

How Can You Use Pain for Your Benefit?

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Pain is defined in the dictionary as a symptom of some physical hurt or disorder, emotional distress; a fundamental feeling that people try to avoid, annoyance: something or someone that causes trouble; a source of unhappiness.

People experience many different types of pain. I have spent many years teaching people how to heal themselves. My clients have often shared with me that they are far more capable of handling physical pain than mental or emotional pain. However, it does not matter what pain we are presented with, whether it be emotional distress, avoidance, depression, a broken heart or the loss of a loved one, there is an opportunity for transformation. This type of change is not always easy but it can be very enriching.

It is important for us to be aware that when someone or something is taken away from us, it is often because something else is waiting to come in. For example, my husband Paul wanted to do piano lessons. He waited four months for a specific teacher he thought would be fantastic. Then after one lesson the teacher told him she could not teach him. Paul was very upset and disappointed. However, a week later he found another teacher, who taught him not only how to play the piano but how to produce high quality music CDs.

THE PURPOSE OF RECURRING PAIN

The pain we have, especially the one that keeps recurring, is trying to teach us about ourselves. It is there to bring our awareness to the areas in our lives which we have been either avoiding or suppressing.

In the foreword of my book, *The Secret Language of Your Body, The Essential Guide to Healing*, Dr Bernie Siegel writes, "Each Monday morning we have more suicides, strokes, illnesses and heart attacks. I think our bodies are trying very hard to tell us something about how our lives, jobs, relationships and attitudes affect our bodies and our health. If we do not pay attention to our feelings and the messages from our body then our body will assume we do not enjoy life and get us out of here as quickly as possible."

PAIN IS A CATALYST FOR CHANGE

For many, their pain becomes a catalyst for change. Yet a majority of people would say that they prefer pleasure to pain. This means that when they feel good they often don't have a lot of motivation to grow, question and explore.

I know countless people who read spiritual books or books on health when they are facing challenges and abandon them when they feel good. I am no exception, I would not have become involved in healing if I had not experienced excruciating back pain. I often say, 'There was no where to go but within.'

No one could tell me what was going on and I knew that unless I found the answers within I would not be able to heal. I discovered that every experience was stored in my cellular memories and these experiences were either energising and healing or leaking energy and causing pain.

I learnt to listen to pain and then work with releasing it on every level. The intense pain I experienced in my youth was a turning point in my life and it brought me to my biggest passion, which is to empower myself and others to become healthy, fulfilled, wise and loving.

LISTEN TO YOUR BODY

When I am teaching about the secret language of the body, I encourage people to listen to their bodies' and discover what they can learn from each experience. Thus, life becomes richer and more whole. While sometimes Western Medicine, which can also be valuable, encourages us to blindly rely on tablets and someone else's judgment to heal, intuitive healing allows our bodies' own wisdom and intuitive ability to come forth. It encourages the body to heal naturally by releasing the dense energy which blocks connection.

When you feel connected to someone or something, you can communicate, listen and take action easier, quicker and more effectively than when you feel blocked, angry or disconnected. Your body, mind and spirit are the same. When there is disconnection, you may experience blockages and a rift in communication. This creates pain and disorder in your experience of life because the messages are not getting through. Disconnection can manifest itself as a disease or disorder, stuckness where nothing seems to happen or go your way, or a traumatic occurrence in your life.

PAY ATTENTION TO YOUR THOUGHTS AND FEELINGS

What you see, hear, sense and experience either helps your body to connect and run smoother or to put the brakes on and create havoc. For example, a woman who keeps hearing that after 35 she is too old to have children will often create aging or degeneration of her ovaries. Someone who has a fear of what will happen in the future can create degeneration in their vision or hearing. If you think that someone you work with gives you headaches, you will eventually create headaches. Of-course these examples are simple and obvious but the mind/body/spirit is simple and will give us what we keep affirming.

To become empowered and learn from pain is to be aware, pay attention and discover the secret language of your body. You would be surprised how many realizations and insights you receive if you simply tune in, pay attention and ask.

A SIMPLE EXERCISE

A simple exercise you can do is: write down in which areas you are experiencing pain or blockage. Then start to explore how this physical or emotional pain is connected to what you say, what you think, what you feel and what you believe.

The first step to pain relief is to recognize what is causing you pain on different levels. For example, I had a client who had intense back pain to the point where she could not walk. When I tuned into her energy I felt this was an emotional problem. The doctors told her that she would need surgery. When I questioned her about what was happening at home, she told me that people in her family, in particular her sister, were taking advantage of her and she was taking responsibility for everything and everyone. This weight was so heavy it was literally breaking her back.

When I suggested that she tell her family that they had to take care of themselves, she told me that she did not think it would change anything. However, the next week she came to my office walking without any trouble, free of pain. She shared with me that initially she ignored my advice and the pain worsened, but a few days later she decided to give it a try. By the end of the day her back felt a lot better. Within a few days she could walk without pain.

TAKE ACTION

Once you are aware of what is causing you pain, you can take action. You can either

- Start to view this problem in a different way
- Learn the lesson it offers
- Take action to change it – changing thinking, behaviour, clearing energy, healing
- Start communicating with your body differently

COMMUNICATE WITH YOUR BODY

Instead of beating yourself up, learn to appreciate yourself. Talk to your body, ask it how it can help you to heal or release pain. Often you will receive messages to relax more, be more patient, loving, eat differently, exercise more, get a massage, go for a holiday or change your mind about a situation.

This journey is not always easy but it is full of synchronicities, miraculous occurrences and experiences. I have discovered beyond doubt that we are guided inside and out by a higher, most profound intelligence. It loves us unconditionally and has infinite patience with us. This is why we have so many chances to ask questions, try different approaches and learn. The biggest challenge for many people is to simply ask for assistance and then to be humble enough to listen and take appropriate action. Help is always available if we ask.

Inna Segal is the creator of Visionary Intuitive Healing® and the best selling author of The Secret Language of Your Body. Inna, who travels world-wide leading courses on healing, is also a television presenter. For further information please visit www.innasegal.com

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