



Triple Crown - Pain Relief

Identify the Pain

Focus on the pain you're feeling in your body. Be honest and specific — where is it, what does it feel like? Don't judge it. Just notice it.

Rate the intensity of this pain on a scale from zero to ten (0 = no pain, 10 = worst pain imaginable). Note what number comes to mind.

Say the Set Aside Prayer Silently

"God, please help me set aside everything I think I know about myself, this pain, my body, my future, and especially You — so I may have an open mind and a new experience."

Visualize the Outcome

Ask yourself silently, "How will life look different when this pain is completely gone and my body is fully healthy?"

Don't analyze, just feel it and let your body give the answer.

Anchor the Feeling

Imagine that that day has come. You're pain-free, doing what you love most, feeling mobile, light, and free. Immerse yourself fully in the joy, freedom, and ease of that moment. Stay in that feeling..



Triple Crown - Stuck or Overwhelm

Bring the Feeling to Mind

Let the raw emotion rise fully into your awareness. Go deep into it. — the fear, anxiety, lack of direction, overwhelm. Name it internally and just be with it for a moment.

Rate this intensity on a scale from zero to ten (0 = nothing, 10 = overwhelming). Note what number comes to mind.

Say the Set Aside Prayer Silently

"God, please help me set aside everything I think I know about myself, my thoughts, this fear, and especially You — so I may have an open mind and a new experience."

Visualize the Outcome

Answer silently, "How will life look different when this confusion or fear has lifted, and I'm grounded, clear, and fully myself?"

Let your mind go quiet. Let the answer come as a feeling or scene.

Anchor the Feeling

Now imagine it's already here — the clarity, peace, and knowing. You're steady and sure, deeply connected, present in your body.

Let yourself rest in that feeling of inner calm.