

The area below my right ankle was swollen and hurting a lot

Workshop : Discover Ongoing Thoughts

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The area below my right ankle was swollen and hurting a lot. The doctors said that it was a swollen tendon but they could not find any reason for it. Having done my Radical Healing course and understanding that each body part has a story to tell you, I sat down to analyze my pain. I understood that to me the tendon represents a bond. I went back to the origin of the pain and realized it had started with the news of my husband's accident. Further, I now knew that I worried a lot about my family's well being and each time that was challenged I developed a pain.

I then consciously reversed my thought process by affirming that "my family is safe" and within 3-4 repetitions the pain vanished. Amazingly within 5 minutes the swelling too had vanished and it hasn't come back since. To reinforce the feeling, I continue to use the affirmation. - **Dr. Anita Bhasin**
Integrated Healer