

EMPOWERED RELIEF

Greetings!

It was a pleasure having you in the Empowered Relief class today.

As promised, here is a link to the webpage where you can download the **Binaural Calm Tool App**, or stream or download the 10 and 20-minute binaural calming audio file:

<https://empoweredrelief.stanford.edu/binaural-relaxation>

I recommended that you download the App onto your personal electronic device. You can save it on the home screen of your phone for easy access. You now have everything you need to implement your Personalized Plan for Pain Relief!

A few notes:

- (1) Be sure to use headphones or earbuds -- this enables the binaural technology to work.
- (2) Use daily! Twice daily is even better if you can :)
- (3) Something is better than nothing. If you only have 5 minutes, listen for that long! It all adds up and helps you re-pattern quicker.
- (4) ENJOY your practice. Most people find their practice is rewarding.
- (5) Remember your full Personalized Plan for Pain Relief! The audio file is just one important step to help you re-pattern and train your mind and body away from pain.
- (6) Remember that your results unfold over time. Focus on your daily practice, and allow a few months for your results to unfold.
- (7) Please reach out to me with any questions, or if you need further help setting up your binaural audio file.

With warmest wishes,

Eric Lake, LLP, CADC

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Mary Free Bed Pain Rehabilitation Program