

Bringing Support and Peace to Pain

Mindfulness Worksheet

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



When we experience pain, whether it be emotional or physical, our vision tends to narrow in on this uncomfortable and challenging experience. Pain can feel all-encompassing, making it difficult for us to carry on with our day-to-day activities.

However, neither physical nor emotional pain needs to be as intense as the mind might make it out to be. In fact, numerous studies have shown that mindfulness and meditation can help to ease the degree to which we experience pain when it arises.

We can bring a sense of support and peace to our pain by envisioning love and care radiating out from others.

As we open our hearts to a full acceptance of external support, we remind ourselves that we are never alone in our experience; all of us share the same capacity for joy, pain, and all in-between.

The following visualization is a practice that explores this, exemplifying how through the power of the mind we can shift our experience of pain.

As you move through this meditation, refrain from denying or forcing your experience to be anything other than what it is. Be open to change and see where it takes you.

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PRACTICE:

1. Begin in a comfortable seated or lying down position. Either position is fine so long as you are comfortable and can stay peacefully alert throughout the visualization.
2. Close your eyes and take a few slow and steady breaths to center yourself. Soften the forehead and the belly to promote a deeper sense of relaxation.
3. Once you feel settled, call to mind the falling visualization:

Imagine that you are seated on a cushion or chair in a bright, spacious room. The room is light and airy, helping you to breathe a little bit deeper.

Around you is a circle of friends, family members, strangers, and any other loving beings that you know or have known in your lifetime (furry friends may be included).

All of these individuals have appeared to support you in gently alleviating your pain. Imagine that from their hearts, golden threads of healing light expand outwards.

These healing threads of light reach into any physical or mental areas of pain and tension, gently softening whatever friction is here. Spend three to four minutes embracing their support, remaining mindful of how your experience of pain might naturally shift.

4. When you feel ready to end the visualization, come back to the breath for a few moments to ground yourself. Then, slowly open your eyes and consider the following reflection questions.

REFLECTIONS:

1. What was this practice like for you? Did you notice any shifts in emotion or physical sensations? Was any part of this visualization difficult?

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2. How did it feel to open-heartedly accept the energy of love, support, and compassion?

3. What does this practice suggest about your experience of pain? In what other situations can you use this visualization to shift your way of being?

