



Holistic Harmony Network

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STUDY ON PAIN MANAGEMENT AND INNER HEALING RESOURCES

Dear Friend,

May this find you well and happy.

We are happy you have chosen to participate in this study on pain management and inner healing resources.

What you have to do is very simple

1. Be sure your **health professional** agrees.
2. **Use the CD** we gifting you on a regular basis so as to reduce or remove pain and or increase your feelings of vitality and health.
There are 3 techniques on the CD.
 - a. A **breathing** technique (20 min) (on track 2)
 - b. A **relaxation** technique (20 min) (on track 3)
 - c. An **energy psychology** technique – EFT (20 min) (on track 4)
- ❖ **Never use** these techniques when you are operating **machinery** or driving a **car**.
- ❖ You should be either lying down on your back on your bed or other **comfortable** surface or sitting in a chair or any other comfortable position.
- ❖ In each case record on the **questionnaire** your subjective feelings of pain or discomfort before starting and then at the end after the exercise.
- ❖ Be **well covered** so that you do not feel cold.
- ❖ Ask **others** not to bother and arrange for the **phone** not to bother you.
- ❖ **Let go and follow the directions** and relax.
3. We ask that you fill out the attached **questionnaire** each time you use the CD and then after around 12 sessions send it back with your answers to us - preferably as an email. If you cannot send an email then please send the filled in questionnaire to Holistic Harmony, Griva 23, Halandri, Athens , Greece 15233.
4. You can **keep the CD as a gift** from us for your participation and you are **welcome to make as many copies as you like** and give to friends, relatives or coworkers – preferably giving them the questionnaire and asking them too to participate. If they do not want to participate but do need help with pain or illness, them just give them the CD.
5. You can download **extra questionnaires** and also the **audio files to this CD** for **free** at:
<http://www.HolisticHarmony.com/healing/>

For more information on health and happiness check out our site
<http://www.HolisticHarmony.com>

Thank you and may you be well on all levels of your being

Director

Robert Elias Najemy