

Jenny

Funkmeyer's

DIY

HEADACH

E-BE-

GONE

"You are the master of your life.
You can do much more than you
thought you could, including cure
yourself of a terminal illness.

I want to encourage you to step out
of the normal bounds of your life
and to begin seeing yourself
differently.

I want to encourage you to live
your life at the cutting edge of time,
allowing yourself to be born into a
new life every minute. I want to
encourage you to allow your life
experience to be lightly dusted with

form."

-- Barbara Ann Brennan --

Introduction

DIY Headache Be Gone works wonders on headaches that are persistent, reoccurring, and unrelenting as a result of stress and tension. With modification, the technique also works on other conditions (see Other Conditions below).

DIY Headache Be Gone has
three parts:

Part One: **Stop** – here and now!

Part Two: **Care** – lasting healing!

Part Three: **Warrior Path** – go the distance!

It Works!

DIY Headache Be Gone has earned rave reviews as an effective, foolproof technique – starting with me! In my early twenties, I was a professional dancer – a very stressful occupation in a very tense environment – and I was in pain for weeks at a time. Today, headaches are simply not part of my life. You can read my personal journey below in “Broadway And Bust.”

Over the years, I’ve coached numerous friends into achieving relief. I’m gratified that I’ve guided my two daughters since babyhood; as children, they believed so fervently in the technique that their headaches disappeared within minutes. I felt then, as I do now, that I witness miracles

whenever I use this technique.

Part One – STOP!

Leave the current environment. At the onset of your headache, amidst the pain, make a hasty retreat. For example, if you're at a meeting, in your office or in school, simply stand up, announce you need to take a break, and walk out. Don't worry about what others will say! Let your feet guide you to the most comforting place you can find.

The more distance you put between yourself and the place where your headache started, the better the results. Any place is good, as long as it's a spot where you won't be disturbed – somewhere away from noise and people. The best place is one that is soothing, loving, and supportive. I pick natural spots – next to a tree, a pot of flowers, a water fountain – but anyplace that feels safe will do.

Once upon a time, when I worked as a waitress, twenty people demanded their checks at the same time – and I retreated to the storeroom. I remember how comforting endless cans of tomato sauce can be. Another good spot is near pictures of those who love you. The sight of a guru, a faith icon, or an ascended master can be powerfully effective.

Prerequisite

For this technique to work, you have to be firmly committed to your own well-being. Get ready for battle! On this battlefield, two sides of yourself vie for control. On one side is your higher self, and on the other side is your brain. It's really important that you – the higher self – demand control with a firm, yet loving, hand. Your brain knows who's boss – your higher self, of course – so the brain will always listen. That's the reason why "Stop" is so effective. But if you don't combine "Stop" with "Care," the headache will return.

Count backwards from five to one. Sit comfortably, close your eyes, and enter a meditative state. Tell yourself mentally, “I’m counting from five to one. At the count of one, I will be in a deep meditation. Five. Four. Three. Two. One.”

With each count, **visualize** the number. Don’t just think of the number in your mind, but actually “see” the shape of the number with an inner vision. “Inner vision” is a real ability and everyone has it. A sure indication that your mind – not your inner vision – is making up the number is if you picture an ordinary image – the kind of number you see on street signs, or in newspapers and books. Your inner vision is surprising and playful. My numbers are never the same – sometimes they are long and thin, sometimes big and fluffy, and at times look like flags waving in the wind. Once, I

saw numbers in smoke that drifted around and then disappeared in the air. Everyone sees with unique inner vision. DIY! Allow your inner vision to see!

Enter a beautiful setting. Once you are in meditation, visualize a setting that relaxes you: Your childhood playroom, if that is a relaxing and wonderful place, or a garden, a riverbank, or a beautiful ballroom. Explore the setting, walk around, arrange, decorate, play, dance, or simply lie down...Relax there for as long as you like.

This is your sanctuary. From now on, in meditation, you can come here and feel safe, loved, and relaxed. My “sanctuary” is a rose garden with hundreds of rosebushes laden with full blooms in every imaginable variety and color. The best thing is the scent; I can smell the roses even as I write to you now. The birds are forever singing and the eternal sun shines in my fragrant garden. To my delight, every time I arrive, the

flowers are different. I can go into this safe, quiet, joyful place anytime, from anywhere. Peace is mine! Many years after I created my inner sanctuary, I walked into the rose garden at the Huntington Botanic Garden in Pasadena, California. There it was! The rose garden in my meditation, exactly as I had created it in my mind. It was a magical moment! May your sanctuary forever exude beauty and vitality in your imagination!

Count from one to five. After relaxing in your sanctuary for as long as you like, leave it behind by telling yourself mentally, with these exact words, “I will count from one to five. At the count of five, I will open my eyes and be in perfect health. One – At the count of five, I will open my eyes and be in perfect health. Two – At the count of five, I will open my eyes and be in perfect health. Three – At the count of five, I will open my eyes and be in perfect health. Four – At the count of five, I will open my eyes and be in perfect

health. Five!” Immediately after saying “Five!” open your eyes, stand up, and start a “mindless” activity.

Go about your business. Get busy with any type of manual labor that doesn’t require much mental calculation, such as washing the dishes, sweeping the floor, shopping for food, picking up the kids, etc. Most importantly, DO NOT check to see if the headache is gone. Get busy! Don’t check! Trust!

It’s really odd, but if you look for the headache, it’ll be there. If you don’t, it’ll be gone. Works every time! I run, I jump, I dive into the pool! Do anything to keep your mind from searching for the pain. Of course, the worst thing you can do is walk back into whatever was creating your stress. Sigh! Sometimes in life, that is the situation. And that leads us to Part Two...

Part Two – CARE

After you've told your headache to "Stop" a few times, your inner vision will show you what's causing your stress. You might see the image of a situation or a person who stresses you on a regular basis. Sometimes, a sort of intuitive knowing will come to you. Once you activate your inner vision, it speaks clearly and reveals the truth.

Your heart wants the truth, but your logical mind resists acknowledging it. Your thinking brain knows what's wrong but assumes the problem is unfixable. Caught between a rock and a hard place, the head hurts. Your brain is reporting something in your life that is not aligned with your highest goals and desires. By speaking up, your headache is doing your higher self a favor. That's the message of the headache.

Long-Term Care demands action. Long-Term Care of your body only happens when you actively address the cause of the pain.

Heed the messages from your body.

- Are you overworking and need to slow down?
- Are you in a destructive relationship?
- Are you in a job you hate?
- Are you blind to something harmful in your everyday life?

Use “Stop” to curtail the pain until you’re ready to “Care” for yourself by making changes. No hurry. All in good time. Take it slowly, but firmly commit yourself to live a new life that’s better aligned with your highest goals. Change takes courage. Don’t let fear or laziness stand between you living the life of your highest joy. A stress-free and pain-free life is possible and achievable! Let your headache serve as the marching call for action!

“Dis-ease, pain, discomfort,

sensations, emotions, and accidents are ways the body communicates to you.” -- Seth

Part Three – Warrior Path

The essence of the Warrior Path is to love yourself. Love both the things you're willing to change and things you cannot change. You are both good and bad. Love both the shining side of you and the shadow side of you.

Cherish those downer days.

Sadness overwhelms me. Confusion. My head hurts. I can't understand anything. Everything I do ends badly. My head is wrapped in a grey

cloud. I look around, and the world has lost its luster. Colors seem dull; everything is grey.

While I'm in this mood, I don't even know I'm down. It took me years to catch myself and realize I was having one of my so-called "downer days."

At first, I hated these days. I wanted nothing to do with them. I asked why I had to feel this way. These days didn't seem to fit with my ideal perfect health. Then one day I realized these days are golden opportunities to feel what it is to be human. I don't think angels feel as deeply as I do on my down days. I know the suffering of human history. I am pain itself. The suffering certainly isn't enjoyable, but I feel triumphant just living through it. What doesn't kill me makes me stronger – stronger and stronger.

I recognize downer times are my body's internal message to slow down. They serve as a good time to balance and rest. In my quest for perfect health, I've accepted my downer-self! In the end, I know

my headaches to be a gift. These days, I actually appreciate one when it happens. I don't make it go away. I stare squarely at the pain and sit with it.

All in love and gratitude. I am my pain.

“Suffering is part of our training program for becoming wise.”--

Ram Dass

Other conditions the technique can help

For headaches that stem from another illness

Use “Warrior Path” to accept and appreciate these

signs from your higher self. Use “Care” to take positive action for well-being. Use “Stop” only when you’re engaged in caring, positive action steps.

For headaches that result from taking medication to treat a physical condition

If possible, “Stop” taking the medication, reduce the daily dosage, or change the medication.

“Care” for yourself by doing what you desire despite the condition – and finding a way to live life to the fullest. When you are engaged in doing the things you desire and a headache comes upon you, use “Stop.”

For headaches that result from a head injury

Use “Warrior Path” to accept and appreciate how the headache happens. Use “Care” to meditate on what you’ll do once you recover – have fun and fantasize. Use “Stop” judiciously, with gentle patience.

For headaches due to the weather

Use common sense, and “Stop” pushing your body beyond its limits. “Care” for yourself. Step onto the “Warrior Path” by appreciating your limits, and working within your limits with gentle patience. Don’t rush.

BROADWAY AND BUST

*Jenny Funkmeyer’s personal
journey to heed the messages
from her head!*

I must have been six or seven when my mother took me to see Michael Powell and Emeric Pressburger’s 1948 film *The Red Shoes*. The story is about a beautiful dancer who has to choose either life with the man she loves or her dancing

career. My fate as a dancer was sealed the moment Moira Shearer – torn between love and art – jumped off the bridge in her beautiful tutu and died a pitiful death. I still remember the way her big eyes – thick black eyeliner with a red dot on the inner corner of each eye – sparkled with magic.

I was a professional dancer in Hong Kong when my family immigrated to America. At nineteen, I auditioned and was accepted to the Juilliard School in New York! The first day of school, I rushed into the elevator and the person holding open the door was none other than Baryshnikov! New York City in the early '70s was, oh boy, the capital of art! “If you can make it there, you can make it anywhere! New York!! New Yorkkkkkkk!!!!!” so sings Liza Minnelli. Lincoln Center, where The Juilliard School was proudly situated next to Avery Fisher Hall and the Metropolitan Opera, was the epicenter of the whole dream.

In Juilliard's ballet classes, the first student called to the dance floor was the best; she stood front and center. The second-best student stood next to her, and the next, and the next. The person called first was a subject of conversation. I was often the last student called. I went from the cream of the crop in Hong Kong to the bottom of the pile in America. After class, out-of-breath from the vigor of the work, I'd throw down my dance bag, slide to the floor, and suck on a cigarette. The pressure to excel was something you could feel – a palpable presence in the air, and the air was pure poison. You can be a really good dancer and still feel inadequate. Afraid of gaining weight, afraid of not being selected to the top dance companies, afraid of forgetting dance steps...Admittedly, this competitive mindset produces the best dancers in the world, but at what cost?

I was overwhelmed and, to make matters worse, I'd had a big fight with my mother over the man I had married. Deep in my heart, I danced for my

mother. She wanted me to be a dancer as much as I wanted it. She supported me all those years in Hong Kong. I thought she'd be elated that I was dancing in such a rich environment. Nope. That was the beginning of our split, when we didn't talk to each other for ten years. My mother didn't even attend my commencement from Juilliard. After graduation, I danced on Broadway for two and a half years in *The King and I*. My mother never came to see me on stage. I had made it to Broadway, but it was a bust!

Smoking too much and not eating enough, I struggled with killer migraine headaches. At first, I had a splitting headache once a week, then twice a week, then three times, then my head exploded with pain 24/7. I would get dizzy from the pounding pain, and my ears would hurt. I felt like throwing up but nothing would come out. I gobbled down several bottles of painkillers every month to no avail.

Looking for answers, I signed up for a popular self-help course called Silva Mind Control – which helped me in many ways. I learned how to wake up without an alarm! I learned to use object identification to remember names! I learned to throw my troubles into a mental garbage can! Best of all, I learned something called “Headache Control.” In a guided meditation, I was instructed to CDE my headache – Command my pain to leave, Desire my pain to leave, and Expect my pain to leave – and it worked. It worked wonderfully. Within three months, my headache pain’s length and frequency decreased.

On a grey, icy winter day, I left New York City. I joined the touring company of The King and I and performed in subzero Chicago for four months. It was a beautiful, warm spring day when I arrived in Los Angeles. The first thing I noticed about L.A. was that it’s **sunny!** And lazy. And slow. With lots of palm trees and Porsches. After six months at the Pantages Theater on Hollywood Boulevard,

The King and I was returning to New York. My headache returned! It hurt whenever I thought of going back to New York. Was my head telling me something?

As I was torn between go, don't go, yes, no, maybe...my head hurt more and more. In my meditations, I saw, with my inner vision, that I was Moira Shearer in The Red Shoes leaping off the cliff – my eyes, complete with the same makeup, twinkled with fear. How strange and appropriate this image! Deep in my heart, I knew full well what I wanted to do. I felt excited and crazy when I thought of doing new things but dull and unhappy when I thought of the competition to get another dance job. The headache was goading me to choose a new life in the unknown.

I stayed in Los Angeles, picked up a camera, and became a still photographer, then I went to UCLA film school and became a filmmaker, had babies, met Otis...the years rushed by...I don't even

remember when I became totally pain free. From that first choice – leaping into the unknown – I learned to trust messages from my body and so left my headaches behind.

Some people call this form of decision-making “wag the dog” – changing one’s whole career to address a bodily pain, instead of treating the pain and staying with a the career. It’s your choice. I now understand to be a dancer, a still photographer, a filmmaker, or free form artist Jenny Funkmeyer are all paths. All roads lead to Rome, why not choose the road less painful?

Jose Silva, to whom I send my eternal appreciation, inspired me to understand that headache pain is under my command. The way I used Silva’s technique, I was basically “ordering” my pain to go away – which turned out to be not so good for me. I found that if I set my intention and drifted into relaxation, the pain would go away. “**Stop**” – a gentle approach of relaxation – is

enough and has never failed me. But I was not totally healed until I chose my life over my work. I call this “**Care**” for myself. In my meditation, I started to talk with my pain, make friends with it, and in time learned to appreciate it. My path to healing is through loving and accepting my pain – which I call “**The Warrior Path**” because stop, change, and acceptance represent a powerful combination. You’ve got to be a warrior to accept all of yourself – good, bad, and ugly.

In Case of Emergencies

1. Refuse to worry.

2. Stop thinking - use other parts of the body instead.

3. Concentrate on the present moment. Notice the good things that are happening, deliberately ignore the bad things that are happening.

4. See a picture of yourself in the best possible light.

Steadfast belief in the above will bring immediate relief.

Repeat as needed.

