HeartSpeak Lite

for

Chronic Pain

with

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www.HeartSpeak.com
What is...

HeartSpeak Lite

A simple, self-empowering process anyone can learn to use to resolve unhealthy & harmful feeling related to stress.

Flow for this Workshop

All designed to engage the Feeling Mind

Outline

• The Neurology of Pain
• The Relationship Between Pain & Mental Health
• Feelings – what they are and why they are important
• Triggers
• Harmful vs Beneficial Feelings
• Learning & Memory
• HeartSpeak Lite Process
• Practice
• Tips & Pointers
Why treat Chronic Pain?

- The prevalence of chronic pain in Canadian adults is 18.9%
  - 20% of Australians
  - 26% of Americans
- This prevalence increases with age
- Not limited to adults – children and teens too
  - 1/3 rated the intensity in the very severe range
  - 70-80% report the pain interferes with their daily life
- In 2014, U.S. pharmacies dispensed 245 million prescriptions for opioid pain relievers
  - The annual cost in Canada is at least $CAD 60 billion

Why treat Chronic Pain?

- Interferes with sleep, sex, work, exercise, routine self-care
- Also severely impacts personal relationships and social interactions
- Chronic pain is associated with the worst quality of life compared with other chronic diseases (lung or heart etc)
  - 50% have moderate to severe levels of depression
  - 34.6% report thinking about suicide

Chronic Pain & Mental Health

- Stress
- PTSD
- Depression
- Anxiety
WHAT ARE FEELINGS?
**feeling**  
/feɪlɪŋ/  
noun  
1. An emotional state or reaction.  
2. An idea or belief, especially a vague or irrational one.

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**Examples of Feelings**

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Physical Symptoms</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear</td>
<td>Pain</td>
<td>Butterflies</td>
</tr>
<tr>
<td>Anger</td>
<td>Fatigue</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Joy</td>
<td>Nausea</td>
<td>Goosebumps</td>
</tr>
</tbody>
</table>
Feelings are not...

- Good / Bad
- Positive / Negative
- Right / Wrong
Instead, think of Feelings as...

**Beneficial**
- Love
- Joy
- Peace
- Allowance
- Enough

**Harmful**
- Fear
- Anger
- Sadness
- Disgust
- Shame

Research suggests...
Some Conditions linked to Harmful Feelings

- AIDS
- Appendicitis
- Alzheimers
- Asthma
- Cancer
- Chronic Back Pain
- Common Cold
- Complications in Pregnancy
- Coronary Artery Disease
- Diabetes
- Epileptic seizures
- Fibromyalgia
- Gum & Tooth Disease
- Hemophilia
- Herpes
- High Blood Pressure
- Inflammatory Bowel Disease
- Jaw Problems
- Migraine Headaches
- Multiple Sclerosis
- Obesity
- Over-active Thyroidism
- Premenstrual Distress
- Rheumatoid Arthritis
- Skin Disorders
- Ulcers
- Vaginal Infections

Are Feelings important?

Research suggests...
Emotional Flexibility

- More adaptive
- More resilient
- More flexible
- More compassionate
- Less depressed
- Less anxious
- Better attitude
- More successful

Are Feelings important?

What causes Feelings??

- Can be anything... anything at all
- Real or Imagined
- Conscious or Nonconscious
- Often Wrongly Attributed
Triggers
Anything (often nonconscious) that initiates a reaction – emotional, behavioural, mental, physiological, biochemical or otherwise

What causes Feelings??
TRIGGER
↓
FEELING
↓
REACTION

What causes Feelings??
TRIGGER
↓
FEELING
↓
REACTION
Learning & Memory

Two Types of Long-term Memory

**EXPLICIT MEMORY**
- Conscious
- Recallable
- Declarative
- Verbal
- Facts
- Hippocampus
- Begins ~ age 3

**IMPLICIT MEMORY**
- Nonconscious
- Non-recallable
- Non-declarative
- Non-verbal
- Feelings
- Amygdala
- Begins in utero

What causes Feelings??

TRIGGER

FEELING

CHOICE
The Science of Learning & Memory

- Memory Activation
- Memory Consolidation
- Long-term Memory

THE TWO MINDS
What does the Logical Mind do?

- Language
- Numbers
- Dates
- Time
- Rationalizes
- Explains
- Describes
- Categorizes
- Reflects
- Deliberates
- Solves
- Concludes
- Makes sense of the world
What does the Feeling Mind do?

- Feels
- Reactive
- Passionate
- Vague / Imprecise
- Does not think or reason
- Categorical thinking: Black or White
- Simple
- Time is meaningless
- Indiscriminating (connects similar things)
- Personalized thinking
- Beliefs are absolute
- Self-confirming

Research suggests...
FEELING FEELINGS

I CAN’T FEEL!

(Yes you can!)
Let’s practice **Feeling**…

**Practice Makes Perfect**

Don’t worry – you can’t do it wrong!
Harmful Feelings

1. Fear
2. Anger
3. Sadness
4. Disgust
5. Shame

Families of Harmful Feelings

1. Fear Family
2. Anger Family
3. Sadness Family
4. Disgust Family
5. Shame Family
Beneficial Feelings

1. Love
2. Joy
3. Peace
4. Allowance
5. Enough

Tips to Feel Beneficial Feelings

- Maintain an Open Posture
- Close your eyes
- Feel first in your heartspace
- Then make it grow
- Feel for as long as possible
- Even if it’s just a few seconds
The Dimensions of Feelings

The Intensity of Feelings

The Intensity of Feelings

Hijacks your attention

May be able to "ignore"
Using Posture to Enhance Your Feeling Experience

Protective Posture
- Palms up
- Shoulders back
- Chest out
- Head back (slightly)
- Back arched
- Hips open

Open Posture
- Palms up
- Shoulders back
- Head back (slightly)
- Back arched
- Hips open
THE HEARTSPEAK LITE PROCESS
FOR CHRONIC PAIN

STEP 1
Bring the Pain to mind
No current pain?

Examples of Other “Issues”

**Obvious Feelings**
- Anxious / Nervous
- Stressed out
- Angry
- Hurt
- Down / Low / Blue
- A painful memory
- etc

**Physical Symptoms**
- Pain
- Muscle Tension
- Heartburn
- Nausea
- Fatigue
- Rash
- etc

**Subtle Feelings**
- Not good enough
- Not worthy
- Flawed / imperfect
- Unlovable
- Something’s wrong
- Nameless feelings
- etc

STEP 1 Bring the Pain to mind

**Do’s**
- Focus on the **Pain**
- Embody the **Pain**
- Intensify it / Try to amplify it!

**Don’ts**
- Do not judge it
- Do not rationalize it
- Do not attempt to explain it
STEP 2 Rate the intensity of the Pain

PAIN

0 None

10 Worst Ever

STEP 3 Identify a Harmful Feeling

FEAR
ANGER
SHAME
SADNESS
DISGUST

HeartSpeak

Steps:
1. Bring the issue to mind.
2. Rate for severity (1-10).
3. Identify a harmful feeling it evokes.
4. Provide an example of how it feels.
5. Think of a situation where you experienced it.
6. Dressing: clothes the feeling evokes.
7. What emotional expression do you need?
8. Pose an open question about your issue.
9. Finding Time: How do I let the issue and harmful feeling go?
11. Repeat: until intensity is 0.

Harmful Feelings
I don’t know!

What if I cannot identify one of the Harmful Feelings??

What to do if you “don’t know”

- Yes… you do know… You can do this!
- Remember: You can’t do this wrong!
- Practice feeling (practicing helps!)
- Bring the Pain to mind – and embody it
- Get out of your head
- Identify the best fit feeling in the mix
- If all else fails, guess

STEP 3 | Identify a Harmful Feeling
STEP 4  Pretend to be a little kid

STEP 5  Take a Protective Posture

STEP 6  Clear the Harmful Feeling

Experience the Harmful Feeling fully
**STEP 7**  
Switch to an Open Posture

**STEP 8**  
Pivot to the Beneficial Feeling

1. Love
2. Joy
3. Peace
4. Allowance
5. Enough

Why Pivot??

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The Role of Memory in HeartSpeak

More Specifically…

1. Start Pivoting immediately after the Harmful Feeling is resolved
2. Remember to take an Open Posture
3. Close your eyes
4. Focus on your heartspace
5. Find the Beneficial Feeling
6. Make it grow
7. Enjoy it for a few moments
8. When you are ready, open your eyes

STEP 8 Pivot to the Beneficial Feeling

STEP 9 Bring the issue again to mind & re-rate

the issue

0 None

10 Worst Ever
STEP 10 | Repeat the whole process...

...until the intensity is "0"

Another Demonstration
PlayShop
Pair up and guide each other through clearing a Pain symptom.

TIPS & POINTERS

Choosing the Harmful Feeling

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Choosing the Harmful Feeling

- Sit quietly with the issue
- Pick one Harmful Feeling that you feel is in the mix
- Try one – go on...
- Remember: You can't do this wrong

Another way to choose a Harmful Feeling

- Put aside all intrusive thoughts & memories (they're not important now)
- Feeling the Harmful Feeling is what's important
- Do not rationalize, explain, think
- Stick to one Harmful Feeling at a time

During the Clearing

- Put aside all intrusive thoughts & memories (they're not important now)
- Feeling the Harmful Feeling is what's important
- Do not rationalize, explain, think
- Stick to one Harmful Feeling at a time
During the Clearing

- Harmful Feelings can be sneaky – keep going, keep looking until you’re certain it’s gone
- Keep Clearing until there’s not even a drop left
- Don’t worry about the time it takes
- Ask yourself, “Am I finished yet?”
- Be honest with yourself
- Sometimes feelings are persistent – be more persistent!

During the Pivot

- Start Pivoting immediately after Clearing
- Remember your Open Posture – really open!
- Amplify the Beneficial Feeling
- And *embody* it too
- Pivot long enough – *but not too long*
- Really enjoy it!

Afterwards

- Spend some time alone
- Drink water
- Ground yourself – *walk barefoot outdoors, take a bath or shower*
- Do not talk about your clearings
- Do not write or journal either
First you told me not to talk about my feelings during a session...

...and now you say I shouldn’t talk after a session too??

Afterwards
- Spend some time alone
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- Ground yourself – walk barefoot outdoors, take a bath or shower
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More Tips
- Sometimes the same Harmful Feelings keep coming up – that’s ok!
- Remember: There is no wrong
- The “I can’t feel it” feeling will go away with practice
- Feeling at will becomes easier with practice – keep going!
PlayShop
Pair up and guide each other through clearing:
• Another Pain
• A memory of Pain

Self-Clearing PlayShop
Clear yourself of a Pain
(or a memory of a Pain)

Cautions & Caveats
• If symptoms or feelings persist, seek professional care.
• Do not use HeartSpeak Lite instead of professional medical or psychological care.
• If you are sick, unwell or exhausted, postpone doing HeartSpeak Lite until you are feeling better. Or seek out a HeartSpeak Guide.
What's the difference?

HeartSpeak Lite vs. HeartSpeak

1. Both use the HeartSpeak process
2. Both are science-driven
3. Both decrease emotional investment
4. Both soften triggers
5. In both, you feel different immediately
6. Both are super-fun!

What's the difference?

HeartSpeak Lite

1. Simplified
2. Anywhere, anytime
3. Not as deep
4. Not as powerful

HeartSpeak

1. Next-gen / Revolutionary
2. Profoundly deep
3. More feelings (than emotions) are used
4. Uses Muscle Testing to guide a session
Can I now take HeartSpeak Level 1?

1. Recognize that emotions / feelings may be responsible for difficulties
2. Acknowledge your own feelings
3. Are able to evoke feelings at will
4. Are personally motivated to grow
5. Learn to muscle test

PlayShop
Clear yourself of an Emotional Pain
(or a memory of one)
Why HeartSpeak?

- It is simple, fast & effective
- Can be used to feel different immediately
- To achieve optimal health & wellbeing, unresolved feelings must be addressed
- Its sound scientific basis
- It makes sense
- HeartSpeak empowers you to heal yourself
- You are always in control
- It is up to you how deeply & intensely you feel
More reasons to choose HeartSpeak

- HeartSpeak allows you to chunk down issues to manageable pieces
- It’s often such a relief to not have to talk about your issues
- It softens your triggers so you become less reactive
- The changes are lasting
- It’s natural
- It’s fun
- You will feel lighter, freer, clearer
- You will be amazed how good you can feel

Hang on! But I *like* to talk about my feelings!

Isn’t it a good thing?!!
More reasons to choose HeartSpeak

- HeartSpeak allows you to chunk down issues to manageable pieces
- It's often such a relief to not have to talk about your issues
- HeartSpeak is personal & private
- It softens your triggers so you become less reactive
- The changes are lasting
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What’s next?!?

- Practice Practice Practice
- Continue feeling fully
- Take HeartSpeak Lite course (online)
- Now take HeartSpeak Level 1
- Use the HeartSpeak Cards
- Have a HeartSpeak Consultation

Thank You
Ma petite liste