift and other energy medicine techniques are fast becoming accepted as a very effective tool for reducing or eliminating blocked energy in the aura (before the pain occurs), the chakras, the meridians, and every cell and organ in the body. Blocked or stagnant energy can cause pain, illness and disease, which can cause pain. These techniques work with the body's electromagnetic energy field to clear away blocked energy and promote a state of balance, which will often speed up the body's healing response. Energy medicine techniques have a similar effect as acupuncture without the needles.

### Combining techniques to reduce pain!

Managing pain effectively often requires a combination of approaches. Don't just reach for a pill. Integrating these simple, non-invasive techniques into daily routines can significantly reduce pain and improve overall well-being. As always, it is essential to consult with healthcare professionals to develop a comprehensive pain management plan tailored to individual needs and medical conditions, but keep an open mind to trying some of these safer options first.

The way I look at pain and disease may be different to your view, but please keep an open mind. When we have emotional issues in our life and are unable to deal with them, it can cause a block in the flow of our energy field or aura. If we are unable to deal with them, these blockages can move into the body and present as blocks in our chakras or meridians so we then get out of balance and harmony. This can cause more mental/emotional issues, and move on to cause physical symptoms such as pain, illness or disease.

So we can approach this issue from several different angles!

1. Work with mind techniques such as Hypnotherapy, NLP, meditation, CBT, counselling etc., that can work in the conscious and subconscious parts mind to clear emotional trauma and effect change in thought and behaviour. This can then clear energy blockages, which can then clear physical blockages, resulting in a speeding up of the healing process.
2. Work with Energy medicine techniques such as Reiki, TFH Kinesiology, etc., to clear the energetic blockages first, which can then clear the mental, emotional and physical blocks, reduce stress, promote feeling of wellbeing, reduce swelling and inflammation, boost the immune system, reduce adrenaline and cortisol, speed up the healing process, shift perceptions and reduce pain.
3. Work with the physical body using things like deep breathing, exercise, stretching, yoga, tai chi, chi kung, acupuncture, massage, Bowen, and other techniques which will then stimulate the energy flow on the body, improve flexibility, increase endorphins and help to alleviate mental and emotional issues as well.

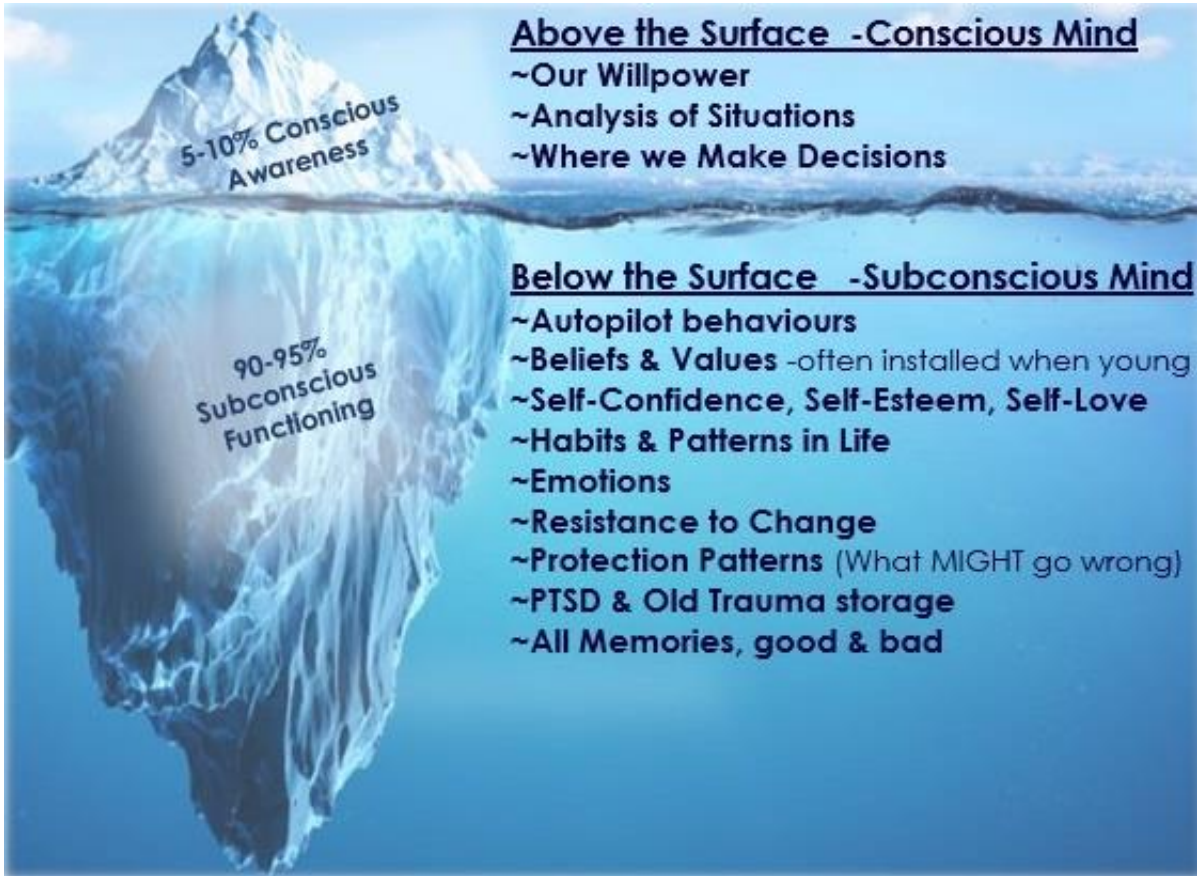
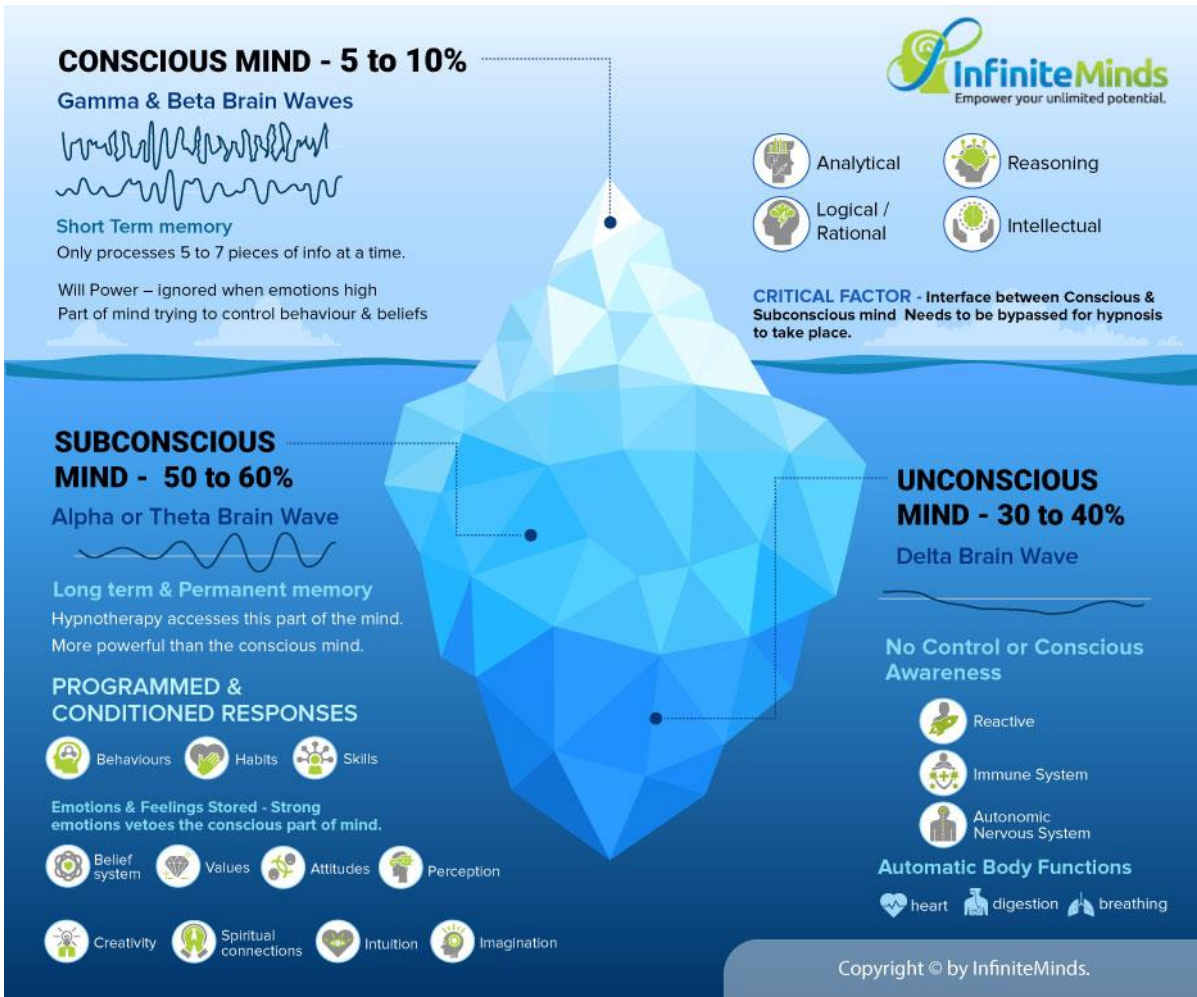
Please note that many of these techniques cross over and incorporate the other systems of healing as well, to have a holistic effect on the body-mind system.

Although I hadn't intended to go into it in as much detail as we did, the gate has now been opened, so I went back and edited this Workbook to include more information plus pictures that you may find useful and interesting.

There were also things I discussed in the video, so rather than you having to look for the resources, I've added the links here so you will have everything at your fingertips!

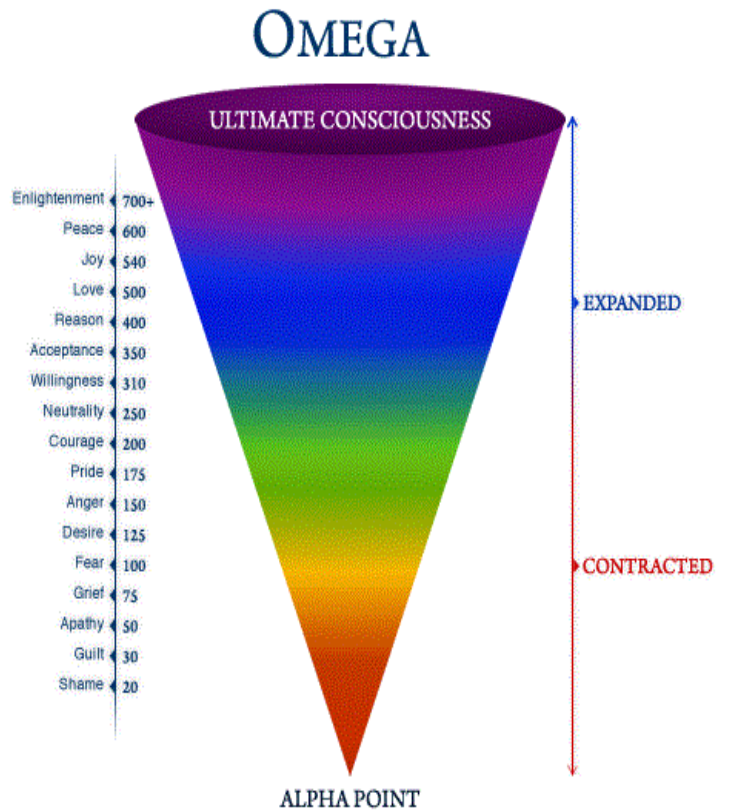
### **ADDITIONAL LINKS**

1. Mini-Blitz Workshop: <https://youtu.be/kC1iVGLUAb8>
  - The Hypnosis part of our session begins at: 1:15:05
  - We commence our Kinetic Shift Energy demonstration with Julie A: 1:47:04
  - Final Hypnosis session: 1:59:39
2. Heal Your Body Booklet: <https://carolmacrae.com/wp-content/uploads/2022/08/louise-hay-heal-your-body.pdf>
3. My Healing Support Web Page with more information Videos and MP3s: <https://carolmacrae.com/healing-support/>





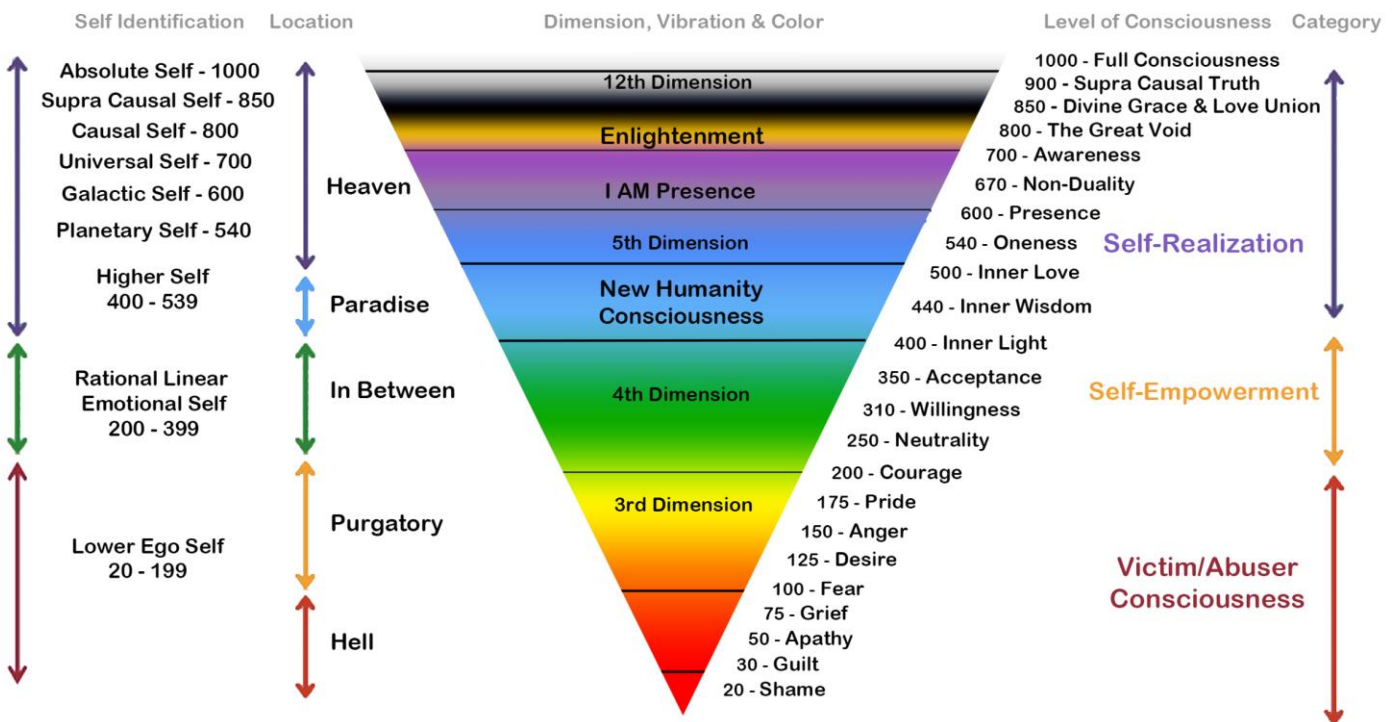
	Level	Scale (Log of)	Emotion	Process	Life-View
<b>POWER</b>	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
<b>FORCE</b>	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable



The Scale of Consciousness- Dr David Hawkins from his book Power VS Force

## Levels of Consciousness<sup>©</sup>

A Map to Full Consciousness by Master Mindo [www.NewHumanitySchool.com](http://www.NewHumanitySchool.com)



## Healthy Aura with Chakras



Figure 22-20: Patient's Aura After Healing

## Aura of a Person with Disease

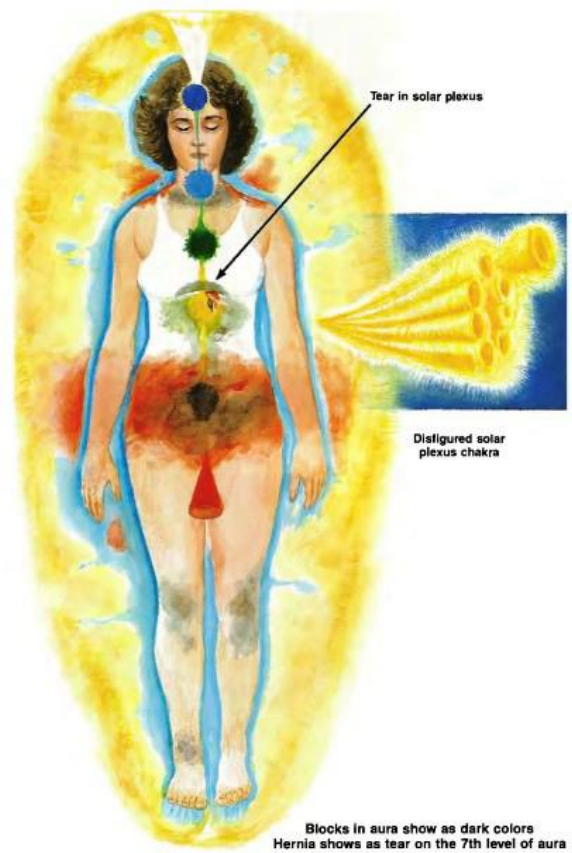
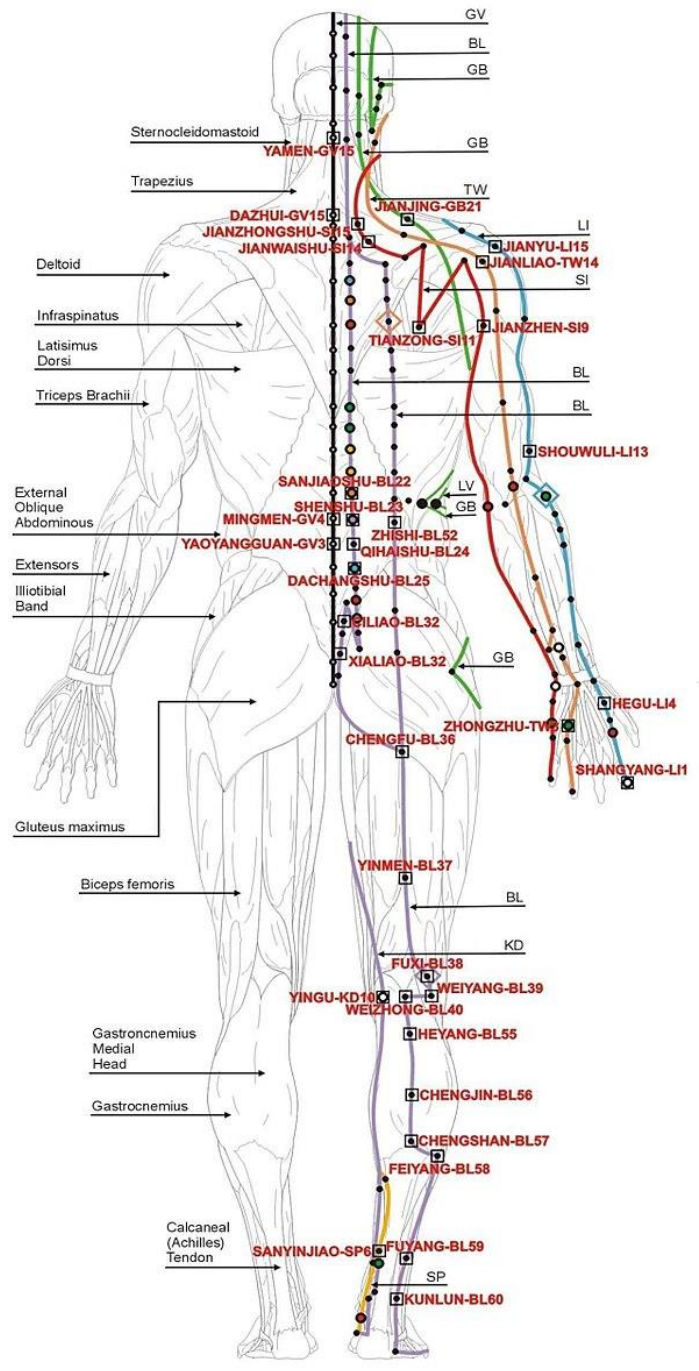
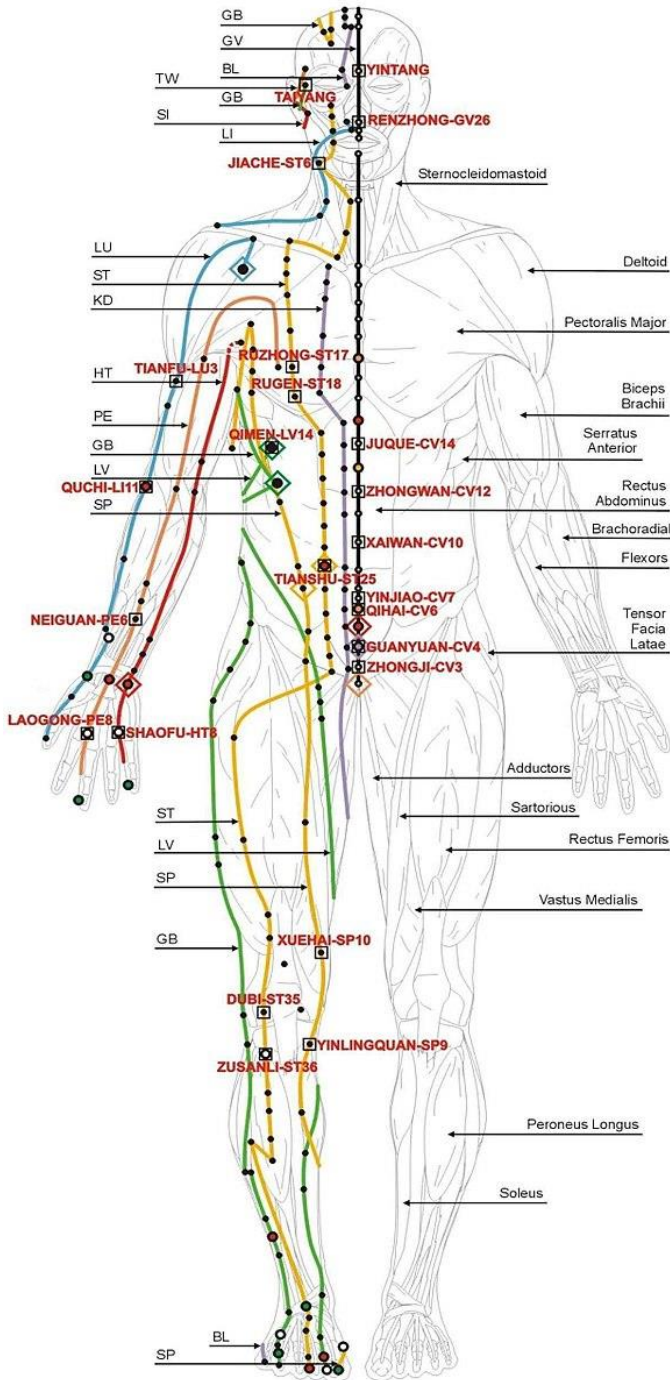


Figure 22-4: Patient's Aura Before Healing With Insert of Disfigured Solar Plexus Chakra

# Human body meridians



## ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS  
RIGHT - SUPERFICIAL MUSCULATURE

### ARM YIN MERIDIANS & SHICHEN

LU - LUNG MERIDIAN 3 - 5 AM  
HT - HEART MERIDIAN 11 AM - 1 PM  
LV - LIVER MERIDIAN 1 - 3 AM

### LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9 - 11 AM  
KD - KIDNEY MERIDIAN 5 - 7 PM  
PE - PERICARDIUM MERIDIAN 7 - 9 PM  
CV - CONCEPTION VESSEL (CENTERLINE)

## POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE  
RIGHT - YANG SUPERFICIAL MERIDIANS

### ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5 - 7 AM  
SI - SMALL INTESTINE 1 - 3 PM  
TW - TRIPLE WARMER 9 - 11 PM

### LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7 - 9 AM  
BL - BLADDER MERIDIAN 3 - 5 PM  
GB - GALL BLADDER MERIDIAN 11 PM - 1 AM  
GV - GOVERNING VESSEL (CENTERLINE)



### LEGEND

- WOOD PHASE MERIDIAN
- 1ST FIRE PHASE MERIDIAN
- 2ND FIRE PHASE MERIDIAN
- EARTH PHASE MERIDIAN
- METAL PHASE MERIDIAN
- WATER PHASE MERIDIAN
- PRIME VESSEL

- STIMULATION ACUPRESSURE POINT
- SEDATION ACUPRESSURE POINT
- ◐ ELEMENTAL ACUPRESSURE POINT\*
- ◑ ALARM ACUPRESSURE POINT
- ◒ YU (ASSOCIATED) ACUPRESSURE POINT
- ◓ SUPERFICIAL ACUPRESSURE POINT
- ◔ \*SHICHEN MERIDIAN STRIKING POINT
- ◕ SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

### WRIST PULSE

- LEFT
- DEEP / SUPERFICIAL
- HT / LI
- LV / GB
- KD / BL

- RIGHT
- DEEP / SUPERFICIAL
- LU / LI
- SP / ST
- KD / PE - TW

◑ GENERAL USE STRIKING POINTS

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# ABOUT YOU

Answer these questions before we commence our Hypnotherapy sessions, then at the end and see if you notice a difference.

Where is your current physical pain, illness, or disease?

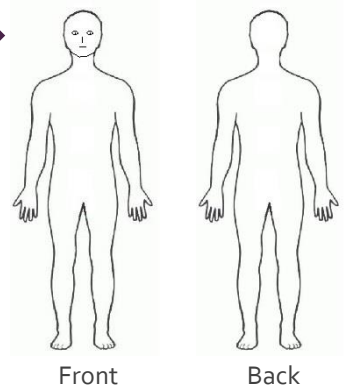
Please indicate any areas of concern on the body pictures to the right.

Current level of Pain/Discomfort? 0 1 2 3 4 5 6 7 8 9 10 ▲

.....  
.....

Current level of Emotion or Stress? 0 1 2 3 4 5 6 7 8 9 10 ▲

.....  
.....



Describe your pain: feels like? Colour? Size? Texture? Shape? Etc.?

.....  
.....  
.....

History

.....  
.....  
.....

What do you think is stopping you from healing?

.....  
.....  
.....

How do you want to feel?

.....  
.....  
.....

When did you last feel this way?

.....  
.....

How do you feel after our session?

Where are you now on the scale?

0 1 2 3 4 5 6 7 8 9 10 ▲

.....  
.....  
.....

Do you feel you would benefit from further work using mind-body techniques?

.....  
.....  
.....

Comments or suggestions?

.....  
.....  
.....

## THANK YOU

Thank you so much for attending today's mini-workshop, which was designed to open your mind to new possibilities. My purpose in life is to help as many people as I can to have a better quality of life.

Our mini-blitz was just a small sample of what we can do together. If you're ready to clear away the triggers and make some serious change, book in for your free 30 minute health assessment or make an appointment to begin your journey as we clear away mental, physical, emotional and energetic blockages and move you towards a life of comfort and less pain. Start your journey today at [carolmacrae.com](http://carolmacrae.com).

Let's do great things together!



Carol Macrae

Clinical & 5-PATH Hypnotherapist

Reiki Master & Teacher / Chair Reiki Australia

Energy Medicine Specialist