

## **Personal Experience**

**By**  
**N.C. Dadash PhD.c.**

For many long years painkillers were my good friend for relieving my excruciating headaches. The pain kept coming back every couple of days, stayed for about a week, and then revisited again in another two or three days. I had no idea what was causing the pain. I blamed it on many different things such as food, pollution, cold weather, a weak body or living in the city, but never the one and only true reason, stress.

I tried a healthy pattern of eating and exercising and adamantly following the advice of professionals and health advocates, but my headaches never left me. I ate only organic food, took exercise classes, and was very persistent with taking my vitamins regularly. All these efforts were helping me to a point, but nowhere near enough.

In 2001 my headaches developed into a more serious problem- extreme exhaustion, sinus congestion, muscle pain, sore throat, earache, and of course a headache with no relief even with strongest painkillers. These symptoms stayed with me for one full year. I stayed in bed unable to continue daily routines, including my profession, painting.

I went through all sorts of medical examination such as a CAT scan, MRI, complete blood tests, chest X-rays, TB test, and neurological tests, but all came negative. The only advice I received was to take anti-depression drugs.

I was tired of being sick and at the same time I was very disappointed with conventional medicine. I decided to take matters in my own hands, and disassociated myself from mainstream medical practitioners.

But how could I go about finding the root or cause of my problem? And above that how could I find solution to my problem? How can I cure myself? The question led me to search beyond past traditional attempts.

I was determined to find out what was really happening to me. I knew that emotionally I was under stress, but never believed that could be the cause of all my symptoms. My time was completely devoted to finding the truth. I started my research by looking into the processes of meditation and breathing. I became familiar with how to relax my mind by concentrating only on breathing deeply and properly. During this period I familiarized myself with the importance of the relationship between body and mind, and most importantly with visualization and mental imagery.

I learned how to develop the ability to concentrate on my visualization and disconnect myself from my thoughts. After several months of practice, I noticed that after each relaxation and mental imagery I had an urge to paint. Without any knowledge of how it worked, I was connected to the visual side of my brain and could see images in my mind's eye.

I resumed painting, but only after meditation. Without knowing the reason behind it, my art became more and more expressive. Not to lose the images in my mind's eye,

my paintings were expressed quickly and immediately. I was using acrylic paint on 8"x8" canvases, since it would take a relatively short time to dry.

Some of the paintings were very abstract and some were very narrative and realistic. Some canvases were painted with intense colors and shapes and some were painted with toned down, soft colors.

For some reason, unclear to me at the time, my headaches were not as severe as before. My stress was subdued and I was feeling calmer and less tense. My sinuses started to dry up, after a long 18 months of being heavy and clogged up. The cold symptoms that I experienced for a very long time started to decrease, but were not completely gone.

How did this happen? How did I let go of my emotions after each meditation? Why was each meditation followed by a painting? My experiences with meditation and painting were at a basic level. I did not know what was happening. I was very curious to find out the scientific relationship between meditation, visualization and painting.

I continued my search in the field of psychology, hypnotherapy, energy healing, art therapy, healing through mental imagery, meditation, and neurology. At this time I felt the urge to continue my studies professionally in the field of Motivational Therapy. I enrolled in school to obtain my Doctoral Degree in Behavioral Therapy.

During my intense study and research, I discovered that we capture our emotions, negative or positive, as pictures and subconsciously leave them in picture files in the right side of our brains. We forget about these files, but we suffer from the effects of those negative emotions through-out our every day lives.

Each emotion has forms, motions and colors. When the mind is relaxed and not engaged with input from our surroundings, we are able to connect to the picture file of a particular emotion and see it in our mind's eye. Through my practice with meditation, I was also able to paint away troubling forms, colors and motions of the negative emotion.

Subconsciously, by painting it away, I let go of that emotion and actually deleted it from the picture file in the right side of my brain. This was an amazing clarity for me. It meant that by transferring the colors and forms of an emotion onto the canvas or paper, I no longer suffered from the negative effects of that emotion.

At this point my inspiration went one step further and I searched for a solution to replace the deleted negative emotion with a positive one in the form of a picture. I wanted to add a beautiful and serene picture to the subconscious mind to remind it of rebirth and renewal, a picture that promotes re-creation and peace within.

My vision was to create a process that works both ways. First eliminating the negative picture from the brain, and then substituting it with a picture of hope and enthusiasm- a positive picture, a new start, a revival that implies a significant change for better.

With the understanding and knowledge of how the brain works and it's relationship with body, I developed different ways to meditate, both to release the negativity, and to create and promote a picture of hope and rebirth.

To my complete astonishment, when I tried the process, I became healthier and healthier each day. I very rarely experienced even a mild headache. My energy level was at all time high. All my symptoms disappeared in no time. My skin was glowing with vigor, and I never touched another painkiller!! The process amazed me.

I started practicing this amazing technique on my friends. Every one of them, with no knowledge or experience in art, received amazing permanent results, without exception. I did not stop here. The positive results I received from every one persuaded me to continue and expand my practice.

Now there is no end to how this incredible method can cure so many different problems, conditions and behavioral patterns. I developed different modalities for each condition or behavior. I treat each condition with a different set of meditation and guided imagery. Each has its own originality and character.

My practice expanded and  
**“The Power of Concentrated Art  
for  
Emotional Freedom”**  
was created.

Since then, I have worked with hundreds of individuals, each with their own characteristic and trait. Each engages in the extraordinary process of awareness that he/she is capable of being.

This process, which takes less than an hour has five steps.

1) **Aim:** To clarify your aim and intention of how you want to feel and what do you want to renew in your body.

2) **Identify The Emotion:** To connect to your subconscious mind and recognize and identify the reason or the emotion behind the stress you are experiencing.

3) **Picture the Emotion:** Through guided imagery you can see the picture of that emotion as forms, motions, and colors.

4) **Let Go:** Letting go is the process of releasing this image from the body on to the paper as a form of painting. When you paint this picture, amazingly you no longer carry the pain of the stress, because the stress caused by the identified negative emotion is out of your system.

5) **Shift & Recondition:** Through a different guided meditation you will connect to your heart and your unlimited hidden knowledge. By this process, you can see a clarity and alertness unknown to you before. You can see an image in your mind's eye that illustrates to you very clearly an affirmative picture. This picture is a renewal and rebirth. This picture is sweet and has the aroma of a red rose and has the warmth of sunshine. This picture also comes to your mental eye as forms, colors and motions. By painting these forms, colors, and motions, you feel intact and complete. You are restored to the time when you were created, whole and total, emotionally, physically, mentally, and spiritually.