

MindfulLiving™ Module 5

Pain-Free Living

Chapter 8 - Reading

The "Felt Sense" Prayer

Adapted by Shery Clein MindfulLiving™ Coach
Cultivating Awareness Intelligence



❖ I am the pain in your head, the knot in your stomach, the unspoken grief in your smile.

I am your high blood pressure, your elevated heart rate, your fear of challenge, your lack of trust.

I am your hot flashes, your fragile lower back, your agitation, and your fatigue.

❖ You tend to disown me, suppress me, ignore me, inflate me, cuddle me, condemn me.

You usually want me to go away immediately and disappear into obscurity.

More often than not, I am only the most recent notes of a long symphony, the most evident branches of roots that have been challenged for seasons.

❖ So, I implore you.

I am a messenger with good news, as disturbing as I can sometimes be.

I want to guide you back to those tender places in yourself where you can hold yourself with compassion and honesty.

You should alter your diet, get more sleep, exercise regularly, or breathe more consciously.

❖ I might encourage you to seek a broader reality and worry less about the day-to-day fluctuations of life.

I suggest you explore your relationships' bonds and wounds.

Wherever I lead you, I hope you realise success will not be measured by my eradication but by the shift in the internal landscape from which I emerge.

❖ I am your friend, not your enemy.

I belong.

I have no desire to bring pain and suffering into your life.

I am simply tugging at your sleeve, too long, immune to gentle nudges.

I desire you to allow me to speak to you in a way that enlivens your higher instincts for self-care.



❖ My charge is to energise you and to listen to me with the sensitive ear and heart of a mother attending to her precious baby.

You are a being so vast and complex, with unique capacities for self-regulation and healing.

Let me be one of the precursors that lead you to the mysterious core of your being, where insight and wisdom are naturally available when called upon with a sincere heart.

Shery Clein, MindfulLiving™ Coach, would like to take this opportunity to thank you for your valuable participation.

We sincerely appreciate your dedication and commitment. Our goal is to help you navigate any uncomfortable issues and overcome obstacles. Above all, we encourage you to enjoy the journey, relax, and have fun!

If you have any questions or need assistance, please don't hesitate to contact us.

Blessings. Stay Healthy ♥ Love, Shery.

