

Is Pain a friend?

Most of you have heard my LIFE RULE #3: From Pain comes growth! So what does this mean? Freud said we are a society that does more to avoid pain than seek pleasure. Think about it, chocolate, food, drugs, chocolate, alcohol, shopping, chocolate, shoes, gambling, chocolate, sex etc etc; are these all just measures for us to distract ourselves from the pain? So what is pain, why do we avoid it and how can we turn it into growth? Pain is in our memory, and every memory and every experience is stored in our cells. So fear therefore can be seen as a memory of every painful experience - every time we are in pain we are simply just reliving a past event. And our EGO was designed to protect us from any external threat, so perhaps pain can also be seen as the memory of the EGO. After all isn't EGO simply our fear dressed up. So in each event when we turned to our EGO for protection we ignored our own internal guidance system of WISDOM. We just became our EGO and all our decisions and actions after that moment all came from that lower place in us, the place that began to generate our negative emotions like anger, hatred, judgment, control, dominance, depression, anxiety, overwhelm, frustration and oh so many more. As those emotions are stored in each cell, think of the illnesses we generate each time we become one. So what is the pain telling us? Have we let go of the past? Are we still holding on to stuff? What do you need to let go of to release the pain in your body and mind? Once this is released we can start to redefine this relationship we have had with pain. Rather than becoming our pain and storing it in our bodies we can detach from pain by learning to listen in closely to our internal voice, begin to listen in closely to what the pain is trying to tell us, listen to it as if we were listening to a friend. Instead of becoming your pain, befriend your pain, listen to the lessons and GROW. "When you're green, you're growing. When you're ripe, you rot." Ray Kroc