

How To

GET



ROCK  
SOLID SUPPORT

FROM FRIENDS  
AND LOVED ONES

LESS PAIN

LESS ANXIETY

FASTER HEALING

NEIL F. NEIMARK, M.D.

A FREE REPORT IN THE LESS STRESS SURGERY  
GUIDED IMAGERY RELAXATION PROGRAM

## How to Get 'Rock Solid Support' From Friends and Loved Ones



Dear Friend,

Thank you for purchasing the Less Stress Surgery Guided Imagery Relaxation Program. I wish you the very best of health and healing in your upcoming surgery. I am certain that this special report will help you to find greater emotional support during this difficult time.

Not only is this technique a wonderful way to help you gather support from your friends and loved ones during this time before your upcoming surgery, but it is invaluable during any time of great difficulty or fear in your life. Whether you are facing an upcoming surgical or medical procedure, chemotherapy, dealing with the loss of a loved one, a financial setback or the breakup of a relationship, this

technique will help you to get the rock solid support of your friends and loved ones.

This technique only works with friends and loved ones who truly care for you and have your best interest at heart, so make sure that you choose wisely. I first came across this technique while reading the wonderful writings of Rachel Naomi Remen, M.D. in her book *Kitchen Table Wisdom: Stories That Heal*. Dr. Remen originally created this healing ritual to help her patients who were facing surgery, chemotherapy, a medical procedure or some illness which was particularly frightening to them.

Let's say your name is Sarah and you are frightened about the prospect of your upcoming surgery. Your first step is to find an ordinary stone or rock that fits comfortable inside your hand. Then, Sarah, you would invite a few of your closest friends or family to sit together with you prior to your surgery.

One at a time, Sarah, you would ask each of your friends to take the rock in their hand and reflect upon a crisis or difficulty they once faced and think about how they got the strength and courage to get through their crisis. Then, in telling you their story, you would ask them to reveal to you the particular quality or characteristic that they feel helped them most in overcoming their crisis.

It may look like this. You hand your friend Rebecca the rock and say: 'Rebecca, please hold this rock in your hand for a moment. Now I want you to think about a difficult situation or crisis that you have been through in your life. Then tell me briefly about the crisis, but most importantly, I want you to tell me about the particular quality or characteristic that helped you the most in overcoming your crisis.'

Rebecca will then tell you about her difficulty and let you know what it was that got her through. She may end up by saying 'Sarah, it was my faith in God that got me through and the support of my friends.'

When she reveals the particular qualities or characteristics that helped her the most, you then say to her, 'Now, Rebecca, please put that particular quality into the rock that you are holding for me.' Then you have Rebecca say something like, 'Sarah, I now put my faith into this rock for you, so it may give you faith during your upcoming operation.'

Then pass the rock on to your other friends and have each one place their unique qualities into the rock. Some may say, 'I am now putting a sense of humor into this rock for you,' or 'I am now putting a fighting spirit into this rock for you,' or 'I am now putting my love for you into this rock.'

Once everyone completes the telling of their story, the last person hands you the rock, which now becomes a visible, palpable symbol of all the strengthening and elevating qualities of your friends and loved ones who have overcome their own crises. It becomes a symbol of the rock solid emotional support and love you have from your friends and family.

Dr. Remen says, 'when we feel the support of others, we can face the unknown with greater strength.' This rock helps to make the caring and support of others visible, palpable and real. You can now take this rock with you to your surgery, chemotherapy or doctor's office and draw upon the strength of your friends and loved ones and their courageous qualities that helped them get through their crises. Gathering the thoughts, hopes and prayers of friends and loved ones activates your internal healing system and helps mobilize your own internal resources for healing.

I hope that this special report on 'How to Get Rock Solid Support from Friends and Loved Ones' will help you in your upcoming surgical procedure. Wishing you all the best in health and healing.

A handwritten signature in black ink that reads "Neil F. Neimark M.D." with a stylized flourish at the end.

Neil F. Neimark, M.D.  
*Founder & Medical Director of NeilMD.com*  
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