

## HONESTY DISCLAIMER:

Everything written in this publication is true to the best of my knowledge. What is written in the publication is based on my personal experiences and the personal experiences of other people. Keep in mind as you read this publication, everything I wrote in this publication won't necessarily work for you. Take the information in this publication that rings true for you and use it. What doesn't ring true for you or doesn't work for you, deleted it from your mind. All of us are as unique as the stars in the sky. What works for one person won't necessarily work for another. Do not create conflict for yourself by trying to make something work for you that isn't the right answer or piece of information for you. All thoughts that feel good to you, are the right thoughts for you. Thoughts that don't feel good to you are the wrong thoughts for you. Dismiss them from your mind....and search for those answers that feel good to you, those are the answers that will work for you. - Frederick Zappone [gratitude@frederickzappone.com](mailto:gratitude@frederickzappone.com)

## Embracing PAIN causes NO PAIN....

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*"At first medical researchers saw no link between a mental state and the body. How could the heart or a precancerous cell somewhere in the body know how a person feels? It took the discovery of so-called messenger molecules to show that the brain translates every emotion into a chemical equivalent. As messenger molecules stream through the blood, circulating to hundreds of billions of cells, unhappiness or happiness gets transmitted to the heart, liver, intestines, and kidneys." –*

Excerpted: [Illuminating the Hidden Power of Your True Self](#)

All thoughts have consequences and the very first place we 'feel' the consequences of our thoughts is in the body. You have thoughts that strengthen you and you have thoughts that weaken you.

Your thoughts literally have the power to make you physically sick or physically well. The good news is, you have the power to decide which thoughts you will focus your attention on the most.

The way out of suffering is through it. Resist suffering and suffering increases. Acceptance, in the moment, that you are suffering will dissolve your suffering instantly. - Frederick Zappone

Pain is caused by resistance. The more we resist pain, the more pain we experience.

## **FEELING THE PAIN, HEALS IT**

Pain is like a mad dog, all bark, no bite. Face your pain head on and it will dissolve instantly. People fear pain because they falsely believe pain will kill them when, in reality, it is the resistance to pain that does.

The moment you face your pain head on, it begins to dissolve along with the 'source' of your pain.

In the physical body, the source might look like cancer but the disease in your body is not the source of your pain. The source of your pain is found in your thoughts and if painful thoughts are not stopped, they eventually manifest themselves in the form of some kind of physical disease.

## **REVERSING DISEASE**

All disease can be REVERSED by reversing your thoughts. The fastest way to reverse thoughts that are associated with your current physical condition is to embrace your pain.

The earlier you embrace your pain, the less chance you have of your pain turning into some kind of physical condition requiring the skills of a doctor or surgeon.

## EVERYTHING YOU HAVE LEARNED ABOUT PAIN FROM THE MEDICAL PROFESSION IS NOT TRUE.

The pain you have, whether you realize it or not, is caused by the thoughts you are thinking.

Those thoughts are either thoughts you think consciously or habit of thoughts you think automatically think without giving them much conscious attention at all.

Emotional and physical pain is ultimately a manifestation of painful thoughts, no exceptions. These thoughts come from both the conscious and subconscious mind.

## OBSERVE

Which thoughts are you thinking that make you feel pain or cause the pain you are experiencing to increase in intensity. Observe which thoughts soften your pain. In addition, observe which thoughts you think that cause you to feel depressed, hopeless, helpless, or powerless.

(NOTE: While you may feel powerless from time to time, you are never powerless. The feeling of powerlessness is just a feeling and that feeling will change the moment you change your thoughts.)

## PAIN IS WEAKNESS LEAVING THE BODY

Embracing pain causes NO PAIN and eventually causes the evidence of the pain, the disease you are experiencing, to exit the body.

And when you embrace the pain, you speed up the process of pain leaving your body.

How do you embrace pain?


First off, it is not possible to embrace pain if you believe your pain can kill you. Your fear of pain causes more pain and eventually your fear of your pain killing you will cause fear to shut down the organs of your body and kill you.

Embracing something means to accept it, to take it in, to allow it. (Accepting 'what is' (the pain) sets you free to create what will be. (no pain.)

You know what resistance feels like. Embracing is the exact opposite of resistance. When you embrace your pain, instead of resisting it, you are allowing the pain to move through and out of your body.

# MAKING PAIN DISAPPEAR WITHOUT DRUGS

Disclaimer: The following information is for educational purposes only. This information is shared with the understanding that the author is not engaged in rendering medical advice or mental health therapy of any kind. If you have a medical condition that requires immediate attention, please contact your doctor or your local healthcare practitioner. If you decide to apply any of the information in this message to your own life, which is your constitutional right to do so, the author is not responsible for the consequences of your actions.



Evolutionary THOUGHT

## RESISTENCE IS THE DENIAL OF WHAT IS.....

Denying (or trying to ignore) the pain in your life causes it to fester and grow in size and power, over you, until it manifest itself physically. Lying to yourself about the pain in your life increases the pain in your life. On the other hand, embracing the pain in your life will make the pain disappear from your life with no effort at all.

## PAIN IS HARMLESS UNTIL YOU LABEL IT...

Pain is harmless until you label it and if you label it cancer, heart disease, arthritis, then for you, you are contributing to your pain becoming what you label it to be...

Do I have any objective proof that what I just shared with you is true? Not a shred, only my subjective experience, over many years, that pain unlabeled will move, shift and eventually disappear from the physical body.

Pain labeled, on the other hand, becomes stationary, fixed, unmovable, permanent, terminal, final or fatal unless it is cut out of you by a surgeon....and then if you don't change the way you think, chances are, you will create the pain again that will create the condition again..

All things in our lives are first created mentally, then physically. We either create things in our life by ourselves or we co-create things in our life with the help of others

When it comes to pain, what kind of fixed pain are you creating for yourself? What kind of fixed pain are you co-creating with the help of others such as the medical profession or the drug companies?

Pain is ENERGY in your body. When it is trapped and not moving, it is becoming a physical condition. When it is moving, it is working for you, it is energizing and/or healing your body.

**Related: His Thoughts CURED Him of Cancer.**

In Greg Anderson's case, it was his thoughts of forgiveness that cured him of cancer.

Thoughts of forgiveness may or may not cure your disease for you. To cure your disease, it might require different thoughts and when you find those thoughts that are the 'right thoughts' for you, your disease will disappear from your life too, with no effort at all.....

**[Forgiveness CURED Him of Terminal Cancer](#)**

**FOOTNOTE:** Always search for the right thoughts for you. If any portion of someone else's thoughts don't feel good to you, those are the wrong thoughts for you. It is important to understand that when making pain and/or disease dissolve or disappear from your life, it requires you to think the thoughts that make you feel good, thoughts that work for you. Trying to make another person's thoughts work for you that don't feel good to you is like trying to put a round peg into a square hole.

**GOT QUESTIONS ABOUT WHAT YOU JUST READ:**

If you have questions about the information in this PDF file, send them to me by clicking or pasting this link into your browser window <http://www.frederickzappone.com/contact/>  
You will receive a personal reply back from me as soon as possible.

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Frederick Zappone, author of: [LOVE IS ALL I KNOW \(Amazon\)](#)