



# *How*

*to free yourself from  
physical and mental pain*





The Emotion Encyclopedia - Vol. 2 (Extract)  
**How to free yourself from physical and mental pain**

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## ***What's in this book for me?***

This first chapter is intended as an introduction to the rest of the book in your hand.

In this chapter I will briefly explain the contents of this book. It can be a source of support and encouragement to those who put into practice the principles taught and in it contained.

In a short and fast way, I will raise interest in the chapters that follow as you read it so you know what to expect.

### ***If it worked for me it will work for everybody***

What led me to seek ways to improve the quality of my life? A brief history that is reflected in many “ordinary mortals”.

The results of my research have produced countless benefits both for me, who I put them into practice, and for all those to whom I taught and showed:

“How to choose and use the best emotions” and “How to break the chain of any form of harmful addiction”.

In this chapter I also explain how life rewards us which is in close harmony or relation to what we do or give out.

The secret lies in discipline and perseverance.

Leave nothing to chances, but plan everything before in our mind and then put into practice what we have decided to do, not allowing anything or anyone to discourage us or make us do anything we know to be harmful to our physical or mental health.

### ***1) The rewards that life gives you***

Disciplined actions produce reactions that make you feel better.

By neglecting the discipline, in the end, you will pay a higher price that you would pay if you had worked harder. In fact, if you let things deteriorate, you will eventually force someone else to impose discipline in your life.

I will explain how you can do an exercise that will help you be more disciplined.

### ***2) Start thinking about the end***

The example of the stone breaker fits perfectly in every aspect of our lives.

The tools we have at our disposal to do our work are useless unless we have developed two essential factors:



A) Using the imagination, it must be clear in our mind where we want to go, we already have to see ourselves projected into our future, which is when we have reached our goals.

This will give us the strength and determination to address the various obstacles that we will surely meet along the way to get to our destination.

B) Developing the ability to know how well to use the tools available to transform our “dream” into reality.

That is why we need training.

There are so many sources out there which are truly valid to help finding the best way to achieve our goals.

The secret lies in the imagination and training.

### ***3) Before you begin on yourself or on others***

Preparation is essential to meet its own objective.

There is a wise proverb that says: “Whoever starts well is halfway there”.

The use of appropriate questions will help you understand what to work on, its priorities, what to eliminate or improve in the first place.

A well-detailed list becomes the guideline to follow as the “emotional cleansing” takes place. Everyone has more than just one reason why he or she believes that can be justified to feel sick. Everything must be addressed with the proper time and the proper attention.

Organize yourself so to take notes on the type of progress you want to achieve and that you will be getting as you work on a particular aspect.

#### ***4) The capacity of dealing with the circumstances and perceptions from the beginning***

Through the way people have taken care of us and our circumstances, all of us have learned the lessons necessary to defend ourselves and survive.

The way they acted has become our way of acting.

Their way of speaking has become our way of expressing ourselves too. We copied them without even realizing it. Gradually, we began to develop our opinions and often in direct opposition to their early influences.

With Self-Emotional Control you will be able from now on to change and improve all those influences that you received from the first years of your life.

What were your negative habits now can be removed and replaced with those that you think are the best ones to make you a happy and strong person.

The work that you will be able to do on yourself is beyond your conscious sphere, you can influence your subconscious in a conscious way.

The results will sink their roots into the most intimate part of yourself causing you to make a qualitative leap forward emotionally, mentally and physically.

### **5) *How the circumstances answer to our mind***

The circumstances are the reflection of what we have inside of us. Simply by trying to influence on our behavior through our reasoning is not enough.

If that were the case, then each one of us would be able to change our way of living without any difficulty.

But it does not work in that way because what we do is motivated by the type of emotions that we have associated to past events which now make up our entire life. These events are registered and stored in our mind through images, sensations and feelings. These are the strings that actually tend to affect the quality of our choices and actions.

To influence, in the best way possible, our conduct we should focus our mind on an image that describes our dream and then assign to it as many positive emotions as possible. This becomes a “magnet” that will attract into your life what you have dreamed, but this does not happen by magic, this happens because your way of living makes your wish more and real results, and then transforms it into real events in your life.

### **6) *Use of questions shapes our outcomes***

The example of Stanislav Lec, with his experience lived in Nazi concentration camps, clearly shows that the use

of the right questions leads us to the possibility of whatever we have never been able to think of.

Read his story which has been briefly described in this part of the book, you will definitely find it beneficial.

The right questions were “the key” for the road to salvation. The answer is in the question.

Depressing questions produce depressing answers.

While, well thought questions produce answers which set you free. It is up to us to choose the type of feedback that we will get through the choice of the questions we ask.

## ***7) Your memories are no longer real***

What happened in our past can affect our present, only and exclusively if we allow it.

With the Self Emotional Control system, we have the opportunity to decide whether we want, and how we want, that our past affects us. Past events are stored in our minds with symbols, sounds, figures, sequences of images, sensations and emotions.

They, however, exist only in our minds and together with them, we have memorized the lessons we have decided to learn or the conclusions to which we have received.

We often make the mistake of concentrating the mind too much on what has happened in the past or what might happen in the future.

All this is the result of the work of our mind. In fact, we can no longer influence what has happened, the only thing we can do is work to change the way that what happened, can be reflected in our lives now.

Many, by continuing to experience in their own body the sensations that have linked to past experiences, believe that they are true and real.

What is true and real to the present, however, is the way we want to react to the events and the interesting thing is that from now on, with Self-Emotional Control, you can manage the event through the decisions and actions you choose to undertake.

### ***8) Stress and Trauma: The major cause of disease***

Psychoneuroimmunology (PNI) has clearly shown that there is a real interaction between the immune system, the nervous system and the mental processes of our body, in order to produce good health. These systems use chemical messengers to communicate effectively with each other. They are part of our instinct, the sense of growth and protection, these are strongly connected with the stress we feel that, in turn, can cause disorder not only mental but also physical.

Dr. Bruce Lipton, after thorough studies, stated that our belief systems have great influences on all of our vital systems. In fact, they can help us to live in peace and

in good health without the intervention of pharmaceutical supplements. Our body acts a bit like governments when they are at war: first they devote all the energy resources to defend themselves from the enemy invasions and then they turn their attention and the commitment to rebuilding or repairing what the enemy has destroyed or ruined.

This means that we have been programmed, from the biochemical point of view, first to defend ourselves and then to repair ourselves at a later time. In a stressed mental and emotional state, how do you think our systems work?

If our body, instead of being relaxed and focused on repairing and reconstructing, lies in a continuous state of alarm or stress, what will be the consequences?

Further scientific evidence shows that when our cells continually receive threat signals, as a form of protection, they close the doors. In this way, the outgoing traffic is greatly slowed down, the detoxification, the elimination of harmful or waste substances, and also the incoming, the assimilation of vital foods, with obvious adverse effects on the health of the cells themselves and as a result of the whole body.

Imagine living in a house full of rubbish and with very little food available, it's logical to think about what can happen, isn't it?

Therefore, from the moment in which our way of thinking or our way of perceiving life affects our immune response, as well as on our physical health, it would

be appropriate to adopt better ways of coping with it, thus being able to produce even answers more effective when potential dangers occur.

By reducing the amount of stress that we feel, we will maintain a living standard ideal for concentrating all our resources in building and maintaining good health.

Self Emotional Control system helps to focus mentally and to work on our own emotions also by effectively using the imagination and the repetition of positive affirmations. The way we elaborate the meaning we attach to the events we have lived in our lives determines our physical health.

### ***9) Free yourself from pain***

Multiple approaches in treating your body against pain produce more concrete results.

A balanced diet, healthy physical activity, global massaging, relaxing exercises, and so on.

With Self Emotional Control system, we do not heal anyone, but we create the opportunities to help people heal themselves so to become the cause of their own healing and well being

It is an innovative system because nowadays the general attitude is: "Take this medicine and then wait to see how your body reacts."

The only thing, which is often encouraged to do, is to

see the results produced by external components on a person who is facing physical or mental adversity.

While the truth is that our physical health is also, and above all, the mirror of our subconscious state in which we are. This means that without knowing it we could be our “good” reasons for having a pathological situation or pains and aches. The causes of those pains can be real in the sense that there may be real physical reasons why they cause sufferings, but really and truly they are largely deteriorated due to stress or emotional problems.

Another factor that contributes greatly to the feeling of pain in the body is to ask questions that reveal the introspective mental involvement in the creation of physical discomforts.

The beliefs or personal opinion systems determine not only the cause of physical suffering but may complicate the healing process.

So, the emotional and sensory component determines the quality of our mental and physical health.

The description of the symptoms by identifying, in our mind, an image or picture which represents the pain, makes it easier to work so to eliminate or delete both the emotional component and the physical suffering itself.



## **10) The affirmations we need**

They are phrases or words that can either be regularly repeated loudly or within ourselves.

When we say something, we declare that we believe in what we are saying and as a result our life reacts by reflecting in reality what we are affirming. The way in which our being responds to the above points mentioned is by creating in us the conditions for a better mental and physical health as well as granting a greater life style.

It starts, however, from the willingness of the person to forgive him/herself as well as others, this allows ultimately to be healed from what is still causing pain.

What I have been saying so far is that thoughts or phrases determine the whole quality of our lives.

Ultimately, we come to the logical conclusion that efficient control over our lives begins by controlling the quality of the thoughts we think and the emotions we feel. We can also start with small steps that by diverting, even slightly our direction, will eventually lead to a completely different goal.

In other words, our lives mirror or reflect what our beliefs are. This is also a logical conclusion to which we can arrive to without the massive efforts on our parts: in order to fully take responsibility for our physical health, an essential requirement that we must first take responsibility for, is both our mental and emotional health.

The representation of our inner world and of what we think is our outer world can be changed by the quality of the words and phrases we repeat to ourselves.

It is normal that it might cast doubt on the validity of these principles if one's life is far from the goal that he or she would like to achieve. There are two alternatives at this point: to abandon the idea of embracing these new philosophies or ways of thinking and thus embark on a new journey to achieve the deserved goals.

To embrace them and follow the new way of living here explained, so as to achieve better goals.

### ***11) Free yourself from allergies***

Allergies start with the messages that the mind sends to the body. These biochemical inputs that travel in our body through specific points can be influenced in a positive or negative way by our thoughts and our emotions too, like any message that our mind sends to the body is influenced by perceptions or by the meaning that we give them, either knowingly or unknowingly.

If nothing is done about these manifestations of discomforts, there is a tendency that they can worsen over time. This happens because, more often than not, they are based on signs of fear and danger, and as they occur, these signals are in charge of our defense

systems to carry more and more messages which confirm danger and fear. In this chapter you will find a detailed list of five steps you can take to ease or eliminate the stranglehold of allergies.

## ***12) Let's do it together***

In this chapter I explain in a meticulous way the five steps to eliminate what bothers both our body and our emotional sphere.

## ***13) The boomerang effect of life***

As human beings we have the ability to choose the behavior or action that we want to undertake, but we cannot choose the consequences that we get even if we reject them or we were not expecting for them to happen. The secret lies in the discipline.

Disciplined actions produce desired results, whereas the opposite is also true. Choices and consequently undisciplined actions produce the results that we would have never wanted to have in life.

Remember this concept: the discipline that we impose to ourselves weighs grams compared to the discipline that is imposed to us from sources over which we have no power.



## ***If it worked for me, it will work for everybody***

I'm Nic Russo, the author of this book, I started to explore the wonderful world of self training for pure and true personal needs. I found myself, at some point in my life, to see first of all the mistakes I had made in the past.

I used to concentrate only on what I thought, with "hindsight", were the decisions which I took and that had caused suffering not only to myself but also to those who I cared a lot.

In short, it was real frustration and disappointment. Not only I was afraid of not being able to carry out my responsibilities, but I felt a real sense of inadequacy because I tortured my mind with the thought that whatever I had done was just a way to complicate things. The metaphor that I was constantly using to hit my mind was: I was groping with great efforts to the staircase to find the exit, of a ship which would still sink anyway. Finally, I arrived to cross the threshold of my greatest suffering and with a dash I high jumped out of that situation. I finally had taken a vital decision: I was no longer willing to live that situation where I would have got worse and worse.

I said with determination: *“Now that is enough!”* It was not right either for me nor for my loved ones.

I had to change that state of things and to do that I needed, TRAINING, TRAINING, AND ABOVE ALL, TRAINING!

I started reading books and attending training courses, on issues related to improving both emotionally and mentally. It cost me so much effort, but in the end, I managed to see my life not through the rear-view mirror, but through the windscreen. Eventually, I could affect my emotions, my values and my rules no longer with my memory, but with my creativity and desire to constantly learn. I said to myself, out loud: “Whoever stops learning begins to die.”

I no longer saw life as a test, but as a training path of wonderful and useful lessons that were hiding themselves behind apparent difficulties. I eliminated from my vocabulary the word “problem” and had inserted in its place other words such as “lecture” or “opportunity.”

As I continued improving my skills, I discovered more and more the validity of a new profession which was born in the field of motivational training: the “COACH”, also used to refer to the person who is in charge of training and directing the individual components of a football team.

In most cases they are former players of great success. Experts who have learned the lessons of the game by direct experiences, they discovered the validity of both the rules and the strategies on their skin.

The coach teaches not only because he studied the subject, but because he has experienced at first hand the benefits of training.

He raced on the ground, he fell on the ground, he was hurt on the ground, but he always lifted himself and continued playing with the intention of winning.

Similarly, in the field of motivational training the coach has primarily improved himself, so after crossing the threshold of the maximum of the suffering he began master the rules and the strategies of the game.

It manages to be a source of help for people who listen. He is able not only to transmit knowledge effectively, but from the moment he personally tested the validity of what he teaches, he does it with such effectiveness that the road to success, of the listener, is more easily walkable.

All this because he has raced on the ground, he fell on the ground, was hurt on the ground, but he always got up and continued playing the game of life and he WON!



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***Thanks to the content of this book,  
you will be able to:***

- Choose consciously and carefully how you can affect your conscious and subconscious mind to live a life free from physical and mental pain.
- Work on yourself to interrupt the messages your mind sends to your body that cause you pain and suffering.
- Identify yourself as the person you can influence to transform your existence for the better.
- Correctly use the S.M.A.R.T system to clearly understand how to eliminate everything that until now was blocking you due to pain until now.
- Consciously establish how to intervene on the reasons that have hindered you from living a life free from physical and mental suffering.
- Do not allow anything or anyone to be still the cause of your pain.
- Consciously influencing your subconscious through the use of targeted questions and specific and detailed answers so as to eradicate the causes that have caused you pain up to now.

*Self Emotional Control*

- Improve the choice of words and phrases you say to yourself or to the people you have interpersonal relationships with.
- Predict the result you will get by choosing a huge range of phrases to use in your everyday language.



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