

Free downloadable example of hypnotic pain control.

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On the Subject of Pain

I've created an audio explanation of the hypnotic approach to pain, and I've uploaded it as a free product that you can download and listen to.

Hypnosis can be used to reduce pain. Pain comes with sensation, and sensation is particular, so everyone's pain is a little different. To manage it, you must get a hold of your particular situation, using your own strengths, and everyone has slightly different strengths.

Hypnotic pain relief uses your memory, associations, and situation. Pain is glaring, like bright paint, but you can strip it off. It's something you can overrule, though you must be judicious since pain may be your last warning before injury.

I don't know what kind of pain you have, or where, or why, so in this demonstration I make it up. I can't demonstrate pain control without some pain to control, but I should not create pain just to make a point, so instead we'll

create some other sensation, maybe slightly uncomfortable, but not painful. And then, by the end, even that will be gone.

This is a difficult exercise because my audience is anonymous and I need to fabricate something that isn't real. Perhaps you do have some real pain, but I won't know it. We must address something equally clear to both of us, or equally imagined.

This 20-minute audio file is didactic, an explanation. It's not an exercise so you only need to hear it once. If I knew what your pain was, this explanation could be directed toward it, and would become an exercise. If that interests you, contact me. I will create something for you.

Download On the Subject of Pain audio file

The direct link to the audio file product page is:

<http://www.mindstrengthbalance.com/product/on-the-subject-of-pain/>

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