

Letting go of Pain



Chariss K. Walker

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ISBN 13: 978-1533442178
ISBN 10: 1533442177

The truth is everybody is going to hurt you; you just got to find the ones worth suffering for.

– Bob Marley

*Character cannot be developed in ease and quiet.
Only through experience of trial and suffering
can the soul be strengthened, ambition inspired,
and success achieved. – Helen Keller*

*Human progress is neither automatic nor
inevitable. Every step towards the goal of justice
requires sacrifice, suffering, and struggle; the
tireless exertions and passionate concern of
dedicated individuals. – Martin Luther King, Jr.*

To live is to suffer; to survive is to find some meaning in the suffering. – Friedrich Nietzsche

*Waiting is painful. Forgetting is painful. But not
knowing which to do is the worst kind of
suffering. – Paulo Coelho*

Too much self-centered attitude, you see, brings isolation. Result: loneliness, fear, anger. The extreme self-centered attitude is the source of suffering. – Dalai Lama

The most beautiful people we have known are those who have known defeat, know suffering, known struggle, known loss and have found their way out of those depths. – Elizabeth Kubler-Ross

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. – Khalil Gibran

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Dedication

To all those who hurt; to all those who suffer; and to all those who are looking for a peaceful end to the pains and struggles of life.

Introduction

This little book is written as a simple reminder that we must let go in order to move forward. It shares many ideas and concepts to help you understand the types of pain and suffering we all experience, the cause and effect of pain, the solutions for our suffering, and how to let go of a painful past and rid yourself of the weight of those burdens.

Being alive, being connected to everything enforces the concept that we experience the same things – the same hurts and pains, the same joys and bliss, the same changes. No experience is unique to any of us for we have all suffered the same event to some degree.

It is with understanding that we learn and can actually move forward. If we understand why we do the things we do, we can change them. We can shine a spotlight on the moment, examine it, and if required, change the action or make a new story. If we remain ignorant to the reasons we act the way we do, we cannot change. Being tormented by things which we do not understand is very frightening.

All of my nonfiction books are taken from my teaching files; those files used when I taught classes on these topics. The format I use might be different than what you are used to, but give the process a chance to work for you.

If you are reading the paperback version of this book, then I have left ample space for your notes. Be sure to utilize that space to record your thoughts and feelings because they are very important to your personal growth.

If you are reading the eBook version, please have a notebook and pen handy to jot down your thoughts and feelings. As you read this book, you will think of your own past hurts and grievances. Don't ignore them.

Keep an open mind and allow yourself to move forward toward your current hopes and dreams.

1 | Suffering and Pain

What is suffering?

Suffering is another word for pain. Suffering is the physical, psychological, or spiritual experience of pain, hurt, or agony; the sting of a painful experience which leaves emotional scars, tenderness, or sore spots in our physical bodies, our psyches, and our souls.

- Physically, we feel the hurt or discomfort of physical distress in our bodies.
- Psychologically, we feel the hurt or discomfort of emotional distress in our minds.
- Spiritually, we feel the hurt or discomfort of spiritual distress in our souls.

We are tormented or haunted by something, someone, or some experience that deeply hurts us. Perhaps this pain is from a memory or an experience that we'd rather forget. Maybe we even thought that we had forgotten it. Maybe we buried this experience so deeply that we thought it would never bother us again. Maybe we tell the story in such a way that it is no longer

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hurtful. Maybe we repeat the experience with a laugh to cover our pain.

The following story about a young, sensitive girl named Katherine is an example of how we hide or bury our hurts and painful memories:

Katherine was sexually abused at a very early age. Her mother chided her, telling Katherine to pull herself up by her own bootstraps. Katherine felt that someone had cut her bootstraps off while she wasn't looking. She realized that she'd have to find another way to help herself. With that in mind, she put her first painful memories in a shoebox on the top shelf of her closet because she had also heard her mother say 'out of sight, out of mind.'

As a very young child, Katherine used a stepladder to climb up to the highest shelf in her closet. As she grew older, she carefully stacked each box in neat rows, but as the years went by, the number of painful memories grew and grew because no one had ever stopped the abuse. She now had many shoeboxes on that shelf in her closet. The stacks grew very high, and because there were so many, the boxes leaned precariously and were unstable.

When she became a teenager, Katherine forgot about all those boxes for a while. She had many activities that kept her distracted from her closet's memories and she was away from the person who had caused her so much pain. For a while, her life seemed almost normal. She grew up, married, and had children of her own.

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Katherine appeared to be a happy, carefree young woman until she read a story about a young girl in town who was raped by her uncle. Then, as if the floodgates sprung open, all those painful memories came crashing down on Katherine. The many shoeboxes in her closet spilled out onto her head. Katherine became very sick and depressed from the overwhelming memories. She tried to gather everything up and put it back in the boxes, but pieces of those memories were scattered all around the room making it an impossible task. She remembered snippets of her abuse even though she didn't want to remember. She tried to push the memories away, but they still hurt her, and in response, she hurt others as her pain spilled out and onto them.

Like Katherine, even if we bury those painful experiences, it seems we can't forget those grievances and hurts because someone somewhere brings the original memory to mind and that refreshes the painful ache. Even if they didn't mean to do so the lever has been pulled which allows us to feel the stress, the anger, the sorrow, and anguish all over again.

For many, those buried memories are unknown, and yet, they still surface in shocking ways: arguments, fights, use of a numbing agent, such as drugs, sex, or alcohol, acting out in an uncharacteristic manner, open rebellion against authority figures, shoplifting... the list is endless.

We call these tender spots "triggers" – something that sets the feeling or pain into motion. The words or expressions of others, even if unintentional, set off a chain reaction in us. We feel the hurt and fear all over again. Sometimes those emotions can

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cripple us. Sometimes those emotions cause us to lash out at others as if they are the one who is responsible for the original painful experience or memory.

For example, if you grew up in a dysfunctional family and experienced abuse of any kind, seeing someone abuse another person or animal can throw you into a fit of rage or depression, a feeling of helplessness and hopelessness.

If you grew up in a dysfunctional family where you suffered some type of abuse, the perception that someone is now abusing you, your rights, your feelings, or someone else can trigger your raw emotions to explode either inwardly causing depression or outwardly causing anger, rage, or the need for vengeance – even when you are unaware of the experience.

In order to let go, we must first embrace those emotions.

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2 | Triggers

There's something about a roller coaster that triggers strong feelings, maybe because most of us associate them with childhood. They're inherently cinematic; the very shape of a coaster, all hills and valleys and sickening helices, evokes a human emotional response. – Diablo Cody

A **Trigger** is anything that sets off our emotions and activates memories of our trauma. *In your case, it is something that is particular to you and your experiences, the things that happened to you.* Once those emotions are triggered, we relive the painful feelings and emotions we experienced during that trauma.

Post-Traumatic Stress Disorder (PTSD) is an example of how our bodies, minds, and souls react to trauma. PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. PTSD is not only a diagnosis for veterans. It is more common in the general populace than most people can imagine. For example, your childhood might very well have been a war zone or a constant battle for survival. Your painful memory or experience might've been similar to a scene from a horror movie.

In light of your past, whatever it might have been, treat yourself with care and respect.

There are several major symptoms of PTSD. I've listed the primary ones below:

- Flashbacks or reliving or revisiting the traumatic event
- Avoidance – avoiding places, people, situations, and emotions that remind you of the traumatic event
- Hyperarousal – feeling keyed up or on edge, jumpy and irritable, difficulty falling asleep and concentrating
- Negative thoughts and beliefs about yourself and others

You're at risk for PTSD if you have experienced the following:

- Combat exposure
- Childhood physical abuse
- Sexual violence
- Physical assault
- Threatened with a weapon
- An accident

There isn't a degree of PTSD. In other words, we can't measure one case against another. A horrible car accident might be just as traumatic for me as being physically assaulted was for you. We are all unique and each occurrence is unique.

Limit your judgement of others and their situations.

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In your notebook or the space provided, list your own traumatic events. Try to write a summary of the event even if it is painful to do so. Breathe deeply and get the story down as much as you can.

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3 | Trigger Activation

What happens when someone touches our sore spots, our triggers? What happens when our painful experiences are activated? How does it affect us in the bigger picture?

Do you remember the game *Operation*?

Operation was a battery-operated game shaped like a person named ‘Sam.’ Sam’s vital organs were exposed in cut-outs. The purpose of the game was to carefully and skillfully remove the organs without causing harm to Sam. When we attempted to remove an organ, if our tweezers hit wide or the outside of the cavity, a buzzer would sound and Sam’s red nose would light up. It was a warning that Sam was in danger of injury from the operation we performed.

That’s a pretty good analogy of what happens to us when someone touches our tender spots – our feelings and painful memories light-up. We are dangerously disturbed by that touch to our sore spots.

If we could see a graph or outline of all our tender spots, we might be able to avoid them. After all, with practice, we learned to play the game of *Operation* without causing bodily injury to Sam. With practice, we might be able to say, “Oh, look... when someone yells at their child in public, I remember my Dad

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screaming at me. I feel a pain in my back where my kidneys are located. It makes me feel weak, sick, and scared just like it did when I was only six years old."

Unfortunately, we can't see these tender spots as outward signs. If we learn to pay close attention to what we are feeling, however, we can learn to pinpoint where these emotions affect our body, mind, and soul. We can learn how these emotions affect our health and well-being.

Be mindful in all situations.

Many times, after years of hiding those painful and disturbing memories, we forget they are there until someone triggers that memory or experience. Then, everything comes rushing back to us in a flood of feelings and emotions that we can't even name - Especially if we are unaware of the buried memories and how those emotions affect our overall health and well-being.

As a Reiki Master/Teacher, it is my belief that all ailments whether physical, mental, or spiritual begin with a trapped emotion that was never released. These trapped emotions become stagnant and can lead to pain and suffering in our bodies, minds, and souls.

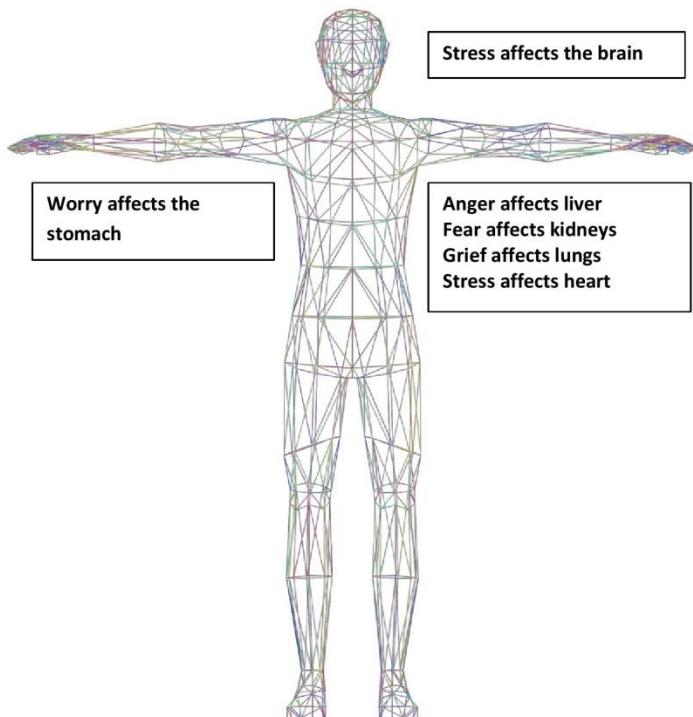
(For more on that topic, read *Going Deeper Series [2018, A Beginner's Guide to Releasing Trapped Emotions]*, ISBN 13: 978-1718755420], Excerpt from book one included at the end of this book).

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How do these emotions affect us?

- Anger weakens the liver
- Fear weakens the kidneys
- Grief weakens the lungs
- Stress weakens the heart and brain
- Worry weakens the stomach

Look at the following diagram:



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Releasing trapped emotions is a good way to begin, but being mindful of our reactions to triggers is also crucial. We must pay attention to our feelings and emotions, our gut-feelings and instincts. It is in the burying of these emotions that cause us the most harm.

You might wonder how the soul communicates its pain. The following story illustrates that for us:

I was hiking along an isolated trail in New Mexico when I saw a man acting peculiar. His name was John. There weren't any other people around. He leaned over the side of a cliff as if trying to pull someone up. He cried and screamed as he struggled with his task. I couldn't see anything or anyone on the other side of the cliff, but he grasped the empty air as if his life depended on it. I touched him on the shoulder and asked if I could help him. Startled, he turned to me and cried out, "I have to stop going the way I am going. I have to change. I am dying inside." We talked for a while and I realized that his soul was miserable. His soul was crying out for help. John admitted that he'd had the same job his entire life; that he worked for his father-in-law in his construction company and hated the work. Wanting to utilize his creative talents, he'd always wanted to own his own advertising business, but after he'd married, he'd taken the job to please his wife and her family. He explained that leaving that job would hurt his family, but that he didn't think he could face another day of it.

You might wonder how I came to the conclusion that John's soul was in trouble... Our souls choose to live in our particular body

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in order to experience our particular journey. John's soul wanted to experience the creative aspects of John's life, but John wasn't having many creative or inspiring experiences. That misery was the only way that John's soul could get John's attention.

Many instances of acting-out are a reflection of spiritual pain.

To help you discover your soul's desire for this life experience, in your notebook or the space provided answer the following questions:

- What did you come to experience?
- What brings you the greatest joy?
- What excites you?
- What is your passion?
- What hinders you from those experiences?

Have you allowed your traumatic event to spoil all of life? Is your traumatic event the focal point of all that you do? Does it control you and all your other experiences? Isn't it time to move past it?

We are not a victim of our emotions or thoughts. We can understand our triggers and use them as tools to help us respond more objectively. –Elizabeth Thornton

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I'm an actor who believes we all have triggers to any stage of emotion. It's not always easy to find but it's still there.

-Hugh Jackman

The people who trigger us to feel negative emotion are messengers. They are messengers for the unhealed parts of our being. –Teal Swan

The body remembers. Stuffed until an event, a sound, a sight, a touch, a word or a person awakens them. –Unknown

Whenever you get triggered, get curious! Ask why. Dive deep. That's where the beauty lies. –Unknown

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4 | Types of Suffering

Because we are multi-dimensional beings we suffer physically, emotionally, and spiritually – we suffer in our bodies, our minds, and our souls.

Physical suffering includes:

- Pain
- Illness
- Disability
- Toil and laborious struggles
- Hunger and thirst
- Cold and exposure
- Poverty
- Hardships

Emotional suffering includes:

- Grief
- Hatred
- Frustration
- Heartbreak
- Guilt
- Humiliation
- Anxiety
- Loneliness

- Self-pity

Spiritual Suffering includes:

- Separation

Physical Suffering:

Most of us are familiar with physical suffering. We have scraped our knees, had the flu, and broken an arm or toe. We have worked hard and sweated from our labor. We have felt hunger and thirst. We have experienced the weather as either too cold or too hot. As I look over the list of physical suffering I'm not sure that everyone reading this book has experienced poverty or hardships, but I have. Most of everything in the list is common to most.

Emotional Suffering:

Most of us are familiar with emotional suffering. We have felt grief at the loss of a loved one or favorite pet. We have at some point in time experienced hatred for a person, or concept, or situation. We have been frustrated over lack of recognition or injustice. We have felt guilty for hurting someone's feelings. We have felt anxious and alone. We might have even experienced humiliation, heartbreak, and self-pity.

Spiritual Suffering:

Spiritual suffering stems for separation – separation from our purpose, separation from beauty and inspiration, separation from the light. Many times we feel separated from each other

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and our community. We can be branded as outlaw or black sheep. I know that I was branded as the black sheep of my family because I asked too many questions, looked deeply at the principles I was taught as a child, and rebelled against them.

Perhaps you were brought up in a family that held a higher standard of right and wrong than you were comfortable accepting. Perhaps you could see that life was not black and white, but there were many shades of color. Were you ostracized and alone because you could not agree to those principles?

Hold fast and true to your internal knowing.

There are several types of sufferings as defined by many great teachers and prophets. Those primary sufferings are listed below:

1. The suffering of suffering
2. The suffering of change
3. The suffering of being conditioned

We'll look more closely at each one and how it relates to our personal experiences.

The suffering of suffering can be defined as the suffering of life that is unavoidable. As my mother used to say, "Everyone gets the measles. You are not being singled out to feel this particular pain. Everyone has felt it."

Suffering of suffering is experienced by everyone, rich and poor, young and old, healthy or sick - all experience the following:

- Pains of Birth
- Pains of Old age
- Pains of Sickness
- Pains of Death

The suffering of change can be defined as the suffering of life that nothing will remain the same. Sometimes everything is perfect, then that perfection changes into something that is perfectly horrible – but it is still perfect.

A once desirable event becomes an undesirable event. It has lost its desirability because of change. When we fail to get what we want or when something that was once good has now turned sour, we experience general misery and unhappiness.

We all experience change in the following ways:

- Change in status: marriage vs. divorce, nonparent vs. parent, working vs. retirement
- Changes in consciousness: part of the masses vs. individuality, spirituality vs. indoctrination, wisdom vs. ignorance
- Change in situations: relocation, religion, education, politics, worldview
- Change in circumstances: bankruptcy vs. financial security, employed vs. unemployed, successful vs. failure
- Change in health: illness, injury, chronic pain, depression, death or death of a loved one
- Change in prosperity: financial windfall vs. loss of all sustainable income

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- Change in emotions: negative to positive thinking, purpose or loss of purpose, emotional to cognitive processing

The suffering of being conditioned can be defined as the next stage of suffering. As sentient beings we are constantly setting ourselves up for the next experience of suffering because every act leads to the possibility of more suffering. This type of suffering occurs because we fail to understand that everything is connected, that there is an ebb and flow to all things which can be illustrated by the following concepts:

- Lack of connection is sorrow because it is a sense of wandering in confusion and blindly experiencing one thing and then another without understanding any of it.
- Lack of understanding that our inner and outer world experiences the same transformations whether political, religious, or economical.
- Lack of understanding that life is not random events and chaos.
- Lack of understanding that one day it isn't, the next day it is, that everything changes.

If we could learn to see the connection in all things and trust that we are connected to everything, it removes the sense of being powerless and leads to a way out –it gives us hope.

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Although the world is full of suffering, it is also full of the overcoming of it. –Helen Keller

All the suffering, stress, and addiction comes from not realizing you already are what you are looking for. –Jon Kabut Zinn

If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death, human life cannot be complete. –Viktor E. Frankl

The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering. –Ben Okri

Life is full of misery, loneliness, and suffering and it's all over much too soon. –Woody Allen

Nothing brings suffering as does the untamed, uncontrolled, unattended and unrestrained mind. That mind brings great suffering. –The Buddha

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We are healed from suffering only by experiencing it to the full.

—Marcel Proust

People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.

—Thich Nhat Hanh

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5 | Cause and Effect

Don't take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering. – Don Miguel Ruiz

What are the main reasons for our suffering? According to my research, we suffer because we crave or desire something whether or not it is good for us. Sometimes we want that something so badly that we don't care whether or not it is good for us (or bad for us). We have a desire and we stubbornly seek to fulfill it.

What do most humans crave above all other things? To answer that, we can look at Abraham Maslow's *Hierarchy of Needs* theory which is listed below:

- Self-actualization – we desire to pursue our inner talent, creativity, and fulfillment
- Self-esteem – we desire for what we do to matter. We want to master, achieve recognition and respect.
- Belonging –we desire to belong and be loved by family, friends, spouse, or mate.
- Safety –we desire to feel secure, stable, and be free from fear.

- Physical comfort –we desire to have food, water, shelter, and clothing.

According to Abraham Maslow's theory - *hierarchy of needs*, the above list begins at the bottom. Until we feel comfortable and safe, we don't have time or desire for love. Until we feel loved as part of a family or community, we don't have time to pursue self-esteem. And only after we have achieved those lower levels of physical comfort, safety, belonging, and self-esteem can we pursue self-actualization or the pursuit of our inner talents and creativity.

In your notebook or the space provided, go through the hierarchy of needs, listing each of your needs and whether or not they are met. Think about the list closely and answer the following questions:

- Do I have my physical needs of food, shelter, and clothing met?
- Do I feel safe and secure in my personal space and community?
- Do I belong to a group with like-minded beliefs and principles? Am I loved by family and friends?
- Do I matter? Does my work matter?
- Can I pursue my creativity and inner talent?

If the only tool you have is a hammer, you tend to see every problem as a nail. –Abraham Maslow

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A musician must make music, an artist must pain, a poet must write, if he is to be ultimately at peace with himself.

—Abraham Maslow

One's only rival is one's own potentialities. One's only failure is failing to live up to one's own possibilities. In this sense, every man can be a king, and must therefore be treated like a king.

— Abraham Maslow

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

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6 | Continuation of Suffering

If we follow the prescribed pattern in the hierarchy of needs, and if we already have those things that we need, then why aren't we happy? Why do we still suffer? What has gone wrong?

For example, our basic needs are met. We have food, shelter, and clothing. We are safe. We have all that we need to feel secure and protected in our environment. We are free from fear because no one is trying to kill us or destroy us. Next, we have a loving family or community. We belong. We are loved. Then, we desire for our work or hobbies to matter. After we have achieved recognition and respect, we have self-esteem. Finally, we can pursue our inner talents. We can spiritually and materially afford to spend time on our own fulfillment.

So what went wrong?

When any of the items in the hierarchy of needs is not met, it affects the rest of the list. In the previous chapter, you looked closely at those needs and recorded your thoughts about each of them.

For example, if you found that you are not living in a safe place or environment, then it is unlikely that you can proceed to the next step, "belonging." How could you feel as if you belong

when you are not safe and you cannot trust the people in your community? As you can see, one thing in the list requires the other in order to be effective.

At this point, perhaps we need to make a change.

Change is defined as – to become different or make something or somebody different; to exchange one thing for something else; to substitute or replace something with something else; to pass through one state or stage to another; to transition; to modify; to transform.

The law of change states that everything is in the process of becoming something else.

Is it possible to change or remove the object of our suffering? I believe that it is. If you cannot find community and belonging in one location, it is imperative that you find a different group or community. Your personal and spiritual growth depends on it.

In your notebook or the space provided, list the hierarchy of needs again. Look closely at the list and honestly make notes about the ones that are not met. Now, examine changes that you could implement that would fulfill those needs.

For example, if you find that the third need of “belonging” isn’t met, can you change your community? Can you move to another neighborhood, city, or state? Do you have family and friends living somewhere else who would welcome you and help you to meet that need?

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Life is a perpetual instruction in cause and effect.

—Ralph Waldo Emerson

Karma is the universal law of cause and effect. You reap what you sow. You get what you earn. You are what you eat. If you give love, you get love. Revenge returns itself upon the avenger.

—Mary Browne

Take away the cause, and the effect ceases.

—Miguel de Cervantes

Every action, thought, and feeling is motivated by an intention and that intention is a cause that exists as one with an effect.

—Gary Zukav

Every why hath a wherefore. —William Shakespeare

Choices made, whether bad or good, follow you forever and affect everyone in their path one way or another.

—J.E.B. Spredemann

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7 | Poisons of Life

The poisons of life can be defined as substances that, if taken into the body and left untreated, cause illness, injury, or death. Poisons are toxic which means they accumulate in the body causing undue harm. Toxins are poisons produced by a living organism. They pollute and contaminate our body, mind, and soul.

At this point we have to ask ourselves: Are our painful memories and emotional hurts a living organism or thing? Do those painful memories have a life of their own? When we haven't dealt with those emotional and physical pains, do they accumulate and pollute everything in our lives?

What are some of the poisons of life?

- Ignorance – can be defined as lack of knowledge or education – a lack of understanding our true nature. For example, we show ignorance when we don't allow our hearts to feel compassion for others and ourselves. We show ignorance when we refuse to search for truth and when we are not open to new concepts and ideas. We show ignorance when we doggedly hold onto old, outdated concepts that no longer serve us and others.
- Greed – can be defined as an overwhelming desire to have more of something or everything such as to have more money than we need. This concept could apply to

any number of things in which we desire more of it than we can possibly use, such as shoes, cars, homes, etc.

When we desire more than we need, we are exhibiting selfishness. Greed is a misplaced desire, attachment, or hunger that forces us to look for happiness outside of ourselves. It is a sign of over-indulgence.

- Hatred – can be defined as a feeling of intense hostility towards someone or something. When we feel that intense hostile emotion, it also creates anger, aversion, loathing, and revulsion towards unpleasant people, circumstances, and our own uncomfortable feelings. When we hate, we allow unhealthy responses to those things that we strongly dislike.
- Delusion – can be defined as a false belief that we hold even when we have overwhelming evidence contrary to that belief. When we maintain that mistaken notion or false belief in spite of evidence which indicates it is false, we often experience bewilderment and confusion at our own misperception – our wrong views of reality. Those feelings affect us in many ways, such as anxiety and panic. We know we are wrong, and yet, we refuse to see the truth of the matter. Lying to ourselves, refusing to accept the clarity provided by our deeper understanding leads to suffering in the body, mind, and soul.

All these poisons can take on a life of their own; they can become a living organism that, like cancer, consumes us and eats away all the good that we desire. To combat the poisons of life, we must consciously seek and attain knowledge; we must be happy with ‘enough’ rather than needlessly seeking more; we must struggle to accept the people and circumstances that trigger our hostility; and we must accept truth when it is shown to us.

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In your notebook or the space provided, take a closer look at the poisons in your own life. List each one and assess their influence on you and your environment by asking the following questions:

Ignorance:

- Do I lack understanding of my true nature?
- Do I allow my heart to feel compassion for others?
- Do I allow my heart to feel self-compassion?
- Do I openly seek truth?
- Do I stubbornly hold on to old, outdated rules and principles?

Greed:

- Do I desire more than I need?
- Do I have misplaced desire or hunger for certain things?
- Am I selfish?
- Do I hoard?
- Am I looking for happiness in things and people rather than finding joy in myself, my own perfect garden?

Hatred:

- Do I hate others?
- Do I have a strong, intense feeling of dislike for myself or others? For situations and things?
- Do I feel anger or revulsion towards people that I feel are unpleasant or to those who do not fit my definition of acceptable?
- Do I often feel uncomfortable?

Delusion:

- Do I place faith in things that do not make sense?
- Is my faith misguided?
- Do I hold doggedly to my faith even though it has been proven wrong or does not serve me?
- Do I know I am wrong, but refuse to admit it?
- Am I often confused and bewildered?

Poisons are harmful enough without us consciously ignoring their effects, allowing them to remain, and refusing to admit that they hurt our lives. Eliminate the poisons in your life!

Hatred is corrosive of a person's wisdom and conscience; the mentality of enmity can poison a nation's spirit, instigate brutal life and death struggles, destroy a society's tolerance and humanity, and block a nation's progress to freedom and democracy. —Liu Xiaobo

Resentment is like drinking poison and waiting for the other person to die. —Saint Augustine

Inequality is a poison that is destroying livelihoods, stripping families of dignity, and splitting communities. —Sharan Burrow

Letting go of Pain

Feeling ‘ugly’ or ‘unattractive’ seeps into your life like poison, and it affects everything. Feeling worthless does the same. We internalize these limitations, and it takes an internal revolution to get rid of them. –Rupi Kaur

Your Notes:

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Your Notes:

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Your Notes:

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Your Notes:

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Your Notes:

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Your Notes:

8 | Solutions

We create our own unhappiness. The purpose of suffering is to help us understand we are the ones who cause it.

– Willie Nelson

Where and how do we begin to understand the connection to our pain and suffering? How many books must we read? How many courses must we take? How long must we suffer our suffering?

The little things? The little moments? They aren't little.

–Jon Kabat Zinn

Mindfulness – can be defined as deliberate awareness, being fully conscious of all our actions, thoughts, and feelings. Through mindfulness, we are no longer afraid to see and experience the events in our lives that have made us who we are today.

How do we become mindful? In order to be fully aware of our actions, feelings, and thoughts, we should become wholly conscious in all of our activities. This involves concentration.

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Mindfulness requires that we train our minds to be fully aware of all energy surrounding our experiences.

Here are some examples:

- Recognize the energy – What does it feel like? What color does it have? What emotion does it have?
- Recognize the emotions – Is it joyful or sad? Is it tranquil or nervous? Is it peaceful or disruptive?
- Recognize the intention – is it harmful or safe? Is it right or wrong?

It is suggested that we become mindful in everything.

- When we eat foods, we savor the taste of each one rather than gobble down the meal without even noticing or appreciating the ingredients.
- When we prepare to sleep, we appreciate our comfortable bed, the smell of fresh linens, the plumpness or flatness of our pillows.
- When we meditate, we focus our minds on a higher perspective with appreciation.
- When we arise each day, we are joyful that we are alive for another day.
- When we garden, we feel the energy of the earth beneath us, we dig our fingers into the soil and recognize its life-giving properties.
- When we listen to music or watch a television show, we are available to the emotions those things evoke.
- When we are with the ones we love, we are there with our full attention rather than distracted by work or other concerns.
- When someone talks to us, we give them our full attention. We don't wait for them to stop speaking so we can interject our perspective. We truly listen.

Letting go of Pain

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. –Jon Kabat Zinn

Mindfulness is simply being aware of what is happening right now without wishing it were different. Enjoying the pleasant without holding on when it changes (which it will). Being with the unpleasant without fearing it will always be this way (which it won't). –James Baraz

Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves – slowly, evenly, without rushing toward the future; live the actual moment. Only this moment is life. –Thich Nhat Hanh

As soon as we wish to be happier, we are no longer happy.
–Walter Landor

Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it. –Sylvia Boorstein

In today's rush, we all think too much – seek too much – want too much – and forget about the joy of just being. –Eckhart Tolle

Suffering usually relates to wanting things to be different than they are. —Allan Lokos

The way to live in the present is to remember that ‘This too shall pass.’ When you experience joy, remembering that ‘This too shall pass’ helps you savor the here and now. When you experience pain and sorrow, remembering that ‘This too shall pass’ reminds you that grief, like joy, is only temporary.

—Joey Green

Your Notes:

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Your Notes:

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Your Notes:

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Your Notes:

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Your Notes:

9 | Letting Go

The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize the situation is over, you cannot move forward. –Steve Maraboli

We have covered the definitions of suffering and pain, triggers, the types of sufferings, the cause and effect of sufferings, the poisons of life, and the solutions. Now, how do we let go of our sufferings and pains?

As we've previously discovered, pushing our pains down, stuffing them down, hiding them behind smokescreens, dulling them with drug or sexual addictions, ignoring them – none of it works. The tools that I use to release the emotional pain and baggage we've collected throughout our lives are outlined in the Going Deeper Series. And, the tools to let go of emotional pain and sufferings are outlined below:

- Feel it
- Embrace it
- Let it go

Feel it:

I know that you really don't want to feel it – that's why you hid or buried it in the first place. However, if you don't feel that painful emotion and experience, if you don't let it wash over you, you will never be free from it.

What we resist persists. What we embrace loses its power.

If we continually resist it, it will always be something that we can't face, some part of ourselves that we hide.

You may wonder, since you've spent years trying to avoid that feeling, how do you feel it now?

- You let the memory surface.
- You see or visualize yourself as you were when the painful memory occurred.
- You allow yourself to feel the pain, horror, and emotions surrounding the experience.

For example, referring to Katherine's story in chapter one, in order to feel her painful memory, Katherine had to revisit the earliest memory of her abuse – where, when, and how the abuse happened. She had to experience the memory as an adult by seeing herself as that five year old child who was sexually abused by her uncle.

To have the courage to do this, Katherine reminded herself that she was no longer a child, she was no longer smaller than her

Letting go of Pain

uncle, and she could now defend herself against his overpowering strength.

Embrace it:

I know that you don't want to embrace this memory. To embrace it means that you accept it and welcome it as part of who you are. This memory is something that you have kept far away from your consciousness. This memory is something that you have excluded from your life because you didn't want to be remembered as the "abused." But in order to move forward, you must embrace it.

To continue by using Katherine's story, she had to embrace the memory of her abuse. She had to accept it as something that happened to her a long time ago. She had to understand that she was NOT the experience of abuse. She was a child and the abuse happened to her, but she was not the "abuse" itself.

How did Katherine embrace it?

- She held the experience close to herself and examined it as an adult.
- She accepted its occurrence rather than denying it.
- She accepted the fact that she had been abused but she was not "abuse."

Let it go:

I know that you really don't want to let it go. After all, this experience has made you who you are today. In some ways, it has defined you. The hurt has been there for a very long time and that hurt shaped your personality. Those flares of anger and rage all stem from this emotional experience. If that emotional

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experience is no longer there, what will fill this empty space, this void? That frightens you because it is unknown. However, in order to move forward in your personal growth, you must let it go. How did Katherine let it go?

- She released it without attachment.

Attachment is the source of all suffering. –Buddha

Attachment is another name of disappointment and pain.

–Vishal

Things are as they are, we suffer because we imagined different.

–Anonymous

Attachment leads to jealousy. The shadow of greed that is. Train yourself to let go of everything you fear. --Yoda

Try not to confuse attachment with love. Attachment is about fear and dependency and has more to do with love of self than love of another. Love without attachment is the purest love because it isn't about what others can give you because you are empty. It is about what you can give to others because you are already full. –Yasmin Mogahed

Letting go of Pain

Self-awareness is the ability to take an honest look at your life without any attachment to it being right or wrong, good or bad.

–Debbie Ford

According to Buddhist psychology, most of our troubles stem from attachment to things that we mistakenly see as permanent. –Dalai Lama

Finally, after Katherine had fully experienced the memory and all of its pain, she was able to let go of the emotional bond with her pain – that part of her that was attached to and defined by the memory.

In the process of letting go you will lose many things from the past, but you will find yourself. –Deepak Chopra

When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need. –Tao Te Ching

Holding on is believing that there is only a past; letting go is knowing there's a future. –Daphne Rose Kingma

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To let go is to release the images and emotions, the grudges and fears, the clingings and disappointments of the past that bind our spirit. —Jack Kornfield

Letting go doesn't mean that you don't care about someone anymore. It's just realizing that the only person you really have control over is yourself. —Deborah Reber

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.

—Ann Lander

You don't need strength to let go of something. What you really need is understanding. —Guy Finley

The beautiful journey of today can only begin when we learn to let go of yesterday. —Steve Maraboli

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If you enjoyed this book, please let others know by leaving a review on Amazon, Goodreads, BookBub and other online retailers. A few words or sentences will do. Reviews are very important to every author.

Thank you!

Bonus Excerpt: A Beginner's Guide to Releasing Trapped Emotions (Going Deeper Series, Book 1)

Introduction

The first and simplest emotion which we discover in the human mind is curiosity. ~~ Edmund Burke

In this book, you won't need any special tools other than the power of your mind – in other words, you must be able to visualize or see clearly the instructions given. If you have trouble visualizing or if you are unfamiliar with how to visualize, I recommend that you read my book, *A Beginner's Guide to Visualization: Tips to See Clearly* by Chariss K. Walker [2018, ISBN: 978-1986634397] available in eBook and paperback, before you begin this course. You will also need to be proficient at Applied Kinesiology or what is commonly called muscle testing. Don't worry. I have given detailed instructions for that.

This series of books is written for those who desire to release their trapped emotions (emotionally charged events from your

past) in several areas whether your body, your mind, or your soul. Those emotionally charged events are known to inhibit your personal and spiritual growth, your health and wellness, and your overall fitness in society. This is the first book in a 6-book series, Going Deeper. In this series, each book includes the same first two chapters, Muscle Testing and Digging up Trapped Emotions. After you have completed this book, you can select any of the books in any order of the series.

The books are listed below and each one takes you a little deeper in your self-healing process. After you have read this book and completed the work, you can choose to release many more trapped emotions in many other areas. Pick all of them, or pick and choose which ones you desire to work on next.

- A Beginner's Guide to Releasing Trapped Emotions (Going Deeper, Book 1)
- Release Chakra Trapped Emotions (Going Deeper, Book 2)
- Release Common Disease Trapped Emotions (Going Deeper, Book 3)
- Release Hindrances to Success Trapped Emotions (Going Deeper, Book 4)
- Release Body System Trapped Emotions, (Going Deeper, Book 5)
- Release Mental Blocks, (Going Deeper, Book 6)

As a Reiki Master/Teacher, I believe that every physical, mental, and spiritual ailment begins with a trapped emotion. With that knowledge I began to release my trapped emotions. I read a lot of books; I went to a lot of practitioners who promised to help. In the end, I did the work myself. After I worked on releasing my emotionally charged events from the past, a new understanding

Letting go of Pain

opened for me. New pathways were revealed so that I could use that new information to go further in my self-healing process.

Self-healing work is a lot like peeling an onion, and I refer to that often in this series because it is so true. There is another level where we can go deeper. I found more areas to release trapped emotions. For example, I released trapped emotions and mental blocks in my body systems, my chakras, as well as my mind and soul. The work was amazing and I saw tremendous benefits from it.

Now, I share that information with you.

If you are reading the eBook version, you will need a notebook and pen for the exercises presented in this book. You will use the notebook to record your trapped emotions when you find them as you work through each trapped emotion (TEs) listed in this book. If you are reading the paperback version, I have allowed ample extra pages for your notes; however, you might also like to use a notebook. I keep a notebook to record all the trapped emotions I find, the date I find them, and the date they are released.

On occasion, I return to the list to see if a trapped emotion has returned. It doesn't happen often, but it can happen because we are only human. If the event that caused the original TE returns, we can allow that feeling to become trapped again... especially if we haven't changed our reaction to the emotion. Releasing that TE promptly is important. You might wonder how a released trapped emotion can return... I'm going to be repetitive here: We might release the trapped emotions, but we don't always change our attitudes, feelings, or habits about a particular situation. We haven't learned to act or respond to the

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situation in a new way; we simply react the same old way allowing the emotion to become trapped once again.

I am not a medical professional, but I am what some would call a ‘healer’ who has studied many metaphysical techniques in order to attain personal and spiritual growth. I have gathered this information from many years of study and earning educational degrees. I have researched, studied resources, and meditated in order to compile this information so that I could use it to release my own trapped emotions and mental blocks. As I now share it with you, my hope is that you will benefit from the material as much as I have.

If I have made any mistakes in any of the chapters, whether content or spelling, I know you will be forgiving of that rather than take exception to it. Intention is the “key” to this work. In organizing this material for this series of books, it was tedious and a massive undertaking, but my desire to share it with you propelled me on.

Perhaps you have already worked with other release methods such as The Emotion Code by Dr. Bradley Nelson, [2007, ISBN: 978-0979553707] or Larry Crane’s The Release Technique Course [1998. ISBN-13: 978-0971175501] or Many Paths to Healing by Chariss K. Walker, [2016, ISBN: 978-1530942107]. If so, then you are familiar with release techniques.

As I publish this book, I noticed another technique which has gained recent popularity, but other than the name, The Sedona Method by Hale Dwoskin [2003, ISBN: 978-0971933415], I am not familiar with the work. If you have read or used any of those books/methods, then you are familiar with the terminology and principle of releasing emotions that can get trapped in our bodies, minds, and souls causing undue harm.

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I do not know what paths you have taken to get to this stage in your life or to my books on self-healing, however, with that in mind, we will start with the basics that you will need in order to benefit from this book:

1. Muscle Testing (Applied Kinesiology)
2. Digging up Trapped Emotions, a simple release technique that I use and will teach you to use.

If you already know how to muscle test, you can skip that part. And, if you have already learned a release technique, you can also skip that part. The importance of this book for you will be the additional steps to release even more TEs. For those who do not know, I will describe each of the methods I use. Also, keep in mind, there are many YouTube videos that teach muscle testing. Please learn everything you can about the technique and become proficient in its use before you attempt this work

Be Sure to Record Your Notes in your notebook or the space provided.

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Your Notes:

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Your Notes:

1 | Muscle testing (Applied Kinesiology)

The purpose of kinesiology is to bypass the limitations of the intellect. ~~ Dr. David R. Hawkins

Skeptics and critics abound regarding Applied Kinesiology or muscle testing. I have met people who hated the idea of muscle testing because someone used the technique on them as a lie-detector test. This is a misuse of the skill and certainly not the purpose of muscle testing, but there are always people who will abuse their power and understanding. We cannot let a few spoil the benefits for many.

As we work with this technique and as we work with releasing all spiritual and emotional ailments, the primary purpose of all healing work is – to do no harm to ourselves or others. In spite of the negative ideas and thoughts about muscle testing, when used as a personal tool, it's a very beneficial and positive aid to self-healing.

Keep in mind that, 20 years ago, the medical profession scoffed at homeopathic doctors. Fifty years ago, they also criticized chiropractors as quacks. Today, both practices have gained respect and followers. It might also help us to remember that, 200 years ago, bloodletting was still a popular medical treatment. It was used for any-and-all illnesses. It had been around and accepted for thousands of years. Medical practitioners doggedly held onto the treatment even though it killed more people than it cured. Bloodletting finally was discredited and discontinued in the late 1800s. Ironically,

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George Washington might have survived the sore throat that killed him if he hadn't requested his physician to "bleed him."

Suffice it to say, anything new or different causes a certain degree of skepticism, doubting, and ridicule. That could explain negative reactions to the introduction of Traditional Chinese medicine or Eastern Medicine. Acupuncture, acupressure, herbal remedies, and other beneficial treatments have been successfully used for an estimated 5,000 years. Even though they are new to us in the west, they are certainly not new treatments.

With an open mind, we realize that not everything new or recently introduced should be greeted with cynicism or disbelief.

The release of trapped emotions is also a new concept. It requires that we become familiar with muscle testing which is a necessary tool that aids in that technique. It's that simple. We need to be able to muscle test in order to find true and false answers to the statements we will make. Muscle testing is the common term for applied kinesiology. It is a technique in alternative medicine that uses the strength of muscles in the diagnosis and treatment of disease and disorders. The illness is either physical, mental, spiritual, or any combination of the three.

The guiding principles in muscle testing:

- When something is good for us (true), the muscles remain strong.
- When something is bad for us (false), the muscles become weak.

A holistic doctor might have you hold a supplement at the center of your chest. Then, he might test the strength of the muscles in your dominant arm – as you hold your arm out, he would press down on the arm to see if it remains strong or if it is weak and easily goes down when pressure is applied. If the arm is weak, the supplement is not beneficial for you or not the one you need. If the arm is strong, it indicates that the supplement would be beneficial to you. He might test several supplements in this way to determine what your body needs most.

There's always a splinter group that will give any idea a bad name by misusing it. We should approach muscle testing with a degree of reverence and exercise caution.

As I've already stated – Muscle Testing is not a human lie-detector and should not be used as such. Anyone who learns the method as a means to discredit others and put them down misuses the gift. As in all healing techniques, whether traditional, alternative, or self-directed, the directive is clear—do no harm.

The purpose of Muscle Testing is to discover Yes/True or No/False answers that assist our personal healing and wellbeing.

It is important to ask permission to muscle test. For example, before testing, we might say, “I have permission to test this situation.” Only proceed if you receive a positive or true response. As you work with the technique, you will know that you’re usually allowed to test yourself and most family members with regard to their health and healing. It’s also important to note that we can be denied permission to test for the following reasons:

- We have personal attachment or expectations regarding the answer.
- Our intentions regarding the information are negative.
- We’re not spiritually, mentally, or physically ready to hear the answer at this time.
- We’re attempting to invade another’s privacy or free will.
- The answer to the statement is none of our business.
- We do not have the person’s permission to request the information.
- The person’s higher self would not want us to access the information.
- The answer could be misused in some way.
- The answer is harmful in some way.
- We’re not yet allowed to know the information.
- The answer does not serve the highest good of all those present or concerned.

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- The statement/question is not directed in a manner that true or false is an adequate answer.

The body never lies. ~~ Martha Graham

How to Muscle Test Using the Hands:

First, with your non-dominant hand, the hand you do not use for writing, form a circle with thumb and index finger touching. (You can use any of the fingers to touch the thumb, including the little finger. By trial and error, find the finger that works best for you.) I use the index finger. Hold it firmly against the thumb, but not as though you're fighting against or forcing an outcome.



Next, using the index finger on the opposite hand, place it inside the circle. Attempt to push the two fingers of the circle apart. Again, you are not fighting against yourself or the strength of your hand's muscles. You're allowing the muscles to determine the truth of a statement.



Strong is true. Weak is false.

Keep in mind that we're not asking questions, we're making statements that are either yes/true or no/false. If the statement is true, the muscles will remain strong and hold against the pressure. If the statement is false, the muscles will weaken and break apart as shown in the next diagram.

Letting go of Pain



Critical points to remember:

- If the circle stays strong and remains as a circle, the statement is yes or true.
- If the index finger slips through the circle, the statement is no or false.

Now, practice muscle testing by making statements to which you already know the answer. In the beginning, work with only true statements.

The following is a list of examples:

- My name is _____ (use your real name).
- I am female/male. (use your correct gender)
- I live in _____ (use your correct city).
- I'm married/single. (use the correct response)
- I'm employed by _____. (Use your correct employer).
- I love/hate my job/school. (use the correct response)
- I drive a car/truck/SUV. (use the correct response)
- I have a pet/I do not have a pet. (use the correct response)
- I'm ____ years old. (use your correct age)

You get the gist of it now and can see how it works.

You already know the answers, but you practice to get a feel for the strength of the muscles in your hands. Add more true/positive statements to the list in your notebook. Work on this for several hours or even days until you feel comfortable with making positive statements.

Now, repeat the previous exercise asking the same questions (along with the ones you added to your notebook) and answer them with false answers. When testing false statements, the index finger of your opposite hand should easily slip through the circle. Practice often until you're completely comfortable with the muscle testing technique. Change it up and ask many and various questions you know to be and true and you know to be false.

Letting go of Pain

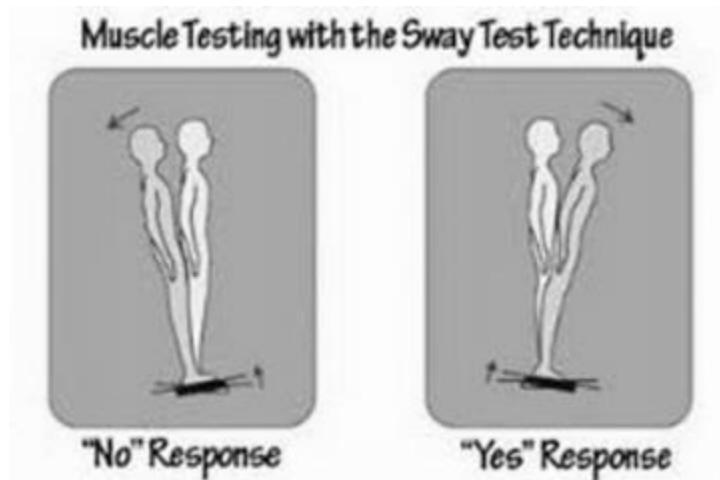
For example, if your name is Susan change it to my name is David or some other name that isn't yours. This gives you a complete picture of how the muscles will be weakened by a false statement or lie.

Note: Sometimes, you will get a false answer to a true statement. If this happens, you are out of balance or nervous/anxious. To correct that state of being, visualize a beam of white light running from the top of your head, down your spine, out your tailbone, and into the earth. This will balance you. You might want to incorporate that visualization in your daily rituals and routines each morning when you surround yourself with protection. If you have trouble visualizing or understanding the above directions, refer to A Beginner's Guide to Visualization: Tips to See Clearly by Chariss K. Walker [2018, ISBN: 978-1986634397].

Practice makes perfect.

The next section teaches you how to test using your body. If you are in public, you might not want to use the hand method or draw attention to yourself. You could use the following body method which is less noticeable.

Muscle Test Using the Body



Stand with feet firmly planted, hands by your side. Make a statement. If the answer is no or false, your body will sway backwards. If the statement is true or yes, your body will sway forwards.

Why do we need to muscle test? I've found it instrumental in my self-healing process. For example, I muscle tested the truth of the following statements:

- I should avoid grains in my diet: Yes/No
- Milk is harmful to my digestive system: Yes/No
- I have a skin disorder: Yes/No
- I should eliminate coffee: Yes/No

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Some of the answers are false while some are true. Sometimes we need more clarity, for example, when I receive a ‘no/false’ response to the above coffee statement, I took it a step further using different variables as you can see below by my underlined answers. You will want to experiment with the method as I did.

- It’s all right to drink five cups of coffee each day: Yes/No
- Five cups of coffee each day is too much caffeine for me: Yes/No
- Coffee is good for me: Yes/No
- Coffee is not good for me: Yes/No
- Black coffee is best for me: Yes/No
- Coffee with cream and sugar is best for me: Yes/No

Muscle testing opens an entirely new world to you. Ever wonder which supplement to buy in the health section of your local store? Ever wonder which bread to buy? Ever wonder which yogurt is best for you? There are so many choices, right? Point to one and test for a response.

Again, use caution. You are allowed to test your own circumstances and situations. You are not allowed to test other people unless you are granted permission. Don’t be that person who “knows it all.” Just because that supplement is the one best for you, doesn’t mean it is best for your sister or friend. Nor should you attempt to instruct anyone on what is best for them.

In summary, by making those previous statements about coffee, I received positive answers to the following statements: coffee is good for me, black coffee is best for me, and it is all right to drink five cups of coffee each day. Next time I was at the

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grocery store, I pointed to different brands of coffee while making a positive statement:

- This is the best brand of coffee for me: Yes/No

Be Sure to Record Your Notes in your notebook or the space provided.

Your Notes:

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2 | Digging-up Trapped Emotions, A Simple Method

The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown.

~~ H. P. Lovecraft

Please read this entire chapter before you begin to work on your releases. There are many ways to release trapped emotions (TEs). Some methods are listed below:

- Use a magnet to pull out the TEs
- Use the chakra in the palm of right hand to pull out the TEs
- Visualize that the TEs exit the top of your head into a chimney flue
- Visualize a vacuum cleaner sucking out the TEs
- Dig-up TEs using my method
- And more...

With any of the release techniques, you are required to visualize or imagine the release of the TEs. If you need help learning visualization, please see my book, *A Beginner's Guide to Visualization: Tips to See Clearly* by Chariss K. Walker, [2018, ISBN: 978-1986634397].

As I allowed the Universe to teach me about my personal trapped emotions, I found that my thoughts returned to the

days of childhood where my father was a farmer and my mother always grew a vegetable garden. Many images of his toiling to raise a thousand acres of soybeans and her struggle to raise fresh vegetables came back to me. I discovered that trapped emotions had stubborn and persistent layers. Some refer to these as heart walls, but to me, it seemed that the stubborn trapped emotions were seedbeds.

A seedbed is a bed of soil where seedlings or young plants are germinated or allowed to grow from a seed into a new individual plant. At the end of the growing season, the soil must be turned again, plowed under, and all the debris of the past growth is left behind to compost. But sometimes, it doesn't compost – it sits there and is always there.

Past growth can include:

- Old seeds
- Roots
- Stems
- Pieces

When I released my personal trapped emotions, I found relief within one to three days, but sometimes the condition didn't completely go away. I meditated on this and found that those stubborn trapped emotions were what were left behind – the debris of past growth such as emotionally charged events, thoughts, hurts, and pains. My stubborn trapped emotions were buried deeply within the soil. That soil or seedbed was filled with old seeds, roots, stems, and pieces of those events that had never composted or disintegrated. They had not become

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organic matter to enrich the soil – they remained a burdensome, broken mess that needed some TLC.

It was through that understanding that I developed my own technique of releasing trapped emotions (TEs). It is a simple method that works for me and I know it will work for you.

Digging-Up Trapped Emotions (TEs) Method

- 1.
2. I pay special attention to my body, my mind, and my overall well-being. I notice if anything seems to be causing me difficulty. I use one of several lists of specific items (whether emotional, physical, or limitations, etc.) to determine and identify my specific trapped emotions.
3. I muscle test the list for the TEs I have and record them in my notebook.
4. I muscle test the TEs found to determine which one I should release first and list them in order or number them.
5. I muscle test each TE to determine if there are seedbeds (the stubborn ones) by making the following statement: These TEs have seedbeds: Yes/No
6. If ‘yes,’ I visualize the size of the seedbed. Is it 3’ x 3’? Or is it larger? Smaller?
7. If ‘no,’ I visualize the location of the TE. If I don’t know the location, I visualize a plant to represent the TE.
8. I test for which tool I need to use to dig-up the TEs: trowel, hoe, garden plow, or farming plow.
9. Depending on my answer, I visualize that my plow, big or small, is digging up all the trapped emotions. If digging up a seedbed, I see the plow covering

every inch and corner of that area. If it is not a seedbed, I visualize the area in my body. If I do not know the location, I visualize a dried plant that should be pulled up and tossed in the compost pile. Then, I work on digging up the earth where that plant was removed, making sure to dig-up the roots and any pieces that might remain after pulling up the dried plant.

10. After digging for a few moments, I make the statement: My TEs of _____ are All Clear: Yes/No
11. If the answer is negative or 'No,' I continue to digging until the answer is positive or 'Yes.' Warning: this can sometimes continue for many sessions. Don't give up. Keep detailed records and continue to work on the TE release until your response to the 'All Clear' statement is 'Yes.' Don't move to release the next TE until that one is All Clear.
12. After releasing all TEs in seedbeds, I visualize that the soil is turned and I can see the old seeds, roots, stems, and pieces of the previous TEs.
13. Then, I visualize a blow torch in my hands as I move across the seedbed and burn off all the final debris such as seeds, roots, stems, and pieces until they are all gone and turned to ash. (You can use any method to burn off these TEs such as a can of gasoline and a book of matches. Use your imagination and what feels right to you.)
14. Finally, I make this statement: "I bless this seedbed with love and light so that anything that grows there again only grows from seeds of light." If you don't want to make that particular statement, use your own.

Special Note: Never begin a new release until you have completed the one you're working on.

Letting go of Pain

Keep in mind that you can dig-up TEs while doing any number of things: washing dishes, cleaning, watching television, surfing the internet, taking a walk, scrolling through your text messages, or almost anything else that doesn't require your full attention. I wouldn't suggest that you do your releases while driving or operating heavy equipment of course. But still, you can multi-task. I do this especially for those TEs that seem to require a lot of digging-up.

For those of you who are not familiar with farming equipment, you will find pictures of different kinds of plows below. The trowel, hoe, and simple garden plow are used for small gardening projects while the other large plow is used by farmers and pulled by a tractor or other piece of heavy equipment for commercial farming endeavors. You will muscle test in order to decide which you should use to dig up your own trapped emotions (TEs).

"Intention" is paramount in all spiritual work. And, this is spiritual or metaphysical work.

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Simple garden trowel:



Simple garden hoe:



Letting go of Pain

Simple garden plow:



Large Farming plow:



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Each time you begin to do a release for a particular TE, muscle test to determine which tool would be more beneficial. Once you have found the appropriate tool for the TEs you are releasing there isn't a need to keep checking until you are ready to release a new TE.

To determine which tool is most beneficial, make the following statements:

To release my TEs, I need to use the trowel: Yes/No

To release my TEs, I need to use the hoe: Yes/No

To release my TEs, I need to use the garden plow: Yes/No

To release my TEs, I need to use the large farming plow: Yes/No

Here's an example of a recent release I did. After noticing a red rash breakout on my back, I knew that something had changed. Wanting to find and release those TEs, I first asked the following questions and underlined my answer:

I have TEs in my skin system: Yes/No

I have TEs in my skin system organs: Yes/No

I have TEs in my skin system areas: Yes/No

I have TEs in my skin system functions: Yes/No

Letting go of Pain

Then, I determined that I needed to use the garden plow and checked each of the skin system functions until I found the TEs I had. I wrote them in my release notebook:

- The function of new cell growth
- The function that causes red rashes

Next, I visualized, imagined, saw in my mind's eye the garden plow dig, and dig, and dig to release those TEs. I muscle tested every couple of minutes, making the following statements:

My TEs in the function of new cell growth are released: Yes/No

When the answer was 'No,' I continued to visualize the plow digging up those TEs until the answer was 'Yes.' Then I made a final statement:

My TEs in the function of new cell growth is All Clear: Yes/No

When all the TEs were gone, I got a positive or 'Yes' answer to the All Clear statement. I repeated the release for TEs that cause red rashes.

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If you have many TEs as I did in the beginning when I first began to release TEs, this can be an enormous task and it can take a while. Be patient because it is well worth the effort and... If you will stay with it you will see results within one to three days (sometimes a bit longer) of each release... Releasing your TEs only gets better as you release more TEs and as time passes.

As an effort to keep you from becoming discouraged, I will share a miserable experience I had releasing TEs about a hip problem I once had. First, it was very painful. Second, I lost mobility. I could not pick my leg up and step forward. I had to put my hand under my hip joint and lift my leg to walk. It hurt to sit, to recline, or to move. I could only get comfortable when lying flat on my back in bed with my right leg elevated slightly. It was a sharp pain, but it also felt deep inside. The problem happened overnight. I didn't feel it coming on and begin my release before the pain became terrible, because I didn't have any warning. By the time I started the release of my TEs causing that hip problem and pain, it was full blown and critical.

As a healer, I knew that something was out of balance in my life. The hips carry the body forward in any situation. When there are hip problems, it signifies that we don't like the forward step we have just taken or that we are fearful about moving forward in a particular direction. That fit me perfectly because I had just moved to a new state and I didn't like it... but I was too stubborn to admit it. I felt out of sorts and didn't know what to do about it. I really wanted to move back to North Carolina, but I tried to force myself to give the new area some time and not be hasty about making the decision to tuck and run back to a safety net.

Letting go of Pain

Since I couldn't sit at my desk to either write or promote the books I'd already written, I worked exclusively on releasing those TEs that had caused such pain and turmoil in my life. I released TEs day and night for three weeks. True, it took a very long time, but gradually the pain receded and I was able to sit in the car for eight to ten hours a day and make the two-day trip back home even though the TEs were not completely released.

After I returned to what I felt was my safety net, I continued to work on those TEs until I received an All Clear. Several weeks later, I could walk again without the use of a cane. A few weeks later, I could once again go up and down stairs. A year later, I was better than ever.

You can see that releasing your TEs could be an overwhelming task like that instance I described. But, if you are persistent and determined, you will achieve success.

Be Sure to Record Your Notes in your notebook or the space provided.

Your Notes:

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Your Notes:

Letting go of Pain

Your Notes:

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Your Notes:

3 | Universal Human Emotions

Human behavior flows from three main sources: desire, emotion, and knowledge. ~~ Plato

All sentient life, all and everything that is capable of feeling and perception and responds to those feelings emotionally, have common emotions. In my research for writing this book, I found many online definitions of 'emotions' and share those definitions below.

What are emotions and what does it mean to be emotional?

- Emotions are feelings that we have about someone or something.
- Emotions are often heightened feelings meaning that we feel strongly about the person or thing.
- Emotions are a natural instinctive state of mind derived from one's circumstances, mood, or relationships with others; a feeling or sentiment.
- Emotions are an instinctive or intuitive feeling as distinguished from reasoning or knowledge.
- Emotions are the affective aspect of consciousness, a state of feeling, a conscious mental reaction such as anger or fear subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body.
- Emotions are an affective state of consciousness in which joy, sorrow, fear, hate, or the like, is experienced,

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as distinguished from cognitive and volitional states of consciousness.

We share the same emotions; everyone, everywhere is capable of feeling any of these common emotions. We hope to stay positive, to feel all those emotions listed in the following positive emotions list, but sometimes we simply feel negative emotions. Sometimes those negative emotions rule our lives and cause tremendous damage to us, our relationships, our health, and our spirit.

This book does not intend to state that all emotions are wrong and should be erased. We need to feel our emotions. This book is intended to release harmful emotions that affect our lives and hinder our success whether personal, professional, or spiritual.

Never be ashamed of what you feel. You have the right to feel any emotion that you want, and to do what makes you happy.

That's my life motto. ~~ Demi Lovato

I have divided the most common human or universal emotions into three lists: positive, negative, and both. Think about each one carefully as you read through the lists. Perhaps you can think of more. If so, please add them to your notebook.

Positive Emotions:

- Acceptance
- Adoration
- Affection
- Amusement
- Amazement
- Anticipation
- Arousal
- Astonishment
- Attraction
- Bliss
- Caring
- Compassion
- Confusion
- Courage
- Delight
- Desire
- Ecstasy
- Elation
- Empathy
- Enthusiasm
- Euphoria
- Excitement
- Exhilaration
- Fondness
- Forgiveness
- Gaiety
- Gratitude
- Happiness
- Hope
- Infatuation
- Interest
- Joy

- Jubilation
- Kindness
- Love
- Modesty
- Patience
- Pity
- Pleasure
- Sentimentality
- Shyness
- Surprise
- Sympathy
- Trust

Negative Emotions:

- Agitation
- Aggravation
- Aggression
- Alarm
- Alienation
- Ambivalence
- Anger
- Anxiety
- Apathy
- Arousal
- Bitterness
- Confusion
- Contempt
- Cruelty
- Dejection
- Depression
- Despair
- Disdain

Letting go of Pain

- Disgust
- Distress
- Doubt
- Envy
- Fear
- Fright
- Frustration
- Fury
- Greed
- Grief
- Grouchiness
- Guilt
- Hate
- Hatred
- Helplessness
- Horror
- Hostility
- Hunger
- Humiliation
- Hysteria
- Indignation
- Insecurity
- Jealousy
- Loathing
- Loneliness
- Lust
- Mortification
- Obsession
- Over-trusting
- Panic
- Paranoia
- Pride
- Rage
- Regret
- Remorse

- Resentment
- Revulsion
- Shame
- Suffering
- Tension
- Thrill
- Worry
- Wrath

Shame is the most powerful master emotion. It's the fear that we're not good enough. —Brene Brown

Both Positive and Negative Emotions:

- Ambivalence
- Arousal
- Boredom
- Embarrassment
- Homesickness
- Passion
- Sadness
- Trust

When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion. ~~ Dale Carnegie

Be Sure to Record Your Notes in your notebook or the space provided.

Letting go of Pain

Your Notes:

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Your Notes:

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Your Notes:

About the Author

Chariss K Walker, M.Msc., an award-winning author, writes fiction and nonfiction books with a metaphysical message. All of her books are sold in soft-cover and eBook format worldwide; many are in large print. To find out more about this author, visit her web site at www.chariss.com or follow her on Amazon to see all of her books and to learn about new releases.

Nonfiction books:

A Beginner's Guide to Visualization

Going Deeper Series:

A Beginner's Guide to Releasing Trapped Emotions, Book 1

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Releasing Body System Trapped Emotions, Book 5

Releasing Mental Blocks, Book 6

Many Paths to Healing

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Abundance: Allowing the Universe to Manifest Your Desires

Make a Joyful Noise: Searching for a Spiritual Path in a Material World

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Chakra Basics: Fundamentals of Spiritual Growth

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Lamp's Light, Book 7

Clear Glass, Book 8

The Retreat

The Journey