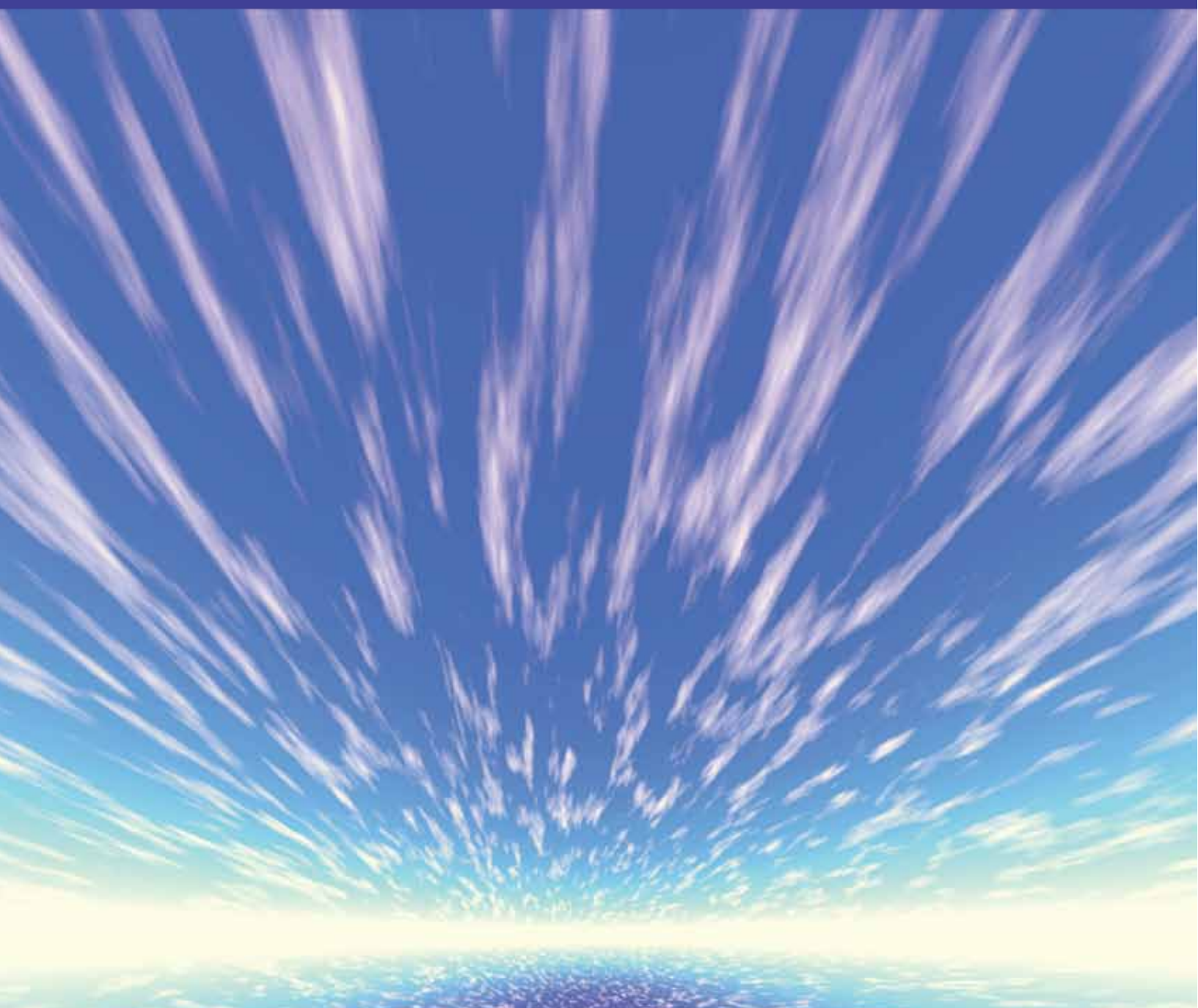


# SC | Self-Created Health Workshop

## Student Manual





# Self-Created Health Workshop

## Student Manual

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## SELF CREATED HEALTH Workshop Handout

created by Richard Gordon

This workshop is a way of determining what the emotional causations for our pain and illnesses are, and learning how to release and process the emotions involved. There are 7 steps.

### **7 STEPS:**

- 1) **Discovery** - understanding the emotional cause
- 2) **Release** - techniques to get emotions out of the system (by itself, it is never enough)
- 3) **Insight** - realizing that you did this to yourself
- 4) **Remorse** - feeling bad that you hurt yourself
- 5) **Forgiveness** - powerful release
- 6) **Self Love** - happens automatically after step 5
- 7) **GREATER SELF LOVE** - higher self, spiritual love

By this time your symptoms are either gone or will act as a barometer for when you are not dealing with this issue.

### **STEP 1: DISCOVERY**

Step 1 has 9 questions that help you discover the emotional causation. When you use these questions, do not be creative. There is a reason why they are made this way. Please follow the sequence. Ask them the way they are written if you want to be successful. Do not talk to people about their story, do not elaborate. This whole process should take 5-20 minutes. Make a list of words as you go along that describe the underlying emotions. Highlight the ones you feel are the strongest and have the deepest impact.

Begin by asking, "What is the problem?" This gives us a title to work with.

#### **Discovery questions:**

- 1) When did it all begin? Time frame.
- 2) What are the symptoms? (describe in detail) (e.g., my shoulder hurts: describe how, in what way, etc.) Write down every word, exactly how they are saying it. The words provide the clues to the causes.
- 3) What emotions do you feel as a result of having the condition? Write down verbatim exactly what they say.
- 4) What judgments do you have about the condition? (it's bad, wrong, shouldn't be there, I hate it, etc..) The emotions you don't want to feel are those you will feel physically.
- 5) What does the condition keep you from doing? (e.g., from standing upright, being confident, moving freely, etc.) We are translating emotions into symptoms.



6) What does the condition cause you to do differently or how does it affect your life? (a variation of #5)

7) Imaginary Physiology - What do you imagine is going on in your body? (like a picture, cartoon, a dream image. e.g.. like someone keeps stabbing me with a knife, like someone is standing on my shoulders or twisting my stomach, etc.) If people don't understand what you mean, ask them: "If you imagine someone or something was doing something to your body, what would they be doing?"

8) What impact does this condition have on other people? Who else is affected and how? (use this question if you are stuck)

9) How would your life be different if you were well? (use this question if you need more information)

Ask yourself or a client (if you are working with a client) all these questions. Take your time. Pull it out of them, all the info you can get. Write it down. Then ask the following:

**"If you go back to around the time of ..... (when it began).... was there a situation that had some of these components? Something that had a lot of deep emotional power or impact?"**

Go one by one through the list that you made of the highlighted words: e.g.. "Did you feel helpless?" "That it would never get better?" "That you were being stabbed in the back?" etc...

Give them back the stronger, more impactful descriptions that they gave you. And when they say: "Oh yes!" and they acknowledge it, put a checkmark by it on your list. Go for the smaller or milder descriptions afterwards. It usually takes 5-20 min. to get to the emotional cause, if you stay on target! Don't chit chat. Stay focused. Don't get caught in their story.

Go back to the time the client has mentioned that the symptoms started. Ask about the emotions that the client has mentioned about his/her problem. e.g.: "Did you feel insecure at that time?" "Did you feel sad?" "Did you feel like a failure?" etc... If the person acknowledges most of these things were present at that time, then you've got the right time / cause!


Once you have gone through the responses & seen that they fit, ask them: "What do you do with these emotions?" Most times people say: "These are emotions that I don't want to feel;" or "I don't let myself express them." Then you say: "Maybe that's why you feel them physically!"

If the client does not want to tell you what the emotional cause is, don't worry. As long as they know what it is about, it's okay. You can still work through it. Also, when asking questions to clients, do not put words in their mouth. Let them describe. If you want more info, ask more elaborate questions. Do not suggest words unless you feel intuitively you must.

**Remember: whenever we suppress our emotions our body expresses them!** Cancer patients who express anger live the longest! Express active emotion. Suppressed or repressed emotions often cause symptoms.

Often a significant emotional event takes place around the time that your symptoms start.

Resonant Principle: The more emotion a person feels about the problem, the easier it is to figure out the cause. If you cannot find a specific incident, look for the three biggest incidents that have the most emotion. Ex: If your mother was shaming you throughout your childhood, find the 3 incidents that you remember being shamed and process them.

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## Guidelines for being an effective helper

- **DO** write down exactly what your classmate says, word for word
- **DO** encourage your classmate to expand minimal or non-descript answers by asking "in what way?" or "how so....?"
- **DO** help your classmate stay on track; if she or he starts to veer into storytelling, gently bring them back to the question at hand.
- **DO** be encouraging but neutral as you write down the answers. Avoid making comments or gestures that show approval or disapproval of what was said. These reactions can intrude into the person's process.
- **DON'T** feed your classmate words, even if you think you know what they want to say. THEY need to discover the words for themselves.
- **DON'T** put images in their mind, especially in question 7; it's very important that helpers refrain from inserting their own language into their classmate's process.
- **DON'T** rush them; wait silently and patiently for them to articulate their experience.

## Guidelines for answering Discovery questions

- **DO** try to relax and breathe gently into your abdomen as you answer questions.
- **DO** try to find richly descriptive words that accurately match your experience of pain. Use ALL your senses in describing symptoms. For example: smell, color, shape, taste, texture, movement, temperature, etc.
- **DO** let yourself express what you feel.
- **DO** stay focused on the questions asked. Background details are part of "story" and are not needed. They only add delay.
- **DON'T** worry, you do not need to reveal private matters.
- **DON'T** judge what comes out or censor it.

## STEP 2 - RELEASE

Release is not the transformation. Release, by itself, never feels like it's fully done. No matter how much release you do, it will never feel enough. That is why we have steps 3 through 7.

We have been trained as a culture not to express anger, but anger will find a way to bubble up if you don't express it. We often build identity over old anger. It can be a challenge to let it go.

When dealing with health issues you are mostly going to see anger and hurt. They are the most common emotions. Inflammation = inflamed emotions. All these conditions that end with "itis" = inflamed = emotions that are not expressed. Hurt and Anger are root emotions and will almost always be underlying.

### How to release anger:

Be willing to feel the intensity of it. You want to spend the emotion as fully as you can. There are two techniques you can use on your own to help you release your anger:

#### **Technique #1)**

**First:** On day 1, write an angry letter..how intensely you feel it, what emotions you felt because of it. Pour your emotions into the letter. Feel it. When you are done, fold the letter and hide it. Hiding it is a symbolic gesture of what we do with our emotions, how we hide them from ourselves.

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Second: The next day, pull the letter out again. Re-read it. Feel it. Add to the letter and make it stronger. Express it. When you feel you've written all you can a second time, fold up the letter and hide it again.

Third: On day three, retrieve the letter and re-read it, feeling it fully again. Leave nothing out. When you are finished, make a decision that you want to be done with this emotion. Then you burn the letter, page by page. Feel the intensity of letting it go.

### **Technique #2)**

**First:** Go back in time, in a quiet meditation. Imagine you are going back in time to when the problem happened. Play the event through step by step. Maybe first make clear notes about how it all happened. You can watch the "you" going through it all and feel the intensity. Feel it fully.

Second: Play it through again, feeling the anger, and let the younger "you" express the anger you felt. This is what you wanted to express back then but didn't. So say it now, in your meditation. Bring it to life! See yourself in front of the person you are angry at. Bring the adult "you" in to assist the younger "you", if necessary.

Third: Play it through again, feeling the anger, and speaking all the things you wanted to say, only THIS time, the person you are expressing it to listens and cares! Create a space in the meditation where this can happen. If it is hard to imagine that person hearing what you have to say, try to imagine that there is an eggshell around the person that hurt you who won't listen. In your imagination, crack the shell and see the beautiful, real person underneath. THIS is the person inside them who cares and can listen to you and hear what you say. Hear that person apologize to you, listening and caring.

Fourth: Think of the situation from the past and now think of it without any trauma occurring. In other words, create a new past! What would you ideally have liked to happen? Create that new past, that new vibration. And feel it!

**How to release hurt:** Hurt is a wound, and wounds take time to heal.

**First: Turn on a timer for 20 min. exactly, and allow yourself to feel the intensity of your hurt for exactly 20 minutes, no more, no less.** In those 20 minutes feel the hurt as deeply as you can. After 2-3 min. you will find it really hard to force yourself to stay hurt. Keep remembering the moments when you felt it strongly. When the 20 minutes ends, then completely drop it. Go immediately into the second phase: self nurturing.

**Second: Immediately after, give yourself one full hour of self nurturing.** Spoil yourself. Have a warm bath, lay in the sun, read a good book, etc. Make a plan for what you want to do to be good to yourself. Nurture yourself for 1 whole hour! The nurturing is the most important step in this process.

### **Shame:**

You cannot process shame like anger or hurt, because it was not yours to begin with. It was never true. No one feels shame innately. They have to be taught how to feel shame. It's someone else's shame! To release shame, you need to realize who it was that made you feel shame, and you get angry at this person. One way to do this: In a meditation take a big bag of crap and walk up to this person and give it back to them, saying:



"This is yours! I want to give it back." It's ok to give it back to them because you are not wanting to hurt this person, just to release yourself from the emotions they dumped onto you. Shame means that somebody else made you feel sub-human.

**Guilt:**

Guilt is anger you feel you have no right to express. You can always turn guilt into anger if you really look for it. Turn the guilt into the anger and process the anger. For example: a dog runs under your tires and gets hit. You feel guilty because you couldn't stop and the dog died, and the dog's family is upset. To clear the guilt, explore all the kinds of anger you are not letting yourself express in that situation (for example, I'm angry they didn't teach the dog not to run in the road; I'm angry I'm being blamed for hitting the dog; I'm angry because I don't have time to deal with this now.) It's easy to blame yourself, to take in all this anger that doesn't belong to you. You need to turn the guilt back into anger and process that.

If someone gets hurt: 1) first care for them, for their wounds, 2) next, let them process the experience, go through it emotionally, and then 3) let them look at the responsibility. Like when a child gets hurt, do not scold first and blame them for not being responsible. This is the wrong step and does nothing good. You must do the steps in the right order for it to be helpful!

**STEP 3 - INSIGHT**

I'm doing this to me. If you do this step without completing Steps 1 and 2, it's being very cruel to yourself. If the first 2 steps are done first, this step feels good. Natural. You realize you've been doing this to yourself (and maybe to others!) Again, it is very destructive to beat yourself up about this if you haven't gone through the first two steps (ie., discovery and release).

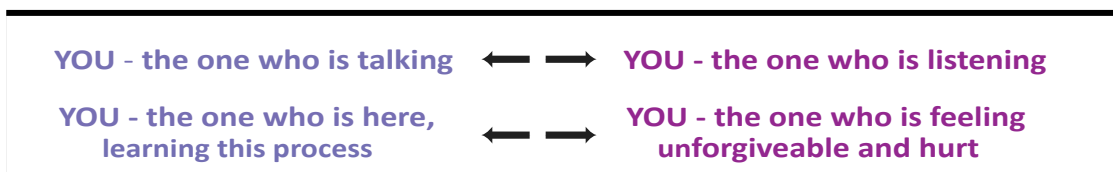
If someone abandoned you, you will go on to abandon yourself. If someone hurt you, made you feel shame, you go on to do this to yourself and perhaps others as well.

**STEP 4 - REMORSE** - a key step!

Let yourself feel bad for how you hurt yourself. Feel genuinely sorry. Take responsibility for what you have been doing to yourself. Use 5-10 minutes to take the remorse as deeply as it will go. Feel it as strongly as possible. Forgiveness is so powerful if you have remorse. If you feel no remorse, forgiveness is hollow. (If someone says: "I'm sorry IF I hurt you," how much remorse is there in that? Not very much.)

**STEP 5 - FORGIVENESS** (5-10 min. on average)

This is based on an ancient Hawaiian healing technique called Ho'oponopono. You are using three sentences. "I'm sorry." "Please forgive me." "I love you." You use these three sentences to have a deep conversation with yourself. It is as if there are two of you. There is the "YOU" who is talking and the "YOU" who is listening. There is the "YOU" who is learning this process, and the "YOU" who is feeling unforgiveable.



**conversation with self in STEPS 5 and 6**

*Say to the part of yourself who feels unforgiveable:*  
**"I'm sorry. Please forgive me. I love you."**

*That part of you says it back:*  
**"I'm sorry. Please forgive me. I love you."**

*You repeat (and really mean it):*  
**"I'm sorry. Please forgive me. I love you."**

*That part of you responds (and means it)*  
**"I'm sorry. Please forgive me. I love you."**

*(really feel it)*  
**"I'm sorry. Please forgive me. I love you."**

*(really feel it)*  
**"I'm sorry. Please forgive me. I love you."**

**Continue saying these three sentences, back and forth, putting as much feeling into it as you can. After a while, one part of you begins to feel a shift. You can sense this by an inner signal, or you can just take a chance, and one part of you shifts the words to: *"I forgive you. I love you."* The other part of yourself may not be ready to shift, so the dialogue becomes:**

**"I forgive you. I love you."**

**"I'm sorry. Please forgive me. I love you."**

*(and really mean it)*

*(with feeling)*

**"I forgive you. I love you."**

**"I'm sorry. Please forgive me. I love you."**

**Both repeat until eventually, that part of you is also ready to say:**

**"I forgive you. I love you."**

**"I forgive you. I love you."**

**"I forgive you. I love you."**

**"I forgive you. I love you."**

**Keep repeating these sentences, again, feeling as much as you can. Eventually, one part of you will feel free to say, *"I love you."***

**"I forgive you. I love you."**

**"I love you."**

**"I forgive you. I love you."**

**"I love you."**

**Repeat this exchange until both of you are ready to say, *"I love you."***

**"I love you."**

**"I love you."**

**and repeat**





## **STEP 6 - SELF LOVE**

Saying "I love you" back and forth to yourself means that you have now transitioned into **STEP 6: Self-Love**. Keep repeating it. Gradually, as you say the words to yourself, what had felt like an unforgiveable part of yourself is now filled with an ever expanding sense of love.

- To add to the resonance, you can also use Level 1 or Level 2 QT on yourself as you say "I love you" back and forth.
- The greater the feeling, the greater the intention when saying the words in Steps 5 and 6, the more powerful the transformation that occurs.

## **STEP 7 - GREATER SELF LOVE**

The self love that began in step 6 now becomes overwhelming. It is so powerful that you cannot contain it. It becomes the love of your higher self. Spiritual love on a deeper level. You can experience a level of self love that is off the charts! That is the purpose of this workshop: to turn stuck emotions and transform them into spiritual self love.

### ***Comments from Richard Gordon***

- Worry is due to anticipating anger or hurt in the future. Work with the anger or hurt.
- *How to work with an overwhelming fear:*  
Have a Plan C. Write down what would be your worst case scenario and what you would do if things got to this. Write it down. Don't expect to ever use it, but write it down and keep it hidden away somewhere. This is a good "release" for fear!
- If you leave your process "unfinished" you can always go back and start right from that step where you left it. It's ok to stop and come back later. This process is like having a map. You will always know where you are in the process. Having a map is extremely valuable. Some people may not be ready right away to let it all go and move through all the steps in one go.
- The "discovery" part is easier to begin with when working with a partner, but when you practice and get experienced you will find you can easily do it on yourself.
- On the discovery questions: if you can't really find out when your problem began (time frame) don't worry. The clues will be in the other answers.
- You may end up being able to use your condition as a communication system with your higher self. You may not get rid of your condition but can use it as a barometer for when there is something you need to look at. The purpose is to end up feeling glad you have had this condition for what it has taught you!
- Numb feelings or when you are not able to feel any strong emotions around your issues is because you have chosen not to open up to the emotions. You might not be ready to look at it.
- This is mostly a self directed process. But you can use SCH in terms of working with family or friends as an informal "coach". If you wish to coach others professionally with this technique,



it can be very useful. However, to use this technique professionally, you must first become a Self Created Health Certified Practitioner. Quantum-Touch has now established a SCH practitioner and SCH instructor certification program.

- *Empathy skills when resolving a conflict:* Listen with care. Repeat back what the other person says. Use *feeling* words not *judging* words. Go through a few rounds this way taking turns in doing the talking. You will end up understanding where the other comes from. It trains your ability to listen and really hear what is being said.
- People need to build on their compassion and empathy, that is what is going to shape the future. We need to care about our impact.
- Some people identify themselves by their condition. Do not want to let go of it. Because what then? Who am I then? Unknown is always scary. Some people are never going to want to use a process like this. Some people are just not into spiritual growth. But this process does work! It will take you as far as you are willing to go with it.
- Deal with the anger towards others first. Save anger towards yourself for last. If you only take it out on yourself, the anger is too big to swallow.
- All of our judgments come back to haunt us. Write them down, look at them, and then offer them compassion.

### OBSTACLES TO HEALING

*The negative ego* shows itself in two ways:

**self importance** (feeling better than others, more entitled to, etc.)

**self pity**

Of self pity, there are two kinds:

- 1) **Overt self pity** we are all aware of.
- 2) **Martyrdom.** This is more insidious, the silent sufferers. See red alarm lights flashing when ever you find yourself going there.

Qualities of martyrdom:

- feeling misunderstood or unappreciated
- feeling like you have been unfairly treated
- feeling overburdened
- angry at God
- innocent of wrong-doing
- hopeless, helpless

You cannot do effective processing when you are in that state! Look at who did you the most damage in your life. It was most likely caused by someone in martyrdom. Being a martyr is a form of self pity. Stop it. It's a choice to stop going there. **Antidote to self pity: Move into love and gratitude!**



**Internally based self esteem** - this is built on internal qualities within yourself and not based on outer things. It is primarily built on four components:

1. self honesty
2. self integrity
3. self responsibility
4. self trust

- We all need to be emotionally self honest with ourselves as we can. Be respectful.
- When you are dealing with the emotions - go back to the time when the conflicts/problem happened. Feel the emotions as you were that person THEN. Not now. Now may be fine. You may be feeling fine with that person now but you weren't then. Go back to that time.
- When you are dealing with a person that is especially difficult, know that you are seeing only their shell. Underneath that shell is the beautiful inner person that really is. Every body has a shell.
- When you are really upset, how nice are you to yourself? How cruel? How abusive? That's part of the insight. The person that did this to you is a reflection of how you treat yourself.

**SCH Sample List of Emotions  
(that people tend to avoid)**

<b>Anger</b>	<b>Hate</b>
<b>Annoyance</b>	<b>Helplessness</b>
<b>Anxiety</b>	<b>Hopelessness</b>
<b>Contempt</b>	<b>Hurt</b>
<b>Despair</b>	<b>Impatience</b>
<b>Disappointment</b>	<b>Irritation</b>
<b>Disgust</b>	<b>Powerlessness</b>
<b>Doubt</b>	<b>Sadness</b>
<b>Embarrassment</b>	<b>Shame</b>
<b>Envy</b>	<b>Shock</b>
<b>Fear</b>	<b>Tense</b>
<b>Frustration</b>	<b>Worry</b>
<b>Guilt</b>	

