

MindfulLiving™ Module 5

Pain-Free Living

Chapter 8 - Reading

The "Turning Toward" Meditations for Difficult Emotions and Physical Pain

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Cultivating Awareness Intelligence

The complex interaction between our physical, emotional, and mental realms makes it inaccurate to say discomfort is "just mental/emotional" or "just physical." Significant physical pain often triggers emotional difficulties, and emotional pain can manifest physically. With this in mind, the "Turning Toward" meditations address both emotional and physical realms, offering two different recordings:

- ❖ One for difficult emotions (e.g., loss, hurt, anger)
- ❖ One for physical pain (e.g., chronic pain, fibromyalgia, serious injury, or physical disability).

If you're dealing with a primarily emotional issue, start with the **Meditation for Difficult Emotions**. If your challenge is more physical, try the **Meditation for Physical Pain**. Both follow a similar sequence and address emotional and physical aspects, but the guidance is tailored to the specific focus.

By the end of the meditation, you're likely to feel better than when you started. However, if you feel overwhelmed with emotion, frightened, or out of control every time you practice, consider trying another practice (see the "If You React Strongly" section and the NOTE below).

❖ [Meditation for Difficult Emotions \(23 min\): \[Audio Link\]](#)

❖ [Meditation for Physical Pain \(25 min\): \[Audio Link\]](#)

After practising one of these meditations a few times, you can try the "Turning Toward" informal practices. These can be done virtually anytime and in any setting. Review the **Turning Toward Difficult Emotions** or **Turning Toward Physical Pain** guides to help you navigate the corresponding informal practices.

If you are deaf, hard of hearing, or English is not your first language, consider using the video versions with closed captioning:

❖ [Turning Toward Emotional Difficulty: \[Video Link\]](#)

❖ [Turning Toward Physical Difficulty: \[Video Link\]](#)

For written versions, see:

❖ [Transcript of Turning Toward Difficult Emotions: \[Transcript Link\]](#)

❖ [Transcript of Turning Toward Physical Pain: \[Transcript Link\]](#)

NOTE: If you prefer alternative practices to the "Turning Toward" meditations, consider using previous MindfulLiving™ practices like **Soften**, **Soothe**, **Allow** or **RAIN**. These are still available and can be accessed through the following links:

❖ [Soften, Soothe, Allow \[Audio Link\]](#)

❖ [RAIN \[Audio Link\]](#)



A Note of Gratitude

Thank you for your valuable participation in the Pain-Free Living module of the MindfulLiving™ program. We sincerely appreciate your dedication and commitment to these practices. We aim to support you in addressing discomfort and overcoming obstacles while encouraging you to enjoy the journey. Remember, we are just a message away if you have questions or need additional support.

Blessings. Stay Healthy ♥
Love, Shery Clein
MindfulLiving™ Coach



Achieve Pain-Free Living: Enhance Your Awareness Intelligence
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