

E B O O K

6 STEPS

*TO TRANSFORM
PAIN TO PROGRESS*

*AND CREATE
SUSTAINABLE
CHANGE*

F R A N A I T K E N



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Congratulations and thank you for downloading this e-book. This is the first step to re-claiming your health!

Here I am going to reveal the information and 6 important steps that can help you understand more about your pain whether it's physical, emotional, mental or spiritual.

Everyone wants to make progress in their life.

Pain is the road map to progress. Pain is actually the messenger to tell you that something needs to change. If you experience reoccurring pain, as harsh as this sounds, you may not have fully received the message yet.

Over many years of working with 1000's of clients, I have developed 6 steps that can help you move from experiencing this pain to experiencing progress and creating that all important shift in your life where you can re-claim your quality of life.

STEP 1

C O N N E C T



As I have mentioned previously the first step is that pain is the messenger. It is there to tell us that that something needs to change or shift in order for us to move forwards. We need to realise that pain is the catalyst and it is necessary for us to make progress.

Pain is designed as to interrupt our lives. When most people feel pain they just want to get rid of it, which is understandable given that it hurts. If we start to see pain as our friend as a message to help us create the change we need in order to go down a different path, then the journey becomes effortless.

Most of the time we like control. We like stability and comfort. The reason we don't like pain is because we don't like that we are being taken away from our comfortable life to make the change needed to progress and move into the next phase of life.

Don't be afraid of your pain. I am being ruthless when i say this....

"YOU CREATED YOUR PAIN"

As I have already mentioned, people often shy away from pain by altering their posture or the way they move, sit or stand in order to avoid the feeling of pain. This will inevitably further disconnect you and take you further away from your goals and dreams.

Take a moment right now. Sit up in your chair, place your hands roughly where the pain is coming from. Identify your pain, identify the area that the pain is coming from. Where are the borders? Where is the centre? Does it radiate out or is it focused? Does it hurt all the time? What type of pain is it? Aching sharp or shooting? Take a few deeps breaths into that area even if it is uncomfortable.

When you have got a good idea of where the pain is coming from you can then move onto step 2.

STEP 2

A M P L I F Y



Congratulations, you have done a really great thing, and understood a part of yourself that you have most likely been avoiding for a while. This is such a great step.

Now that you have found the area of pain, I would like you to go back to the area on your body. We are now going to amplify or increase the area of pain.

Move your body or your hands in a way that increases the pain level that you are feeling. You could also breath into the area to expand that space around the pain, (that may also increase the pain).

The idea behind amplifying your pain is to really bring it to the front of your mind. It is saying to your brain that you are ready to connect.

STEP 3

D E C L A R A T I O N



Now that you have braved increasing your pain levels, we are going to make a few declarations.

I would like you to put your hands back on the area of pain.

Choose a few of the following statements to say to the area of pain. Pick ones that you feel are relevant to you right now. Please close your eyes when you do this exercise so you can really focus on the area underneath your hands;

"Sometimes I am so disconnected"

"I find it difficult to connect"

"Sometimes I am too busy to listen"

"Sometimes I feel like the pain is never going to end"

"Sometimes I feel like nothing works"

"I am always trying so damn hard"

"I feel so stressed and challenged right now"

"I find it hard to be with myself"

"I feel so much tension"

"I have no energy to do the things I need to do"

STEP 4

P A T I E N C E



Did you feel a shift in your body when you made any of those declarations.

Perhaps a deeper breath, more relaxation in your body, a sense of relief or a need to stretch or move.

If you didnt feel anything yet, then with the above in mind, go back and repeat step 3 and see what you notice and you are doing the exercise.

Patience is key here as you are looking for a change in energy in the body. Something will shift. You will know it when you feel it.

When you have felt the shift, just continue to be patient with your body. Keep your eyes closed and focus on the area underneath your hands. You may have thoughts enter your mind or feelings of emotion come up in your body. For now just be aware of what these thoughts and feelings are then write them down.

STEP 5

R E C L A I M



Step 5 is about keeping these emotions and thoughts in your mind and asking yourself this question:

If you had a magic wand and could hypothetical magic these feelings and thoughts away what would be in their place?

What would you wish for instead?

This will help give you a new focus. For example, if you were feeling fear and anxiety when you made those declarations, you mind decide that the magic wand would give you more trust in place of those feelings. Or if you felt that you were just on the same life roundabout going round the same path again and again, perhaps with a job or different partners, but same story, you might choose to have the confidence to quit that job and do what you really want to do or you might decide that you actually have no idea who you are and perhaps it's time to find out.

STEP 6

R E - F O C U S



This last step includes how you can bring that new focus into your life. If you decided on more trust or perhaps you are working towards life abundance, then that might take you on a path to find out more about those things. It's important that you do things and create ways that you can trust more or focus on areas in your life that you already have abundance.

If you don't know what your life purpose is perhaps its time to try new things so that you can start to find out what lights you up and what inspires you.

Think of the things that you want more of in your life and then design your life around those things. This requires you to change a few things, but it will be worth it. This way the body's message becomes a signal that something is ready to change. It is time for something new. It is time to step outside our own comfort zone and embrace those changes.

Pain is very challenging to many of us in different areas of our lives. The solution is to have a different relationship with it and use these 6 steps to help move you from pain to progress and create long lasting changes to your body and life.

If this has really inspired you and you would like to feel these energies at a deeper more impactful level then why not consider booking one of our complimentary consultations by clicking this [link](#), calling **01280 814577**, or emailing, info@awakenchiropractic.co.uk

We work with individuals to help release old patterns and energies in the body that don't serve anymore and help you re-focus on what you want to add into your life that will get you to the next level on your journey to ultimate health and wellness, to be free from pain and have the life and future that you deserve.

