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Negative thoughts release toxic responses in our body, which we experience as sickness, discomfort, and pain. Make a conscious effort to shift your thought patterns today for a healthier, more enjoyable you tomorrow.

We are what we *accumulate*.

Food and chemicals we absorb (especially phthalates, parabens, -aldehydes)
Physical freedom and/or restriction
Thoughts we repeat into beliefs

Migraines. Chronic Pain. Anxiety and Overwhelm. These are signs we've accumulated more than we can assimilate. Metaphorically and literally—our cup runneth over.

So here we are, our cup running over, using all our resources to shore up our 'dam' and then *one more thing* comes along and "Wham!" Now we have a migraine, tension headache, our TMJ flares up, fibromyalgia ruins or cancels your day, we throw our back out, or we just negotiate through our day in a fog or under the aura of pain...knowing it's coming to get us.

So here I am, miserable or dreading the pain. What can I possibly do?

Well, this is where Devin and I vary from most coaches. Devin will tell you to look for the source; follow the pain back to its starting point. He does this for his clients because sometimes it can be challenging. I say—when you find the origin—and this will sound crazy to some of you, but I promise, it works; When you find the origin, ask it what it needs. Ask without expectation, and if you can listen without judgment.

I'll give you an example. There was a period where my migraines got particularly bad, frequent, debilitating, and I started seeing a chiropractor because I knew they were at least partly mechanical. And it was a very good chiropractor, so I got more than I had asked for. He asked me a series of questions, and when I went home and thought about them, I realized that I was pushing my own boundaries. I was reaching for new things, and several parts of me were fearful and anxious about it- and the best way to stop myself was with debilitating pain. This is a common story- parts of you wanting to grow and prosper, parts of you afraid of change, the unknown, and for me, being seen. Some part of me didn't want me to see the opportunities and ideas that would bring growth and change. My migraines—that's the kind I had, ocular—always stab me in the eye(s) so I can't open them to see, so that everything is dim and

distant, so I can't think of anything but how I can get to lay down and sleep, hoping that when I wake up it will be better. Sometimes it is. Sometimes it isn't.

Pushing my own boundaries was causing me pain. So I asked what I needed to be okay with moving my boundaries and the answer was surprisingly simple. I needed to know that I'd still be me. That I wouldn't forget what was important to me, or the people I love. I really thought about that. I thought about my values and structuring my work to ensure that I would always uphold my values. Within two weeks, my migraines subsided. They came back with other issues, to be sure, but that was a big shift for me. I had some control over my experience, and knocking myself out was no longer my only option.

Some people get stuck in the blame game. They think, well, if I can do something about this (pain, discomfort, anxiousness), and I have the ability to change it now; then all the pain I've been in is my fault—I'm to blame for all the pain, suffering, lost time and productivity, and happiness. That's a red herring. If you had an American car that used American measure tools, 1/4", 5/16", 1", and you only had a metric set of tools- 50mm, 100mm, 150mm, would you be at fault because you couldn't fix your car? Or because it's making a sound that you can't fix? No. You'd say: I can't fix it with the tools I have. If I want to fix it, I need a new set of tools. No guilt, no blame, just a new set of tools.

This is what I do. This is what Devin does. We look at the tools you've got and give you new tools for the stuff you're working on right now. So that you don't have to be stuck with Einstein's insanity, you don't have to stay in pain. And while pain may be familiar, is it really the buddy you want to hang out with all the time?

So, what can you do, with an aura chasing you down? Go to where you feel the awareness of it, and ask, "is this the beginning?" And if it says 'yes', great. If it says no, ask where the beginning is. Keep following the answer until you get a 'Yes' answer to the question "is this the beginning?" When you find that 'yes', then ask whatever said 'yes' what it needs to not be in pain/ anxiety/ stress/ toxicity. If the answer makes sense and it's something you can do something about, great. If it doesn't make sense, ask it how you can do that. If it sounds crazy, don't worry about it. You just might need some help interpreting the answer. But now you know, there is an answer, and there is something you can do. You don't have to be stuck in pain forever.

To your health,
Tara Gilmaher