

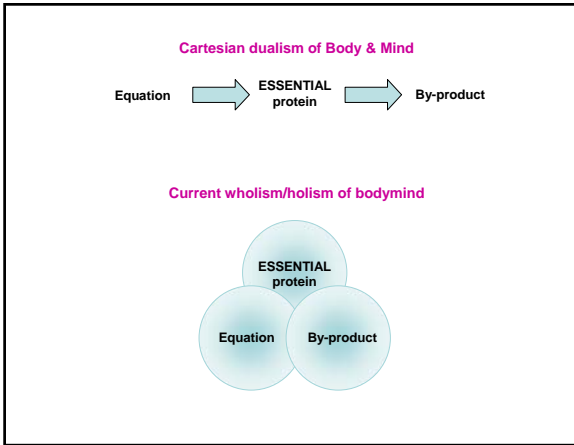


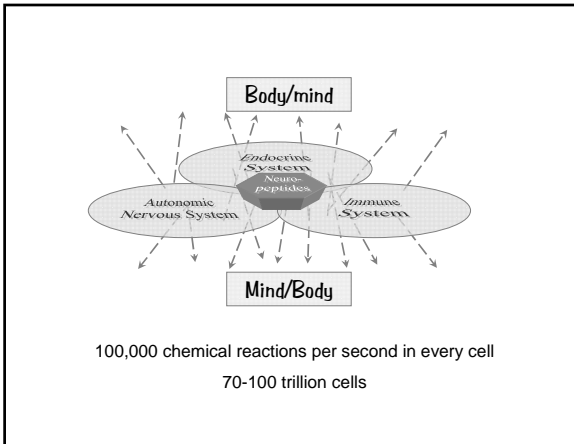
The Power
of a Healing Image
in Pain Management

Self empowerment
using guided imagery
and the MIND

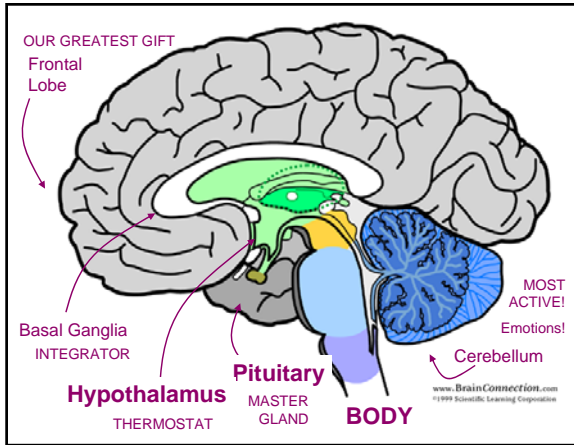
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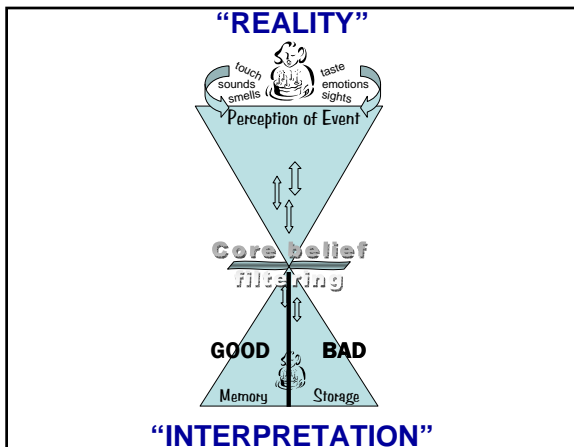
HEALING
IMAGES™

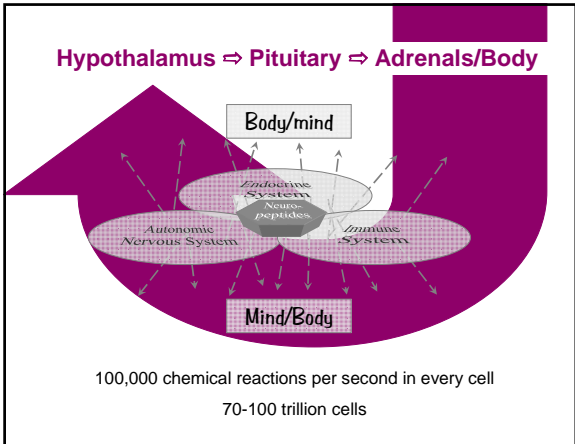




“Recent advances in neuroscience have proven what scientists have long suspected,
 that pain is
 a tightly interwoven physiological and emotional event ...”
 Scott Fishman, M.D.







Bodymind is experiential

Pain messages are real!

Core BELIEF:

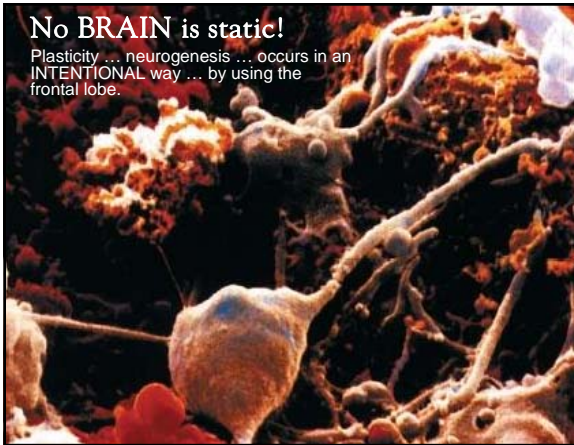
This is the "only" way I CAN be!

Eyes don't see ... the brain does!



No BRAIN is static!

Plasticity ... neurogenesis ... occurs in an INTENTIONAL way ... by using the frontal lobe.



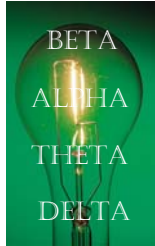
Imagination



The BODYMIND

“Surface” thoughts

- 40 pieces per second
- Linear thinking
- Physical transfer of info
- Uses 10% brain power



“Deeper” thoughts

- 20,000,000 per second
- Holistic “chunks” of thinking
- Speed of light transfer
- Other 90% of brain power

65,000 thoughts/day
95% the same as yesterday

Today's patient is more aware of medical options.

Just WATCHING another event stimulates your mind in the same regions due to... mirror neurons.



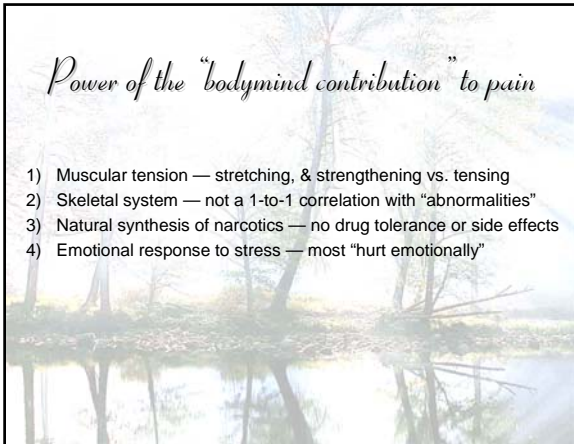
Guided imagery guides the RE-Learning process

*Purpose of &
Response to . . . pain*



Power of the "bodymind contribution" to pain

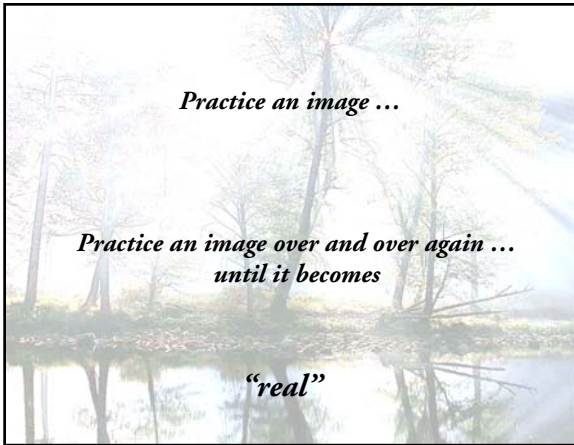
- 1) Muscular tension — stretching, & strengthening vs. tensing
- 2) Skeletal system — not a 1-to-1 correlation with "abnormalities"
- 3) Natural synthesis of narcotics — no drug tolerance or side effects
- 4) Emotional response to stress — most "hurt emotionally"



Practice an image ...

*Practice an image over and over again ...
until it becomes*

"real"





Guided imagery
Certification
Training

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