

# Personal Physics Healing Technique© Procedure

by Teri Ritchie

This is a very simple and powerful self healing technique. Anyone can do it anytime and in any place. All it takes is a shift in the focus of your attention from what is going on in your mind which is history and memory to what is happening in your body which is the present and now. The mind stores files and stories and memories of yesterday. The body stores experiences as sensation now. Having your attention on what is going on in your mind we call “mind hell” or “monkey mind” and will not solve your problem or current challenge that you want healed. Focusing your attention on the sensation and discomfort in our body will most likely release and eliminate the pain, issue or discomfort.

1. The first step is to locate the discomfort. Any discomfort whether emotional or physical, pain or upset, compulsion or addiction, or upsetting thoughts, whether past, present or future has a corresponding physical sensation in your body. Locate it. Not the story of what happened but the actual physical sensations that you feel in your body. Even if it feels emotional or more of a memory from long ago or yesterday or only thoughts you will have a physical sensation in your body.

2. Rate the pain or discomfort on a scale of 0 to 10. 0 being no discomfort at all and 10 being maximum discomfort. Its call a Subjective Units of Discomfort or SUD.

3. Once you have located the discomfort in your body and you have rated it, while focusing your attention on it ask and answer for yourself these questions. You are not looking for right or wrong answers; you are only making distinctions to focus your awareness on your body sensations. It goes like this.

- a. **Where in your body do you feel the pain/discomfort? i.e. lower back, chest/heart, stomach/diaphragm, throat/neck, head, etc?**
- b. **What does the discomfort feel like? i.e. pressure, tightness, heaviness, stabbing, etc.**
- c. **What shape is it?**
- d. **What color is it?**
- e. **Is it hollow or dense?**
- f. **If it could hold liquid how much would it hold?**
- g. **How much does it weigh?**
- h. **What is the texture?**
- i. **Does it have any movement? Pulse, vibration, radiating, etc.**
- j. **Does it make a sound or any noise?**
- k. **What emotion or feeling is there?**
- l. **If it could speak to you, what would it say?**
- m. **If you could get rid of it, let it, go what would you do?**
- n. **If you could let it go right now how would you do it?**

4. Take another SUD reading. In most cases the number will be lower, the discomfort will be subsiding. Sometimes it will be gone completely. If there is still pain or discomfort...

5. Do another round of each of the questions this time asking how they have changed. For instance...

- a. Where do you feel it now? Or has it changed locations?**
- b. What does it feel like now?**
- c. What shape is it now?**
- d. What color is it now?**
- e. Is it still hollow or dense?**
- f. How much liquid dose it hold now?**
- g. How much does it weigh now?**
- h. What is the texture now?**
- i. Does it have any movement now? Or has the movement changed any now?**
- j. What is the sound now?**
- k. What is the feeling now?**
- l. What is the message now?**
- m. How would you let it go now?**

Many times within 3 rounds or so the pain can be gone or dissolved or transformed to such a degree that there is an experience of lightness or freedom or astonishment at how fast it happened and how good you feel.

6. If you experience resistance to the process of being aware of your body and sensations or the discomfort you can gently breathe warmth into the area to relax it and then go on with the questions. You can also ask these same questions regarding the physical location and sensations of the resistance.

Sometimes this process will bring up more pain and related issues – that is normal – keep focusing attention and feeling what is there to be felt and keep asking the same questions – it will start to subside.

The best action now and what is most effective especially if there is intense or overwhelming pain or discomfort is to go on to EFT to release the rest of the energy disruption / pain and discomfort from your physical and energy systems.

When you are aware of and present to the feelings and the message from the last two questions you then have the essential core feelings to use for EFT.