

Pain Free

Release Emotional and Physical Pain

(Not a substitute for medical advice)

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are releasing any form of pain. See it as a cloud of black smoke or energy leaving your body.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming less inhibited by mental, emotional or physical pain. Write down any comments others make about your positive changes.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I release pain

I let go of pain

I put pain in the past

I release discomfort

I let go of discomfort

I put discomfort in the past

I release physical pain

I let go of physical pain

I put physical pain in the past

I release emotional pain

I let go of emotional pain

I put emotional pain in the past

I release mental pain

I let go of mental pain

I put mental pain in the past

I release disease

I let go of disease

I put disease in the past

I embrace health

I focus on health

I welcome health

I appreciate my health

I appreciate my pain free body

I appreciate my pain free mind

I appreciate my pain free spirit

I focus on positive feelings

I focus on positive emotions

I focus on positive thoughts

I appreciate positive feelings

I appreciate positive thoughts

I appreciate positive emotions

Every day I feel better and better

every day I feel stronger and stronger

my mind is clear

my body is clear

my spirit is clear

my mind is clean

You release pain

You let go of pain

You put pain in the past

You release discomfort

You let go of discomfort

You put discomfort in the past

You release physical pain

You let go of physical pain

You put physical pain in the past

You release emotional pain

You let go of emotional pain

You put emotional pain in the past

You release mental pain

You let go of mental pain

You put mental pain in the past

You release disease

You let go of disease

You put disease in the past

You embrace health

You focus on health

You welcome health

You appreciate your health

You appreciate your pain free body

You appreciate your pain free mind

You appreciate your pain free spirit

You focus on positive feelings

You focus on positive emotions

You focus on positive thoughts

You appreciate positive feelings

You appreciate positive thoughts

You appreciate positive emotions

Every day You feel better and better

every day You feel stronger and stronger

your mind is clear

your body is clear

your spirit is clear

your mind is clean

your body is clean

your spirit is clean

my body is clean

my spirit is clean