

# How to Get Rid of a Headache (or any pain)



3 ways to alleviate headaches, migraines and other pain.



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## How to Get Rid of a Headache (or any pain)

Pain is something that most of us wish would just go away. It brings us misery, discomfort, many sleepless nights and many of us unfortunately have to suffer pain on a daily basis. For most of us, the first hint of pain sends us reaching for the paracetamol or ibuprofen and many of us have to do this regularly. Let's find out first at why we get pain.



### Pain Has a Beneficial Purpose

With the amazing abilities of the human body to self-organise (think of a baby's development), regrow wounds so that you cannot even tell you had one, recover from serious illness, have you ever questioned why the human body would have a mechanism in place such as pain that only serves to cause us discomfort?

The answer is that pain is not just here to cause us pain! It is actually a really clever system that the body employs to help alert us to where in the body needs attention and healing. If we learn to work with, rather than against pain, we find that pain becomes our friend.



### What Causes Pain

To use the techniques on this page, it is not even necessary to understand what is causing pain. Although this is often clear on the physical layer, for instance if we bang our arm or leg, then this causes pain and often bruising. The pain subsides once the bruise starts to change colour: once the healing process has established. The cause of pain inside our bodies is often much harder to diagnose and can be a warning of serious illness so **if you have a persistent or acute pain you must call your emergency services or go and see a doctor or qualified medical practitioner immediately.** The cause of headaches is less obvious; just why do some people get a headache from a long day and others not? Why do some people develop migraines from eating chocolate? The cause is different for each individual but energetically, we can say that the commonality is that the energy flow has been blocked and that we need to find a way to re-establishing the flow.



## Three Ways to Reduce Pain

The reason that pain is our friend is because it acts as a Belisha beacon, a guidance system, to help us know what area(s) in the body are out of balance or have blocked energy and need attention. It is how we establish balance or pay attention that makes the difference and here are 3 methods. They all work best without pain killers as we are then able to focus precisely where the pain is.



### 1. Re-establish Flow to Reduce Pain

*Works for all types of pain.*

The basis of this technique is re-establishing the flow to allow the body's energy systems to come into balance which enables the cause of the pain to be naturally resolved by the body's innate healing ability.



#### 1a. How to Re-establish Flow:

Lie down, relax whole body, take 10 deep breaths (in through nose, hold, out through mouth letting go tension), start a virtual scan at the top of your head and run it slowly down through the body and whenever you encounter tension, relax that area. Now connect with earth by feeling the vast expanse of nurturing, loving source energy and allow this energy to expand into your body, filling your whole body with warmth. Next, connect with sun by feeling the revitalising, rejuvenating energy and let that flood into your body and bathe in the warm virtual sunlight. Now allow these energies to meet in your heart chakra and then expand this love-light outwards into the whole body and way beyond so your aura is bathed in nurturing and rejuvenating energy.



#### 1b. Hold Your Attention on the Pain

Now take the light that is filling your heart chakra and send it to the area of pain. If you have more than one pain, start with the worst affected area. Use your whole attention and as you direct the light to the pain, allow the pain to dissolve into the rest of your body. Keep your attention on the pain until you feel it subsiding. Be aware of any tension anywhere in your body and try to stay relaxed while you're doing this. As you pay attention to the pain, imagine it is someone you love deeply and keep your heart open. Bless the pain for being there and showing you where to pay attention. Thank it for helping show you where the energy needed to flow. As you allow the pain to dissolve / melt / join into the rest of your body know that you are re-establishing the flow and you will notice how your body begins to feel more in balance, so that the energy field is being redistributed around the body in an even way. Take as much time as you want.



## 2. Play The Colour Game to Reduce Pain

*Works well for headaches and can be used for any pain*

Another really useful way of getting rid of headaches or any pain is the location - shape - colour game. This helps maintain your focused attention on the area that is hurting and focused attention is the way to convert the transverse waves of thought into longitudinal compression waves (or negentropy / healing energy). Please see the works by Dan Winter for more information on the [physics of healing](#).



### 2a. How to Play the Colour Game:

If you want to jump to this technique and skip step 1, we strongly advise you to at least follow the relaxation technique in the first paragraph (*Lie down or find a place to relax while sitting down, etc. If you can't complete all of this step, at least spend time to have 10 slow deep breaths*). The reason for spending time to relax is that this helps the healing energy reach where it needs to because you have already gone part way to establishing the flow of energy.



### 2b. Play the Game to Hold Your Attention on the Pain

Now, when you are relaxed, close your eyes and focus on the headache. Ask yourself these questions, with a pause of a few seconds in between each question:

- *Where is the pain?*
- *What shape is the pain?*
- *What colour is the pain?*
- *Now breath deeply 3 times and repeat.*

Keep asking yourself these questions in a slow, relaxed way. What you will find is that the pain changes location, shape and colour as the healing is progressing. Generally after a few rounds you will find there is no pain left.



### 2c. How to Help Lift the Migraine Aura

If you have a migraine, what you may find is that after the pain has gone, you are left with the aura (that feeling of disconnection, confusion). This can often be remedied by applying the switch field technique which we went into detail on on our post [How to Do Resonance Testing: Step 1](#) - under the section called Reverting the Field. The other way of helping heal the aura of a migraine is to spend 5 - 10 minutes doing slow, deep breathing, ensuring you take in as much air as you physically can do and holding for as

long as you can do. Wim Hoff goes into much greater detail about the power of deep breathing if you are interested in this technique.



### **3. Gentle Tapping to Reduce the Pain**

*Works for headaches*

We discovered accidentally that if you 'play the piano' on the area of pain, it brings relief in a very short space of time.



#### **3a. How to Tap to Reduce the Pain:**

By 'playing the piano' we mean gently move your first finger down and release, then second finger down and release, then third finger down and release and then fourth finger down and release as if you were playing 4 piano keys next to each other in quick succession (no need to use thumbs). The speed of this 'piano playing' is up to you but typically it will be around two sets every second.



#### **3b. Gently 'Play the Piano' Over the Area of Pain**

The pressure needed is that which you would use to pick up an ant without killing it (!) but you can experiment to see the exact pressure that works for you. It is really important to use a gentle tapping - not to press hard because that can bruise the delicate tissues of the scalp. As you 'play the piano' over the area of pain, extend out beyond the area just a little (by a few centimetres) and keep your hands moving into different places. Don't keep your fingers over the same area - just move them around. The other tip is to treat both sides of the head in a symmetrical way.



***WARNING: Please remember that if you are unsure about the cause of your pain or if you are suffering repeated or persistent pains or headaches, you must immediately call your emergency services or go and see your doctor or qualified health practitioner and DO NOT ATTEMPT TO SELF-HEAL USING THE TECHNIQUES ON THIS PAGE***

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