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Introduction

It is my pleasure to gift you with this FREE resource to help you transcend emotional pain. The process discussed here is based on the premise that your body knows how to heal itself. In the same way that you don't consciously have to think about how to digest your food or deliver oxygen to your cells, your body is capable of processing your emotions. You don't even have to know what caused the feelings. You don't have to judge, critique, analyze or rationalize. You don't even have to name the emotion. Just be aware, feel it, and your body will take care of it. You'll be surprised at what a mental and physical release that can be.

So if you've been holding on to sadness, fear, frustration, anger, helplessness, resentment, hopelessness, loneliness, the pain of betrayal or any other negativity you can process this emotion in a way that promotes your wellbeing. You can release it and move on to better things. You don't need to get stuck in an emotional quagmire and you certainly don't need to carry negativity in your body until it makes you sick.

It is now well accepted that many major illnesses are caused or worsened by the stress of hanging on to negative emotions for longer than needed.

In my own experience this process has allowed me to get rid of physical symptoms like pain and nagging health problems that were associated with the emotional traumas I held in my body for years. Others have turned their lives around eliminating the need for medications, overcoming addictions, healing chronic illness and attracting all kinds of great experiences into their lives using this process.

If you feel the need for professional medical advice or coaching to compliment this process, that's okay. While I've seen major shifts in people who have chosen to self heal on their own, there is certainly nothing wrong with getting extra help. You are the ultimate judge of what you need and whether the advice and treatment you get from professionals is helpful to you.

There are also other processes out there. But this process will never be harmful so it won't hurt to give it a try.

Research tells us that this process works and it works even faster when you understand how. If you're interested in experiencing parts of this process, learning new tools for self-healing and better understanding the science behind the process please [contact me](#).

Be advised that emotion(s) you are working to clear might return. **This process is not about positive thinking or repressing unpleasantness.** A healthy emotional life requires us to experience the full spectrum of human feelings. Loneliness, anger and fear, for instance, can keep us safe and motivate us to take useful actions we wouldn't otherwise. The key is to not get stuck in negativity and allow unpleasant, negative emotions to rob you of joy and wellbeing in your life. We can experience negative feelings, absorb the information they bring, make appropriate changes in our lives and move forward.

These basic three steps will help you process your negative feelings, emotional barriers and possibly even your physical health problems so that you can spend more time enjoying your life, work and relationships.

3 Sequential Steps to Healing Emotional Pain

1. Be with it.
2. Release it
3. Open to Something Better

Sometimes, depending on how deep or traumatic your emotions are, you will need to recycle through these steps more than once. The aim is to get to a place where you are functional and feeling generally positive most of the time.

1. Be with it

When you're having or remembering a negative experience **Be Aware**.

- 1) Notice you're upset.
- 2) Allow yourself to feel what you feel.
- 3) Don't judge, criticize or analyze.
- 4) Feel it fully.
- 5) Notice where and how it shows up in your body. **This is key**. All emotions impact the body in some way.
- 6) Trust that at some point it will feel appropriate to move to Step 2.
- 7) It takes as long as it takes: seconds or hours. Sometimes your relief may only be temporary but the more you engage in the healing process the less time you will spend in this stage.
- 8) Repressing, ignoring or denying feelings will not allow you to cycle through them.
- 9) At the point where the feelings have dissipated ...

2. Release

Let go of the painful emotion(s). Here are possible methods:

- Breathe deeply into the discomfort and notice how it shifts or changes in your body.
- Imagine the pain leaving your body. Or ask a Spirit or Celestial Being to take the pain away and vision them doing that for you.
- Cry. Never suppress a cry and don't talk through it. Just let the tears flow and the body tremble.
- If you sweat or feel hot be with that feeling until it's over.
- Move your body.
- Write down the feelings on paper and burn it in a sacred fire.
- Write down your feelings on biodegradable paper and bury them in Mother Earth. She will process them for you.
- You may chose one or combine any of these methods

3. Open

Turn toward something positive, open yourself to feeling good. Examples:

- Offer yourself compassion by acknowledging how hard this is, that it is human to feel this way, that all human beings experience these feelings, that all feelings are temporary and the pain will fade.
- Switch your attention. Remember, imagine or fantasize about something that makes you feel connected, loved, loving or grateful. Focus on that for a time.
- Vision your ideal future with a sense of optimism. Imagine your ideal life, your ideal setting or something that you're striving to achieve. Feel the feelings this achievement will bring you.
- Move your body in a fun way. If you don't enjoy exercise dance or walk.
- Sing. Be sure to choose a song with positive, uplifting lyrics.
- Find something to make you laugh. Watch a couple episodes of your fave TV comedy. Open a humorous book. Download performances of your fave stand up comedian. Laughter produces a brain wave state that is similar to that produced in meditation. Plus, it's good for your health.
- Be with nature. Go for a walk, contemplate the tree out your window or visit a nearby park.
- Cultivate positive experiences. Care for your garden, nurture your pet or do something nice for someone. Open up your email or text someone a "thank you" for something they've done. It's impossible to feel anxious, fearful or angry when you're in a loving, caring, generous, thankful mood.
- Empower your spirit: meditate, practice gratitude, give, share, serve, contribute, pray, engage in ritual/ceremony, etc.
- Weave self-care practices into your personal life so that you are less likely to be bothered by negativity and better able to return to balance when you are challenged. Self-care isn't just about repairing damage; it's about transcending pain and soaring to new heights.

- Find the medicine that fits you in the moment. You can do one, all or any combination of the above. Whatever works.

Stuck?

If you're stuck in any stage of healing, ask yourself why:

1. Are you repressing, denying or ignoring feelings?
2. Are you holding on to feelings? Reliving the moment over and over? Not allowing yourself to grieve or cry? Talking instead of crying and feeling?
 - You are intellectualizing. If you could think and reason your way out of emotional pain it would be gone already. Get out of your intellect and into your body. Focus on the sensations in your body and follow the body's lead on what it wants to do next.
3. Do you have an addiction to negativity? Are you depressed?
 - Depression and addiction are states of mind **and body** that must be addressed. You can't heal if you are depressed or your underlying temperament is negative (angry, sad, etc.). Even if your current pain has nothing to do with the reasons for your depression you're not going to heal until you address the depression and negative temperament. So explore the root feelings of your pain. Never mind the causes; don't judge, criticize or analyze. Just feel.
4. Are you trying to **open** before you have **released**?
 - The "Open" step is most useful AFTER releasing. Here's why:
 - i. It's not helpful to stuff more into an already full drawer. It only frustrates you. Take out the stuff you don't need and dispose of it before putting new stuff in.
 - ii. Medical fact: When you're in a state of stress your mental capacities are inhibited: you're less able to see the big picture, to catch details/nuances; you're less creative, less able to problem solve, less open-hearted.

5. Are you carrying any unacknowledged or unprocessed guilt or shame? Do you need to forgive yourself for something real or imagined? If so, process it starting with Step 1: Be With It.
6. Are you giving your self-healing power away by waiting for someone else to apologize, change or fulfill some expectation? Be careful. This person may or may not meet your expectation. Are you going to allow someone else's behavior to determine your emotional wellbeing?
7. Did you expect that leaving or withdrawing from the situation would heal your emotional pain? Sometimes we flee from the situation or the person(s) that we associate with the pain. This can be a safe and healthy decision but it doesn't, in and of itself, take away the emotional pain.

Good luck as you cycle through these steps. Remember that according to the Institute of HeartMath, a mere five minutes in a state of stress buys you six hours of depressed immunity, high blood pressure and the biochemistry of stress (such as high cortisol and adrenaline levels). On the other hand five minutes of feeling positive and optimistic buys you up to five hours of enhanced immunity, healthful biochemistry and optimum healing. So five minutes of focusing your thoughts in a way that generates feelings of compassion, gratitude, appreciation and generosity promotes wellbeing.

Resources:

This resource has been informed by the work of:

- Diane Hill (Mohawk), author and designer of the "Emergence of Good Mind" healing process.
- Rick Hanson, PhD, neuropsychologist and bestselling author - information culled from various writings, presentations and interviews.
- Bruce Lipton, MD - biologist and bestselling author - information culled from various writings, presentations and interviews.
- Institute of HeartMath, Institute of Noetic Sciences and Greater Good Science Centre.

- Many other scientists, Elders and healers.

Message from Zainab Amadahy:

I hope you have found this template useful in dealing with your emotional pain and even your physical healing. Furthermore, I hope it can be useful in clearing away barriers to your happiness and wellbeing. If you have any questions, concerns or comments about this resource feel free to [contact me](#) or visit my [website](#). Please see below for more information about how I can help you and your organization.

Spirit Wize offers:

- Professional development workshops for community workers and organizations.
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- Made a difference in the world.

To arrange a session for your organization please contact [Zainab](#).

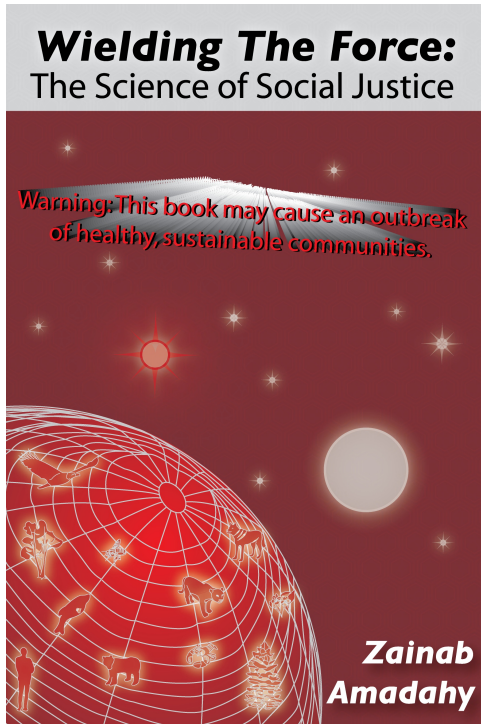
ABOUT ZAINAB

Zainab is an author, activist and educator based in peri-apocalyptic Toronto. Her 30+ years working in medical technology, photovoltaic technology and in the community sector have given her unique capacities and insights into the intersections of science, spirituality and social movements.

Note to the Reader:

While the author of this resource has made reasonable efforts to ensure that the information contained here is accurate and up to date, the author does not assume any liability with respect to losses or damages alleged to have been caused by any reliance on any information contained herein. The advice and strategies contained here may not be suitable for every situation. Individual results may vary.

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WIELDING THE FORCE: THE SCIENCE OF SOCIAL JUSTICE

Warning: This book may cause an outbreak of healthy, sustainable communities.

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Both emerging knowledge and time-tested wisdom can inform social justice activism, helping us advocate for and create the generous, compassionate and peaceful lifeways we aspire to fashion. Recent discoveries within “hard” science have significant implications for the vision as well as the work of activists. New information about our brains, hearts and the biology of human interaction will amaze and delight social justice advocates. Framed

within the relational paradigms of Indigenous and other ancient wisdoms this new knowledge can both inform and transform, having implications for community sustainability, movement building and activist wellbeing.

Our collective paradigm is shifting and science is firmly on the side of social justice!

Author of the 1998 sci-fi novel *Moons of Palmares* and the recent sci-fi adventure *Resistance*, **Zainab Amadahy** is based in peri-apocalyptic Toronto where she is challenged to balance her time as a novelist, non-fiction writer, lyricist, screenwriter, educator and mom to three sons as well as a male cat. Many of her recent publications can be found on rabble.ca and muskratmagazine.com. Check her out at www.swallowsongs.com. She loves to engage with readers.



“Zainab seeks to explain how science has inadvertently revealed truths about human life that only the mystics once understood.” **Robert Lovelace**, Ardoch Algonquin Elder

“Zainab’s remarkable book makes an extraordinary contribution by proving, through her own experience, Indigenous knowledges and science, that we need to work from compassion and empathy to achieve the world we want.” **Judy Rebick**, Long time feminist and social justice activist.

“Zainab’s book is an important contribution to the growing body of work connecting scientific knowledge (particularly non-Western traditional knowledge bases) to social movement theory.” **Harsha Walia**, South Asian activist, writer and researcher.