

# Changing Your Perspective on Pain

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Meditation to Change Your Perspective on Pain

Pain can overwhelm us not only physically but mentally.

When pain gets out of hand, it can become part of our identity or even consume our entire sense of self, having entire days revolving around the pain.

Your very life becomes dedicated to pain, yet pain is something everyone wants to get rid of.

So why does this happen and how can you get your life back when pain has become so unbearable?

In order to fully understand the true meaning behind pain, we must change our perspective on it and be open to new approaches.

You came here in an effort to get through your days because this burden of pain has consumed you.

Today, you will learn a new way of thinking that could very well turn your life completely around.

The wonderful thing about what you are about to discover is that you don't have to do anything at all.

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No more need to seek outside help, because it is all within you.

So let's begin by taking 3 nice big deep breaths, paying attention to your belly and lungs expanding when you do so.

1 fully in.....and exhale, letting your body relax.....2 breathe deeply....and let any worrisome thoughts just fade away.....3 filling your body with as much oxygen as you can..... and let the air escape from your body, relaxing you even further.....

Good.

Allow your mind to drift and wander to the thought of a small ornate hand-built fountain.

This is the fountain of relaxation.

It is built in a way that the water level is waist high, and easy for you to access.

Maybe there is a sculpture that the water comes out from, splashing down into the basin, or perhaps the water just shoots up and out of the water in a beautiful way.

How ever you see this fountain, picture it very vividly, in as much detail as you can.

You notice the water is crystal clear, but it also seems to glow with golden light.

Touch your hand to the side of the fountain and feel the way it is built, and how sturdy it is.

Now dip your fingertips into the golden water and you feel a profound relaxation it gives you in your fingers.

You dip your entire hand in this healing water.

The pleasure that this water brings you is so wonderful that you must have more, so gather some in your right hand and splash it onto your left forearm, gather some more and cover your upper arm and shoulder with this water.

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The moisture on your skin is glistening in the sunlight similar to how diamonds reflect light.

Do the same with your left hand, cupping the water, and soaking your right arm with it, and right shoulder.

This water is not only extremely soothing, but it's appearance is stunning.

Cup both hands together and gather some of this glowing substance in your hands.

Gathering as much as you can, watching it slip though your fingers a little and spilling over the edges of your hands, and this time and bring the water to your mouth for a drink.

The water touches your lips and is sublime.

This water is heavenly. It nourishes you. It relaxes you.

Take another handful, and drink some more.....

Gather one more handful to splash on your face.

The water seems to wash away all the worries you've ever carried in your facial expressions over the years.....

Notice how you feel.....

Really nice, isn't it?

So just relax somewhere near this fountain, feeling completely free, and clear, and open minded.

And listen to this beautiful information that changes your view about pain forever.

Pain acts as an alert. It's similar to an alarm.

When an alarm goes off, you understand what it was asking you to do, and you turn it off.

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Imagine an alarm that wakes you up from sleeping.

Once you are awake, you turn off the alerting sound, and the alarm has done its duty.

Pain alerts you that something needs attention.

If you have a traumatic injury, the pain tells you the wound needs to be mended.

But what's happening with chronic pain that continues for years and consumes your mind, is that the source of the pain is not being mended, and the alarm is constantly sounding out.

Our minds are very intelligent, as well as our bodies.

When there is something important in our mind that we don't acknowledge, push away, and do not tend to, the only option our mind executes is to alert the body through pain.

So instead of thinking that there is something wrong in your body, ask instead, what needs to be addressed in the mind?

Perhaps you are working a job that brings you down but you don't like to admit it.

Maybe you are in an unhappy relationship that you continue to sit stagnantly in.

Or you could even be in a very happy relationship, but you have allowed too many burdens and responsibilities on yourself in an attempt to please everyone else but you.

Unresolved upsets in your life manifest as body pains until you do something about them.

They are alerts that you have gone beyond your instinctual boundaries and are not speaking your truth.

So instead of asking what's wrong with your body when you experience pain, ask what in your mind is screaming for your attention, but you continue to disregard and push away.

From now on, your entire thinking about pain has changed.

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When pain presents itself, go directly to your mind and ask, "What emotion am I suppressing and what thoughts am I pushing away?"

This is being true with yourself, as you always should.

Truth and chronic pain cannot co-exist.

Once you know the true source of your pain by evaluating your life-experience in an honest way, pain will disappear without question.

It will only rise again as helpful alert that truth and honesty must be expressed to yourself and those who are important in your life.

Whenever you come to a physical activity that you fear will cause you pain, instead of avoiding it, go into it, and past your fear.

Play the basketball you were told to quit because of pain.

Sit however you like, for however long, even go on that long drive in the car that once brought you pain.

Lift things you think you shouldn't, going right into and past the fear.

It is extremely important that you fully trust that your body is stronger than you've been made to believe.

Great, you've made amazing advancements today.

Whenever you are ready, return to the present moment, ready to tackle the fear of pain head-on.

