

LIRA KAY



Release 20 Pounds
of Pain

Practical Tools to Quit Addictions and

Release 20 Pounds of Pain Process

Practical Tool to Address Your Past

Emotional Wounds and Traumas

and Release Emotional

Pain and Triggers

Lira Kay

SELF ACCEPTANCE

Can you accept yourself with or without your work?

Can you accept yourself with or without your relationships?

Can you accept yourself with or without your beauty and your age?

Can you accept yourself with or without your achievements?

Can you accept yourself with or without your failures?

Let's begin with failures.

Releasing any attachments, including attachment to your pain, can liberate you beyond measure.

Right now, probably, just like everybody you know, when answering the question *who are you*, you begin with stating your profession and occupation, moving on to your relationship status, revealing proudly or with embarrassment your age, commenting on your appearance. In a further conversation you'd like to be noticed and, perhaps, even envied, for your great achievements. And then, you drop the bomb. I am the one who lived through the trauma of my life! This and that happened to me, this and that had changed me, made me who I am. You finish with

triumphal exclamation: and with all that, I'm still alive and standing. Maybe not that happy or successful, or peaceful but standing. Eat *that!*

You eat *that* every time it floats to the surface. When work is done, when your kids or spouse or lovers are busy with their own stuff, when doubt about your success creeps up, when you feel like a fraud, because the little voice in your head tells you, you aren't good enough to match your status quo. Your story, your sufferings is the only sure thing you can hang on to. It is real. You see it in every line and crinkle on your face, that salt and pepper throughout your hair, in your smile stiffened with fear, the aftertaste of any survival. You feel wounded, disabled, profoundly affected. It's bad and it's kinda good.

Now, try to give up on that!

I know exactly how hard it is, to give up on feeling wounded.

Doing therapy and self-development work for years I had not felt the urge to let go. Only when I turned to my spirit I heard the invitation clearly. Give up. Your history does not define you.

I remember this one oracle card, which is coincidentally numbered 'one' in my deck, that kept showing up, The Bone Collector. A picture of an old wise lady, a medicine woman, in front of what seems to be a pile of white bones. "Don't be a victim", she says.

I was puzzled. I screamed out, I know I'm not! Yet, she haunted me. Yet, her words echoed, "Lay your wounds to rest".

What does it mean? As a spiritual counselor, I invite my clients, to listen to the messages from their spirit and take them literary. So, I decided to give it a try. I began living without my history.

I treated it as an experiment at first. I told myself, it's just for today. Let's see what happens.

What happened? Well, I caught myself again and again, feeling frustrated with myself. Everything I did was from the place I built up for years. I was a survivor. I went through my share of pain, I came out strong. I, just like you, was proud of myself for doing so. I spoke like a veteran, a wounded soldier not afraid to show off my scars. I preached with conviction, I know what I'm talking about, I lived through it. I aged prematurely into what, I thought, was a wise elder.

The discipline had got me through. My willpower and faith.

On so many occasions, really, always and every time, my spirit had been right. I had to listen.

So I shut my eyes and didn't say a word before checking with myself: who is speaking, a hero of my journey, the wounded child, a scared soldier, my shadow, or is it my pure spirit.

Here was the power. Here I felt it!

Gosh, if I had known! Without my history, my bleeding wounds, my limp, my tragedy, I am so light! I am light! I see better. I hear better. I work better. I love unconditionally. I am already grateful. I am already

fulfilled. And there are no failures except the ones I want to have.

Why would I want to fail occasionally? Just for fun.

I will tell you about befriending your ego in one of the upcoming chapters, but you may already know from your own experience, without failures we don't seem real to ourselves.

There might be a time, however, when you won't even need any proof, any evidence in a form of the drama of your everyday life, to appear so human. You won't need to fail at all. You would have trained your ego to believe you are alive, even though you are spotless, shining soul, light as a feather and bright as a sun.

The Bone Collector was right. The number one step before entering the spiritual realms of who you are, your purpose and your path, is to let go. Letting go is what you want to do to be truly alive. It's time for you to stand strong, and smile openly, fearless, and ready to serve, unrestricted, in power and with the power of your spirit here and now!

Are you ready to be healed completely?

Before you jump into the process, I want to walk you through this short visualization.

Right now, look at yourself, in a mirror, or just by touching and observing your body. Those lines on your face, those pounds on your hips, that belly, that back, are all consequence of your story. You had been storing your pain.

Imagine how now you are bravely just looking at that pain. No hiding, no avoiding. Just looking.

You can do what the women on my weight release workshops do, feel it in your hands. Like you are digging into your flesh, and taking it out of you. For everyone to see. For yourself to acknowledge.

On the palm of your hand, you are holding that precious pain. You can put it on the table. You can look at it. You can speak to it. You can whisper the words of compassion and love.

You can accept you have the pain.

You are not afraid.

You will not avoid.

You can trust yourself.

You can transcend your pain into the thin air. You can pour the divine light onto it. Wash it away. Burn it. Release it. Forever it will be gone.

With respect, you can let it go.

You can let it go.

I am praying for you now. I feel the divine presence as I write these words. I know with all my heart, you can do this.

You can release.

You will heal.

You are loved!

I am letting the tears of joy run down my cheeks. For you, for you, the spirit wants liberation. For you, for you, my dear friend is this prayer.

Your pain had served you. And now is the time to let it go.

You *get* to let go. I am celebrating with you. I am proud of you. I love you.

Thank you for being so brave.

MY PERSONAL HEALING JOURNEY

I totally understand, that for now, you might feel like you don't deserve to experience change, release your pain, be free. I get it. I had been there myself.

After losing my first husband to suicide, I did not believe I deserve to be free of guilt, grief or pain. I hid my anger and sadness, my despair and loss of faith behind the mask of a survivor. I thought I had to be strong. I didn't realize, all of us, even me, deserve mercy.

I had to give up on the idea that being strong means never be vulnerable.

I guarded my confidence at all cost. I paid for my confidence by denying myself to be present with my feelings, with everything that awakes any feelings, things, like love, inspiration, excitement, joy and ease of life, gratitude for what I have.

Confidence replaced all of those feelings for me.

I treasured the most the peaceful and quiet mind. I suppressed any pain. I avoided any life situations where I could potentially be hurt. I denied my feelings. I blocked the access to any memories that would

make me feel what I had been through.

On the outside, I presented a well-established shell of a body. On the inside, I was terrified of myself. I spend years pretending to be cool, to have it all together, secretly waiting for my pain to burst out.

I thought I would be ugly in pain. I could not be beautiful. I did not deserve any attention. Any time. Any love. Nothing at all. Nothing for me.

It is hard to admit now how fake my life really had been.

How scarce I felt about happiness. How I settled for peace and quiet instead.

I, of course, just like you, could only find that peace and quiet through numbing myself.

I was reaching for anything to take me away from my pain.

Very hard I tried to convince myself I am doing alright. I avoided looking in the mirror, as my eyes would reveal the sadness and despair. I blamed my hormones for the mood swings, for the outbursts of anger and impatience. I felt constantly disappointed. Nothing was right. That was, of course, the only reflection I could project into an outer world. I lived with that fundamental feeling of 'not being good enough'. Everything I did, everybody I met never stood a chance. My whole vision was clouded.

My repressed feelings about who I am, how I feel, felt like a burden I was chained to. A heavy and a miserable load I was carrying everywhere I went.

Looking back, I must have been a true 'hero' to be so miserable and yet carry on with my life. Sad, really.

I am so grateful to my second husband and my daughters to prompt me to make a change, except that there might be hope for me. Allow me to heal and take time to let go of my pain.

No one judged me for not having healed over all of those years. I was so afraid of being criticized for being fake, for pretending to be so happy and strong, but the truth was, the people who knew me and my story, only sympathized. More than that, most of them admitted, they are living the same lie.

It is hard to let go.

I would never judge anyone for being afraid to heal. I know what it's like.

My tipping point was the beginning of my self-love practice.

I searched and researched any possible ways my healing can take place. I, of course, just like you, imagined that my case must be so different. It would work for them, but not for me.

What saved me was my natural curiosity about healing methods. I am a

born healer, you see. I had been doing the work I am doing now as a healer and a teacher from my late teens. I never stopped sharpening my skills. I loved learning. And I was willing to experiment.

It took me almost ten years to confront myself and my pain. I was okay with spending day after day, and week after week, month after month to trying out every tool and technique I could lay my hands on. I had nothing to lose and everything to gain.

My husband and my daughters showed very clearly, they want the real me. They were waiting. And I couldn't wait to reveal my true healed self to them.

First I decided to heal completely. No more years in the therapist office or endlessly working on myself through hundreds of programs.

I had to put the date on my healing.

I scheduled it on my calendar.

This technique I use very successfully with my clients, who are used to dragging things along, never hoping to arrive.

Very familiar with the therapy method, as I trained to be a psychotherapist in my twenties, I refused to accept therapy straight after the tragedy. Again and again, I heard people persuading me to do it. They didn't know what I knew very clearly, I wasn't ready. I wasn't ready to stop hurting.

This time I decided to heal whatever it takes.

I committed to therapy for 6 months.

I showed up for my appointments for five months every week. I put my whole heart into it. I cried and cried even before I entered the therapist office, in the car, in the elevator, in the waiting room. I expected to feel better at some point. But instead, I saw myself getting deeper and deeper wound up with the emotions of the past, with the intellectualization and analysis of what, when and why.

Who cares!

None of the therapy talks would allow me to be free.

Ironically, I had a lot to say, sitting on that couch, but never really talking about the real stuff. I never felt prompted to go deeper, because I was not offered a clear way out.

So I took matters into my own hands.

I was already a practicing coach. I was very creative and dedicated coach and a healer, with great skills, not afraid to use cutting edge tools, invent my own if I had to. Like I said, I had plenty of time and nothing to lose if I failed.

Not to give in to my natural resistance to feel, I hired an accountability coach, who was experienced in grief and loss work. With her gentle guidance, and especially, listening to other people's healing stories, I

gained confidence, I am on the right track. I just need to keep at it. Not be afraid to go deep.

After finishing my work with the coach, I continued to do what I had to do. I diligently worked through the hundreds of the emotional pain release tools until I found my own special process. That process, I knew, I could rely on every and any time something would come up.

I changed. I became real. I healed. I admired myself for the work I had done.

I was free.

What else happened? Everything!

The biggest change is living without a fear.

When I released my pain, I got excited about how it affected me, so I continued to use my process for every single little pain I ever had. I noticed I don't need to numb myself anymore.

To feel my feelings was safe. To be me was safe.

Nothing was in danger of bursting out.

For the first time, I experienced the feeling of being in control of my emotions, being actually focused and have a clarity that even other people would notice.

My voice was clear. My confidence was real. I owned myself.

People started describing me as the most authentic person they have ever met. And wasn't that amazing, after years of feeling like a fraud.

I allowed myself to be vulnerable without losing my faith. In fact, I have so much faith, I inspire thousands of people to love and heal themselves.

There's no going back.

You, too, once you experienced the highs of being yourself, will not give it up!

Once you know you are free, you will stay free. Nobody can take it away from you.

Releasing pain allows you to be present with yourself. You don't need to run away. Your feelings will not destroy you. You won't have to reach for the substitute of peace and quiet. No more numbing.

Does it mean I don't eat, drink, work obsessively, or what else? Of course, not. But whatever I do, I do on my terms. I am not driven by my despair and hopelessness to be whole.

I am whole. My pain is allowed to be felt. It doesn't have to consume me. I know how to release it. I teach the process. I use the process.

As a side-effect, my life transformed on the practical level too. I am excited about my life, I enjoy my success. There's truly nothing I couldn't do. At least this is how I feel. And isn't that a wonderful inspiring feeling

to have.

I wish the same for you.

I am not any different from you. Remember, I thought, my pain must be so unique and incurable, and there I am boasting about my freedom. And what about hundreds of clients who had used this process and felt relieved.

The change is possible.

There are many ways to find yourself, to find your freedom, to be healed.

I know you had been searching just like I was for some years. I invite you to give yourself a chance. Commit to being healed completely. It's possible. Even for you.

I am with you with every step of the way. I salute you for your dedication and respect you for your courage.

THE PROCESS

Now we know that all we're being involved in right now is releasing and letting go. You may have some practical questions. Let's get those answers straight.

Can anyone just let go of their wounds?

Absolutely!

In the previous chapters, we talked about the *why*. *Why* would you want to do such a thing as to heal completely gives you the motivation to begin your special process of letting go?

First thing to know, it is a process. You need to do some work, make some effort.

Validating your feelings is only the beginning. What else is involved?

Forgiveness.

Reconciliation with your spirit and your soul, both playing a crucial part in how your life will unfold after you'd strip yourself down from the layers and layers of pain.

Finding the nature, the flavor of your gift and service. Recreating your persona, giving your ego a fresh start and a new face.

Acquiring skills to perform your duty, live your purpose.

Know how to be good, feel good.

Learn to ask for divine guidance and support to thrive as a human in human conditions.

Be happy.

In this book I walk you through the process I used for myself and many hundreds of people I worked with. I made this process structured, appealing to people who want to have a tool in hand and apply it to release whatever pain or personal wound they have any time they want to feel lighter and more spiritual. Spiritual, meaning, connected to their divine power and purpose.

So here it is.

7 Step Releasing Pain Process

1. Write down how many pounds you get to release.
2. See each pound as a specific pain or a wound you had. Name the pains and write them down as a list.
3. Release each pain in 7 steps.

Step One: Look at it. Write down an occasion you acquired this pain for the first time.

Step Two: Love it. Realize what it did for you, how it served you.

Step Three: Heal it. Forgive yourself for having it and prolonging it. Write down WHY you want to change now.

Step Four: Say goodbye to it. Release it with a ritual.

Step Five: Take account of how this pain or wound had been affecting you so far, what beliefs about yourself it had reinforced.

Step Six: Find the evidence that opposite is true.

Step Seven: Write down a positive affirmation stating the new truth about you and imprint this new belief into your mind.

4. Begin your healthy eating plan, exercise, or whatever else you choose as your means to shed the old skin and pounds, stop emotional eating,

or any other addictive, felling-numbing behavior, to bring the manifestation of your inner beauty to be seen in all its glory.

In Part II of this book, I will give you the examples, and walk you through the release process of many of the common emotional wounds.

What you need to know, that to do this process, you may want to help yourself with accountability.

Of course, looking and examining your pain isn't a pleasant experience. It's like pulling a tooth. Really. I get it. It's not natural. We have resistance. So get the support you need to follow this process through. You can check out my websites the resources I offer to get this help. At the end, I will give you the links you can click and get in touch with me and my team.

Another thing to know, before diving deep and releasing those pounds, you will need to re-evaluate your progress in the future.

Our mind is not complicated, as you now know, but our life might have been. We did have plenty of time to accumulate not just the pain, but the layers of it. So stripping down would take time. First time round, you'll reveal some. The next time round, you'll reveal more. So on. You can keep going.

Also, life happens. It doesn't matter how spiritually aware you are, if you believe that human experience makes your soul grow and expand,

you will have that human experience. That would include happy and not so happy events taking place. I invite you to become your own therapist. Don't rely on time to heal you, or somehow make you let go of your grieves. The statement 'time heals', just aren't true. You know it yourself. To most of our pains, we had been holding on to from our early childhood. No. Time did not heal any of them.

You have to make a conscious decision to heal.

Now you know your decision is all about accepting yourself to be completely healed. It is your responsibility to maintain a certain level of emotional hygiene. Which means, cleansing regularly. It is like brushing your teeth or eating healthy meals, every day, not once in a blue moon. Re-evaluating where you at emotionally, physically and spiritually is a practice. I will, of course, walk you through it as well.

HOW TO DO THE RELEASE PROCESS

The part II of this book has examples of working through the Process of Release. I picked the most common topics.

I write the “I” statements to help you to connect with the dilemmas, pains, and wounds I describe.

I use stories and situations that may be personal either to me or to somebody I have worked with. I want to assure you, that we can all more or less relate to those pains. It’s ok if the situation on the pages of this book sounds exactly like yours, and you feel that somehow I am sharing your story. I feel for you. I am not any different from you. I know how it feels. I also know and had seen with my own eyes so many transformed lives as a result of letting go. I have faith in you. You will heal.

So pick up your special journal and while you are reading through the Deep Dive examples, go through your own release. Use your own words to name your wound. Reawaken your own life events when you dig into your memories to find when it all started for you. Cry and morn over them. It’s ok. This is your process. Your healing.

When you use tapping scripts or visualizations, know, that it is ok to express how you feel and let go of the negative feelings you had been stor-

ing in your body. Even if it seems like you never felt so strongly about the topic, let yourself go there. Most of your negative feelings had been hiding. You had deliberately suppressed them not to live with pain. It is natural. It's ok, we all do that.

Feeling your feelings gives you the most needed opportunity to release your pain. Just talking or analyzing cannot be enough. You do need to actually feel the feelings and allow yourself to feel differently.

Tapping is a very safe way to embrace your emotions, your pain, and not be consumed by it.

Of course, if you feel that you are dealing with a serious trauma, go to a specialist, a therapist or an EFT (Tapping) practitioner.

With practice, you will be able to release any emotional pain very quickly. You won't need to journal or tap for very long. 5 minutes here and there, 1-minute visualization every other night would do it for you. But at the beginning, please, take yourself seriously, give yourself attention.

You deserve to get results. You can only get results if you take action.

So, do the process.

Don't skip on any steps.

Take time to work through your feelings.

Adjust the time you work on each topic to your needs.

Continue your pain release process and work through the many personal pains and wounds you had, whether it is 5, 20, hundred or more.

It's your life, your healing.

For now, just believe me, **YOU ARE IMPORTANT.**

You are worth it!

After the process, you will agree with me whole-heartedly. I know that.

So, I trust, you are making your list of pains right now. No need to read this book to the end before starting the process. Why wait? No time should be wasted when it comes to your liberation.

Identify how many pounds you want to release.

If for you it is not about the pounds but about any addictive, numbing behavior, you can write down what is it you do because your pain is too big to feel. How many drinks, how many cigarettes or joints, how many pills or what else, how many hours of exhausting work, how many decades of watching the mindless tv, how many wrong sexual partners, how many unfinished projects, how many fitness, dieting or self-improvement programs? What do you binge on when times get tough?

Now make a list of all the pains you are aware of. There will be some that will slip from the tip of your tongue, and many others, that you will resist to admit, even to yourself.

I know that partially you don't feel comfortable to admit all of the hurts

you have because you truly think, there's nothing you can do about it. I want to reassure you again. While you are thinking, your pain is just so horrible and unique, you are not alone. Somebody in this world had been where you are and had let go. You can do it too!

Be brave. Take a leap of faith. You know that your soul is waiting. You know your spirit is guiding you. You are not alone on your path and you also not alone in your celebration. Let us all celebrate you. Make the first step.

Make your list.

Begin your release process. Have a set of tissues. Get a bottle of water. Light a candle. Breathe. Have faith.

I am asking all of the light and love and blessing be with you now.

HOW TO DO TAPPING

You can use the whole upcoming chapters in Part II of the book as tapping scripts. I timed it, it will take you about 15 minutes to go through each chapter.

Please, look up videos on my website or on my U-Tube channel to learn how to tap.

There are many ways to do tapping, but the most points everybody agrees are very effective to tap on are:

Between your eyebrows

On your temples

Under your eyes

Under your nose

On your chin

On your heart

On the top of your head

Tap with your fingertips lightly on all of the points in the order described.

Begin your tapping session with tapping on your karate chop point with the statement” “Even though I feel... (Say how you feel, what is your pain) I entirely and unconditionally accept myself. I am ready to release

my pain now.”

You will tap on this point only once, then continue tapping on the rest of the points, going round and round until the session is over.

Say the sentences out loud. Let yourself feel the emotions that come up for you. Cry if you have to, laugh if you feel like it. Release. Release. Release.

You can add or use any other words, make your own statements about your feelings. Go as deep as you want. Give yourself plenty of time to work through your feelings. Use your own examples. Find evidence in your own life that you can feel and be different.

At the end of the tapping, session say, “With all that I am and with all that I feel I entirely and unconditionally forgive, accept and love myself.” Take a deep breath and let it go.

For better results, repeat the tapping sessions on a daily or weekly basis. You can tap for as long as for 30 minutes or an hour or 5 min. What matters is that you connect with your feelings and let them go.

It’s ok to tap and release for as long as you need to. Everybody has their own speed.

It’s ok to focus on one pain at the time, and give it a week or so and only then move onto the next on your list. Some people feel like the pain they have had made a serious impact and they want to spend a month or more just working through it. It’s ok. I had done that myself.

Each time you tap you can begin with the script you have in a book, or just freely express your feelings. With a little practice, you will notice you have a lot to say.

Ultimately, the more you tap the more release you can experience. Don't give up, you will see the results. Everybody does!

The best practice is to commit in advance to do tapping daily, for example, for 15 minutes for a period of four weeks. Choose your own timing, of course. You can start with 5 minutes daily for a week. Whatever you can do. When you made a decision to do tapping daily for your period of time, you won't have to decide and commit again. Normally that is how people slip, making decisions can be hard. Once you're committed, you just have to do it. The hard part is already done.

Set yourself a time to do it, schedule it in your calendar, set a reminder.

Have a safe place for yourself to do it. Make sure you are not interrupted or distracted. Obviously, keep away from any devices, don't check your phone or what else. Really! You deserve uninterrupted attention.

If you have a family around at all times, which is not uncommon if you have children, let them know you need your alone time. Ask your partner to help you out, or use any possible alone time you may have. Be creative. Myself, having five children, and many of my women clients, found a great place to do the daily tapping: in the car, after dropping off kids at school. We would stop at the quiet neighboring street, and tap away, then retouch our makeup if you're wearing any and get back

home, or the office, and get on with life.

Do what it takes! Your pain release will bring such amazing benefits to everybody who knows you, not only yourself. There is nothing wrong for claiming the time and space to do your special inner work. You deserve it.

Don't hesitate to ask for the help of a professional. At the end of this book, I will show you how to get in touch with me and my team and get the practical support you need.

Join our Healing Circle where I demonstrate how to do tapping and how to use The Release Process and answer your questions about healing your past.

[Request to join group here http://bit.ly/HealingCirclewithLira](http://bit.ly/HealingCirclewithLira)

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Next Chapter is all about releasing PROCRASTINATION, PEOPLE PLEASING, GUILT and SHAME...

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GET IN TOUCH

Over the years of working with my clients as a spiritual teacher, a healer, a life coach, and a business mentor I created a community of like minded people, the givers, the shakers of this world, transformational leaders and role models. If you want to join us go to www.schoolofinspiredlife.com and learn more.

Also here you will find life coaches and healers whom I trained and certified to do an excellent job with people who need more help and support to let go of their wounds and show up powerfully in the world living their purpose.

If you wish to be certified as a healer and a coach and create your own authentic program that changes lives go to the School Of Inspired Life website and apply for the admissions interview. Part of my work in the world is to support people in becoming phenomenal coaches and healers. We both know how much our help is needed.

I am looking forward to getting in touch with you soon.

ABOUT THE AUTHOR



Lira Kay is an international bestselling author, founder of School Of Inspired Life and mentorofcoaches.com, a contemporary professional training center for expert coaches and healers.

Lira has been assisting people to transform their lives for almost 30 years, through art-therapy based workshops, psychotherapy, practical seminars, transformative classes, art, international curatorial projects, coaching, speaking, and spiritual healing workshops.

After traveling the world, Lira settled in Walnut Creek, CA with her husband and their 5 daughters.

You can learn more about Lira's work at www.schoolofinspiredlife.com

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