



MindfulLiving™ Module 5

Pain-Free Living

Chapter 12 - Resources: Reading

Working with Pain – Summary of Mindfulness Strategies

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Cultivating Awareness Intelligence

Pain is an inevitable part of life, but how we relate to it can transform our experience. MindfulLiving™ offers valuable strategies to help manage pain and unpleasant sensations with awareness and compassion. Here are some fundamental teachings and practical strategies to consider:

Critical Teaching: Pain is Inevitable; Suffering is Optional

❖ **Embrace Awareness:** Pain is a frequent visitor, but the intention to use it as a gateway to awakening can energise your path. By relating to pain with curiosity and kindness, you transform your experience into a pathway of freedom.

❖ **Resistance Creates Suffering:** When we resist pain—through physical tension, emotional reactivity, mental judgment, or avoidance—we link our identity to it, turning unpleasantness into suffering. Awareness is the antidote; by bringing kind and mindful attention to pain and resistance, we dissolve the identification that creates suffering.

Strategies for Managing Pain Mindfully

❖ **Mindfulness of Sensations:** Rather than viewing your experience as pain, consider it a constellation of unpleasant sensations. Please pay attention to how these sensations change over time: their intensity, texture, and other characteristics. Approach intense sensations slowly and gently, allowing your attention to deepen without feeling overwhelmed.

❖ **Mindfulness of Attitude:** Reflect on how you are relating to pain. Are you meeting it with a receptive presence, or are there signs of reactivity, judgment, or aversion? Include any reactivity in your mindful attention. Acknowledging and including these reactions creates space for more balance and freedom.



❖ **Take It Moment to Moment:** Instead of predicting future discomfort, focus on the present moment. Ask yourself how the pain is at this moment. Break it into manageable parts, such as focusing on the next few breaths. This approach helps reduce the anticipation of future pain.

❖ **Resourcing:** Shift your attention from the intense sensation to a neutral or pleasant area in your body or to an external image or memory that evokes ease and safety. This technique helps the nervous system relax and shifts your pain perception to a more manageable scale.

❖ **Titration and Pendulating:** Titration involves contacting a small portion of the pain at a time, allowing you to integrate the experience mindfully. Set up a neutral or pleasant resource anchor in your body and alternate between this anchor and the pain. This practice helps create more space and ease in your experience.

❖ **The Resource of Space:** Consider your pain as a small part of a larger whole. By becoming aware of the broader context—such as the touch of air, sounds, or visual stimuli—you dilute the intensity of the pain. Using your breath, imagine letting go into the surrounding space, which helps the pain to move more freely and lessens the sense of suffering.

❖ **Offer Loving Kindness:** When recognising pain, allow your heart to open in a gentle, soothing embrace. Send currents of care to the areas of discomfort and any related reactivity. This compassionate response can increase your sense of freedom.

❖ **When the Going Gets Tough:** Sometimes, you must shift your focus entirely to regain balance. Engage in activities that offer distraction and renewal, such as reading, listening to music, or spending time in nature. Avoid overusing distractions, as they can reduce your natural intelligence and sense of vibrancy.

❖ **Inquiry: Who or What is Feeling Pain?** When you have some balance, inquire into who or what is aware of the sensations. This exploration helps loosen your identification with pain, revealing that sensations are not personal but merely phenomena.

Thank You for Joining Us on This Journey

Thank you for taking the time to explore these MindfulLiving™ strategies for managing pain. We hope the insights and practices shared in this article will support you in cultivating a pain-free and fulfilling life. Remember, mindfulness is a journey; each step brings you closer to greater awareness and relief. Please feel free to reach out if you have any questions or need further guidance.

Wishing you peace and well-being on your path to living pain-free. ♥
MindfulLiving™ Coach Shery Clein

