

Goodbye, Hurt & Pain

7 Simple Steps for Health, Love, and Success

Deborah Sandella, PhD, RN

“Wonderful and profound. This book will touch you intimately and probably change your life.” —JACK CANFIELD, from the Foreword

PRAISE

“Dr. Deborah Sandella is changing the way we perceive our emotional selves. This book is uplifting and inspiring.”
—**Marci Shimoff**, #1 *New York Times* bestselling author, *Happy for No Reason*

“Deb Sandella provides a groundbreaking, magical, and credible approach to instantaneously shifting our feelings.”
—**Tama Kieves**, *USA Today* featured visionary career catalyst and bestselling author of *A Year Without Fear*

“Ground breaking and innovative.”
—**Dr. Shawne Duperon**, 6-Time EMMY Winner, Project: Forgive Founder

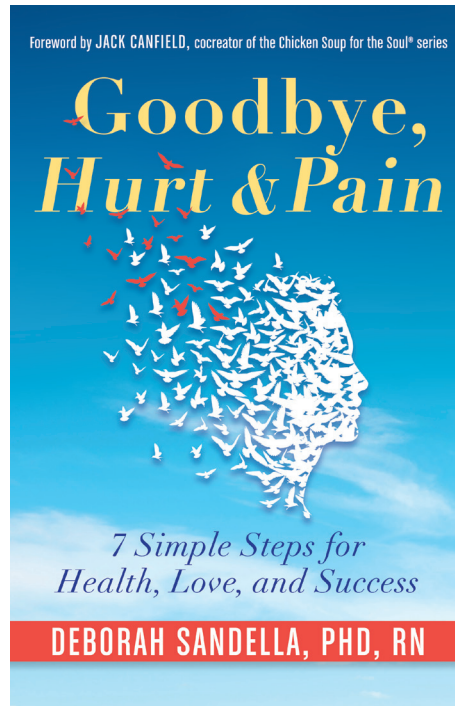
“Dr. Deborah Sandella offers life-changing steps to a better life. It’s a must-read!”
—**Sheri Fink**, Inspirational Speaker, author of *Five Days at Memorial*

“*Goodbye, Hurt & Pain* is a practical, down-to-earth method of realizing the immense potential that lies within everyone.”
—**Larry Dossey, MD**

“This book has the potential to change your life in amazing ways.” —**Ellen Rogin, CPA**, co-author of the *New York Times* bestseller *Picture Your Prosperity*

BOOK SYNOPSIS

In *Goodbye, Hurt & Pain*, Deborah Sandella, PhD, RN uses cutting-edge neuroscience research and her revolutionary Regenerating Images in Memory (RIM) technique to show how blocked feelings prevent us from getting what we want, and she introduces a process that bypasses logic and thinking to activate our own emotion “self-cleaning oven.” Through the use of imagination, color, and shape to visualize feelings and get straight to the root of long-standing problems, she teaches us to move destructive feelings such as fear, anger and hurt, out of the body, leaving us lighter, more energized and less burdened. Dr. Deb also provides seven organic ways of using your feelings to attract more love, better health, and greater success. The process is fast, fun, and as easy as 1-2-3.



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AUTHOR BIOGRAPHY

Deborah Sandella PhD, MS, RN has helped thousands of people over 40 years as an award-winning psychotherapist, university professor and originator of the revolutionary “Regeneration Images in Memory” (RIM®) Method. Deborah has been acknowledged with numerous professional awards, such as “Outstanding Clinical Specialist,” “Research Excellence,” and an “EVVY Best Personal Growth Book Award.” Research finds RIM decreases symptoms of stress-related illness and increases the quality of life. She frequently shares the stage with Chicken Soup for the Soul® coauthor Jack Canfield; they have coauthored the wildly successful Awakening Power home-study program for creating greater success. Photo credit: Doug Ellis



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Identifying and Addressing Feelings with Deborah Sandella, PhD, RN



You say you don't need to "talk about your feelings." Isn't this the way most people deal with feelings? How can this be?

Talking about our feelings has been the primary way of dealing with feelings in the past. However, neuroscience has revealed more recently that feelings are a body experience rather than a thinking process. In other words, the body speaks to us through the direct experience of senses, imagery and symbolism instead of Left Brain logical, verbal communication. Although talking about our feelings can connect us with others, it does not release intense emotion stuck in the body; thus, feelings linger out of sight and sabotage our success without us realizing it.

If we don't need to talk about our feelings, what do we do with them?

Feelings have a natural shelf life when we allow them to flow, much like the water in a river. Feelings occur spontaneously and have a natural momentum, which when allowed, gives us important self-direction before they expire. The problem occurs when we try to stop unpleasant feelings by ignoring, resisting and burying them. It's like creating a dam in the river, which causes these emotions we want gone to eddy in our bodies indefinitely. The secret is to create floodgates that allow the release of feelings in a safe way without the risk of flooding.

What does it mean when you say feelings have form?

Because feelings are invisible they seem overwhelming—they have no boundaries. Imagination however can translate feelings into form. When "anger" is sensed as a small, red ball of hot energy, the Left Brain becomes engaged in managing and measuring the "anger." Now the logical Left Brain and emotional Right Brain become partners to solve a problem. It works quite easily and quickly.

What's a simple thing we can do when we are stuck in a negative feeling?

I call it the "Pouring Feelings From the Pitcher" technique. Write on paper whatever comes into your mind so you are able

to fully express yourself without fear of hurting another or having them retaliate. Keep writing until you feel something inside you shift. Our feelings are not us, they are transient states passing through us. When we allow them to flow in a safe way, we gain clarity about an issue and our choices.



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What would you say is the most important thing we can teach our children about feelings?

Feelings are natural, spontaneous aspects of our inner radar. They aren't good or bad; rather, they are constant feedback from our inner emotional operating system. Receiving and recognizing our emotions is a great gift that helps us gain insight and a sense of wise direction even when our feelings are uncomfortable like anger and jealousy. Rather than assume they are true or false, it's most beneficial to perceive feelings as constant input. Some are accurate and some are distorted. Investigating what's true and what can be learned about ourselves results in wisdom and self-trust.

Teaching children how to identify their feelings without judging them will help them be emotionally healthy and self-motivated. Letting go of our criticism of undesirable feelings is important for our natural emotional operating system to function adequately. When parents try to guilt their child out of ugly feelings, they give the message that the child can't trust their inner radar. Feelings engage a process not a conclusion.

SUGGESTED INTERVIEW QUESTIONS

- How does daydreaming help us solve emotional issues?
- Why are feelings more important than we think?
- What could be good about anger?
- What's the trouble with empathy?
- What makes some memories stick in memory even after the causal event is resolved?
- How do we free ourselves of stuck negative feelings?
- What is the single biggest mistake parents make when trying to raise healthy children?
- What's the quickest way to stop feeling overwhelmed by uncomfortable emotions?
- You say in your book, we don't have to talk about our feelings. How can that be?
- How did your personal experience of bringing your dad back from the brink of death influence your understanding of emotion?
- How do we regenerate a painful event with a new happy ending?