

# Talking to Your Pain



1. Sit or lie in a comfortable position with your eyes closed.
2. Take 2-3 deep breaths and allow your body to become relaxed.
3. Focus your awareness on the area where you are experiencing the greatest discomfort at this time.
4. Keep your attention on the pain and don't turn away from it. Observe the pain without judging it or feeling emotion.
5. Breathe deeply into the pain, sending your breath and loving energy to that area of the body.
6. When you feel a slight shift in the pain, such as a decrease in intensity or movement to a different location, ask the pain what it wants you to know.
7. Continue to focus all your attention on the pain while you wait for an answer to come to you. Remain in a state of non-judgmental observation during this time.
8. You may become aware of an "answer" to your question, such as an insight into the deeper meaning of this pain you are experiencing. If so, acknowledge this awareness with gratitude and understanding.
9. If you do not sense that there is an answer coming to you, continue breathing into the pain until you feel a release or lessening of the discomfort.
10. Gradually return your breathing to normal and allow yourself to return to a non-resting state.