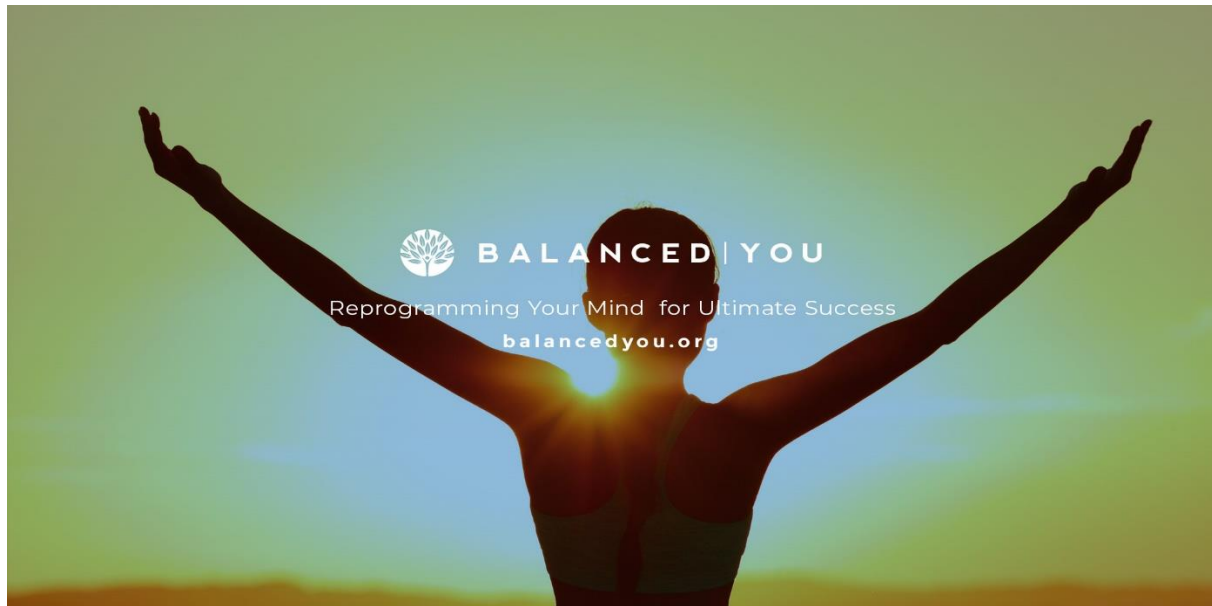




BALANCED | YOU

Reprogramming Your Mind for Ultimate Success

A Pain Free Life Workbook by Balanced You



My Pain Story and How I Overcame Pain -Jenny Harkleroad

I spent most of my life in chronic pain.

- Elementary school it was stomach pain. I was always in the nurse's office!
- During my teen years it was female pain and back pain.
- In my twenties it was female pain and headaches. For around 20 years I was taking 30 Ibuprofen per day for one week of each month to deal with my pain.
- In my Thirties it was constant bladder infections and liver failure from all the meds I was taking for my female pain. I struggled with constant colds and flus spending \$500 per month on immune herbs.
- Then I had surgery for endometriosis.
- That didn't help so I had a full hysterectomy causing menopause in my 30's. That was an adventure.



- That was followed by 2 years of infections.
- Next, I broke my back and suffered daily for years with back pain.
- I tore a hip ligament so bad when breaking my back that they thought I needed a hip replacement and I was in a wheel chair.
- I had a cancer scare and an MS scare and paralysis from an allergic reaction to a bone scan injection that was so bad I almost died.
- Then I had major back surgery for chronic burning back pain.
- Then I struggled with an addiction to hydrocodone, an opioid pain killer.

But in December 2015 I found a cure and I've been pain free and drug free ever since.



*After my pain was gone, I dumped out all the pain pills I had been given.
I'm sure I had taken that many too. Crazy!*

Many of you are stuck in this vicious cycle of pain that I was. Most of you are hoping and praying to find an answer. Some of you can't get free from your pain



You might have beliefs like:

I'm never going to get over this
I'm a sickly person
I have XYZ condition
I've got bad genes.
Dis-ease runs in my family
I never feel good
I hurt myself doing...
My pain is from an accident or allergy...

These beliefs cause us to stay in pain, put our wellbeing in the hands of others and keep us from enjoying our lives and keep us from doing what we are meant to do.

Then we wonder why we feel depressed, sad, anxious, lonely, broke and in pain. It's all coming from our misunderstanding of what's really going on with us.

We think something bad is happening to us but it's actually coming from within us.

I am going to bet, you all would love to set up a new operating system and stop feeling so frustrated, sad, overwhelmed and confused about your pain.

You will learn a new way to change beliefs that are self-limiting and self-sabotaging and learn where your pain is really coming from.

On August 10, 2013 at 11:05 am at Mount Laguna California,
I lay motionless at the bottom of a 10' rocky cliff. Pain radiating throughout my entire body. Life Flight zip lined me up to a hovering helicopter.



Rescue pic and after surgery pic. Ouch!



BALANCED | YOU

Reprogramming Your Mind for Ultimate Success

I had broken my back! My life came to a screeching halt! This was a huge wake up call. When you are flat on your back for 6 weeks you have lots of thinking time.

I had built a huge successful business in the real estate industry and I had it all.. I had the money, homes, vacations. I had whatever I wanted but it took this experience to ask myself, is this how I want to live? Is this what I really want? I had financial success but I didn't have my health. My life looked good on the outside, kind husband, 4 wonderful kids, financial success but I was really suffering on the inside.



I just kept pushing forward in my life because I was trying to:

Look good to others, put on a happy face. Not let people know what was really going on with me. Be who I thought I should be and act the part.

That act left me feeling miserable on the inside.

Maybe your pain is a wakeup call for you. If your pain is a messenger-what is it trying to tell you? Is your pain something to get you back on the right path? Maybe like me I was doing a job I was not meant to do and needed to make a big course correction.



BALANCED | YOU

Reprogramming Your Mind for Ultimate Success

Or maybe your pain is to distract you from what's really going on in your life. A distraction from emotional pain of the past, present and future.

So let's look at how we can create a gentle transition into your own best life.

In December 2015 I realize something amazing. Something unbelievable. It seemed impossible to me. I went to see a medical doctor turned kinesiologist who told me that all the pain in my back was emotional. At that time, it had been years since I could even sit in a chair because the pain was so bad. 7 months prior to this appointment, I had major surgery getting rods and screws and a synthetic disk in my back to help with the pain. Unfortunately, the surgery didn't help the pain and I was still searching for answers. I learned and slowly started to believe my pain was emotional. As soon as I made that connection. The pain was gone. I was "cured." My pain disappeared.



Yoga tricks on the bay with my bestie after my pain stopped.



I was blown away. How could my emotional pain be showing up as physical pain. This made no sense to me. After spending time at many major hospitals with Eastern and Western medicine, how could I not have heard about this sooner?

I almost immediately started studying the mind and methods of subconscious change. Not only was I able to get over my physical pain, I fixed my marriage struggles, my self-esteem, my relationship with my mom, and got off my pain killer addiction. Wow! I was blown away with the power of my own mind.

I decided to change professions, leaving the big bucks and the big house behind to start over building a new business that I was so passionate about sharing with others.

How does emotional pain cause physical pain? I had broken my back. That was not emotional pain. That was physical pain right? Yes! So which part was the emotional pain? The part where the pain never left. My back was fixed. So why was it still hurting?



After surgery x-ray

I love the writings of Dr. John Sarno. He says that pain is caused from ischemia. A lack of blood supply to a certain part of the body which causes oxygen deprivation to a muscle, nerve, tendon, etc and causes pain. When we feel that pain we think something is wrong with that part of our body so we wait and see if it continues to bother us and then if it does, we probably go see a doctor. The doctor might



prescribe medication to cover the pain or recommend physical therapy to strengthen the muscles or surgery to fix an apparent defect. If you are more of a natural approach taker you might go for herbs, chiropractic, acupuncture, massage etc. Some of these natural methods help increase blood flow to these hurting areas and help with pain says Dr. Sarno. But why is there a lack of blood flow?

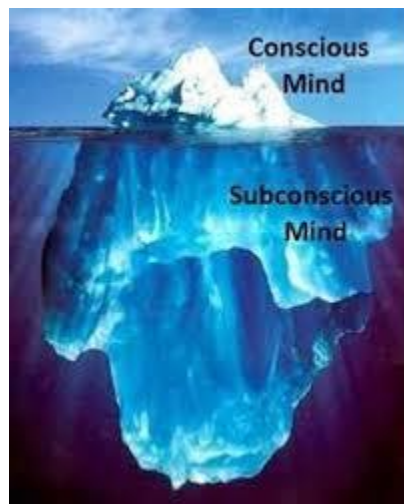
Dr. Sarno says that the actual cause of almost ALL PAIN is emotional pain in the subconscious mind. Especially anger and rage. Do you have anger or rage? We may not think we have anger or rage or other very strong sub-conscious emotions, but we don't know what is in the subconscious mind so how do we know?

I want you to take a moment and think about your life. If you had to come up with one thing you were REALLY angry about what would it be? Sometimes we don't even realize what that thing might be because it's hiding out in the subconscious mind. Most of my pain was subconscious so we used a process to find out what was going on in my subconscious mind.

Sometimes we don't allow ourselves to feel emotions like anger because we think it's wrong. Like a new parent. How can they be upset with this child they brought into the world who has now taken over their lives days and night. Could that thing you are angry about be triggering pain in your system as a mechanism to keep you from thinking about the emotional pain it could be causing in the subconscious? Instead of thinking this baby is ruining all my free time and I'm so mad! Or this baby is taking all the attention of my spouse, what about me, your system might react with pain instead of emotion. It's acceptable for a new father or mother to have pain but not to complain about their newborn messing up their life. Dr. Sarno studied this principal of pain blocking emotions from surfacing for decades with enormous success in helping his patients overcoming pain by making this connection.

Dr. Sarno ALWAYS recommends you see a doctor to rule out any major disease. I also recommend you see a doctor. I am trained in the working of the mind, not in medicine.

How does the subconscious mind work?



The subconscious mind is 1 million times more powerful than the conscious mind and controls your thoughts, actions, attitudes, beliefs and reactions 95-99% of the time. Most of you are only in control of your own thoughts, actions, reactions 1-4% of the time. The rest of the time your subconscious is running the show.

If you are trying to feel better but your subconscious is dragging you down 95-99% of the time, how do you ever get out of pain?

Would you be willing to consider that your pain is caused by your subconscious mind blocking your emotions and distracting you with pain? This understanding is the first step to overcoming pain.

This is kind of a hard pill to swallow for most. We are taught that if we have a pain in our body that something is wrong with our body. Especially if we get injured and then that spot hurts. The interesting fact is that most people who decide to believe that their pain is emotional, stop having pain because the minute they feel pain, they tell themselves, oh that's just my body covering up an emotion. I wonder what emotion I'm covering and think about it a bit. Think about what's going on in your life. Think about how you'd rather have things? How you'd rather feel. And as fast as the pain popped up, the pain is gone.

Besides most people not agreeing that your pain comes from emotion, your own system will also tell you not to believe this because it's using this pain to cover your emotions. If you uncover where your pain is really coming from, you might have to deal with your emotions or make changes in your life. This might be hard



or scary so the subconscious says, don't believe that-something really is wrong with your body.

Don't let your mind play these tricks on you!

Some pain runs deep and that is one of the areas where we at Balanced You can help you flush it out of your system. We can help you find the cause of your pain. We can also help you stop the subconscious upset going on that causes the pain by helping you reprogram your mind.

We have a simple, powerful, effective process to reprogram the mind to help you overcoming all your physical and emotional pain. It's a way to reprogram the subconscious mind so your new automatic is pain free.

Before we get into the process of reprogramming the mind, let's look that the mind body connection within you. Would you be willing to consider that your pain may not be caused by a physical issue?





Let's Talk About Your Pain

Name:

Date:

(If we've already spoken and you've shared some of this, please fill it out anyway.)

- ▶ Please answer these questions below. Just quick answers are great. No novels needed. :)
- ▶ What pain or pain syndrome do you have? Does it have a name?

▶ Explain the symptoms, what hurts?

▶ When did the pain start?



▶ Have you noticed any pain patterns? When is the pain worse?

▶ What is the impact of your pain on your daily life?

What's Your Pain History?

▶ Write down your past medical history.



- ▶ Write down any medications you have taken in the past 3 years and what you are currently taking and what they are for.

- ▶ Which diagnostic studies have been done on your pain and when?

More About You

- ▶ What is your marital status?

- ▶ Do you have children? If yes, what are their ages?



- ▶ Where were you born?

On a scale of 1-10, 1 being the worst and 10 being the best, rate your...

- ▶ Quality of life-
- ▶ Childhood-
- ▶ Adolescence-
- ▶ Personality of parents-
- ▶ Relationships with parents-
- ▶ Rate the traumas you've experienced-

- ▶ What are the ages and health status of parents now?

- ▶ If you have siblings, what is your relationships with them.



BALANCED | YOU

Reprogramming Your Mind for Ultimate Success

- ▶ Has your thinking about pain changed after considering these ideas, your emotions and your life?

- ▶ If yes to a change of thinking, in what ways has your thinking changed?

What do you want different in your life?

Write 10 statements about what you want different in your life.

Ready to Transform your pain?

Your next step:

Go to <http://BalancedYou.org> or call 800-809-5772 and schedule a complementary Balanced You intro session so we can review your workbook with you.

www.BalancedYou.org • 800-809-5772