

Heal your unconscious pain!

A proven 3 step formula to heal your unconscious

By Chris Dines

*Author of paper back;
“Power, Love & Abundance”*

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This e-book is dedicated to every soul who wants to be free.

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About the author

Christopher Francis Dines is a peak performance coach.

After leaving the music industry Christopher read the legendary book 'You Were Born Rich' by Bob Proctor and the classic 'The Science of Getting Rich' by Wallace D Wattles. These books helped him create a vision and he embarked on a mission to give insight into attaining people's dreams and to donate something back to the world. He has studied relentlessly human potential. He has attended spiritual human development workshops in England and California.

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“The art of healing comes from nature, not from the physician. Therefore the physician must start from nature, with an open mind.”
Philipus Aureolus Paracelsus

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Introduction

This is the shortest yet most productive e-book I have written to date. For years I have repelled the breathtaking fruits of life due to my subconscious programming. It was roughly in 2004 when I began to discover myself and since then I have been intrigued and fascinated with mind, body and soul. I have learnt about the Source of life and how it creates a reality through our subconscious mind.

I was brought up believing from my society, family and friends that everything is based on luck. You cannot get further from the truth. The fact is everything is based on precision effort and universal laws. For a very long time I also thought I could never be able to heal my unconscious beliefs, which was a devastating experience.

Today I know different. I speak from personal experience that subconscious beliefs can be changed, bad can turn to good and that abundance and love can be attracted. Today I still am working on healing my deep routed subconscious beliefs that present themselves every time I feel limited. Listening to 21 years of superstitious ideas (from the mass population) is not going to disappear in one night.

I also know that the Source of Perfect Harmony also referred as the Loving Intelligence will give tools to any soul who needs help to recover, heal and grow; though the soul (human being) must put in the action. I cannot wish my unconscious limitations and pain away, they need to be addressed, released and replaced.

This e-book is going to give you a very simple formula that I use to help you heal your non conscious mind. Your subconscious mind, which is Universal Intelligence, gives orders to the Infinite (God, Creative Intelligence or the Source etc). This Mind knows of every question and answer. It has also produced a pool of infinite thoughts and possibilities, which are with us in this very moment.

Depending on experiences which have been recorded in your subconscious mind - you will instruct the Infinite on what your reality really is. Does the Master Mind know that you may be struggling with limitations and emotional pain? Of course! The question is why then, does the Loving Intelligence ignore prayers, requests when it knows of the need of the souls of the Universe?

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I will explain. This universe is governed by specific, precise, universal laws. These laws cannot and will not be changed because they are the guide lines from which the Infinite moves and creates more Power to increase life. All though a soul may consciously know they need to heal or cannot move forward, it is up to the soul to take action to learn and practise using the tools to grow and heal. This is how I know that there is a price to pay for everything. Everything must be worked for; this does not mean you have to work hard, slogging away. I am referring to action and discipline.

Consider that the Source, by universal law, cannot intrude with healing without the desire and action of the soul. Some religions say that 'God helps those who help themselves,' which is correct. The Source is not a slave but it is not a passive force either. It alone is not going to make things happen but will work in combination with effort.

I would suggest you get a copy of my book **Power, Love & Abundance** which will help you explain the natural laws of the universe. Seeing we are subject to these Divine Laws, it would be wise to understand them.

This e-book is going to show you how to heal yourself. Do not be fooled or judgemental by the simplicity and short content. These tools are Power! You will need to be ready for the shift you are about to receive, though the shift will happen only when you take action. No action = no results.

So relax and take a deep breath. All is safe and you must be ready to heal because you have attracted this writing.

With gratitude

Chris Dines

President & Founder of:

Christopher Dines Ltd

Peak Performance Coaching!

“Eventually you will come to understand that love heals everything, and love is all there is.” Gary Zukav

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Chapter One – Vibration

The Source, this Master Mind that is a part of us wants and desires that we become free. It can move through us faster without being blocked by any vibration which repels it (disharmony). This is a divine Power which circulates across the minutiest facets of energy.

I would specify one thing and that is once a decision is made our unconscious limitations and painful experiences can and will be healed. As a coach, I always express nothing can change until a firm **decision** is made to achieve something. This decision must be back by discipline.

We are not 'consciously' responsible for any tragedies we have experienced. We did attract them to our lives (no matter how bad they are). We are 100% responsible to clear and replace these negative energies and problems, and from being consciously aware of the Infinite Power.

Understand that the Divine is Perfect Harmony. This will repel anything that is not on the same frequency (love). If for example you have been abused in some way this will be stored in the subconscious mind. If these patterns ignite a self-destruct button in you, when you destruct, you repel the Spirit, which is on a level of serene harmony.

This may sound as though we are here to become slaves of our subconscious mind however this is not the case. The subconscious is not driven by wants, needs, good or bad; it just takes orders from your conscious mind and how you are feeding it. The world has so much suffering and hunger because of 'lack' references being fed to the subconscious from birth. This message of 'lack' is then transmitted from the subconscious to the Creative Intelligence, thus creating this reality for the soul who believes in 'lack.'

The beliefs that are suppressed on the subconscious time and time again become a reality. These beliefs will create focus, thoughts, vibration and action. We use the word feeling to describe the conscious awareness of our vibration. Our subconscious mind, when properly understood is the gate way to healing. It is the pathway to the Infinite. The Infinite is not biased and will serve the soul on what it is told.

One of the most powerful ways to eliminate unconscious beliefs and pain is by the power of forgiveness. This technology will instantly let the flow of Power circulate through you. We call this a shift or a shift of awareness. Forgiveness is very easy but it is not forgiving which can be extremely difficult. As we say 'Let Go & Let God.'

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I am going to instruct you one of the most powerful tools to help you heal, which I have perfected in my own time. You need to be willing to feel some pain but this is part of the process.

First of all I want you to take three deep breathes, which will instruct your subconscious mind to calm your nervous system.

I want you to be open minded and then think of an experience which causes you grief. This technique is great for healing former relationships etc. Fetch a note pad and pen and write down the exact harm you feel, be as graphic as possible, feel the negative vibration and write it down. Understand as you write this on paper, you are allowing these feelings to surface and to present themselves to the **Light**.

Below is a common example which is presented to me by my clients:

“When I was 17 my first love broke my heart and slept with a friend of mine. This harms me in my relationships and I cannot trust the opposite sex, when it comes to relationships.”

This will cause an intense feeling of hurt, pain, resentment and jealousy. Feel this and allow the memory to stand in front of you. I know this is painful but this negative frequency has been suppressed and must be released to the Light. Hang in there, you are doing great!

This is where you will need to be open-minded. I now want you to visualize the person who hurt you. See them sitting opposite you, as you see them in your memory. Take a deep breath and allow the hurt to rise through you (you are clearing the gung by doing this).

The next step is to express to the person how they harmed you, tell them in your imagination exactly how you feel (say it out loud) but try not to be abusive to them (remember the source needs perfect harmony). Just express the pain and tell them in exact detail what this caused you. Share the effects that the pain has caused you in life. While doing this you will begin to feel a release.

Make sure the person is simply listening, looking at you and not talking back. This is about you, getting your emotions out in the open, not them! In the next chapter you will learn the next by the power of forgiveness.

“When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.” Catherine Ponder

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Chapter Two – Forgiveness

Once you have expressed everything, the next step is to take a deep breath and look them in the eye saying to yourself:

“I forgive myself for these negative emotions I have felt towards you, after all it is just a memory but most of all I forgive you for the harm you have caused.”

If you are serious about healing, you will say and mean this. The torturing of the unconscious wounds would be more painful to carry to the grave than dropping pride to forgive. Once you have said this with all earnestness you will feel a shift, your mind will clear and a part of your molecular structure (your body) will feel free, flowing gently.

You must forgive the person, no matter what they have done or you will never be able to flow naturally, meaning your subconscious pain will surface in mind and body. This we refer to as self-sabotage. Once you let go of the past and forgive you become inspired to live. This is one of the most powerful tools to heal mind, body and soul. Forgiveness is the only way to be free from unconscious pain. There is no other way around it. The more we let go the easier it is to flow with the **Spirit of Life**.

The power of forgiveness will draw you closer to the Source, which is where all of the blessings of life come from. From being able to forgive, you will automatically clear the clogged vibration, which was preventing you to seek your birthright (happiness and abundance). A soul will be grateful if they can forgive. Remember gratitude will cause wonderful ‘like energy’ to be attracted. When you forgive, you set the ripple effect of all the treasures from the divine, to be drawn within and through you.

Need I say anymore? Forgive, let go and be free!

In the next chapter you will learn how to replace the old gung with new harmonious energy, which will cause the effect of peace (for the long run.)

“Healing takes courage, and we all have courage, even if we have to dig a little to find it.” Tori Amos

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“All healing is first a healing of the heart.”
Carl Townsend

Chapter Three – Replace your beliefs

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You have now identified with your emotional pain and have used the power of forgiveness to set you free. This allows peace to flow through every atom in your unique yet complex mind, body and soul.

The next and final step is to replace your old thought patterns with new empowering ones. We do this by working with the subconscious mind. Yes, that brilliant mind which continued to create a living hell can now create us heaven on earth.

As you impress images, thoughts, ideas and beliefs on your beautiful subconscious mind (Universal Intelligence) this will create a vibration which is in harmony with the ideas. It is now time to fill your non conscious mind with loving, soothing, healing beliefs.

First of all write down in the present tense a beautiful affirmation. For example:

“I am so grateful to have been given the power to forgive. I can choose to forgive anyone, anywhere, when ever I decide. I love people and people love me. I have a wonderful, healthy relationship with my Higher Power. I listen to the nudges it gives me and it is a natural action too constantly re programme my subconscious mind. I forgive, I love and I thank you.”

It is vitally important you present this text in the present tense. You must understand you have to be something before you can acquire anything in this world. You must teach your subconscious mind that you are living in the way you want to live before it will inform the Infinite Intelligence.

“Before you can do something, you must first become something.”
Goethe

Once you have your positive affirmations in place, write them down on a card and read them out loud every day, as many times as possible. I would strongly suggest you also record your own voice reading out loud the affirmations and play this to yourself at least 6 times a day. It is important to visualize a peaceful, harmonious world, when you are listening to the sound of your own voice. This will work perfect impressing new beliefs on your subconscious mind.

Keep doing this over and over again. Even when you begin to experience this new wonderful world, always continue to repeat the process. Remember, repetition is the mother of all skill.

Chris Dines

It takes a lot of courage to take action and heal. I must congratulate you. You are now part of the small minority of the world's population who do not live in the past.

Be sure to keep in touch and email me at:
info@chrisdines.com www.chrisdines.com

I will do my very best to personally reply to your email.

Peace & Love
Chris Dines.

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Online Seminar (Limited Places)

Because I feel so passionate about unconscious emotional healing I am now taking on a group of 10 or more clients at a time (online seminar). It is a 6 week course. You will learn about true underline feelings. You will bring them to the surface and then release them. We shall then install new empowering beliefs that allow vibration to flow within the **Spirit of Life**.

I will take on a person (one on one) who needs more attention to detail. I use mind enhancing tools, some which I have shared with you in this e-book. It is all reflected in the flow of energy.

If you are interested in getting some help. I will be honoured to teach you.

Email me at: **info@chrisdines.com** and tell me more about yourself.

With love
Chris Dines 😊



Power, Love & Abundance

Shall be available to purchase this June 2008 from
Amazon.

For more info on self-help material or to join our mailing list:

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