

## A good example of wonderful success after using the Four-Step Healing Process<sup>sm</sup>

Should Pain: Case Study: 2/17/07

**Client:** 50 year-old Female

**Symptom:** Shoulder Pain (Attached tissue that according to doctors must be surgically torn and detached)

**Past action taken:** Full medical model work up, holistic options explored

**Current action:** 600 dollar a month in diet and nutrition supplements and painful physical therapy to help but not cure.

**Medical diagnosis:** Surgery required with painful second surgery and more follow up.

**Client response:** Exhausted all resources and not wanting expensive surgery and continued pain and suffering

**Client background:** Client has extensive experience as a professional in the medical system, social and psychiatric systems, as well as in the alternative systems. Client is aware of self, self-exploration process and techniques, and has been connecting with the divine, angels and guides with increasing clarity, depth, and accuracy over the past few years.

**Client request:** Client asked for a healing on the shoulder. Specifically asking that the stuck and attached tissue (that the surgery would intend to intentionally tear and free) to be healed.

**Initial intuitive response to client:** With all other options taken by client, except surgery, and all information on the table, I recommend The Four-Step Healing Process<sup>sm</sup>. I suggest going inward and asking the specific symptom, (in this case the specific stuck and attached tissue that needs to release) what it needs.

Client is willing to try this and spends some time alone and then comes back with four steps answered:

1. Step one is to attune to the consciousness of the symptom directly:

Client attunes and hears the shoulder consciousness speak the following, "I don't want to move around. I am afraid of the free flowing energy and its consequences. Don't make me move. You can't make me move. I can cause pain to you to make you leave me alone."

2. Step two is to get in touch with internal response to symptom:

Client tunes into her internal response to the information she has tuned into from the shoulder and she speaks back to the symptom consciousness: "I am so sorry I did not ask sooner how you were doing. You don't have to "shoulder" this all by yourself. You can get support. I won't force you. I will support you in a gentle loving way. You are safe. You are not alone. I can't believe I neglected to ask you (my shoulder consciousness) about you."

3. Step three is to attune to divine guidance/higher self/divine wisdom/unconditional love/God with regard to the symptom and response to

symptom:

Client tunes into her higher self and divine guidance for the divine wisdom and love around the symptom and comes up with the following information to be shared with both the symptom and the responding internal energies: “You are safe. You are frozen in fear and resistance. You are also surrounded by healing and powerful love. **You are healing powerful love.** You are also the fear and frozen resistance to the free flowing energies you speak of. **Surgical manipulation is unnecessary for you to release and become free.**

Client responds to the divine wisdom: “What about the tear?”

Answer from the divine: “On step at a time... you do not need surgery. You dread it and say you don’t want it and yet you crave it at the same time. **You want to give your power away to suffer physically, emotionally, financially because it is comforting. It is the familiar pattern you know and love so well.**

4. Step four is to attune to the divine action step:

Client asks, “What can I do?” Client tunes into the action step gets the following information from the divine wisdom: “Work to release the pattern of fear. Accept love. Accept that you are love. Accept the healings. Love self. Embrace courage.

Client Response: But I want my shoulder pain gone now and my frozen shoulder to be thawed now. I want to quit physical therapy and I want no surgery and no more anti-inflammatory pills.

Old pattern response: **you can’t defy science and medicine: you must suffer the pain and spend money and time and energy.**

Divine wisdom and love response: Ask your pattern if it is your truth now? Pause and give your old pattern a chance to see that it is not the truth. Hold space for it to recognize how it has served and then help it into the divine flow of love. Help it to expand into love and wisdom and open to the divine flow: Remember what you got from the divine tune in: you have choice...you do not need surgery, you do not need any more pills, you do not need physical therapy, you do not need pain and suffering. You are love. Your patterns are now invited into love. Open to grace and allow your patterns the option to expand into the love.

### **The Three-Step Review:**

1. What is the emotion within the symptom?

Fear of movement/Fear of consequences of flow

2. What is the thought/belief/script/pattern within the symptom?

**You want to give your power away to suffer physically, emotionally, financially because it is comforting. It is the familiar pattern you know and love so well.** And there is a second pattern coming up to be released that says, “**you can’t defy science and medicine: you must suffer the pain and spend money and time and energy.**” And there is a third pattern/belief that says, “**pain and suffering are necessary and the medical model is necessary.**”

3. What is divine wisdom and love around the emotion and thought/belief/pattern? What is your divine knowing and your truth?

**You are healing powerful love. Surgical manipulation is unnecessary for you to release and become free.** Introduce your emotional fear and distorted beliefs/patterns into the love and wisdom that you are in this present moment.

Additional suggestions from the divine self: Embrace body, embrace health, embrace well being, embrace diet/nutrition, embrace exercise, embrace movement, embrace knowing.

#### **Joe Hurley's Feedback and Response:**

**Healing Overview:** I perform a healing overview with the client to go over the four-step process and the three-step review. Client still showing symptoms in the shoulder. Patterns are still active and comfortable as they are. Client is not comfortable with patterns but is digesting the new information from the divine wisdom source. I perform a blueprint check in the crown chakra and discover the blueprint is indeed still in place. With more dialogue with client, there is the realization that client is living from the new expanded blueprint and this new expanded, higher vibrational flow, is triggering the old blueprint to react and creating the symptom.

#### **Joe's Recommendation:**

1. You are flowing from your new blueprint. Continue to flow.
2. Your old blueprint is coming up to be released: As the discomfort of the symptom comes up, continue to go through the four-step healing process and three-step review process to honor and respect the old ways and to help the old ways release and/or expand into the new way of your flow.
3. Trust and follow the wisdom and love of your own higher self/divine wisdom throughout this transition/awakening/expanding process.

#### **10-day follow up symptom report by email:**

##### **How is your symptom?**

Client is very happy and much more clear after filling out the guide. Client experiences a major release in the shoulder three days after following the insights gained by the Four-Step Healing Process<sup>sm</sup>.

After ten days, client goes to doctor, prepared to explain that she is not willing to have surgery and the doctor tells her that she no longer needs surgery. She has healed her own shoulder.