



Love is the Way
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Psychological Pathway to Support Recovery from CIRS (Chronic Inflammatory Response Syndrome) - and Similar Health Issues, Involving *Chronic Inflammation* and/or *Gene Expression*

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This protocol is not intended to diagnose or to replace professional advice.

All techniques are soundly researched, in common practice and have been empirically tested for efficacy and safety.

You are responsible for your journey to health and wellbeing. Bridget Finklaire is not liable or responsible for any negative reactions experienced during the use of this pathway and audio recordings.

The advice given here is offered free of charge, in the spirit of 'gift it forward'. **Please share far and wide with anyone who may benefit.**

Please read the entire document before listening to the three guided imagery/self-hypnosis audio recordings that accompany this protocol.

Who is Bridget Finklaire?

Hello, I'm Bridget Finklaire, author and spiritual teacher. My debut novel, *Red Dress*, was published by John Hunt Publishing in 2021. The protagonist, Katy, is stressed out, burning out and dissatisfied with her successful life. The entertaining book plots her journey to wellbeing within the structure of a light-hearted, witty narrative. Everything that Katy does is authentic, and the reader can follow in her footsteps.

I'm also a professional psychotherapist, hypnotherapist and healer. I worked in London, UK, for fifteen years, including three years in Harley Street. I weave together different mental/emotional healing approaches, some drawn from mainstream psychotherapy and trauma protocols, others drawn from alternative and complementary systems. I specialised in complex trauma, healing from a challenging childhood, eating/food disorders and fertility issues.

I currently teach The Bone Circle©, a practical training programme that I designed and created in 2018. Addressing mind, body and spirit, past, present and future, I give you a string of integrated techniques and tools for powerful, positive change. I invite you to take a journey of self-discovery, self-realisation and self-awakening. I provide the roadmap for you to create a personal transformation. I show you how to live the life you love – one with joy, love, meaning and purpose.

Introduction to the CIRS (Chronic Inflammation) Psychological Pathway

This protocol must be used in conjunction with a physical/medical plan, from your doctor or other health care professional.

There are three equally contributing factors behind chronic physical illness. Almost all chronic illness features chronic inflammation.

- **Genetics.** Your genes, which you inherited from your parents, can create a predisposition to physical disease or illness. In the case of CIRS (chronic inflammatory response syndrome), a specific gene is triggered, usually by a parasite, bacteria, virus or toxin such as black mould, in conjunction with stress or psychological trauma. It's often the adrenalized internal environment, together with the outside trigger, that paves the way to CIRS. You may have other genetic factors that are contributing to your health challenge.
- **Environment.** We live in an increasingly toxic world. Black mould, tick bites and venomous snakes have been around for millennia. Still, over the past few decades, we can add to that a whole raft of chemicals and other toxins: We have GMO foods, glyphosate (a chemical sprayed on plants, particularly grains such as wheat), pesticides, plastics, artificial fragrances, artificial flavouring, chemical preservatives, fast-food, air pollution from industry, exhaust particulates, chemtrails, antibiotics and synthetic hormones in the water supply, as well as recreational drugs, which are passed into the water system.

Refined sugar and wheat (white flour) are overused in our modern diet. Both are highly inflammatory. Eating foods sweetened with sugar, and/or refined white flour (bread, pasta, cakes, biscuits) is like adding paraffin to a fire. It will just fan the flames of inflammation.

In addition, we're bombarded by electromagnetic waves that are not in resonance with the human body: 4G, 5G, wi-fi, satellites, GPS.

Add to that the work ethic of the Western World, and you have a recipe for stress, burn-out and exhaustion. "Success" often comes at a terrible price!

Whilst these factors may not cause CIRS, they can make recovery more challenging. Someone with CIRS will be more sensitive to the environment. Reducing, minimizing or eliminating these toxins at home and at work, and cleaning up your diet, will help support your recovery.

- **Consciousness.** Consciousness is 'awareness' and encompasses the mind, the psyche, the subconscious, our thoughts, feelings, beliefs, underlying assumptions and definitions, and our habits and lifestyle choices. Everything is a choice, but most of the choices we make are subconscious (or unconscious). In other words, we are not aware of what's driving those choices.

The work of Dr Bruce Lipton is focused on the ground-breaking discovery of **epigenetics** and the role it plays in our wellbeing. Dr Lipton tells us we are not our genes. Our genes are not as fixed as we thought and do not determine our health:

"We are not victims of our genes, but masters of our fates, able to create lives overflowing with peace, happiness and love."

Bruce Lipton, PhD

Epigenetics means "above the genes". Epigenetics is the study of changes in organisms (including human beings) caused by modification of the gene expression rather than alteration of the genetic code itself. It's the study of how your environment, behaviours, lifestyle and mindset can cause changes that affect your genes.

Consciousness as a tool for healing

Consciousness is a powerful tool for change and healing. *Chronic illness has a psychological component as well as a physical one, and that's where consciousness comes in.* There is a clear and powerful link between the mind and the body. If you think of something you're afraid of, you'll feel butterflies. If you think of someone you love, you'll feel warm. If you think of something stimulating, you'll feel aroused. Eastern yogis and Western masters such as Wim Hof can **change their blood pressure, change their heartbeat, and change how their bodies handle extreme cold, simply through the power of the mind!**

There are many reports of the **placebo effect** where people have healed completely after sham knee operations or from taking sugar pills which cured their cancer. You can research this further if you're interested. **The power of the mind** is behind all placebo effects.

When I used to resolve long-standing fertility issues, I worked only with the power of the mind to help women have the children for which they longed.

Think about it. What if you were constantly in a state of anxiety? What would happen to those butterflies? How might that affect your gut, your digestive system? When you're anxious, worried, concerned, overwhelmed, angry, frustrated, annoyed, or enraged, you're triggering your fight or flight response. When the sympathetic nervous system is activated, you create an acute stress response. That response was originally intended to keep you safe in the face of real threat or danger, such as a wild animal attacking you on your way home to your cave. In the modern world, all sorts of threats are often *perceived*. Your subconscious mind, which triggers the fight or flight response, doesn't know the difference between something real and something vividly imagined. If you're walking through the forest at night, and you imagine a wild animal attacking you, your body will still respond as if the attack was real. In addition, your subconscious doesn't know the difference between a genuine threat to your wellbeing and a *perceived* one. Your body *sees* being late for an important event, poor performance, fear of failure, public speaking, lack of money, being rejected, missing a deadline – as a threat – just like that wild animal. And it responds in precisely the same way. This is how you become adrenalized, which places stress on the body.

Your subconscious mind

Your subconscious mind, which is '*below conscious awareness*', is infinitely more powerful than your conscious, thinking, rational mind. It's the powerhouse behind your life. What you see, what you're aware of consciously, is like the tip of the iceberg – just one-tenth that you see above the surface of the ocean. Nine-tenths, the great bulk, is below the surface. That's your subconscious. It runs your body, for example, your autonomic nervous system, circadian rhythms, and digestive system. It runs all the systems of your body to keep you alive. You don't have to think about breathing or making your heart beat. It's all done for you. In fact, the primary job of your subconscious mind is to keep you safe and alive.

In addition, you can think of it as a colossal mainframe computer or cloud storage. It holds and stores all the programs that run your life. Everything you've learned consciously, and can now do automatically, is held in the subconscious. You don't have to think about walking, brushing your teeth, riding a bike, stringing sentences together. Even driving a car becomes automatic with time and practice. Most of these **habits** (habitual, automatic programs or conditioning) are positive and self-serving. It's helpful to know how to walk, for example. The nature of these conditioned programs is that they run on automatic either until the day you die or until you **uninstall** them from the subconscious. This point is critical! Imagine if you were driving along and forgot how to drive?

That's all well and good so far. But what if you had a program, a habit, a conditioned response that *wasn't* useful? What if you smoke and want to stop, but can't? What if you overeat or don't want to eat? What if you faint every time you have to give a presentation at work? That's not so useful, and that's where working directly with the subconscious mind can be a potent tool for change.

What's this got to do with illness?

If your subconscious looks after your body, keeps you alive and runs a vast number of programs, then it follows that it has the ability to heal you or make you sick.

Your subconscious mind will have strange but logical reasons for doing what it does. Often, a seemingly unrelated reason lies behind the presenting issue. If the subconscious is like a mainframe computer, how and when does it get programmed? Most of our conditioning or programming happens in the first five years of life, reinforcing itself over the next few years. When you experience any type of trauma (physical, mental or emotional), your psyche and nervous system, is wide open. It's instantly imprinted and programmed with the circumstances of that trauma, no matter what age. Why? Because your subconscious mind wants to keep you safe, so it wants to avoid that trauma happening again. It needs to look out for it, like an early warning system.

Suppose you had a severe car accident on a busy highway, late at night, on a rainy evening. Perhaps you took a corner too fast. Maybe you didn't see someone dart across the road in front of you. Or did another car make an error, and you couldn't react quickly enough? Whatever happened, whatever the reasons, your subconscious says, *"Hey, that was dangerous! It could have killed me!"* So, it creates a programme. *Don't drive on a busy highway in the dark, especially when it's raining, and if you do, have your wits about you, be vigilant, and drive very cautiously.* It makes sense, doesn't it?

In a way, trauma, mistakes, and fight or flight response, not only keep us safe but also program us to *remain safe* into the future, *often by avoiding that set of circumstances again.*

But what if it wasn't a car accident? What if it was something psychological? What if you were bullied at work, lost a loved one, or had to handle some kind of extreme pressure? And what if it was something that happened when you were just a tiny child? Something you can't even remember?

The subconscious remembers, has that program stored, and runs it to keep you safe. You'll most likely feel it in your body, just like you feel anxiety or anger in the body.

The subconscious mind is like a bright nine-year-old, and some of its programs were 'invented' by you as a toddler! For this reason, there's a logic to what it does, but that logic doesn't always make sense to the adult, rational, conscious mind.

This pathway or recovery plan, is about ***becoming aware***. With the help of a trained therapist, it's about you processing some of the trauma, understanding why you got overwhelmed, tired, burned-out, stressed, or traumatised, then resolving and healing it with specialist trauma approaches.

Secondary Gains & Sabotage Patterns in the Subconscious Mind

It may seem crazy to the conscious, thinking mind, but a secondary gain is *an advantage* to having a problem or illness and is *why the subconscious might keep a person sick*. Secondary gains are often behind long-term, incurable health issues. Outside of awareness (in other words, the patient would have no idea it existed), the subconscious mind has a very valid reason for keeping them sick. The gain is always greater than the sickness, in the eyes of the subconscious.

1. **If you have had no let-up in your symptoms for several years, no matter what you've tried**, no matter who you've seen – you just don't get better – then it's likely there's a **secondary gain**. **If you get worse with each intervention, it's highly likely you have a secondary gain**. Advanced Regression Hypnotherapy is one of the best tools for uncovering a secondary gain. EMDR is another powerful therapy tool. Otherwise, working with a good psychologist or psychotherapist who specialises in trauma is another option!
2. **If you have some improvement, start to get better, but then get knocked back by extenuating circumstances**, then it's likely you have a **sabotage pattern**, which is a type of secondary gain. You might find a solution, see improvement, but then 'something happens'. Often the 'something' can appear to be outside of your control! The 'something' will knock you back to square one.

Secondary Gain explained:

A child who is being bullied, hates school. He (or she) develops an illness, perhaps a tummy ache or a fever. *It's important to note the condition is real, not imagined*. The child is allowed to stay at home with mum. Mum feels sorry for him, so she pampers him with treats and special time. Perhaps Mum is usually busy at work and hasn't much spare capacity for her child. Now the child has two valid reasons to be sick. 1) No school and 2) Quality pamper-time with Mum.

These are the secondary gains of being genuinely sick. In some circumstances, the child may *psychologically* and *unconsciously* create *genuine* illness to get the secondary gain.

Later in life, as an adult, the man has an authoritarian boss who bullies him at work. His subconscious remembers the programme from childhood (though he, himself, at a conscious level, is unaware of it). He develops an illness and can't find a solution.

Case studies of Sabotage Patterns:

Patient A

Patient A – let's call her Mary (not her real name), had been sick for several years. There was a clutch of symptoms that appeared to get progressively worse. Mary had tried many

approaches – specialist doctors, functional medicine, Chinese Medicine, complementary therapies. It was always the same: Mary would start to recover, only to be knocked back by something or someone. Perhaps there was a work deadline or a stressful event beyond her control. Sometimes it might be an argument, handling a challenging personality or a difficult situation. Everyday problems would create stress, and she'd be back to square one.

Mary was an artist and about to launch a prominent piece of work into the world. During hypnosis, there was a part of Mary, associated with her childhood, who *wanted her to be sick*. The reason? As a child, Mary had been emotionally bullied, humiliated, criticised and ridiculed by her father and older brother. Her child-part did not want Mary to be exposed to criticism and humiliation again. The child-part didn't feel she had the emotional strength to handle it, and so prevented Mary's recovery. If she recovered, Mary would be at risk of exposing herself to a wider audience, and the inevitable and genuine chance of unwarranted criticism and ridicule. Since art is subjective, there were bound to be people who would judge the piece harshly.

Once childhood traumas were exposed and processed, and further therapy was complete, Mary felt confident about launching her work. Furthermore, she realised that any criticism or ridicule was not personal. It was just another person's opinion. She made a full recovery.

Patient B

Patient B – let's call her Jane (not her real name), was a fit and healthy woman in her mid-30s. She was happily married and came from a stable and loving family. Jane had given up her successful career to have a family. She and her husband had been trying for several years but had not been able to have a child. At first, Jane miscarried early in the pregnancy but failed to fall pregnant again afterwards. Eventually, the couple went for IVF treatment. The tests indicated there was nothing physically wrong with either of them. There was no discernible reason why Jane couldn't get pregnant. After a failed IVF treatment, Jane sought therapy.

In hypnosis, Jane went back in her mind's eye to an early childhood event: one that she'd long forgotten. She and her sibling were taken to the park by her father. While they were playing on the swings and slides, a ferocious dog bounded up to them, barking, snarling, baring its teeth, and jumping up at them. The small Jane was terrified and screamed. Her father lifted her to safety and held her tight, fighting off the dog and protecting his other child. When the owner of the dog arrived, the father shouted, *"Your dog's out of control! It's dangerous and shouldn't be in the park! It's a threat to children! It's not safe!"*

The three-year-old Jane heard, *"It's dangerous. It's a threat to children. It's not safe!"*

When in shock or trauma, the psyche is wide open and imprinted with the event. Those words were logged in the subconscious and forgotten for over 30 years. In hypnosis, Jane said, *"I can't have children because it's not safe. The world is dangerous and threatening. Something could happen to them."*

Jane's subconscious mind was sabotaging her plans to have children because it believed it wasn't safe to bring a child into the world. Jane would be devastated if something were to happen to her child (which seemed inevitable). It's important to note that her adult, conscious, thinking mind had no such belief! As an adult, Jane *knew* it was safe to have children, and had wanted them for a long time, but her early and subconscious programming was stopping her.

Having seen and processed the traumatic event in the park, Jane fell pregnant naturally within a few weeks!

Three aspects of consciousness in relation to CIRS, Chronic Inflammation or a similar health challenge:

- **The first aspect and the first step**, is to discover and become aware of *what else* was happening in your life when CIRS was triggered. Not when it was diagnosed, not when the symptoms became apparent, but *when it was triggered*. What switched on that gene? Perhaps it was a physical trigger, *but what was happening psychologically to you around the same time?* Were you stressed? Had you lost a loved one? Moved to another area? Just had a baby? Got married or been through a divorce? Were you fired? Had you started a new job? Were you involved in an accident or other physically traumatic experience? These are just starting points for you to discover what happened.

Secondly, and relatedly, what's been happening psychologically and emotionally since you first had symptoms and what happened mentally/emotionally when you were diagnosed?

All of this can be processed with the help of a qualified and experienced therapist. EMDR (Eye Movement Desensitisation & Reprocessing) and EFT (Emotional Freedom Technique) are incredibly effective. NLP (Neuro-Linguistic Programming), TRE (Trauma Release Exercises) and some forms of clinical hypnosis can also help you process mental-emotional constructs, *uninstall* the program from the subconscious, and heal the nervous system. **Without healing the trauma, your body could easily recreate health challenges. Processing the trauma is crucial to your recovery, in conjunction with the physical intervention your doctor or healthcare professional prescribes.**

- **The second aspect** takes you deeper. There may be subconscious programs that have been running outside of your awareness since childhood, without your knowing. The only indication, is what shows up, how the world shows up, and the patterns you experience. For example, do you have a pattern where something knocks you back every time you start to recover? Or when you have a good day, it's immediately followed by a bad one? If so, your subconscious may be sabotaging your recovery. Be open to the possibility of a *secondary gain* or a *sabotage pattern*. Perhaps your subconscious doesn't want you to be well for a reason. There are as many reasons as there are people! Everyone is unique, and it's worth working with a reputable clinical hypnotherapist or

trauma psychologist who can help you uncover the past. **If you don't take the time to uncover any sabotage patterns now, you may find your progress is hampered.**

Even if you don't have a sabotage pattern, it's worth digging a bit deeper into your psychological circumstances. *For example:* What caused you to get so stressed and pressured? Why did you allow someone else to bully you? What made you react so badly to change? Why did you get overwhelmed?

Often, people find it hard to say no, find it tough to relax or take time out, find it difficult to prioritise or let others down, find it impossible to put their own needs first without feeling guilty. But why? Perhaps that's another area in which you can dig a bit deeper with the help of a qualified therapist? EMDR, clinical hypnotherapy, NLP and Strategic Counselling, are great tools for this type of change.

- **The third aspect** is to work with **epigenetics**. Although the physical trigger and gene expression are real, the subconscious mind plays a powerful role in epigenetics. Along with physical intervention, what changes can you make to help 'switch off' the gene? What can you do to help reverse CIRS, simply through the power of your mind?

You could consider **environment/lifestyle** choices. Could you *make a decision and choice* to do something different? You can start simple, with just one thing, then add another, or you can take on more. The decision is yours. For example, you might choose to eat more healthily, drink more water, cut down on stimulants, sleep well, rest, relax, get into nature, do what brings you joy, end a toxic relationship, look for a more fulfilling job. Maybe you follow a spiritual practice, say no to people and projects, engage with like-minded friends, start an enjoyable exercise regime or turn off your phone and wi-fi at night. You choose what's right for you! One or two from the list? All of the above? Something else that works for you? It might take practice. You may need support. **Making the decision is the first step. Taking one small action is the second. You don't have to do it all at once. One step at a time.**

You can consider **mental/emotional** choices. Everyone is different. Some may benefit from slowing down, while others might benefit from doing more! Perhaps you learn relaxation techniques, meditation, tai chi or yoga? Maybe you master how to put proper boundaries in place (what's okay and what's not okay)? Perhaps you learn to put your own needs first, to care for yourself, to be true to yourself, to take time out. Or maybe it's *the opposite* – choosing to be more pro-active, more involved, to think of others. Only you will know! The possibilities are yours to discover. Think of it as a journey.

Another way to reprogram your subconscious is to *change the story* you tell yourself and others. Change what you do, how you do it, when you do it, why you do it. If you constantly tell yourself and others, "I'm not well", then you're continually sending that message to your subconscious and perpetuating the illness. What if you said, "I'm so pleased I have a diagnosis. I've turned a corner, and now I'm getting better!" Different message, different outcome. Another example is to not 'own' the problem. "My curly hair" is owning your hair, a genetic trait that perhaps you love. You're affirming it's

yours, and you want to keep it! "My brand-new Ferrari". But what if it's something you don't like? Would you ever say "my Sexually Transmitted Disease"? Unlikely.

Do you want to own your health challenge, to verify that it's 'yours'? Catch yourself saying "my CIRS" or "my chronic fatigue". No. It's not yours! Instead, say "the CIRS" or "I've been diagnosed with CIRS" or "I'm recovering from CIRS." Words have meaning, and your subconscious mind takes up the meaning and creates from there. Don't try to *fool* your own subconscious: If you're not well and you tell yourself you're absolutely fine, your subconscious will simply think "*who's she kidding?*" The trick is to be positive and realistic. "*I'm getting better!*" might be more accurate.

Small choices and changes can help shift your gene expression. Try tweaking your thoughts, feelings, beliefs and behaviours, for example:

If I tell you, "*don't think of a woolly sheep and don't put it in a field*", you'll most likely find you did precisely that, before dismissing it! The subconscious mind doesn't understand negatives: This is a valuable insight in and of itself. It's more empowering to say to someone "be careful with that hot drink" or "watch that step" rather than "don't trip over that step" or "don't spill that drink". Do the same for yourself. Choose vibrancy and vitality rather than "not being sick."

To quote Richard Bandler (NLP founder), "*Try using your mind for a change!*"

Once you've taken the steps suggested above, and followed the outline plan below, then you can '**reprogram' the subconscious mind** by working with self-hypnosis, guided imagery and deep relaxation techniques to **switch off the gene! *I have designed, created and recorded three such tracks especially for you.***

Guided Imagery, Deep Relaxation and Self-Hypnosis

I have recorded three guided imagery techniques that will help you to reverse CIRS (or similar conditions), switch off the gene, and reset your immune system as well as your sympathetic nervous system (fight or flight response).

IMPORTANT WARNING: Do not listen to these recordings whilst driving or operating machinery.

Take time out to listen to my recordings as often as you like. You may only need to listen once, or you may feel inclined to work with them regularly until you no longer need them. The more you repeat, the stronger the suggestions become.

Find somewhere comfortable, where you won't be disturbed. It's better to sit or recline slightly. If you lie down, you may fall asleep. You'll still get some benefit as the subconscious mind will take the instructions on board, but it's more powerful if you're somewhat aware. You should be deeply relaxed and comfortable as you listen and enjoy each recording. Have fun with it! **I suggest you listen to each one in a different session.** I recommend listening to

all three on separate occasions, as each addresses a distinct facet. You might prefer one over another, in which case, use that one again!

The subconscious mind likes to work with pictures, imagery, story, narrative, metaphor and patterns. It wants to keep things simple. **That's why the recordings are structured the way they are!** It's also why I ask you to only listen to one recording at a time. Save the next one for tomorrow or another day!

All you have to do is relax, switch off to the outside world, use earphones if you can, and follow my voice. You can do that, can't you? You can follow simple instructions, like "allow your eyes to close?" Of course, you can! And if you can do that, you can heal CIRS (or similar issues) and switch off the relevant gene! Your subconscious will know which gene, so there's no need for you to research it! So, make that choice right now to heal, switch off the gene, and be well! **And if that fills you with doubt, anger or fear?** *Well, maybe there's more digging, healing and resolving to do first!*

When you're comfortable and confident with the idea of being well, listen to my recordings in the order below. Some doctors might approach your physical symptoms in a different order and combination, but the psychological protocol needs to follow the sequence below. The recordings are gentle and positive.

The recordings are as follows:

1. **War & Peace for Healing** – let your subconscious mind know that all is well in the body. You're safe. It's a time of peace and celebration, a time of peace and plenty. Your parasympathetic system can kick in now!
2. **Switch Off & Reset**– reprogram your subconscious mind to reset. Harness the power of the subconscious to work with epigenetics and switch off the gene that caused your health challenge.
3. **Cool it Down** – Imagery and metaphor to help you reduce inflammation. After all, you no longer need it! You're sending a message to your subconscious to reprogram itself.

Outline/Overview of the Programme

1. Get a proper diagnosis from a doctor or healthcare professional, before embarking on this programme. Don't go by guesswork!
2. If you have CIRS or something CIRS-related or similar, work with your functional medicine practitioner and/or integrative medicine doctor and/or your complementary healthcare professional. **Supervised diet, supplementation and detox protocols are essential.**
3. Try to determine what triggered CIRS in the first place. While you discover the physical toxin or trigger, cast your mind back and recall what was happening in your life around

the same time. Work with a therapist, if guided, to clear any incidents that may have been a contributing factor. It's helpful to work with modern techniques such as EMDR, EFT, NLP, Psych-K (or the similar QEH – Quantum Energy Healing) and Advanced Hypnotherapy (which includes childhood regression and parts therapy). There is a free online therapy called a "*click-track*", which you can work with on your own if you feel confident or lack the financial resources for professional help. Visit www.pstec.org for a free download. The protocol is safe and effective.

4. When you begin to detox or reduce inflammation, you may feel physical symptoms such as tiredness or headaches. Allow yourself to rest and relax, eat healthily and drink plenty of water, knowing it's just a phase and is part of the healing process. You're not going to feel like that for long! If you feel worried about your symptoms, work with a therapist to allay your fears. Relaxing into it, accepting what is, and going with the flow will make the process easier.
5. It's likely that during the detox and healing process, you'll also have some *emotional symptoms*, such as irritability, frustration, anger, sadness, depression, anxiety, fear, doubt or the opposite – elation! **These are signs of a psychological component to your diagnosis, so take note of what's coming up, so you can tell your therapist.**
6. Work with a reputable therapist to process and clear these psychological components. Sometimes, as the body releases physical toxins and/or reduces inflammation, old memories can flood back. This is an opportunity to observe, process, heal and let them go. You may need some guidance from a professional, or you may be able to do this for yourself simply by observing and asking yourself catalytic questions. "*Is that thought or belief true? How do I know it's absolutely true? Who would I be without this thought? How would life be if I didn't think that way or if the problem magically disappeared? What could be a more empowering thought to have?*" If old traumatic experiences are coming up, you may need to work with a trauma specialist (or at the very least, the free *click track*).
7. If stress, pressure, or overwhelm are part of the picture, it's worth taking a deeper look at why you put yourself under so much pressure in the first place. Initially, it might seem that someone else, circumstances, or the outside world put you under pressure. On closer inspection, could it be that you allowed it to happen? If so, what made you do that? What drove you? Could you have said no, walked away, asked for help? If so, what stopped you? *These cases are best uncovered with a professional therapist or psychologist who can work with the psyche and with EMDR or another processing protocol.*
8. As you are clearing the physical toxins, pathogens or infections, emotional components will come up to be resolved. But you also need to get the inflammation down. *Some doctors start the healing process with clearing up inflammation, and they will prescribe a regime for you.* During this time, resolve any psychological, mental and emotional factors that come up, perhaps with the help of a therapist. Once you feel clear, you could begin working with my specially targeted and unique guided imagery/deep relaxation/self-hypnosis recordings. I have designed them specifically to reverse CIRS,

chronic inflammation and similar health challenges. **Be sure that you're confident and comfortable with the idea of being well! If not, there may be more psychological work to do first. It's important to clear psychological trauma before you begin the recordings, so that the subconscious mind takes the positive suggestions on board.**

9. Finally, visualisation is a powerful tool when used with intention and choice. When you '*visualise*,' you're, in fact, using *all your senses*. Close your eyes, breathe slowly and deeply for three or four breaths, then with eyes still closed, return to normal, relaxed breathing. Centre yourself, still your mind. Now imagine what it would be like to be well. How would it look? Where would you be? What would you be doing? Would you be alone or with others? How would it feel, internally? What sounds would you hear? What would you feel externally? The wind in your hair, the sun on your face, sand between your toes, or just the feeling of confidence, vitality, juiciness? Is there a taste? Is there a smell or fragrance? Spend a few minutes building up the picture, *then, in your mind's eye, step into it as if it's happening right now*. Feel all those feelings, see all those things, hear those sounds – as if you're there. Now, from this space, choose and intend your vision. It's powerful to say it out loud "*I choose and intend this vision. I choose to be healthy and well in every way, and I instruct my subconscious mind to create it.*" This often opens a pathway towards health and wellbeing. I walk you through this process in my third recording "*Cool it Down*"
10. Congratulations! You've reprogrammed your subconscious mind! Use any of the above steps as often as you need, and expect the best.

Wishing you every success with your journey to wellbeing! With Blessings,

Bridget Finklaire