



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 - Relational Conflict

Bring the Situation to Mind

Let the raw emotion of the situation rise fully into your awareness. Feel the charge — the frustration, hurt, tension, or grief. Be honest with yourself. No one else will know.

Rate this emotional 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, the other(s), this situation, 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 situation is resolved in the best way possible for all involved?"

Don't analyze or force it, let your imagination give the answer.

Anchor the Feeling

Imagine that time has come. The conflict is behind you. You're at peace. You're grounded, light and free. Let yourself feel the relief, clarity, and sweetness of that moment. Bask in it...