

# Pain Relief 2



I will teach you to draw upon the energy of Nature itself, to relieve your pain. I know, sometimes the pain makes you feel so tired, so worn out. I will guide you to a special place. A meadow deep in the forest, filled with sunlight and flowers. So much life! So much energy! And you will be able to take this energy inside you... as much as you want... as much as you need... And as you do, all the pain will simply flow away... pushed away by the energy of the earth, the grass, the flowers. All the energy you could ever need, just a thought away!

Length: 22 minutes