



Level 1 Energy Surfing: Self-Healing Pain

Introduction

Energy Surfing is a somatic self-healing technique designed to heal both emotional and physical pain by releasing our Emotional Anchors. These anchors are the source of our "pain-body," a collection of suppressed emotions stored in the unconscious that shapes what we get in life.

This document focuses primarily on self-healing emotional pain and discomfort, but the technique works equally well for physical pain and discomfort. For example, if we are ill with a fever or have hip or back pain, the same Energy Surfing principles apply: we heal the pain and let go of the blocked energy that created the emotional anchor behind the illness.

This self-healing technique is less effective when we are emotionally shut down, since that makes it harder to feel and release pain. The emotional expression and fluidity needed to do this work are described below as Emotional Fitness.

Energy Surfing is a proven way to release self-doubt and anxiety, build trust, and ease many other physical ailments.

Energetic Beings

Quantum science has shown that we are almost entirely energy: our cells are made up of protons and neutrons in constant motion. Recognising that we are energetic beings masquerading in physical form helps us better grasp the power of our own inner healing energy.

Healthy Emotional Fitness

Emotional Fitness is our capacity to feel and express all emotions easily. This open-hearted state fosters resilience, connection, and guidance, transforming a person into a "powerful being." As we drop into deeper layers of the heart, we stop classifying emotions as good or bad.

As we move toward healthier levels of Emotional Fitness, we gain greater trust in who we are. We move out of the head, which constantly judges and criticises, and into Level 2 Emotional Fitness, where we recognise that emotions are simply comfortable or uncomfortable, rather than good or bad.



Energy Surfing is a core tool to build healthy Emotional Fitness. It helps us grow from uncomfortable emotions, which are "the doors to our healing" and "a beautiful signal and opportunity for rapid growth."

Level 3 Emotional Fitness is when we fully live, breathe, and accept that uncomfortable emotions are the doors to our healing.

The Philosophy

Purpose. Energy Surfing is for when you feel triggered. It uses that raw emotion as an opportunity to let it out, heal old "stuff," and "let go to grow."

The power of release. A core principle is that if you drop below the current emotion and let out the deeper cause, you can quickly release much of the old baggage. For instance, anger often has shame underneath it; allowing these feelings to surface (which may involve crying) addresses the source of the anger, some find that it is a much faster path to growth than talk therapy.

The myth of unlimited pain. Consistent use of this methodology, over time, peels away the heavy layers of the pain-body, resulting in significantly fewer triggers, a feeling of lightness, a greater connection to source, and real growth in self-esteem for true inner freedom.

Energy in motion. Emotion can be defined as "energy in motion." Uncomfortable emotions are a signal to move the energy; otherwise, we may wallow in pain. Going for a walk and grounding your energy in nature are two examples of healthy responses.

Healing. This approach works for both physical and emotional pain, allowing us to release old shadow and frozen bits stored in the pain-body, and to grow. If you have time to release the block, ideally in a private space, let it out fully so you can return to a state of flow — without suppressing or bypassing the emotion.

What Is the Pain-Body

Our pain-body is a collection of suppressed emotions that we are often not even aware we have. We get told we're not good enough. We get scared when a dog barks. All of these emotions accumulate over a lifetime and get stored away unless we let them out.

The pain-body forms like an iceberg: a collection of emotions with similar frequencies, often unrelated to one another, stored mostly below the surface in the unconscious.



The Energy Surfing process described below is not necessarily pleasant in the moment, because we are letting out uncomfortable emotions and releasing the pain-body. Much like an iceberg, we often feel only what is above the surface and suppress the rest. Energy Surfing is about feeling and releasing these deeper layers — we keep letting go of baggage by going down to release the suppressed, unconscious layers. It's a liberating process that releases the heavy baggage weighing on our self-esteem and health.

The core belief driving this work is that uncomfortable emotions are the door to our healing. By releasing emotional blocks — the shadow, the frozen bits, the pain-body — we gain true inner freedom.

What Are Emotional Anchors

Emotional anchors can be either positive or negative. Building positive emotional anchors for the future can help empower more effortless synchronicity and success. Hence, a free tool we recommend is the Inner Trust Map, which is built on the principle that "clarity equals success" — knowing what we want from an emotional perspective. From late July, visit the new website at innertrustmap.com for more information about this free tool.

Our historical emotional anchors are the deeper part of the pain-body, holding each iceberg of pain in our psyche. Each iceberg is a collection of similar suppressed emotional energy.

If we don't get down to the emotional anchor at the base of each iceberg, it can regrow without ever fully releasing the blocked energy. This is central to why Energy Surfing is often a more effective way to release past trauma and suppressed emotional energy than approaches that stay at the surface.



The 3-Stage Energy Surfing Process

The power of this process comes from dropping down through the many layers of the iceberg until you release the emotional anchor cord at its base. Energy Surfing is a form of somatic therapy that involves moving both the body and the emotions. It lets you work through emotional pain quickly and is a powerful self-healing tool you can use on your own.

When triggered and feeling uncomfortable, follow these steps.

Stage 1: Movement

This stage focuses on transmuting any energy that may belong to others — often felt by empaths — or to the collective and societal discomfort.

When you feel uncomfortable emotions, start with the following steps:

1. **Say assertively to yourself:** "Anything that is not of the highest love or light, I command you to leave my body immediately and be sent up to the light for healing."
2. **Ground yourself.** Feel the energy of the head moving down the spine and into the earth. Visualise this energy passing through your feet, into the soil, and deeper into the molten layer of fire within the planet, where unnecessary emotions are burned up and transmuted into light.

Stage 2: Let It Out

This stage is for freeing the source of the emotional block.

1. Ask: "How am I feeling?"
2. Repeat one or more of these questions to drop deeper into the current emotion:
 - What's under this feeling?
 - Where is this coming from?
 - How do I really feel?
3. Express the feeling by allowing the emotion to surface. This expression drives significant growth by melting the layers until we reach the emotional cord that anchors us to the past.
4. Jump, twist, move, or shake the body to let the frozen energy move and melt into the ground.
5. **Address physical tension.** If you notice tension in the body or muscles, tune into that area to notice what's happening, then touch or stretch it. This touch alone may be enough to notice the block and get the energy moving again. Touch the point of anxiety



or tension with a finger, then move the body to release the block, breathing into it — the breath is a powerful way to integrate and move emotion.

6. **Optional alternative method for integration** (repeat for 20–30 seconds after the initial Stage 2 question):
- **Step 1:** Label the feelings and sensations in the body, and tune in to them.
 - **Step 2:** Ask yourself, "Can I be with that?" (Referring to the feelings you just labelled.)
 - If the answer is yes, this integrates the feelings and expands your emotional range and comfort zone. Repeat these two steps for 20–30 seconds.

Stage 3: Integration

After some time, as you keep asking these questions, you'll reach the bottom of the iceberg and find there's no more emotion left. What remains is a sense of calm or relaxed flow — a sign that you've released all the pain-body and frozen bits from that entire iceberg. This is the deepest tip of the iceberg: the cord that holds the emotional anchor in our psyche. Letting go of the entire iceberg is the power of this technique, since it releases many stored negative beliefs.

When you're done, clear out the old energy with a shower or a walk in nature — both are effective ways to clean your energy field. Some people also light a candle or use a sage stick to transmute the old energy.

Keep repeating these three stages until you feel centred again — a return to the natural state of flow.

The ultimate outcome from Energy Surfing is to build this capacity so you can grow, develop greater resilience and self-esteem, and know that any uncomfortable emotion is a window to healing.

When Will It End?

Over time, as we peel away the heavy emotional anchors of the pain-body, we experience significantly fewer triggers, a sense of lightness, a deeper connection to source, and real growth in self-esteem for true inner freedom.

During the 3-stage Energy Surfing process, a range of feelings will arise. There's no need to analyse them — just let them out. It isn't a fun process, since we're feeling our deeper pain, but it does have an endpoint.



Initially, this might mean 15 minutes of anger and shame coming out as you work through the process, either alone or with a facilitator, repeating the words "what's under this?" until you feel no more emotion — until you reach the emotional anchor at the very bottom of the iceberg. At that point, you'll notice a calm, with no deeper layers left to feel.

You've released the iceberg's source, and it will not return. It's an empowering moment to let go of the deeper baggage shaping your future. At this point, you've melted an entire iceberg — including the deeper emotional anchor, the baggage at its core.

Most of society only ever feels the top of the iceberg, never releasing the deeper emotional anchors. As a result, the iceberg drops back into the unconscious and regrows to its original size by attaching to a few more blocked past events and emotions.

Returning to the Flow State

The emotional and physical body wants to self-heal. As soon as you feel the block flowing again, and you no longer carry significant negative emotion around it, you've released that trigger — the emotional anchor that was the source of the iceberg.

It's empowering to release layers of trauma and pain to cultivate real inner freedom. By releasing the emotional anchors behind each iceberg of our pain-body, we tend to attract more of what we want in life — raising our self-esteem, resilience, and consciousness for far greater inner trust and synchronicity.

Next Steps

To learn more, [watch this YouTube video](#) from one of Rob's workshops to go deeper into this knowledge.

We can build emotional anchors for our future by clearly defining the feelings associated with our success. See the Inner Trust Map for more on this process (link to be added late July).

If you have questions about this process, please contact [Rob Robertson](#), who created this document.