

Being Pain Free

Pain is the physical manifestation of negative emotion.

It is not a mental concept.

Pain is not in the mind at all.

It is stored in my emotional body.

Fear is all in the mind, not pain.

Fear & pain are a duality of relative experience.

Without fear, there is no pain, and without pain, there is no fear.

Pain is processed through my brain, not my mind.

It is my brain recognising the effect of the false negative beliefs that have created painful negative emotions.

Re-living past negative emotions caused by past or present negative beliefs is a very painful experience.

Pain is not all in the mind, but being pain-free is.

My Pain Threshold is a measure of how much negative energy is stored in my emotional body.

My emotional body stores my emotional energy.

Negative energy stored in my emotional body will potentially manifest as pain.

Stored emotional energy that is negative depletes my emotional power and lowers my pain threshold.

It is not my ability to endure pain that is important but my ability to not have pain.

Being pain-free requires my pain threshold to be positively maintained.

The more pain that I have suppressed and stored in my emotional body, the lower my pain threshold becomes and the more likely I am to encounter pain.

The more empowered I am, the more connected I am to my emotional power, the higher my emotional power threshold and the greater is my ability to remain pain-free.

My Emotional Body is not evident to my physical senses.

My emotional body is my intuitive body of emotion.

My body of emotion often reveals itself.

It can be full of powerful inspiration or full of pain.

Whether my body of emotion is full of power or full of pain is determined by my state of being.

My state of being is determined by my mental perspective.

My mental perspective is determined by my mental beliefs.

My mental beliefs determine my emotional needs.

My emotional needs express my lack of emotional power in my depleted body of emotion.

My lack of emotional power is due to my negative body of emotion.

My lack of emotional power, in my negative body of emotion, manifests as pain in my physical body.

Pain & Discomfort are not the same thing.

Pain is the physical experience of being without emotional power.

The physical experience of a positive emotion is always a pleasure.

The experience of pain is relative to the negative emotion caused by a fear or a false belief.

Discomfort is the opposite experience of being comfortable.

My comfort zone allows no discomfort to occur.

Unfortunately, growth & development are not evident within my comfort zone.

Personal growth, by necessity, often occurs with a degree of discomfort.

My discomfort is relative to my ability to extend the boundaries of my comfort zone.

Personal growth is often uncomfortable but it need never be painful.

Pain & Personality are inter-related.

Pain is relative to emotional power.

Emotional power is relative to emotional needs.

Emotional needs determine personality.

The more extrovert my personality, the more I need other people to meet my emotional energy needs and the more I blame other people for the pain in my life.

The more introvert my needs, the more that I blame my Self for my pain, and the more I learn to suppress and hide my pain.

The more positive my personality, the less emotional needs I have and the less pain that I experience.

The more negative my personality and my beliefs, the more emotional energy that I need and the more suffering that I will endure.

My true identity has infinite emotional power, is pain-free, and is overt to all opportunities in my life.

Keith Collins

The Inner Coach

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theinnercoach@me.com

<http://www.theinnercoach.eu>