



Pain: Writing Meditation for Pain-Relief **by award-winning author / stress-relief expert Susie Mantell**

Q: I suffer from vague muscle aches and tender points diagnosed as "Fibromyalgia." How can I use mind-body techniques to ease pain?

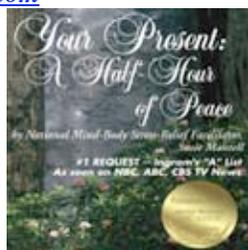
A: Once your physician has thoroughly assessed any chronic pain, a next step might be to ask your body what it is trying to say.

One FMS patient I know experienced exhilarating relief through writing meditation, answering the questions: "How do your aches look? Smell? What kind of sound do they make?" Private, written conversations with her own body over time revealed her intuitive sense that the tender points were tangible symbols of deep emotional wounds of a painful childhood. Those old injuries were now "surfacing"-- looking for a way out. They were no longer representational of the adult, healthy Self she was reclaiming, and she began to visualize her healing process. The image that came to her was one of hard, steel balls that were pushing outward from her core.

Over several sessions, as she "popped" them out, with each release her pain diminished and her sense of personal power grew!

For each person, the answers will likely be different. Whatever insights we can glean from writing about symbols we sense from chronic pain may be very remarkably helpful in facilitating the journey toward relief. Discussing these intuitive insights or "gut feelings" with a counselor may be very useful to you both in leading you toward the more healthy, joyful life that awaits you.

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