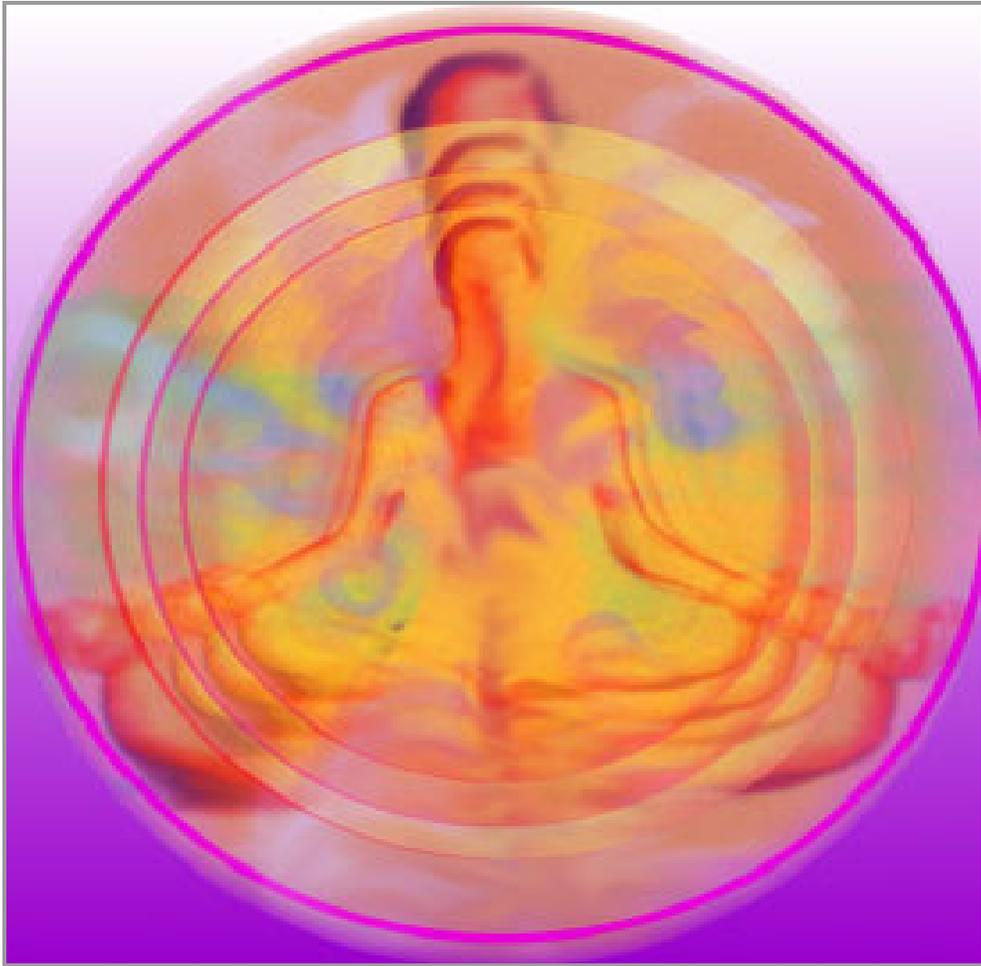


Healing is an Inside Job

How To Accelerate Your Body's Rate of Healing and Recovery

A Guided Journal and Workbook



'Empower Yourself to Heal Faster'

Mary C. Kraemer, R.N., RMT

“If you choose to have surgery
or a medical procedure,

prepare yourself so that
it will go as smoothly as possible,

and you will heal
as rapidly as possible.”

—Louise L. Hay

Table of Contents

Introduction	6
Mind-Body Connection	8-11
I Think I Can ... I Think I Can	13
Cell Memory	15
Pain	16,17
Stress	19
Stress Begins with your Appraisal of a Situation	20
Coping Mechanisms	20
Symptoms of Stress	20
Physical Symptoms	21
Stress Reduction Techniques	21
Exercise, Stress Index	22-23
Questions	24
Staying Connected	25
Exercise, Support for Healing	26
Create a Healing Circle	27
Staying in the Moment	28
Set the Stage for Healing	30
Who's Responsible for Your Health?	32
Intentionally Create Your Day	34
What's Intention?	35
Exercise, List Your Healing Intentions	36
A Daily Ritual	37
Exercise, Self Salute - Infinity - Colors	37-38
Mental House Cleaning	39
Exercise, My I Should List	40-42
Affirmations	44-45
Exercise, My Personal Affirmations	46
Exercise, Create Your Own Relaxation/Healing Audio Recording	47-48
Your 'Job', After Surgery, Injury, or Medical Procedure	49
Exercise, Make a List of Your Jobs	49-50
When Surgery is Necessary	51
Develop Rapport with the Medical & Nursing Staff	52
Facility	52
Nurse Anesthetist or Anesthesiologist	53
Recovery Room	53
Tips for Your Hospital Stay	54-56
Visitation During Recovery	57
Sharing a Room	58

Pain – Stress Relief Techniques	59
Before you Begin	60
Technique #1	
Deep Breathing	61
Technique #2	
Finger Tips	62
Technique #3	
Gather – Release Breathing	63
Technique #4	
Balloon Burst	64
Technique #5	
Talk to Me	66
Technique #6	
Energize a Room	67
Technique #7	
Drain the Pain	68
Technique #8	
Hand to Hand Technique	69
Technique #9	
Smoothing	70-71
Technique #10	
Dry Brushing	72-73
Technique #11	
Epsom Salts/Dead Sea Salts Bath	74
Technique #12	
Energizing Medication	75-76
 Appendix	 78
Definitions	79-80
Pain- Stress Intensity Chart	81
Advanced Directive	82
Durable Power of Attorney for Health Care	83
Guided Journal Questions	84
Chakras	85
Recommendations	86-87
Bibliography	88-89
List of Quotes	90-93
Complimentary, 'Discovering Wellness' E-mail Newsletter	94
Mary's Questionnaire	95
Endorsements	96
About the Author	97

Introduction

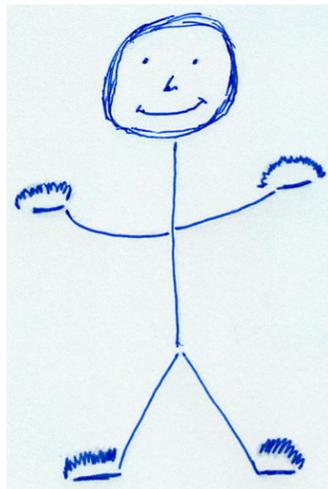
I have written this guided journal and workbook, because I want to empower you to become an active participant in your health journey. I want to empower you to think outside the proverbial 'box'. I want you to know that we 'can' and 'do' influence the outcome of our health with the words we say, and the thoughts we think. We participate at a conscious and unconscious level and influence our outcome. I want to share with you steps towards cultivating body awareness, as awareness is an essential aspect of accelerating the healing process.

You will find that this body of work is oriented to wellness, not illness, and provides a multitude of mind-body connection and non-invasive healing techniques. As you proceed through the guided journal and workbook I also believe it will be a tool for cultivating positive emotional well-being.

Medical procedures, surgery, and injuries can be stressful and anxiety producing events for many reasons:

- * The unknown
- * Pain
- * Unfamiliar environments
- * The outcome
- * Trust
- * Lack of information/education about the situation
- * Listening to others and basing your anticipated experience on those conversations
- * Loss of control
- * Dependency on others

You will have the opportunity to learn and participate in self-healing exercises, practice setting boundaries, and delegating responsibilities. All of the techniques and exercises are interchangeable for an injury, surgery, or medical procedure.



I Think I Can ... I Think I Can



"Once the physical training is done, the difference between winning and not winning is in your head."

—Charles Garfield, Psychologist and champion body builder

So I ask pose this question to you, what kind of impact could positive thought processes have on YOU healing more rapidly? If athletes can attain physical improvement with mental training, can you have expedited healing? Absolutely!

The brain cannot distinguish from a real or an imagined event.

Per Dr. Joseph Dispenza, in the movie 'What the BLEEP Do We Know' he states, "The brain does not know the difference between what it sees in its entirety and what it remembers."

That is the premise of visualization or guided imagery. So in essence by participating from an external and an internal point of view, with respect to your health and recovery, you are empowering yourself and setting the stage for healing. YOU are being mindful and YOU are participating in YOUR health journey.

Now let's relate the above to your healing process. A surgeon works from the exterior to the interior. Using the mind-body connection, you would be working from the inside out. Combining both internal and external approaches, to an injury, a medical situation, or surgery, is what sets the stage for healing.

Did you know that the body basically only knows how to do two things?

**Maintain health (homeostasis), or
repair health once it has been lost**

**Trust me these are very intricate and exquisite processes.
Simply put, this is what the body does 24/7.**

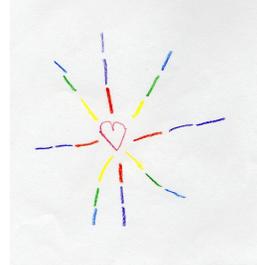
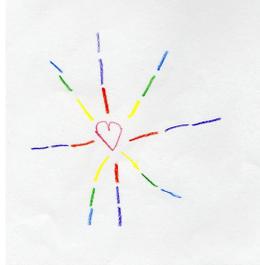
“My body and its condition
are a barometer

that is always trying to tell me
which direction to go

for my maximum creativity,
health and fulfillment.

And, because I'm human,
I get off track now and again,
but I can always get back on.”

—Christiane Northrup, M.D.



Physical Intuition

"Your body provides a wealth of guidance and feedback to you. Everyone has heard of a 'gut feeling.' The Japanese actually have an interesting word for it, 'haragei,' which loosely translated means 'stomach art.' How does your body feel when you have made a decision? Many people report heaviness or a knot in their stomach when they are making a poor choice. You may experience a shiver of recognition, or a pulse of positive energy throughout your body when the decision you are making is moving you in the right direction. Your body may have other ways of communicating your intuitive knowing. By learning to pay attention to how your body feels it is possible to receive rich guidance about your choices and direction in life."

—Lynn A. Robinson, M.Ed.

Author of *Divine Intuition, Your Guide to Creating a Life You Love*

Endorsements

"The concept of preparing mentally emotionally physically and spiritually for surgery is the missing link in the healing process for so many individuals. Our thoughts make such a profound effect on our health. This handbook Mary Kraemer has written could make a profound difference in how some one heals."

--Lisa Ann McCall, BS, MS
The McCall Body Balance Method, Simple Concepts for Ageless Movement

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"*Healing is an Inside Job* is an excellent resource to assist you on your healing journey. It combines valuable practical information with easy to use tools to help you hasten your recovery process. The Pain Relief techniques alone are worth the price of the workbook! Mary Kraemer has provided a wealth of wisdom that should not be missed."

--Linda Manassee Buell, MCC  
President and CEO, The Virtual Reality Self-Help Center

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"I had an injury and was due to compete in an important competition. I consulted with Mary Kraemer to do some energy healing on my ankle. She also taught me to visualize the desired end result for the competition. With a physically intact body, and a lot of determination, we won!!!

--Jackson of 'Monica and Jackson'
2004 Couples Fear Factor Champs

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"Mary Kraemer is providing information that could transform your life. I firmly believe that, 'success starts on the inside'. If you have the desire to take a proactive approach in your healing process, this manual provides the tools you need."

--Randy Gilbert, a.k.a. 'Dr. Proactive'  
Best Selling Author of *Success Bound: Breaking Free of Mediocrity* and  
Host of, 'The Inside Success Show' Radio Program



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