

PAIN CONTROL SCRIPT

Pain is a warning device from your body. You do not need to be warned about your (specific pain problem) anymore. You know the problem is there and you are correcting it.

If you need to know about a change, if you need to be warned, you will feel a tingling in the area instead. You will then see that any new problem is taken care of.

You no longer feel any pain connected with (specific pain problem) but this in no way alters your warning pain signals for any other reason.

I want you now to concentrate a healing light in the area where you desire the pain to go away and stay away. Set up rapid and instantaneous healing with the healing light. Feel all tension leaving the area. All pain is completely gone from the area. Feeling soothed, relaxed and painless. As though the entire area has been anesthetized without taking away any motor response whatsoever. You have complete muscle and motor response, but the area has no pain.

Do not call back the pain. You do not need it. You do not want it. It no longer belongs to you.

I am going to bring you back now to your normal awareness ...