

HEADACHES



&

NLP



Headaches & NLP

Let's talk about how to deal with headaches using NLP techniques. For those of us who suffer from headaches, we know how debilitating they can be.

Headaches are often caused when we feel overwhelmed, stressed or under pressure.

There can also be other physical symptoms like not getting enough sleep, not drinking enough water, not getting enough fresh air and exercise.



Once you take those things out the equation and you can't seem to shift the headache, you have to ask the question, what else can I do?

I've got a technique that I use and it works really well and I want to share it with you today.

The first thing I'd ask you to do is to get yourself in a very comfortable and relaxed position.

You can use your breath to help calm you down. So breathe in and as you breathe out, let your shoulders drop, relax and let go.



The exercise that I want to do with you is, where you imagine yourself in the future without the headache. Know the future can be half an hour from now. It can be tomorrow, it can be next week.

When you tell the mind that you don't have a headache and you see yourself in the future without the headache, it is incredible how the brain takes that message onboard and delivers what you ask.

Take a few more breaths in and out until you're feeling very relaxed and I want you to imagine floating out of where you're sitting right now.



And you're going to hover over into the future. Looking down, you see yourself in the future.

You're doing something that you really enjoy, and more than that, you are feeling really well and you don't have a headache.

I want you to be aware of what you see around you and what you hear.

How do you feel on the inside when you don't have this headache? Imaging this image on a movie screen. I want you to lighten what you see. Make it brighter. Make the beautiful sounds that you hear louder.



Make those feelings more intense, that feeling of relief, of joy, of calm.

Imagine what it feels like without the headache.

Feel the clarity and the feeling that you can deal with things without that terrible headache holding you back.

I want you to take a Kodak snap of that and put it in your top pocket.

Now I want you to float back up above where you're standing and come back to now and come back down into your body.



As you do that become aware of how relaxed you feel. Remember that you've got that photograph in your pocket and you can bring it out and look at it whenever you've got a headache.

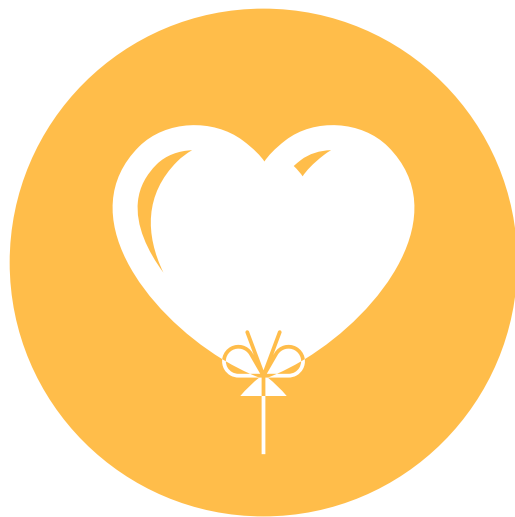
Remember that there are times in your life when you don't suffer from terrible headaches and how good you feel when you've not got that pressure in your head.

You can use this tool, take yourself to quiet place where you can relax, do some deep breathing and visualize yourself without the headache and bring that reality into right now.



So give it a go. Plenty of deep breaths to help you get relaxed before you start and enjoy.

Remember you've always got that photograph in your pocket to help you in the future.



This Ebook is a collaboration between Anne McKeown, Master Coach at 2mpower.co & Global Healing Exchange

