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portfolio – article (medium-length)

**Partnering With Pain As Your Ally**

Pain. Every person on the planet can attest to the detrimental impact of pain. Whether it prevents us from sleeping, hinders our work, curbs our innate sense of play or impedes our everyday sense of well-being, when we're in an acute or chronic cycle of pain, we just aren't ourselves. Physical or emotional, pain effectively depletes us of vital life energy and if it goes on long enough, it eventually erodes our reserves.

So, why is it there and how can it serve to inform you and enhance your life?

Interestingly, this is a question that is rarely discussed – and never sufficiently addressed – in medical circles. Doctors can explain what causes pain chemically or physically, and prescribe drugs to inhibit or block the pain, but these drugs have limited positive impact. Some even have harmful side effects – addiction or organ failure with regular use – that leave one to wonder if it isn't better to suffer with the original affliction.

To that, the answer is a definitive NO!

The mind and body create pain for a simple reason: to draw attention to something that needs addressing in our lives. Essentially, pain is a way to capture our attention and focus it to address the core of dis-ease. Pain is the manifestation – the pin-point locator – of where we may not have been paying attention or intentionally ignoring specific uncomfortable circumstances. It may even be indicating areas in which we are procrastinating.

A very simple technique to use when pain is prominent is to simply focus on the energy of pain and ask it questions that illuminate truth and guide you to greater whole-being alignment. This may sound supernatural, but when asked, pain responds to reveal underlying issues that you may not have access to any other way. Your body is innately wise and contains information that leads in surprising directions, if you allow it.

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The way to use this approach most effectively is linked to your ability to interpret the language of pain. Although it may reveal itself in actual language or single words, it is more likely that the energy of pain will communicate with you in images, emotions, events and situations that all link to the underlying reason behind it. That's why it's imperative to pay attention... especially to the subtleties. If you listen and act from the initial onset of pain, it doesn't have to yell to get your attention, which is what happens when we ignore pain signals.

### **Pain Q & A**

Body, mind and spirit were designed to work in harmony. Since the brain, the heart and the intestines are all involved in addition to the actual painful organ, it's important to question each of the nervous systems separately as well as the organ itself.

Here's a recommendation of how to begin, but during the process you'll discover ways that work best for you. You can trust your inner guidance to lead you on this journey.

1. Make a list of questions.
  - 'Leg pain, what are you here to show me?'
  - 'Neck pain, what benefits am I experiencing because you're so prominent?'
  - 'Body ache, you have something to teach me. What is it?'
2. Sit in an environment that is conducive to heartfelt listening and genuine wonder.
  - Leave behind any personal agenda of how this process will unfold.
  - Be unattached to the outcome.
  - Be patient and allow the process to guide you.
3. Write down prominent insights and explore them further in various ways in your everyday life.
  - Remain watchful with a sense of curiosity and expectation. You will begin to notice how life shows you answers to the questions you are asking of pain.
4. Repeat.

Note: This is not a one-time session. You are building a rapport with your body, maybe for the very first time. Just like all relationships, it takes time to

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establish a solid foundation. Really invest in yourself by setting aside time on a regular basis for this exploration. You are worth it!

### **Pain clearing**

With the information gleaned from asking questions, you are then ready to clear the energies of the underlying events that caused the pain to occur in the first place.

So, once you have these insight gems into what pain is trying to show you, how do you clear the pain?

For starters, what happens quite often – when the voice of pain is acknowledged for its guiding wisdom – nothing more is required, for its job to get your attention is done. The simple act of posing pointed questions with a sense of true wonder, allows you to release the trapped energy of pain. When pain has served its purpose, it can dissipate and you are pain-free.

Having said that, due to many factors that are individual to you and your unique circumstances, there are times when more action on your part is required. Instead of questioning your physical body, you can question the general energy of 'trapped energy.' This can prove illuminating because you're approaching this from another angle.

Keep in mind that this is a process. It may have taken you awhile to get here and it may take awhile to unravel the source(s) of pain because it may be multi-layered. That's okay. Give yourself permission to not have all the answers in this moment.

The bottom line is: when you get to the source, and you will by remaining committed to this exploration – however quickly or slowly that happens – you will experience pain relief because that is the very nature of the pain cycle. When the source is addressed, pain has no further purpose.

To pain-free living,

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