

GOOD RIDDANCE

TO

PAIN

**DO IT YOURSELF
IN 8 SECONDS**

Bob Colker

I have a wonderful gift for you! I have developed a method to completely eliminate pain from your body.

And the best part? YOU can DO IT YOURSELF! To further tempt you to try this method for yourself, I'll sweeten the pot: I am going to explain the procedure in very simple language. You WILL understand; you CAN do this; you CAN have relief from pain!

I am sorry if this introduction seems a little like I am selling, but the truth is.....
I am a salesman in my day job.

I AM NOT A DOCTOR or any type of medical practitioner. I am a regular person with everyday aches and pains and no medical training...a person just like you.

Several years ago I had what one might call a bum shoulder. My left shoulder constantly ached. After a massage or chiropractic treatment, I'd experience a couple of hours of temporary relief ...only to have the pain begin again. In an attempt to resolve the ache, I poked and prodded at my shoulder until it sometimes bruised. I exercised; I performed special stretches, which I will describe later. And those helped... but my shoulder still ached.

In the course of trying to rid myself of this persistent pain I read just about everything I could find on pain relief, trigger points, nerve endings etc. I read books and articles and I searched all over the Internet. I experimented on myself with all kinds of self-help methods. My research and commitment paid off: I developed a do-it-yourself method of eliminating pain in the body that uses a light amount of pressure, called Vitalization, combined with gentle, natural body movements called Vitalforce Body Movements...AND IT WORKS!

I called it "Pressure Practic," and I began using it to clear my shoulder of the pain. After a few sessions of Pressure Practic, my shoulder seemed better. After a few weeks of Pressure Practic, my shoulder stopped hurting!

I am just like you: I do not like pain. In the process of learning to eliminate my own shoulder pain, I developed this very simple technique which I would like to share with you. You can empower yourself, take charge, and eliminate the pain in your body. I can teach you how to do it for yourself.

Pressure Practic is easy... and it works!

I call the technique Pressure Practic because while you apply gentle Pressure to your "hotspot," you also perform gentle, natural body movements, Vitalforce Body Movements. The method is Practical because You control every aspect of it. You eliminate the hotspot and You eliminate the pain. It's that simple!

As you become more and more pain-free, your life will improve dramatically. You can truly lead the good life, pain-free. The simple, effective and accessible discovery of Pressure Practic can transform your life.

Once I eliminated the pain in my shoulder, I developed a process of "following the pain" that has eliminated pain in other parts of my body. Today, thanks to Pressure Practic I am generally 100 % pain free.

Having freed my own body of pain, I wanted to help other people. A doctor diagnosed my wife, Vicki, with de Quervain's Tenosynovitis, an inflammation of the tendon in her wrist causing weakness and a constant ache.

First the specialist prescribed a special brace. Though the brace offered relief while being worn, Vicki's wrist did not heal. After a cortisone injection did not improve the ache, the doctor suggested surgery to cut the tendon to give her relief.

Having had a lot of success with my own pain elimination, I asked her if I could try to work on her arm. Shortly, her wrist was less painful, and within a few days did not ache at all. Her wrist has required two touch-up treatments, but remains pain-free. No surgery required!

One morning I was at the coffee shop getting Vicki her latte when the barista, John, complained about how much his shoulder hurt. He had been involved in a minor collision the day before. His shoulder had limited movement and it was painful to use. In a few minutes I demonstrated Pressure Practic and showed him how to find the center of the pain and how to release it. I don't know why I thought he would listen to me, but I wanted to help. And Pressure Practic had worked big-time for me.

I hoped I had helped him, but did not see him for several days. The next time I saw him he told me that he had his girlfriend use my method to release his shoulder pain. He said it took her three treatments, 8 seconds each to give him relief. His arm and shoulder seemed fine. He said the pain was gone.

Pressure Practic will make you more aware of the ever-present flow of energy throughout your body as you remove your pain. Eliminating your pain will help to "clear" the energy blockages in your body. As a by-product of the clearing process, you may experience other beneficial effects. The gentle, natural movements of Pressure Practic often provide me with a release at some point remotely located from the specific area of pain commanding my attention. After all, every circuit has two ends.

These energy blockages are electrically connected to other parts of your body. When you begin at the center of the pain, not only do you eliminate the pain where you are working but also you clear the negative energy from the entire circuit.

This effect is not to be confused with a chiropractic adjustment where a doctor manipulates the skeleton and effects a release elsewhere in your body. You are not trying to adjust your skeleton, but it can naturally happen as a result of Pressure Practic.

I often feel a "click" or "pop" at different points in my body during Pressure Practic sessions. These shifts never hurt; on the contrary, they always provide me an appreciable sense of relaxing relief. When I clear myself I frequently experience what feels like an adjustment of my spine. This motion is not painful; in fact, sometimes after clearing a major hotspot I feel as if I had just have a relaxing massage.

From time to time, I have become aware of other sensations as a result of Pressure Practic, such as a mild tingling down my left arm (the same shoulder I was clearing) and a pleasant energy surging from my tailbone to my head.

By following the Rules, I have never experienced a negative side effect. Anyone can use Pressure Practic with similar results. You CAN eliminate pain in your body. All I ask is that you keep an open mind. You have only your pain to lose. You will feel the actual results immediately. Whether you want to eliminate a nagging ache or completely release the pain in your body, you will find Pressure Practic to be helpful.

By sharing this gift of pain-free good health with you, I add to my own well-being and enrich my personal quest for good health, peace and prosperity. We create our own reality, and one way of creating a world of prosperity and pain-free good health is to share one's good fortunes and good health with others.

You can do it! Please enjoy my gift and pass it on.
Bob Colker

DEFINITIONS

Before I can describe the Pressure Practic method, I must briefly define a few terms.

Pressure Practic.....A combination of trigger point therapy and low intensity pressure combined with natural body movements called Vitalforce Body Movements. The method of finding “hotspots” that are causing you pain and eliminating them. By eliminating the hotspots, you eliminate the pain.

Hotspots.....Any point on your body that is sore to the touch. These may be trigger points, nerve endings, acupuncture points, or energy blockages.

Vitalization.....The process of applying pressure to the center of your hotspot.

Vitalforce Body Movements.....Any natural body movement that is performed at the same time as Vitalization. (<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

The towel tug....Simple stretches using a common bath towel that may be substituted for the Vitalforce Body Movements. (<http://goodriddancetopain.com/TOWEL.html>)

Exploration.....The process of examining an area of your body with your fingertips to locate hotspots. (<http://goodriddancetopain.com/EXPLORING.html>)

Pain free good health.....The benefits of Pressure Practic.

Please see my video clips that illustrate the above. Free download at:
www.goodriddancetopain.com

HOW TO USE THIS BOOK

This book is designed to be easy to use. To experience the greatest benefit, you must read the entire book before embarking on your pain-free journey. Once you understand the basics you can start to Vitalize your body and rid yourself of pain.

Please refer to the Hotspot Locator drawing for common hotspot locations on most people. Begin with the pain . For example, if your pain is in your shoulder, you will begin by Vitalizing that shoulder. Please use common sense and be gentle with yourself. Everyone has hotspots all over the body.

Remember... your body is a complex finely-tuned system, not merely separate parts. You will find that as you follow the pain, a pain in your left shoulder might have its roots in a distant region, say, your right hip. So even if your actual pain is in your shoulder, don't ignore any other suggested treatment areas. To completely eliminate your pain you must Vitalize above and below the location of your pain. Each energy blockage affects an entire energy circuit which consequently affects your whole body. For example, if your left shoulder aches, in addition to Vitalizing that shoulder, you might also work on your neck, head, hip, butt, thigh, knee, leg and foot -- all on the same side of the body as the hotspot. And then, to balance your body, briefly work on the opposite shoulder.

Note that you do not have to Vitalize the opposite counterparts of all the areas you just worked on, but only the opposing counterpart of the actual hotspot. In other words, attention to any part of one side of the body demands attention to that same part on the opposite side of the body. Your body energy is balanced by Vitalizing both sides. You do not have to stimulate the opposite side as thoroughly. As your body is made up of two halves, you create an imbalance if you do not Vitalize the opposite side. I call this the "Rule of Opposites".

Think of it this way: every circuit in your body has two ends. At one end of the circuit is the pain; somewhere else in that circuit is the cause. You do not have to identify the source or location of the cause. You just Vitalize while doing the Vitalforce Body Movements or the towel tug. Once you eliminate the hotspot, you eliminate the pain in the entire circuit and its root.

The beauty of Pressure Practic is that you do not need a lot of medical knowledge. All you need is the ability to recognize pain in your own body and possess the desire to rid yourself of it. In other words, you do not need to know the cause of the pain. Clear the hotspot and you clear the entire circuit eliminating the cause.

As you clear the hotspot, you may experience a physical release at some point in your body. This may be a gentle pop or click, or merely an easing of tension somewhere in your body. Many of these are very subtle, but some of these releases feel quite major and sound loud to you. You might have some muscle soreness the next day. But if you gently explore the area with your fingertips, you will discover a difference. That sharp rather burning-bring-you-to-your-knees pain will either be gone or reduced.

I mention these clicks and pops and releases only to tell you what might happen as you Vitalize your hotspot. Some people are not as energy-sensitive as others. If you are less energy-sensitive and do not actually "feel" a release, don't worry. Pressure Practic will still work for you and help you eliminate your pain. Your energy blockage will be cleared anyway and you WILL get rid of your pain. You do not have to feel the release to clear your hotspot. All you must do is Vitalize your hotspot while performing Vitalforce Body Movements or the towel tug. Your own body's energy will automatically clear and reset your internal energy circuit. This process clears the energy blockage and allows your body to let go of the pain. You don't have to understand how this works for it to eliminate your pain. It has worked for me and it will shortly work for you.

A few basic words of caution:

Never work in non-muscular areas. Stay away from your throat, organs or any glands.

You may work gently in joints, knee, elbow, fingers, etc.

Use common sense. Always start gently at first. You may gradually increase the pressure, but always be gentle with the Vital Body Movements.

Women should not use Pressure Practic on their breasts; the chest, however, is a safe place to work.

You must clean up after yourself and milk or pull the stagnant energy out of your body.

I continue to experiment with Pressure Practic, learning and improving my technique every day. I have eliminated pain in my own body I do know that Pressure Practic worked for me. It has worked for others. It will work for you!

Because the use of a very simple method of pain elimination has so positively and dramatically impacted my life, I feel compelled to share it with you now. You have nothing to lose but your pain. You won't hurt yourself. You will have control over your pain. And by eliminating your pain, your life will change for the better. With pain-free good health comes a whole new kind of prosperity. By reading this book you have taken a most important step on the road to pain-free good health and a fantastic life.

THE RULES

I have some bad news for you. Nobody cares if you are in pain... EXCEPT YOU! I don't care how close you are to anyone in your life: it is not his or her pain. It is yours. You now have the power to completely say good riddance to your pain forever. You will be able to effect a major change in your life. You are on your way to pain-free, good health!

First, a few simple rules:

1. BE GENTLE WITH YOURSELF.

You are not required to inflict excess pain upon yourself. When you are working on yourself, begin gently. Once you have some experience working on yourself, you will determine your own comfort level. I always start very gently when exploring for hotspots. Once you determine the center of the hotspot you may Vitalize, gradually applying as much pressure as you need. Vitalize for a minimum of 8 seconds. You may apply pressure longer than 8 seconds if it is not too intense. You should try to limit Vitalization to no more than 15 seconds, and absolutely no more than 30 seconds at one time.

Pressure Practic works because you always, always, ALWAYS PERFORM VITALIZATION AT THE SAME TIME YOU PERFORM VITALFORCE BODY MOVEMENTS OR THE TOWEL TUG.

(<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

Note: You will not completely eliminate the pain until you are able to disperse the energy blockage and convince it to release. At times it is necessary to apply a substantial amount of force for a few moments. You must determine how much is too much. When you are working on a hotspot, the pressure can, and often does, hurt. However, the discomfort is very localized and you are in control: you determine how badly it hurts and how quickly you want relief. Sometimes you must attend to a hot spot for more than one session. If this has been a long-standing ache, the hotspot may take some time to completely release. But you will start feeling relief almost immediately. And each time you work on that hotspot, it will hurt less.

2. Remember the RULE OF OPPOSITES.

Once you have completed work on a certain spot, Vitalize the identical area on the opposite side of the body. Your body is a whole that is made up of many parts.

This symmetry will not only balance that circuit, but will also add balance to your life. By Vitalizing both sides, you balance your body and harmonize your body's energies. If you do not balance your energies, you may cause new aches or pains.

3. ALLOW YOURSELF TIME TO HEAL.

Healing time will vary from person to person. I recommend that you limit Vitalization of any one hotspot to three times in any one session. Length between sessions will also vary. I recommend that you space your sessions at least three hours apart. I would consider this timing a moderate approach.

Now that I have learned how well Pressure Practic works I have adopted a much more aggressive stance: upon finding a new hotspot, I utilize the technique without regard to the time required for release. You will discover your own perfect schedule that most benefits you.

The deeper you Vitalize a hotspot, the bigger the release, and the more likely you may have an ache or muscular soreness in the general area the next day. Gently milk or pull (explained later) the area, and you will help finalize the clearing. Gentle stretching the next day will also help eliminate any remaining soreness.

I have found that pain in one area often actually stems from an entirely different area. As an example, say you have a pain in your wrist. Don't just Vitalize your wrist... Vitalize your underarm, chest, shoulder, upper arm, both sides of the elbow, the wrist and all the fingers. Though Vitalizing a number of body parts sounds like a lot of work, you are not investing much time. Your pain could continue to return unless you treat the entire area.

4. Remember the principle of FOLLOW THE PAIN.

Once you embark on your pain elimination trip you will want to follow the pain. This concept means that while you are treating one hotspot, you may notice a pain in a completely different location. Once you have finished with the initial spot, follow your pain to the new location and begin again.

5. After you have finished Vitalizing yourself, you Must CLEAN UP YOUR OWN MESS.

You clean up by "milking" or pulling the displaced energy to disperse it and eliminate it from your body. This technique is further described later. (see videos of Milking)

6. In addition to eliminating your hotspots, you will help yourself if you EXERCISE AND STRETCH YOUR MUSCLES.

Exercise helps keep new hotspots from forming. Touching your toes or doing situps are an excellent way to keep the energy channels open and prevent hotspots from forming. See my section on exercise and stretching for more detailed information.
(<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

7. Vicki's Rule: NEVER DO THIS IN PUBLIC.

As the pain disperses, a pain might arise in some other part of your body. Following the pain, you would normally address that spot next. This new ache could be in an area that might be better addressed in private, such as the top part of your thigh, butt, etc. You might be in some rather strange and/or awkward positions in public. Or you might not be able to give the technique your full attention and thereby overdo, possibly hurting yourself. Use Pressure Practic in private, please. Once you see how well Pressure Practic works, you may be tempted to do it to yourself all the time. But don't do it in public! If you wish, you may use the technique outdoors in the sun. Pressure Practic can be addictive. It works and you feel good.

Never, ever, ever do this while operating machinery, operating a motor vehicle or any task that requires your complete attention. This rule is a safety issue and must not be violated.

When clearing your hotspots you could incur some very intense, localized almost pinpoint pain or burning. There is no way you can experience that pain and concentrate on driving a car. Under no circumstances should you perform Pressure Practic while driving a car.

8. Cindi's Rule: DO NOT BE AFRAID TO TOUCH YOUR BODY.

Begin gently and gradually increase pressure until you achieve the desired results. You will not hurt your body. As you are applying pressure you will know how hard you can comfortably push. Once you experience Pressure Practic a couple of times and become familiar with your body, you can put as much pressure on your body's hotspot as you can stand. You will learn to distinguish between a hotspot pain and some other pain. The more you touch your body and clear your hotspots, the better you will feel. As you eliminate your pain you will effect changes in your life that will improve everything in your life.

Congratulations! You are on your way to pain-free good health!

PRESSURE PRACTIC - THE METHOD

What is Pressure Practic ?

Pressure Practic is a method by which an individual can empower him or herself to free his or her body from pain by seeking out and finding "hot spots" on his or her body. Once you locate the "hot spot", determine the center of it by pushing ever so slightly in different directions, monitoring the sensation. When you've found the center of the pain, apply pressure to that point with your finger: I call this "Vitalization." Meanwhile, move that part of your body in which the hot spot is located through "Vital Force Movements," gentle natural body movements. Continue this process for approximately eight seconds. After the eight-second pressure, rub out the hotspot for a few seconds. You will notice that when you again touch the same spot, the pain will be greatly diminished or non-existent. You may continue to repeat the Vitalization process until the hot spot is no longer a source of discomfort. This may sound complicated, but I promise you: the technique is very simple. Anyone can do this. You no longer need to suffer from pain!

What is a hot spot?

A hot spot can be defined in many ways. It can be a trigger point, pressure point, nerve ending, bone, or any place on your body where there is an energy blockage. These areas of pain can be caused by any type of trauma to the body, including stress, both emotional and physical. But they all have one thing in common: when you press against them, they hurt. Finding these hot spots is the key to using Pressure Practic. I will describe the sensation of a hot spot, how to find them (explore) and eliminate them (vitalization). Once the hot spot is eliminated, so is the pain (release).

How will I know if I am in the center of a hotspot if it all hurts?

Once you find the center of your hotspot you will know you are there because it will hurt, specifically and intensely. You will feel as if someone is extinguishing a cigarette on that one spot, or a pinpoint of burning pain. The discomfort is very localized and intense. The sensation wakes you, forces you to take notice. It will be impossible to ignore or mistake. Even the most feathery gentle pressure may make this hot spot hurt, throb or ache. Once you have located one hotspot, the process becomes much easier because you know what to expect.

Gentle Vitalization - pressing against the center of the hotspot may hurt at first-but you can stand anything for only eight seconds! Why eight seconds? My experience has revealed this eight seconds time frame to be the necessary minimum clearing time. Once you have some experience in clearing your hotspots, you can Vitalize longer if you wish. Maintain the eight second rule until you become more familiar with your body and the amount of pressure with which you are comfortable (which may vary from area to area).

Always, I must remind you to be gentle with yourself. Imagine you are working on a newborn baby: BE AS GENTLE WITH YOURSELF AS IF YOU WERE THAT BABY. After beginning gently, you may intensify the pressure until it is at the optimum strength that will best allow you to clear your hotspots with the minimum amount of force.

When I first started developing Pressure Practic, I had a tendency to push too hard and I left bruises on my body. As I became more experienced with Pressure Practic, I found that with the exception of long-standing aches and pains, I could clear most of my hotspots with relatively little pressure when combining Vitalization along with Vital Force Movements. Please begin with very little pressure. You will soon be able to judge what is best for you.

Those of you who are information-driven and/or data oriented, might find my self-styled digital pressure scores to be helpful. By applying different pressures with my finger to a digital scale I have formulated the following guidelines:

Light pressure -- gentle to 2 lbs.

Moderate pressure -- 3 to 6 lbs.

Heavy pressure -- Some individuals who have a high tolerance for pain coupled with a long-standing hotspot may want to apply as much as 15 lbs. pressure.

Only you can determine how much pain you can tolerate. You cannot eliminate the pain until you eliminate the hotspot. I suggest you begin gently and increase the pressure on the center of the hotspot to the extent you are able to stand the pain. For some it will be a pound of pressure, for others it will be much more. You be the judge. Be gentle with yourself.

How do I find these hotspots?

So now we are off on the great adventure, exploring for hot spots in your body. Where do we start? What do we do? Relax... I know you are eager to say good riddance to pain, so let's get started! (<http://goodriddancetopain.com/EXPLORING.html>)

BEGIN WHERE YOU HURT THE MOST.

You are going to start where you have the most pain, though where you begin really does not matter. The procedure is the same for all areas. You can start with your shoulder, your wrist, your ankle, your hip, your leg ... anywhere. First, gently palpate your body where YOU hurt. This gentle searching is called EXPLORING. Choose one area of your body where you have an ache or pain and touch and explore each and every centimeter of that area with your fingertips in the search for hotspots. By "touch and explore," I mean gently poke and prod every bit of the area you are Vitalizing. Think of yourself as a detective searching for clues. You are the investigator. and the investigation. You have a vested interest: a pain-free life !

I guarantee you that if you have a hotspot in the vicinity, it has a center and that is where it hurts the most.

HOW DO I HOLD MY HAND TO EXPLORE?

Hold your dominant hand as if you are going to shake hands, then curl your four fingers inward gently. You now have a "probe" that is four fingers high. Use your fingertips to carefully push against your skin where you hurt. And watch your nails! Remember we are going to be gentle with ourselves: you are here to release your pain, not get new ones. (<http://goodriddancetopain.com/EXPLORING.html>)

MY TECHNIQUE FOR FINDING HOTSPOTS.

Start with the center of the area that hurts you the most. Gently place your finger(s) on the general area where you experience pain. Explore the area pressing lightly where it hurts: GENTLY, gently, try to find the center of the hotspot by angling your finger in different directions, forward, backward, to either side, or hook your finger into the center of the hotspot. When you find the specific point that hurts most you have found the center of your hotspot.

Just because your specific pain might only be in one area, you will still want to explore and Vitalize the entire area that hurts, as well as the areas above and below the painful location.

WHAT DOES HOTSPOT PAIN FEEL LIKE?

IT WILL FEEL AS IF A CIGARETTE IS BURNING YOUR SKIN. IT IS VERY LOCALIZED AND PRECISE AND DOES NOT AFFECT ANY OTHER AREA. IT MAY BE INTENSE.

VITALIZE THE HOTSPOT IN CONJUNCTION WITH THE VITALFORCE BODY MOVEMENTS.

Apply gentle pressure at first to the center of the hotspot while counting off 8 seconds. As you become accustomed to the very sharp localized burning sensation in your hotspot you may apply more pressure.

If it benefits you, you may apply as much pressure as you can stand. Remember, always be gentle with yourself.

While you are VITALIZING, (applying pressure to the center of your hotspot), simultaneously move the part of the body containing that hotspot, as well as other parts of the body using Vitalforce Body Movements.

It is essential that you do the Vitalforce Body Movements at the same time you are vitalizing. The internal stretching of your muscles that you generate from the Vitalforce Body Movements makes Pressure Practice work with much less pressure. For more specifics, please view the videos demonstrating various Vitalforce Body Movements.

VITALFORCE BODY MOVEMENTS -

ALWAYS PERFORMED AT THE SAME TIME AS YOU VITALIZE HOTSPOTS

(<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

These are just some suggestions for Vitalforce Body Movements. Any movement that stretches the body is acceptable. There is no right or wrong. YOU move any way that feels good to YOU.

1. Turn your head to the left, smoothly and gently, right, bow your head down and up, all while gently twisting left and right at the waist.
2. Gently rotate your shoulder up, down, forward, and backward, forward in a circle and backward in a circle.
3. While keeping your feet planted about a foot apart, gently twist your entire body left and right.
4. Rotate your body at the waist. Rotate left and then right. Please be especially gentle here.
5. Bend forward at the waist and then, while still bent over, sway your body left and right, much like an elephant swinging its trunk. Stand erect and then gently stretch straight backwards, left, and then right .
6. Raise your arms as high as you can reach and wave your arms and shoulders in any natural movement.

REMEMBER: YOU ARE DOING THE VITALFORCE BODY MOVEMENTS AT THE SAME TIME YOU ARE VITALIZING YOUR BODY!

ALTERNATE TO VITALFORCE BODY MOVEMENTS

Cindi Koch gave me a good idea. She said some people might have trouble doing the Vitalforce Body Movements. She provided the answer.....all you need is a towel. I tried her method and it works very effectively. You may substitute Cindi's Towel Tug for the Vital Body Movements. You may even use the towel tug to help you explore your body and provide a place to start.

CINDI'S TOWEL TUG (<http://goodriddancetopain.com/TOWEL.html>)

Step on one corner of a regular bath towel. Extend your arm and grab the towel by the opposite corner. While tugging upward, gently sway your body from left to right and back again. Gently twist your entire body. Bend at the waist forward and gently backward. Repeat several times. The towel gives you something to "hang on to" and provides additional stability.

You can use the towel tug or ANY natural body movement to aid you in clearing your hotspot. Whatever the location of your hotspot, you can move that or any other area of the body in any natural movement. Do not strain your body. Please be gentle with yourself. These Vitalforce Body Movements are merely suggestions. A Vitalforce Body Movement can be ANY movement that effects a release.

WHY DO I NEED THESE VITALFORCE BODY MOVEMENTS OR TOWEL TUG?

They are the secret to Pressure Practic. The more movement you incorporate while Vitalizing, the less pressure you have to use to clear the hotspot. These stretching movements cause your energy circuits to “reset” themselves and disperse energy blockages. You do not have to understand HOW it works. As you Vitalize your own body, you will feel it work.

WHAT HAPPENS IF I DO NOT DO THE VITALFORCE BODY MOVEMENTS OR THE TOWEL TUG AT THE SAME TIME I VITALIZE MY BODY???

Pressure Practic will still work if you do not perform the Vital Force Movements, but not nearly as well. The technique will require more pressure which could result in unnecessary pain for you. Successful clearing and pain elimination will take longer to achieve. Some people who specialize in trigger point therapy suggest as much as 40 pounds of pressure. Pressure Practic requires only a fraction of that pressure when you combine with the Vitalforce Body Movements or Cindi’s Towel Tug.

In the development of Pressure Practic I started with only the Vitalization, applying a lot of pressure and not completely achieving the results I wanted. Once I discovered the power the body has to heal itself when the pressure of Vitalization and the energy release effected by the Vital Force Movements and/or Cindi’s Towel Tug, are combined, success came easier. I started using less pressure . As I further experimented, I determined you need very little pressure to effect the release if you perform the Vitalforce Body Movements or Cindi’s Towel Tug at the same time you Vitalize your body.

If for some reason you are unable to or are not convinced that you should perform Vitalforce Body Movements or Cindi’s Towel Tug along with the Vitalization, you can still help yourself clear the hotspot by taking slow, DEEP breaths in through your nose and out through your mouth while Vitalizing the center of the hotspot. This breathing technique can assist in your release. You are making it much rougher on yourself if you do not perform Vitalforce Body Movements or the towel tug while Vitalizing.

If you seriously want to rid yourself of pain you MUST Vitalize the hotspot while performing the Vital Body Movements or Cindi’s Towel Tug.

This is a do-it-yourself-to-yourself-book. For whatever reason, some people feel they are just not able to work on themselves. If you are one of these people, you may have a friend or loved one perform Pressure Practic on you. It will work because YOU will direct the person. If you are unable to perform any of the Vitalforce Body Movements have your friend gently move your body as he or she Vitalizes your body

It is your responsibility to give specific directions to your partner while he or she is exploring for hotspots. An effective signal might be a light moan when he discovers the pain. Increase this moan with the intensity of the pain.

YOUR PARTNER MUST BE VERY GENTLE AND FOLLOW YOUR DIRECTIONS EXACTLY.
ideally, he should practice on a few of his own hotspots first.

YOU NEED ONLY GENTLE PRESSURE WHEN YOU PERFORM ANY OR ALL OF THE VITALFORCE BODY MOVEMENTS OR CINDI’S TOWEL TUG AT THE SAME TIME YOU VITALIZE YOUR BODY.

Some people have indicated that they find it difficult to find a hotspot or the center of a hotspot at first. If this is the case for you, don't be discouraged. After you have found your first hotspot the process will be much easier as you will recognize the particular pain sensation associated with the hotspots. Most people have hotspots on the muscles of the forearm, inside thigh or in your calf muscle. Explore in one of these areas to see if you can find any soreness or pain. Be patient with yourself and cover every millimeter of the area you are exploring.

Try using a bit more pressure to find the hotspot. Even though I state that you must be gentle, you need to apply enough pressure to find and eliminate the hotspot. The easiest way to uncover hotspots is to go directly to an area that aches or has ached in the past. Explore the area, find the hotspot and Vitalize it while performing Vitalforce Body Movements or Cindi's Towel Tug.

Some people have told me that they are unable to identify the source of their pain. If you are having problems with this, try doing Cindi's Towel Tug. Step on one corner of a bath towel. Extend your arm and grab the towel by the opposite corner. While gently tugging upward, rhythmically sway your body from left to right and back again. Gently twist your entire body. Bend at the waist forward and gently backward. Repeat several times. This gentle stretch should help you identify a good starting location. This is a great stretch to loosen up your entire body.

HOW DOES ONE VITALIZE THE BACK?

You can vitalize your back by using a tennis ball. Lie on the floor and place the tennis ball on the floor. Gently place your back in position over the ball. The ball should be in the general proximity where you hurt. Slowly lower your back onto the tennis ball. Do not put your full weight on the tennis ball, but just enough pressure to hold it in place. Move your back and gently roll around on the tennis ball until you find your hotspot. You can perform the same functions with your back that you do with your fingers. That is, move your back left, right, up and down. You are trying to find the center of your hotspot. Once you locate the center you may put more weight on the tennis ball. Put enough pressure to clear your hotspot. Please start gently. Remember, while you are applying pressure you must perform the Vitalforce Body Movements.

YOU ARE NOT FINISHED YET - FINAL STEP - CLEAN UP YOUR MESS.

We are beings of light and energy living in a physical world. When you use Pressure Practic to clear a hotspot, you disperse "stagnant" energy. You must clean up this stale energy left in your body. This energy has been dispersed in all directions. You must clear up any energy blockages above and below the body location that you Vitalized.

If you do not clear your released energy, it may accumulate and create cramps or pain or other uncomfortable situations.

The process is very simple. Again hold your dominant hand as if you are going to shake hands. Keep your hand open, palm toward your body. Place your hand on the area you were Vitalizing and, using your hand, brush the energy down the nearest limb. (<http://goodriddancetopain.com/TOWEL.html>)

As you "brush" the stagnant energy out of your body, apply gentle pressure to the limb with your fingers and thumb wrapped around the limb you are working on. When you reach the end of the limb you are milking "throw away" the energy into the air. It is dissipated into the atmosphere. This is called "Milking or Pulling the energy".

For example, after Vitalizing a hotspot on your wrist, milk down the energy from your shoulder and underarm through your elbow, and forearm. Then, wrapping your fingers around your hand, "pull" your energy through your index finger. Shake your hand and get rid of the stale energy.

You may actually feel the energy move as you milk the energy. As you pull the energy, notice if you feel any "tender" spots or hotspots along the limb. If you do, make a mental note of the locations and Vitalize there next. These areas may not be real hotspots, but may be leftover stagnant energy. Before you Vitalize these locations, try to milk the energy through the spot several times. If pain persists, treat it as a hotspot. If you feel a slight cramp while moving this energy, just repeat the energy-moving technique through the crampy spot. Milk that area several times. It will release. You might need to gently massage the cramp spot.

FYI: (If you ever get a cramp in your foot you can relieve the cramp by placing your bare foot on a newspaper. Throw the newspaper away when you are done. Do not let anyone else step on the same newspaper. I can't explain it, but it works.)

If you are having trouble grasping the milking concept, you may substitute the following: shake your arms and hands as if you are trying to shake water off after being wet. Do the same for your legs. This does not work as well, but it will work.

Any pain can be caused by a hotspot in some area other than where the pain is located. You must work above and below where you ache. Treat the entire area. For example, if your pain is in your wrist, first vitalize the wrist, then explore the entire arm including the shoulder, neck and underarm. You may find many hotspots in these areas. Eliminate them one by one. Don't be surprised if you clear a hotspot in your underarm or shoulder or forearm and the entire arm releases!

That's all there is to Pressure Practic. You start with the area where you hurt the most. You explore and locate your hotspot, and then find the center of your hotspot. You Vitalize by gently pushing against the center of the hotspot, increasing the pressure for your comfort level. **AT THE SAME TIME** you perform Vitalforce Body Movements or Cindi's Towel Tug where you move the area of the body containing the hotspot. After 8 seconds you ease the pressure slightly, gently rotating the end of your finger to disperse the energy while continuing your Vitalforce Body Movements.

Some have found that as they rotate the end of their finger into the hotspot, they get quicker clearing if they push harder (using more pressure). There is no right or wrong: you must do what feels best for you.

When you have completed your Vitalizing and milking the energy You are done for this session.

You now know the basics of Pressure Practic. It is up to you to take these ideas and use them on your own path to pain-free. good health. Pressure Practic really works. Start NOW to help yourself! What do you have to lose but your pain?

STRETCHES & EXERCISES

I am very lazy when it comes to exercise. Really, I hate to exercise. I have developed some basic stretches and exercises for the lazy person. These will be helpful to you in eliminating pain from your body. Many of these were originally shown to me by Cindi Koch. In her role as the "queen of energy massage," she has shown me many little tricks of the trade.

Earlier I mentioned clearing energy circuits by stretching those circuits. When you perform these gentle stretches and exercises you "jump start" your energy circuits. Once you have cleared your hot spots and eliminated pain in your body, you will still want to perform these movements on a daily basis. In order to remain pain-free you must keep the energy flowing.

Full LEFT side body

(<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

Stand next to a doorway on your left, toes pointed straight ahead about 6 inches in front of the doorway. Raise your left arm straight up and against the doorframe. Move your left foot about 1 foot forward, keeping your knee bent and gently lean into left knee on your left leg , keeping arm straight up and braced against the door. At the same time, slowly and gently look left, right, down and up, and gently twist your body. Also breathe in through your nose and out through your mouth. Do this for 30 seconds to 2 minutes

Full RIGHT side body

(<http://goodriddancetopain.com/vitalforce%20body%20movements.html>)

Standing next to a doorway on your right, with toes pointed straight ahead and about 6 inches in front of the doorway. Raise your right arm straight up and against the doorframe. Move your right foot about 1 foot forward, keeping your knee bent and Gently lean into right knee on your right leg , keeping arm straight up and braced against the door. At the same time, slowly and gently look left, right, down and up and gently twist your body. Also breathe in through your nose and out through your mouth. Do this for 30 seconds to 2 minutes

Upper body

Take one corner of a bath towel in your left hand and grab the opposite corner with your right. Extend both arms straight out to the front. Pull left with your left hand and pull right with your right hand, gently twist left and then right a couple of times. Continue the gentle twisting as you raise your hands about 6-12 inches. Continue to raise your arms and twist until your arms are straight up.

Mid and lower body

Touch your toes every day. Do this at least 25 times, more if doing so is comfortable for you. Perform Cindi's Towel Tug.

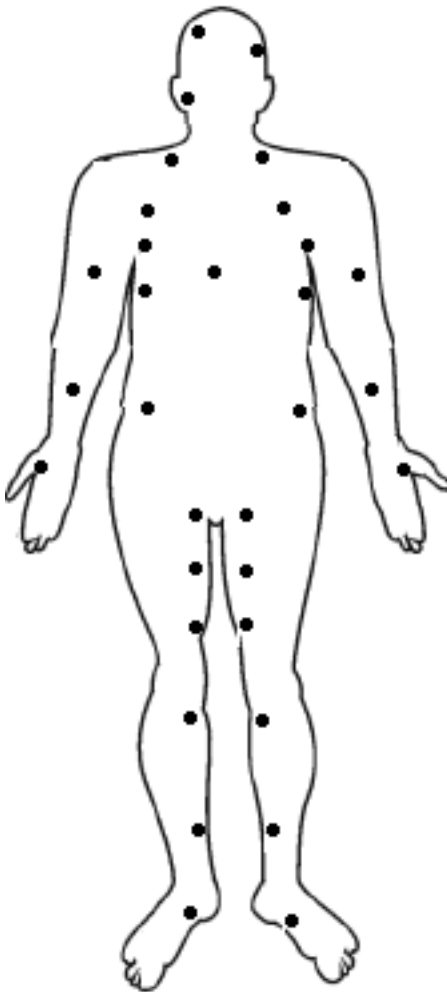
Perform the Vitalforce Body Movements anytime for gentle stretching. The goal is to improve your flexibility. You do not have to stretch vigorously. Be gentle with yourself.

Neck and Back

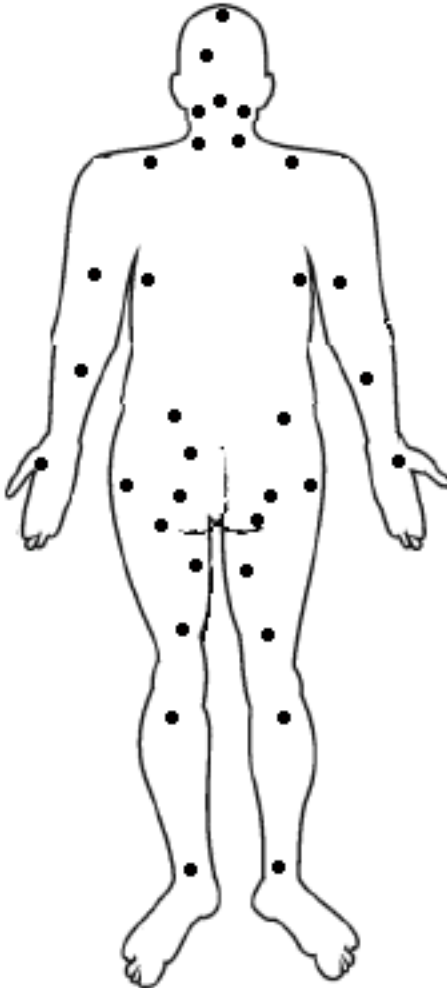
Lie flat on your back with your arms straight out. Turn your head left, right, up and back.

HOTSPOT MAP

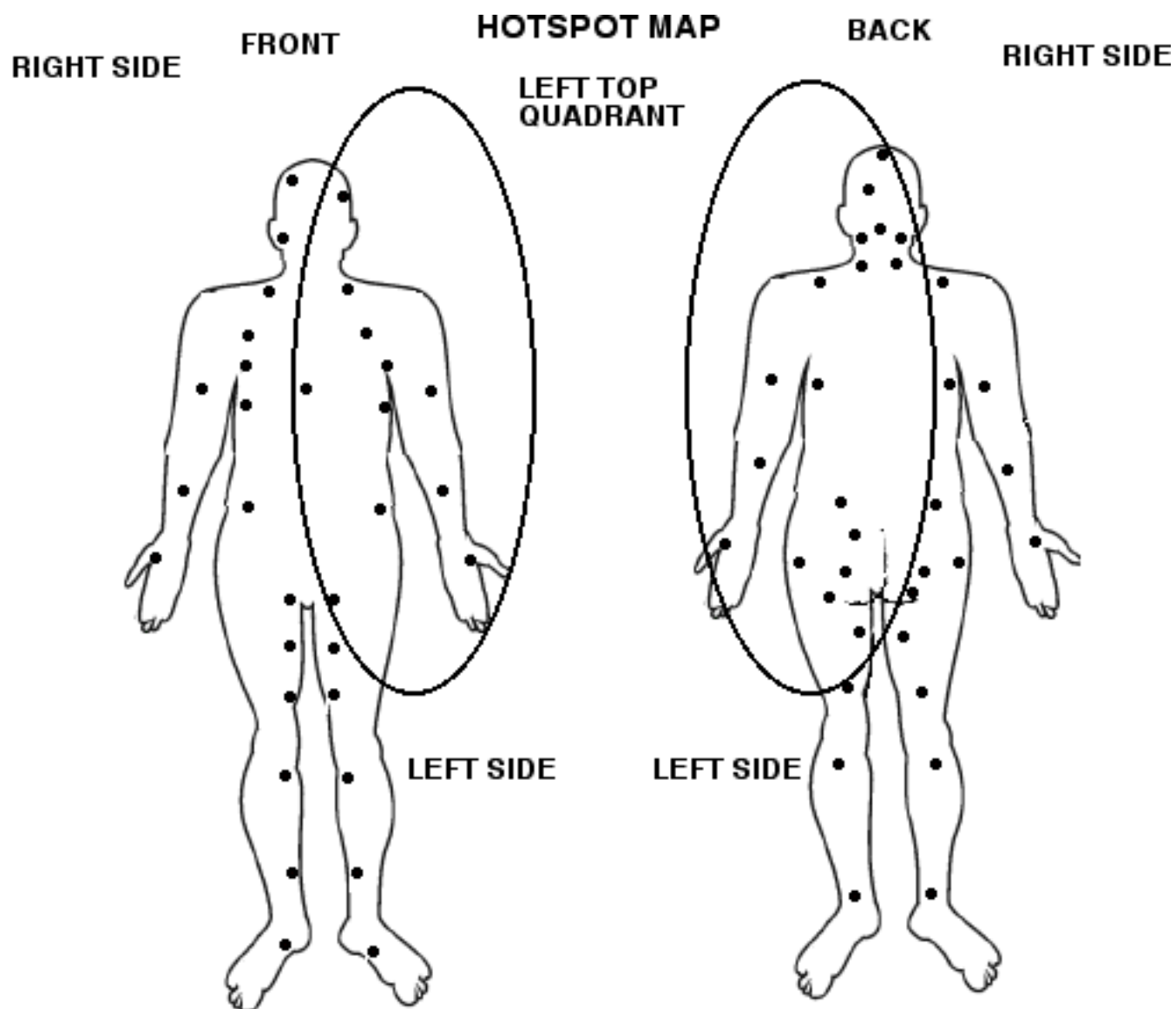
FRONT



BACK

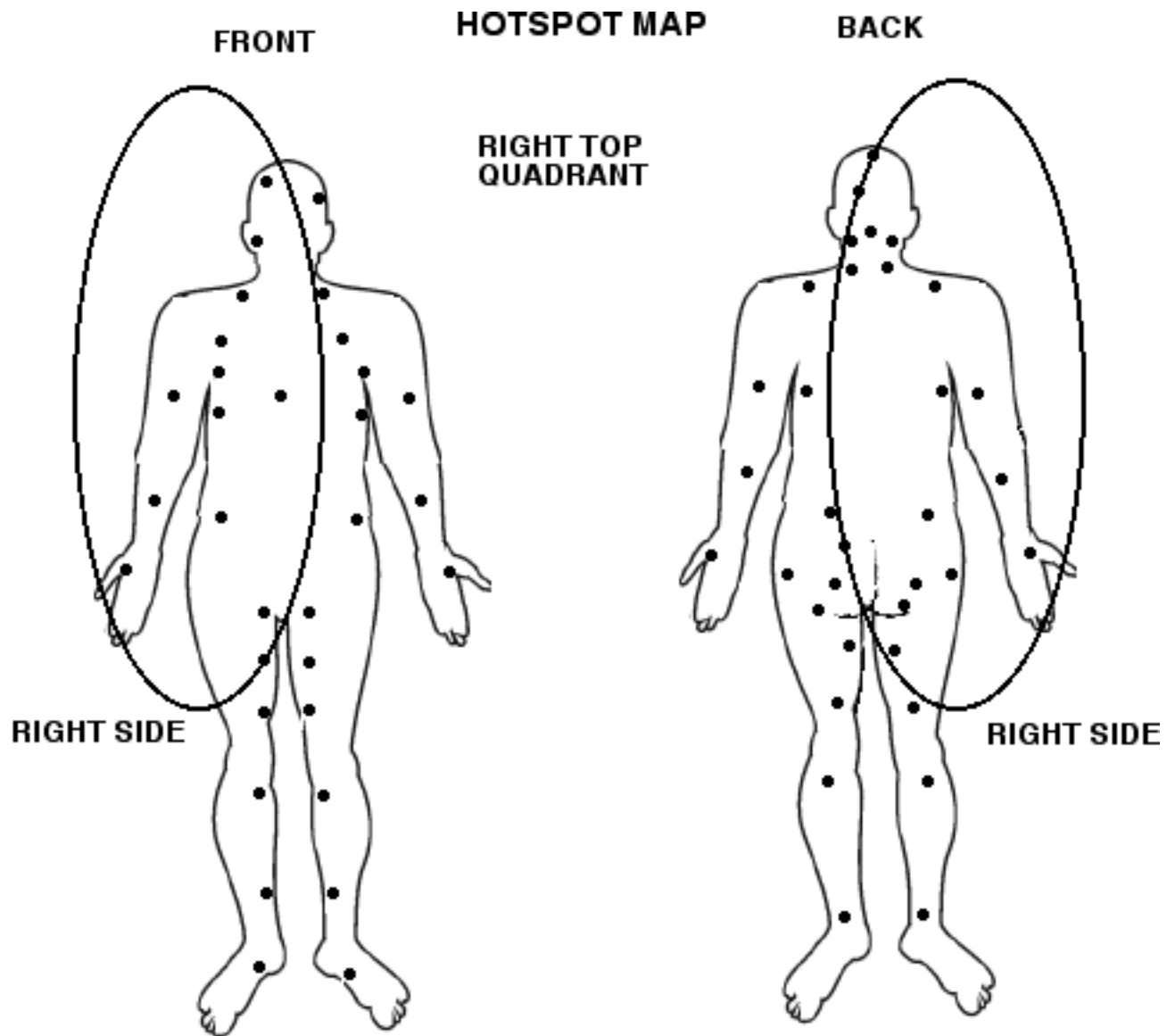


ABOVE SHOWS COMMON HOTSPOTS ON MANY PEOPLE. IF YOU ARE HAVING PAIN NEAR ANY OF THESE HOTSPOTS, START WITH THAT HOTSPOT.



Above is showing LEFT side only.

If your pain is in your head, neck, shoulder, arm, elbow, forearm, wrist, hand, ribs, hips and or upper thigh, you will start where your pain is most intense, left or right side. Once you have released the main hotspot proceed to other areas. These are just suggestions. You should follow the pain in your own body.



Above is showing RIGHT side only.

If your pain is in your head, neck, shoulder, arm, elbow, forearm, wrist, hand, ribs, hips and or upper thigh, you will start where your pain is most intense, left or right side. Once you have released the main hotspot proceed to other areas. These are just suggestions. You should follow the pain in your own body.

RIGHT SIDE

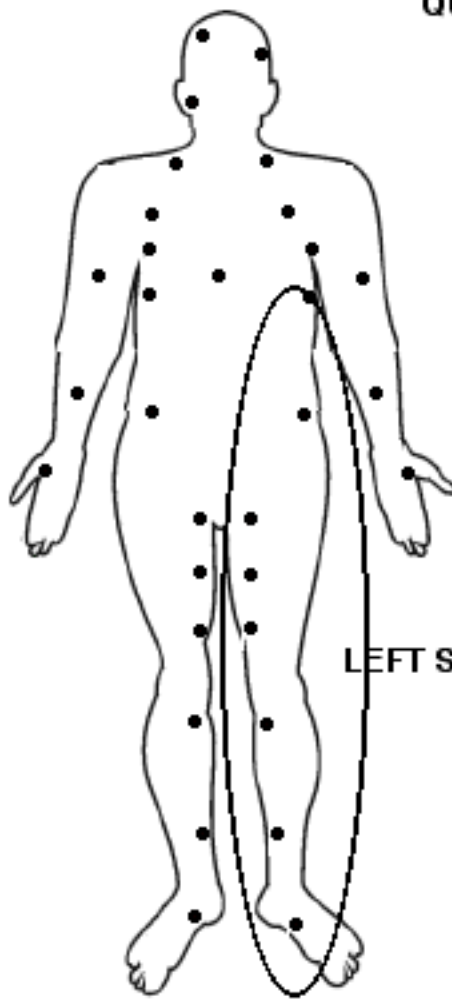
FRONT

HOTSPOT MAP

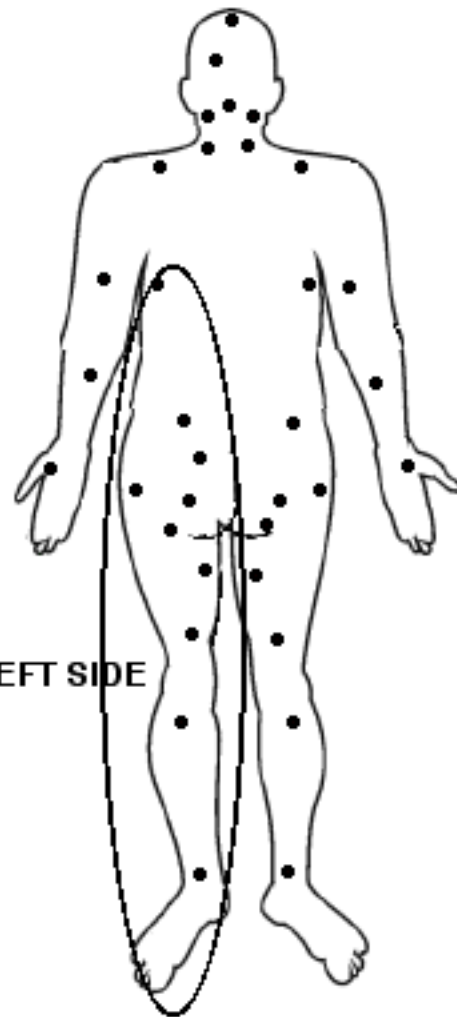
BACK

RIGHT SIDE

LEFT BOTTOM QUADRANT



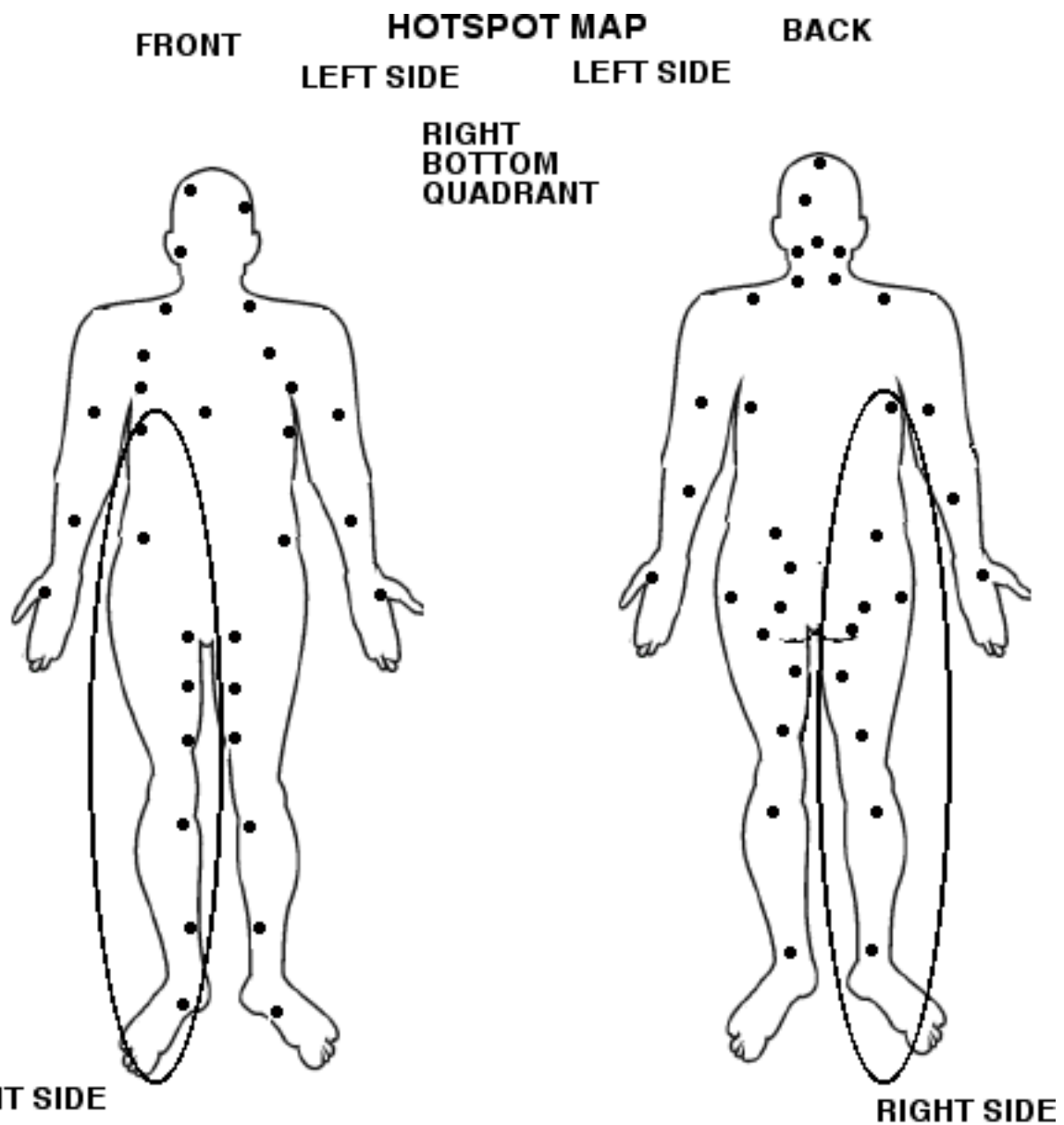
LEFT SIDE



LEFT SIDE

Above is showing LEFT side only.

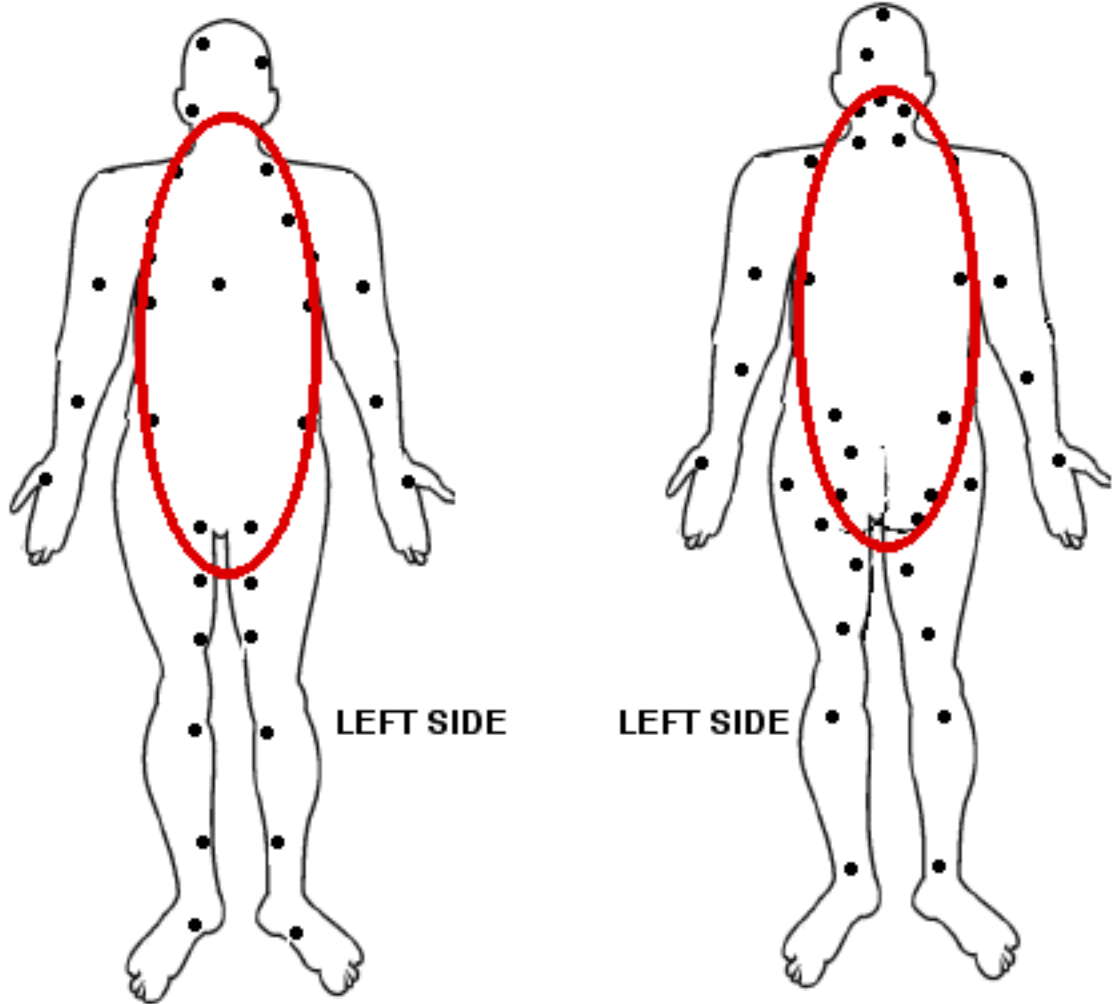
If your pain is in your chest, hips, butt, top inside thigh, thigh, knee, calf, ankle, foot or toes, you will start where your pain is most intense, left or right side. Once you have released the main hotspot proceed to other areas. These are just suggestions. You should follow the pain in your own body.



Above is showing RIGHT side only.

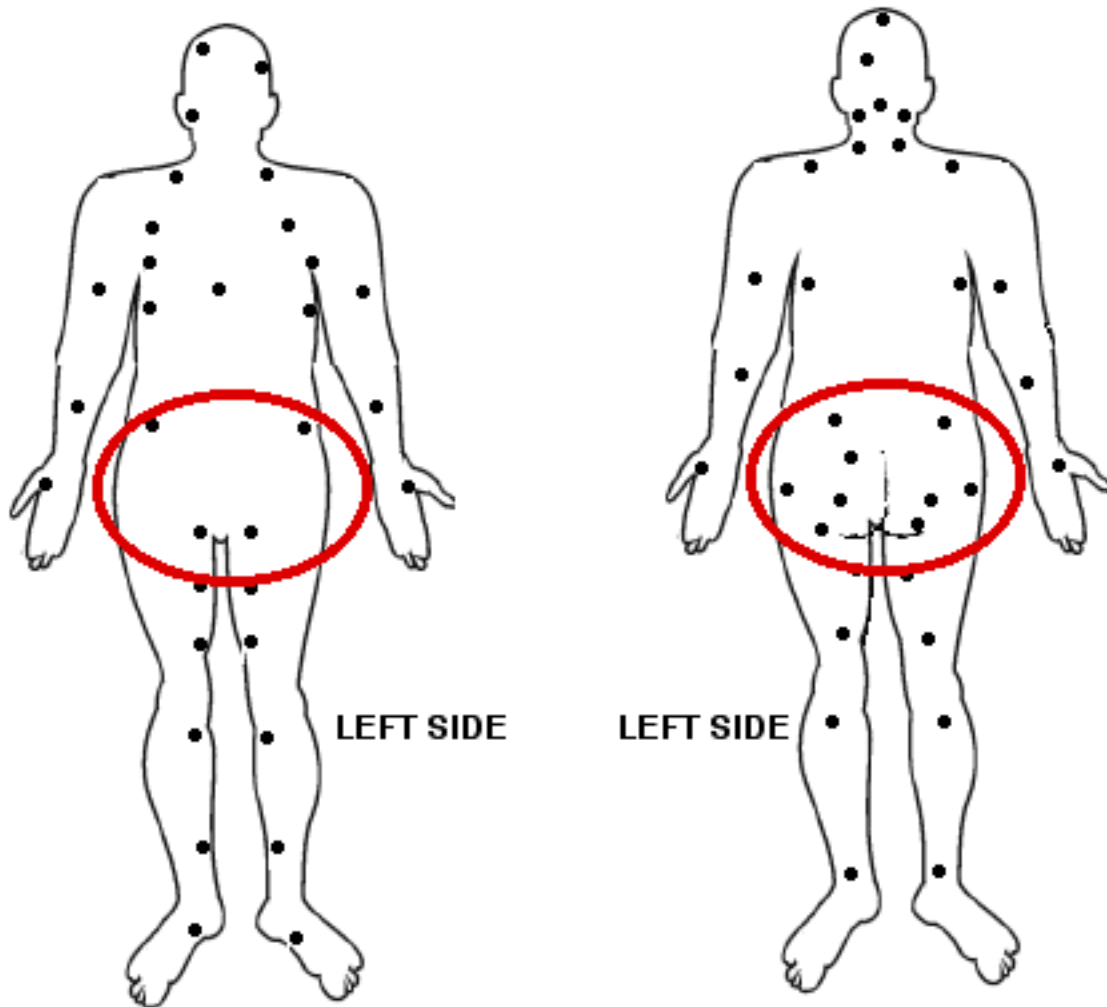
If your pain is in your chest, hips, butt, top inside thigh, thigh, knee, calf, ankle, foot or toes, you will start where your pain is most intense, left or right side. Once you have released the main hotspot to release proceed on to other areas. These are just suggestions. You should follow the pain in your own body.

RIGHT SIDE FRONT HOTSPOT MAP BACK RIGHT SIDE
TRUNK



**BODY TRUNK IS CENTRAL TO ENTIRE BODY. VITALIZE FOR PREVENTION.
USE TENNIS BALL FOR VITALIZATION ON BACK.**

RIGHT SIDE FRONT HOTSPOT MAP BACK RIGHT SIDE
HIPS



**HIPS ARE CENTRAL TO ENTIRE BODY. VITALIZE FOR PREVENTION.
USE TENNIS BALL FOR VITALIZATION ON BUTT.**