

# Use Your Mind To Get Fast Relief From Chronic Pain



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Natural Medicine



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## Session Goals

- Provide the audience with a logical understanding of how to use mind to effectively release pain.
- Use audience participation to demonstrate how to get fast relief.
- Allow audience Q&A for a deeper level of understanding.



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On a good day I could get around using a wheelchair, walker or cane.  
On a bad day I didn't make it out of bed. That was my life for several years.



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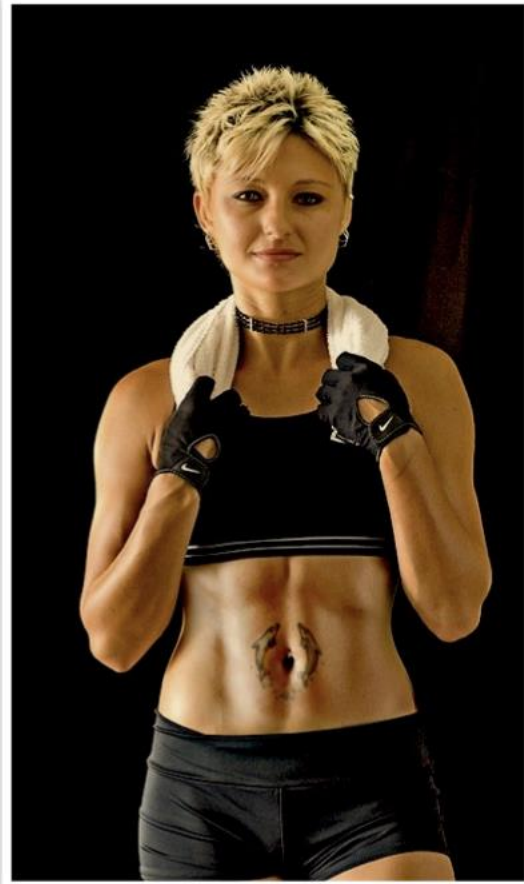
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## Mirror Touch Synesthesia

**Mirror-touch synesthesia** is a rare condition which causes individuals to experience a similar sensation in the same part of the body (such as **touch**) that another person feels. For example, if someone with this condition were to observe someone **touching** their cheek, they would feel the same sensation on their own cheek.

[Mirror-touch synesthesia - Wikipedia](https://en.wikipedia.org/wiki/Mirror-touch_synesthesia)

[https://en.wikipedia.org/wiki/Mirror-touch\\_synesthesia](https://en.wikipedia.org/wiki/Mirror-touch_synesthesia)

You could also call it: Quantum Entanglement with non-locality.

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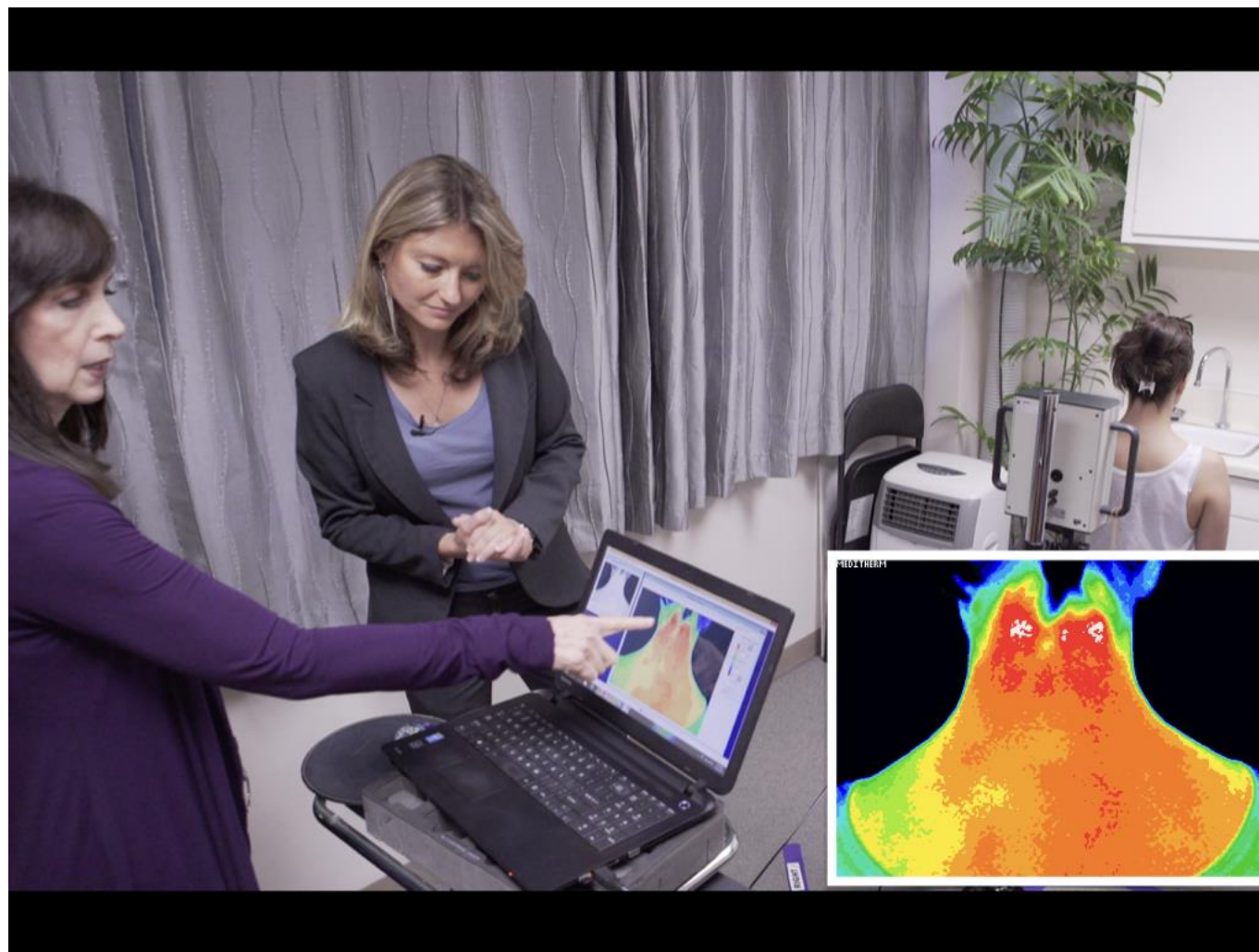
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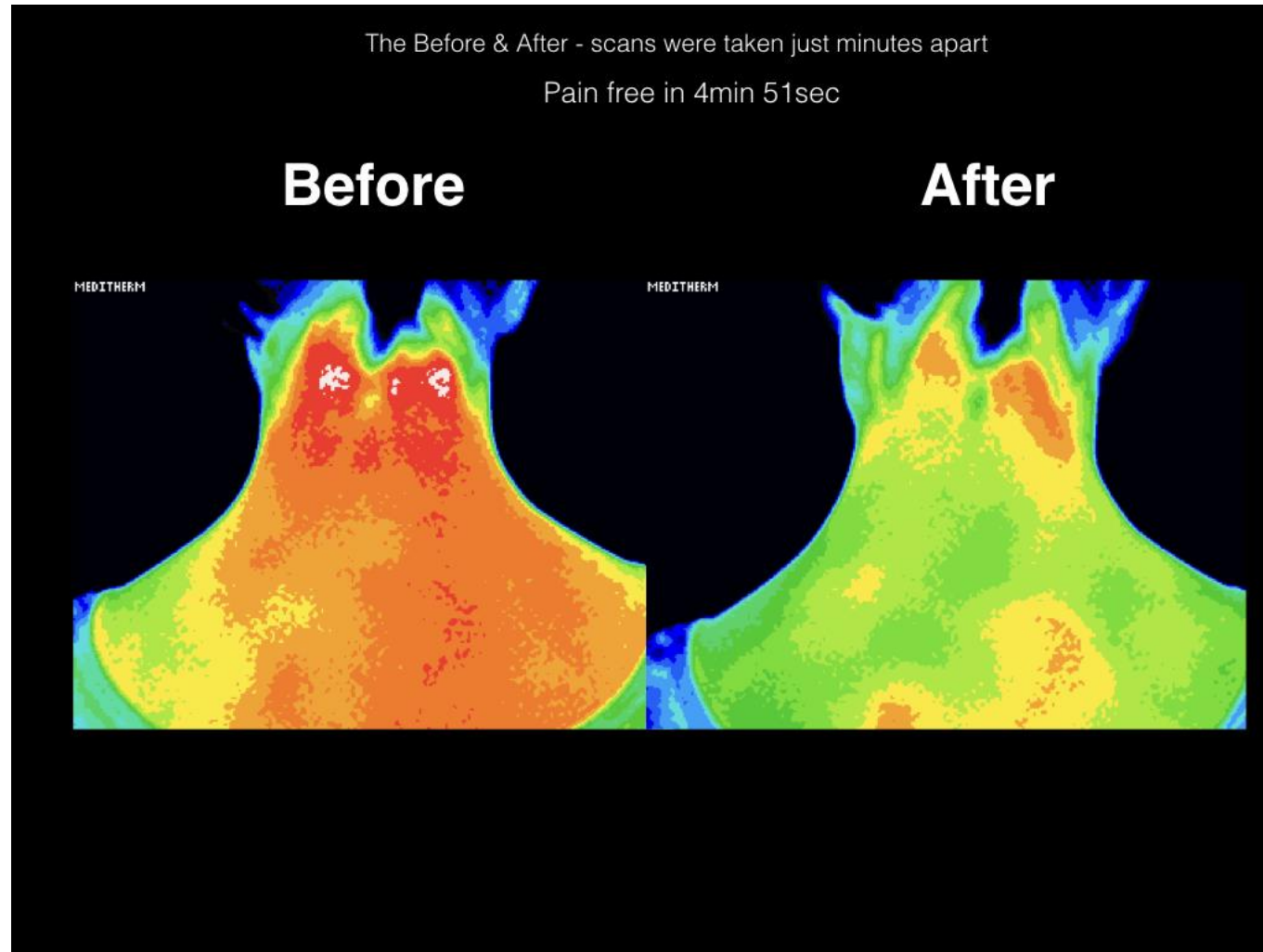


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## Emotional-to-Physical Healing (ETP Healing®)

1. **ETP healing has to do with emotions:** To get tangible results you will not want to think about it as “healing with the mind” or Mind/Body healing. It’s not that. When we think of it in that way, we think about visualization and meditation or moving energy through the body. ETP healing has to do with emotions which includes: the mind, the nervous system and energy that is moving through the body.
2. **The Primary Symptom Emption:** it is important to note that different emotions effect the physical body in different ways. You will want to identify the **specific emotion that** is linked to the ailment, then to shift it. This specific emotion is referred to as the PSE: Primary Symptom Emotion which is the emotion that is directly linked to the symptom. e.g.: for an anxiety attack, the PSE is anxiety.
3. **Specific Combination of Emotions:** We can also look at this objectively and see that people can have negative emotions but the emotion doesn’t *always* result in a physical symptom or ailment. In ETP Healing, the awareness is that there are multiple links in the subconscious mind that are combined with the PSE, there are takes a specific **combination** of connections in the subconscious mind. And when this **specific combination** is changed, that is when self-healing can occur.
4. **The Subconscious Mind:** For ongoing health issues the combination of emotion(s) must be an ongoing. In most cases the problem emotions are from: an old trauma in the subconscious mind that is still affecting a person’s perspective and emotions in life. Or it is from an on-going emotional pattern. Or from a person’s belief or perception that triggers an emotion which the person does not even realize is there. Or a combination of the above. For lasting and optimal results, the PSE and the Specific Combination of Emotions must be shifted in the subconscious mind.

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***“All truth passes through three stages.”***

*1st: First, it is ridiculed.*

*2nd: Second, it is violently opposed.*

*3rd: Third, it is accepted as  
being self-evident.”*

*~ Arthur Schopenhauer*



Questions?

Raise Your Hand  
Or

[support@brandygilmore.com](mailto:support@brandygilmore.com)



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