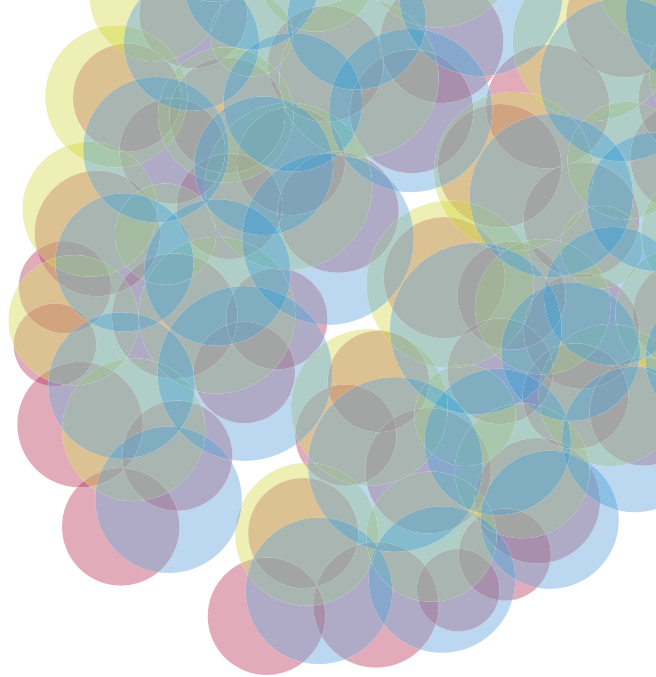


PossibleMind



# Your Body, Only Better

Discover, quickly and easily, how and why your mind can control pain and speed up healing.

**Mark Baker**

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Foreword by Tim Cridland

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YOUR BODY, ONLY BETTER  
Discover, quickly and easily, how and  
why your mind can control pain  
and speed up healing.  
By Mark Baker

Published by Mark Baker.

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# Thank you

I would like to express my appreciation to everyone who has contributed to my journey up to the point of writing this book, with you this book has become possible.

And to you, the reader, thank you for purchasing and reading this book. To show my appreciation, you can receive free bonus material by visiting [www.possiblemind.co.uk/???-????](http://www.possiblemind.co.uk/???-????)

# Acknowledgement

A big thank you to Lisa Batty and her red pen for checking and correcting spelling and grammar errors on my part - there were quite a few! I hope you will look back at this book as the first of many that you have proofread, I think it is your calling in life.

# Foreword by Tim Cridland

Pain control has been my profession for over 20 years and I am grateful to be asked to write this foreword. I present pain control as an unusual style of entertainment - in the context of my show, my act it is an entertaining and shocking exhibition that gives the same kind of thrill that attracts people to roller-coasters and scary movies. People who come to my show want to be entertained first and foremost, but there is a serious side to what I do. The book you now possess is for people who have an interest this aspect - the methodology of pain control - and it will guide you to some incredible information on using your own mind to control pain and improve health.

Over the years, I have been tested by Dr. Joshua Prager from the UCLA Pain Medicine Center. In one test, filmed for a Japanese TV network, I was put in an fMRI machine that scanned my brain while I was put in pain. The tests showed that although the part of my brain that feels pain was functioning normally, the part of the my brain that is associated with the suffering aspect of pain was dormant.

Dr. Prager would later say "... what Tim can do is he can accurately turn off the suffering by getting himself into a certain state. So that, even though we see that pain information is getting right to the place where you feel it, the whole experience of the suffering, hurting, gets turned off. So he doesn't hurt, so he can take as much pain as he wants."

What Dr. Prager is calling "suffering" is what I was calling "reacting". I have told people that I feel pain the same as anyone else, but that I can chose to react to it differently and that my internal reaction to pain actually changes the whole pain experience. The test with the fMRI showed what I had known intuitively for years.

For the most part, we have very little control of the outside world but everyone can control the way they react internally, and the way you react to the world can change the way the world reacts to you.

In the pages of this book are resources that can help you learn to control your internal state - the goal is to control pain, but that is just one of the uses of these techniques.

The world is bombarding us with stimuli constantly, painful and otherwise. If there is one thing to be learned it is that you have more control over yourself than you are aware of. It has been pointed out that the techniques of internal management that can be used for pain-control are a loophole in Behaviorism - the science that says we are nothing more than a product of external reward/punishment conditioning and internal genetics. Although these are strong factors in human behavior, the fact that we learn to reduce and override something seemingly as controlling as pain shows that we are more than machines made of flesh and blood; that we can actively control who we are.

Mark Baker is one of the few people I have met who is actively pursuing the many methods of mental pain control and self-healing. He is an engaging, sincere person and I have learned some things from him, as I am sure you will, reading this book.

Tim Cridland

[www.astoundingshow.com](http://www.astoundingshow.com)

# Introduction

Over many years I have developed an interest in the potential of the mind, reading many books, blogs and websites, as well as attending training courses and watching and learning all I can on the subject.

The information I found from these various sources are very interesting but spread wide and far. With this in mind, the type of book I would have liked at the beginning of my journey would have been an overview of the subject, sharing research, examples and techniques. This would have helped develop my understanding and belief in the mind's ability to assist with pain and recovery much sooner.

This book aims to be that book - a great way to introduce you to the subject of the mind and how it can help you gain control of pain and healing. By reading this book, I hope you develop a belief in the power of the mind and its ability to affect the body. By collating all the information into bite-size chunks, with 'learn more' links to other, more in-depth, books, this book has the potential to help you extend and

grow your knowledge on this subject very quickly.

When I see all the evidence, and the many ways that the mind has helped others with pain and healing, I cannot help but be inspired and wonder why it is not being utilised further, but that is for another day, or perhaps another book.

My journey into this subject started in the early 2000s, at a point when I was very low and considering suicide. I was in therapy for what turned out to be over 2 years. I would not blame anyone for me being in that situation as it was me that had made my choices, however young, leading up to that point. My therapist, Clive, suggested, that with my mindset, I read a book called 'You Can Heal Your Life' by Louise L Hay. This, along with a conversation with a deputy manager at work, was the turning point of my life. I had started to learn to take control of my life, instead of reacting to it. The reason I share this part of my story is that pain and illness can feel a lot like it controls our lives, when in fact we have a lot more control over our emotions, events and outcomes than we first think. For example, we can



choose to forgive, to change a perspective, a new daily routine, or a change to our diet, to name a few. We really do have more power than we think, but I believe you are on that journey already because you are reading this right now.

From Louise Hay's book, the journey took me to a knowledge-gaining stage learning all I could from all the sources I could find, including Dr David Hamilton, Jon Kabat Zinn, Shinzen Young, Joseph Murphy, Ernest Rossi, Norman Cousins, Dr Angel Escudero, Hratch Ogali and now, most importantly, the Buddha, who has much to say on the topic of overcoming pain and suffering.

My particular journey then directed me to qualify as a Hypnotherapist, choosing to specialise in Pain Management, Recovery and Performance, before completing several courses including Mindfulness, Basic Buddhism, and a very interesting course in a pain management technique called Noesitherapy.

I am now volunteering for The Samaritans, which has taught me so much about life, as well as running my website on the subject of mind power to help

with Pain Management, Recovery and Performance.  
The website led me to write this book, which I hope  
you like and find as helpful for your own journey.

Metta,

Mark

[www.possiblemind.co.uk](http://www.possiblemind.co.uk)

# Chapter one

50 Reasons why you can control  
pain with your mind.

# No More Morphine

During WW2, Henry Beecher ran out of Morphine whilst treating US soldiers injured in battle. He continued injecting with just saline: 40% of the soldiers reported pain relief from the placebo.<sup>[1]</sup>

learn more: <http://amzn.to/10yu2j3>

Reason **one**

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# Operation No Pain

During the latter part of the last century, Master Hypnotist and Surgeon Jack Gibson carried out many operations using hypnosis as the only painkiller.<sup>[2]</sup>

*"People today can still have operations with hypnosis as their only painkiller."*

Reason **two**

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# Cancer Pain

Milton Erickson once helped a Cancer patient in excruciating pain to eliminate the sensation, by getting her to hallucinate a lion coming towards her.<sup>[3]</sup>

Reason **three**

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# Chapter

## two

50 Techniques to help you control  
pain with your mind.

# The Muscle Technique

Starting from your head, working down to your feet, tense each and every muscle for a couple of seconds and then release them.<sup>[1]</sup>

learn more: <http://amzn.to/ZKLS1q>

Technique **one**

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# The Control Centre

Picture yourself shrinking down into your body and going to your brain where you see a control centre with many dials and sliders. Find the dial or slider which is connected to your pain and discomfort. Before resetting the pain, note which number it is set to, one being the lowest and ten the highest. Now adjust the setting up one notch and notice the difference in sensation in your body, then start turning the setting down as far as you feel it can go.<sup>[2]</sup>

learn more: <http://amzn.to/1whmOtB>

Technique **two**

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# Massage

A massage releases endorphins, our happy chemical, and helps lower pain. If you cannot have a massage, a self massage or hug while rubbing the side of your arms can help.<sup>[3]</sup>

Technique **three**

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# Chapter three

50 Examples of people healing their  
body with their mind.

# Knee Operation

A 2002 study looked at knee surgery and its effectiveness. The study had 3 groups:

- 1 Had the operation to remove damaged cartilage.
- 2 Had their knee joint cleaned.
- 3 Had fake surgery - knee cut open nothing done then sewed back up.

All 3 groups had the same aftercare and, more importantly, recovered and improved in their mobility to equal levels.<sup>[1]</sup>

*"This shows to me that the mind can heal the body with belief."*

Example **one**

## Wart-Ever You Think

Under hypnosis, 14 people covered in warts were told that one side of their body would be free of warts. A couple of weeks later almost all the warts had gone on that side of the patient's body.<sup>[2]</sup>

learn more: <http://amzn.to/1s9r0x7>

*"This makes me wonder what else in and on the human body can be controlled by the human mind."*

Example **two**

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## Ice Water

Alberto Villoldo from San Francisco State College asked people to place one arm in ice water. He found that the group which had practiced meditation and self healing visualisations could deal with the pain better and, even more interestingly, two-thirds of this group could, after a precautionary post-study blood test, stop their bleeding by thought alone.<sup>[3]</sup>

*"In my opinion, meditation and visualisation can take our brain and body to next level."*

Example  
three

# Chapter

# four

50 Techniques to help the body  
recover using the mind.

# Imagine the Growth Melting

Picture your growth or tumor just melting away. You could visualise a mini you shrinking down, going into your body, and melting it with a blow torch, or you could instruct your body to heat it up and melt it away.<sup>[1]</sup>

learn more: <http://amzn.to/13KZM5q>

Technique **one**

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## Weaving the Marrow

For broken bones, close your eyes and breathe out 3 times. Imagine the two ends of the bones touching and the marrow flowing from one part into the other. As the marrow flows back and forth between the two parts, become aware of how each part of the bone is getting closer and closer together. See the two ends knitting together, getting stronger and stronger as this marrow knits together.<sup>[2]</sup>

learn more: <http://amzn.to/13WBWnR>

*"This is clearly instructing your body with what you would like it to do."*

Technique **two**

Your Body, Only Better

## Helter-Skelter

Imagine yourself shrinking right down and entering your body somewhere in your head. Then slide yourself down a fun, swirly helter-skelter to the part of the body you would like to work on. When you arrive find a comfortable place to sit and instruct the cells of this area of the body to do exactly what you would like them to do.<sup>[3]</sup>

learn more: <http://amzn.to/1Ael5rP>

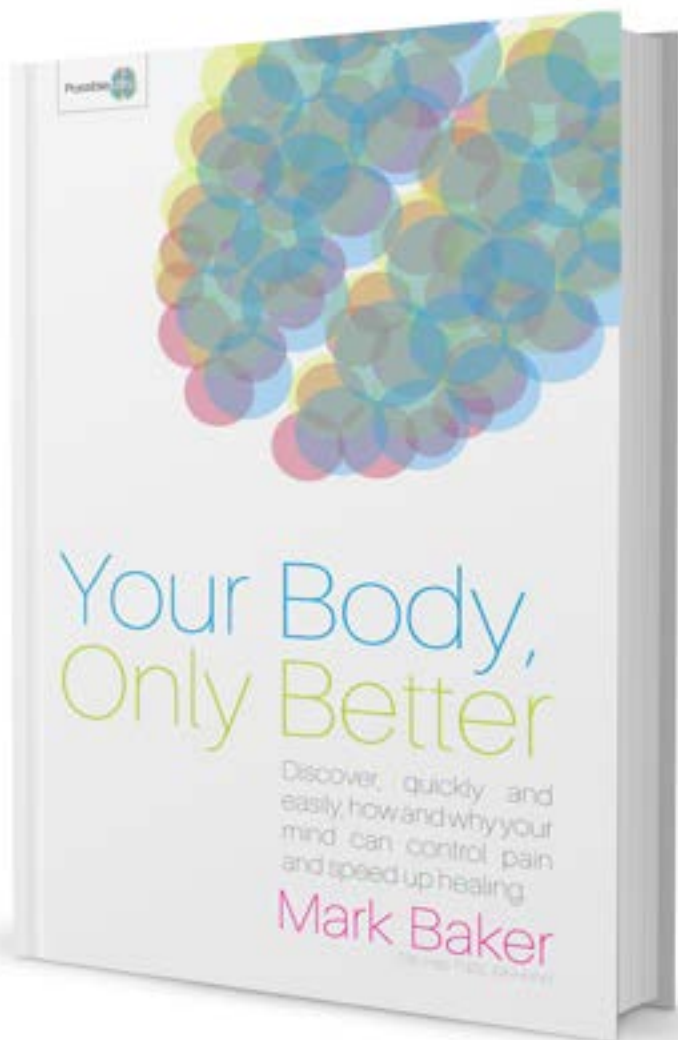
Technique **three**

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# Buy the Book

<http://books.possiblemind.co.uk/#purchase>



Your Body, Only Better

*"A mindful bringing together of self help tools that show us what truly wonderful beings we are - if, and when, we choose to explore the possibilities. This book reminds us of our deep sense of self and abilities, which are so often forgotten. Mark has produced a very generous tool-kit embodied in one text. Highly recommended. "*

**Jayne Hilton - [mindfulofbeing.com](http://mindfulofbeing.com)**

*"Just finished your book. It's amazing to realise there is so much research out there that confirms my own and my sisters experience. The value of alternative therapies and remedies and mind over matter is so easily dismissed by most of the medical profession this was so reassuring."*

**Lorraine - Cancer Survivor**

*"Mark Baker is one of the few people I have met who is actively pursuing the many methods of mental pain control and self-healing. He is an engaging, sincere person and I have learned some things from him, as I am sure you will, reading this book."*

**Tim Cridland - [www.astoundingshow.com](http://www.astoundingshow.com)**

**As seen on Channel 4 & The Discovery Channel**

<http://books.possiblemind.co.uk/#purchase>

*"A thought provoking way of dealing with pain, without the use of medication. Once I started reading I couldn't stop. It is amazing what the body and mind can do."*

**Samantha - Has Chronic Pain**

*"So many levels and layers, like an enjoyable trifle. Runcible spoons at the ready to delve in to this informative book to any depth you wish, from beginner right through to expert. What are you waiting for? Buy this book and learn more about the human potential!"*

**Tracie**

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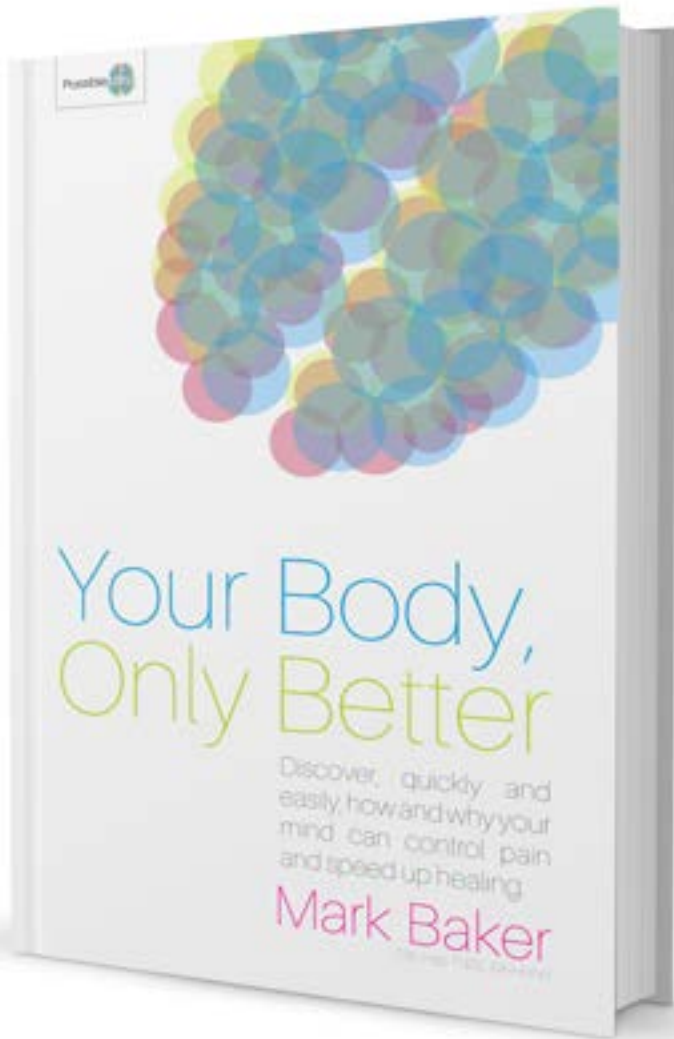


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