

## From Pain to Personal Transformation: Heal Yourself with Tapping and Dreaming

Art of Living Retreat Center Workshop, Boone, NC, July 26-28, 2019

### 3 minute video trailer transcript

How would you like to heal your chronic pain without using drugs, injections or surgery? If so, please come to my July experiential workshop From Pain to Personal Transformation: Heal Yourself with Tapping and Dreaming at the Art of Living Retreat Center in the Blue Ridge Mountains outside of Boone, NC. I'm Dr. Larry Burk, a holistic radiologist and dream tapping coach specializing in MRI, EFT tapping, hypnosis and dreamwork as described at [larryburkmd.com](http://larryburkmd.com).

As a radiologist I've read 1000s of MRI scans of the spine and joints, and I'm acutely aware of the fact that if I scanned 100 normal, asymptomatic volunteers I would find that at least a third or more of them would have degenerated discs and herniations, and rotator cuff and meniscal tears. However, people with chronic pain assume that their scans show the cause of their pain when in fact others with the same findings have no pain.

Pain is a danger signal warning that you have a serious illness like cancer or else an acute injury needing a month or so to heal. If your scan shows no cancer, and you still have pain after 2 months it is time to suspect that there is an emotional component causing a persistent neural pathway in your brain. The latest research shows that the brain will substitute chronic pain for a repressed emotional issue that is too difficult to face.

EFT tapping is an effective way to interrupt these neural pathways and turn off the danger signal. The simplest explanation for how it works is a computer metaphor. An emotional trauma is like a malware program downloaded into your acupuncture meridians and uploaded into the limbic system in your brain which is the emotional processing center. There is a file there for every trauma with a story, a picture and a program that runs in your body.

To uninstall the malware program with EFT, we repeat the file name to run the program briefly while tapping on the acupuncture points like hitting the delete key over and over again. Once the program is removed, we can check the file, and there will only be a story and picture left with no program to cause your body to flashback to the original trauma. Next, we can use self-hypnosis to install a new program that we actually want to restore health and well-being.

Sometimes it is difficult to identify the emotional issue at the root of your pain, so keeping a dream diary can be very useful in revealing the traumas that our conscious mind is good at avoiding. In the workshop you will learn to do tapping, self-hypnosis and dreamwork to empower you to heal yourself. The workshop is July 26-28, 2019, so please check out [larryburkmd.com](http://larryburkmd.com) or [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org) for more information.