

How to Heal from Chronic Pain

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Here's a story that will tell you the value of learning to think out of the box. Recently, there was an article in one of America's leading newspapers on medical treatment for chronic pain conditions. The article described how doctors have been trying for years to reduce severe chronic pain problems through drug therapy. It pointed out that to date, the overall result has been a dismal failure. The article concluded, however, by saying that there is hope for a supposedly new drug that might address the issue. Does this sound familiar? Can you recognize that neither the article's author nor medical researchers have learned to think out of the box? They can't find a solution because they can't think out of the box. What is that box? It's the assumption that drugs provide the answer. But the truth is, drugs generally only provide symptomatic relief from pain and keep us from looking in the right places for answers that will really help people!

The solution to chronic pain is not drugs. It is preventive self-care and self-empowerment. This self-care and self-empowerment includes a number of elements: nutrition, breathing techniques, movement awareness techniques, yoga and exercise, and mental/emotional self-mastery tools. Healing is much closer at hand than the medical profession would have us believe. Healing lies in our hands, if only we learn how to educate ourselves in the healing process. That process of healing is all about self-empowerment, and self-empowerment is all about getting connected to you, and learning what feeds you and what destroys you. It is about learning how to manage and master your energy. It's about learning to truly live. The steps by which you learn to heal are also the steps by which you learn to truly live, not steps by which you drug your body

and your mind into losing the ability to feel altogether. So practice getting out of the box. Be willing, when solutions aren't at hand, to risk thinking different, being different. Be willing to assume that when your body hurts, your body is actually sending you a message: learn how to take care of me more effectively, to treat me better, to love me more. The body is asking you to let go of the physical, mental and emotional tensions that are hurting you. If you begin to see your body's pain as an inner message from a deeper part of you, and then begin to explore physical, emotional and mental ways of getting more in touch with your authentic self, the rewards will show in deeper healing. May we all learn how to heal ourselves, one another, and the planet.