

Scribbling pain pdf

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You have been so hurt that you give upon the people so easily when they hurt your minor expectations. You even can't make efforts if you want to because once upon a time you have done a lot for someone but it all came back with a heartbreak. - © 1996-2014. Amazon.com, Inc. or its affiliates © Copyright 2021 Wakelet Limited. All rights reserved. The easiest, fastest way to see instant emotional shifts The "scribbling technique" is one I recommend often to my clients and students. This is a page that will teach you how to do it. Please read the entire thing before trying your first healing scribble! All emotions are chemical, and they need to be metabolized, or broken down, to be removed from the body. All emotions are also energetic. Scribbling takes the energy of emotions (and even things like pain and structural imbalances in the body) and transmutes them into physical motion. On a body level, we are burning the chemicals of our emotions just like our bodies burn fat. This is called a kineesthetic transmutation of energy. We're taking energy and "burning it" through motion with our physical bodies. Scribbling is easy! You can get started with paper and any writing utensil: crayons, pencil, pen, marker, chalk. Technically, you don't even need paper at all--some people scribble on drawing apps on their phones. I prefer to scribble with crayons on paper. The first thing you do when you scribble is write the topic on the top of the paper. This clarifies to the conscious and subconscious minds what you are working on. When you pick a topic, I recommend scribbling on small things, not big things. If you start scribbling on "childhood abuse," you will fill up 35 pages of scribbles and get nowhere--and possibly just stir things up, because that is so big there's no way you're going to clear it all at once in a 20-minute scribbling session. Before you start scribbling on something big, I recommend imagining the energy of it gathering into a ball, and then smashing the ball with a hammer into smaller pieces. Then scribble out the smaller pieces in small increments (say, 5-10 minutes of scribbling at a time). This can take several days to work through various issues, but it WILL work and this is much better than trying to do something big all at once. You can also just choose to start scribbling on the smaller things from the get-go. For example, instead of scribbling on "childhood abuse," you might scribble on, "The anger I felt when I was made to do X and I didn't want to." Even THAT might be too big, but at least it's smaller than general "childhood abuse." The "size" of different topics will really vary person to person. Scribbling on "resistance to getting married" might take 2 minutes for someone pretty open to marriage, and days and days for someone who was abused in a previous marriage, for example. You can use a technique called Intuitive Calibration to assess how long the topics you want to scribble on will take to process. You can ALWAYS use the hammer technique to smash down the things you want to scribble on and make them smaller. So if you start scribbling on something and it feels "too big," just smash it into pieces and decide that you're going to finish up this bit of it and continue the scribbling process over a few days. This 7-minute video IS WORTH WATCHING. It explains the basics of the scribbling technique. You know when you are done scribbling because your hand will spontaneously make a horizontal 0 shape and when you try to scribble something else, your hand will naturally return to that empty shape. The empty horizontal 0 shape signifies that the "container" for that emotion or issue is now empty. You will see how when you get to that point, you will feel a shift! When you are scribbling out something big, after you smash it with the hammer, you will set a timer and just scribble out some of it at a time, say in 5-15 minute increments that you mark with a times. This means you will scribble to the 0's several times over several days to get to the bottom of the same single issue. When you do this, you may feel big shifts after getting to 0's every time, or it may take until the whole thing is complete to feel the whole shift. It depends on the person and the situation. When the scribble is complete, and you've gotten to the 0's, you might notice that YOU feel lighter and clearer inside, and your PAPER feels gross and disgusting. I recommend taking your scribbled paper to the outside trash. The negative emotions literally get transferred from our bodies to the paper, so throw those yucky papers away outside the house. I do not recommend scribbling things out in a personal journal. You can scribble on anything you can think of! People have reported positive shifts with emotional pain, physical pain, illnesses, relationship trouble, and even physical body excess weight due to scribbling. You can read their stories in this Facebook group: The 14-Day Scribbling Challenge. Here are something you could try scribbling on: My resistance to clarity on what I should do next in life Not enough money My desire to control my spouse I am so lonely I hate how I look I regret what I did My sorrow at being forgotten My back pain My stiff shoulder I feel like I can't move ahead in life I can't bust through this weight loss plateau I don't know what to do to heal My heart was broken Birth was so scary I don't like myself These are just some ideas to get your brain going. You could try scribbling on all of them! If any of them feel "big" to you, smash them with a hammer in your mind and scribble them out a little bit at a time over a few days. This was a crash course in scribbling, but this technique is VERY versatile and can have many nuances. This is the full-length book I wrote about scribbling, containing more detailed instructions and many stories of people who have used this for healing. This is a great book to read if you are working to do healing work on your own at minimal cost, or if you are a practitioner looking for easy, simple, seriously powerful tools your clients can learn and use on their own. Buy The Scribbling Solution Now There is something so enticing about this pain that it deserves to be painted in fiction with colours I never knew existed beneath my skin. We're all aesthetic when it comes to love, but you can't hand me a rose without explaining about thorns. So if you must darling, sense the tingling in my heart, I'll let love break my ribs, for this agony could be hard; bring me a promise that stops time, and I'd turn it to art.





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