

## The FAST Pathways® Academy - 'Out of Your Body' in Action

Elaine's headaches could be severe, making her feel so sick that it became almost impossible to carry on as normal. They'd often caused her to need time off work, because lying down in the dark was one of the few things which used to shift her migraine. It could take days.

I was working as a Consultant with her business, and on one of the days we were meant to be working together, she barely made it into work. She looked dreadful, but that was nothing to how she was feeling.

I taught her how to take out the headache – she imagined pulling it from her skull (apparently it was barbed wire) sealing it in a box and throwing it into the River Mersey. Within half an hour, she was feeling fine, and able to carry on comfortably with her day. She's used the technique again since, stopping headaches in their tracks, without having to reach for tablets and hope they'd work.



Karen also created her own variation of this technique, which more than 10 years on she's still using if something really bothers her. Her business had taken a downturn, and she was upset to have to make two of her staff redundant – stressful enough in itself. But when one of them went to tribunal, it got a lot worse.

Karen knew she'd followed the correct process, but the woman kept on coming back with more and more accusations, and it got uglier at every turn. With it playing on her mind all the time, Karen was finding it increasingly difficult to sleep, and she was constantly tired.

After experimenting, she developed her own way of dealing with the whole of her unhelpful thinking - the pictures, the chat and the feeling itself, all in one. She pulled every piece from her body, screwed it all into one big ball, and booted it into the ocean. Leaving her free to enjoy the ocean view, as the sun sank to the horizon, turning the sky to fire.

It took seconds, and each time there was a new development in the case and the discomfort started to build, she'd do it again. Her sleep improved, and she was able to plan each step calmly and thoroughly as the case dragged on; rather than just wanting to wish it all away.

Long after that situation was resolved, she's continued to use the technique for many other things – it's her own way of clearing distress and discomfort, and it still works just as well.