

The Other Side Of Pain

by Eve Harras-Hart

I was walking to my car, when the pain in my hip returned unexpectedly, as it has off and on for several years. My right leg collapsed. I flinched, then adjusted my gait to accommodate the discomfort. Immediately I thought, *"What's wrong with me? What did I do?"*

As I pondered these questions, many feelings arose. I felt weak and broken because my body was no longer working as well as it used to. I was anxious about how long I'd have to experience this pain and physical limitation. I was frustrated and defensive because the onset of pain and limping seemed to come without warning or cause. And I was pessimistic about my long-term physical health and my power to improve it.

Through this awareness, an insight arose: *I am not sick. I am not broken. I am not in pain: I am healing. I am letting go of what I am not, so I can be who I truly am.* As these new thoughts moved through me, my feeling state changed dramatically. From vulnerability to power, from pessimism to optimism, from resentment to gratitude, from agitation to peace.

Soon after, the next insight emerged. *Be thankful that I am experiencing this pain, because it is an outcome of healing. Letting go of the energy of "what we are not", can sometimes be unsettling for the mind, body and emotions. We may experience the "letting go" as illness or pain.*

From that moment on, I decided to view the pain in my hip as an outcome of healing. Every time I experienced the recurring pain, day or night, I said with faith, acceptance, and gratitude, "Thank you God. I am healing." Sometimes I would add the phrase, "I am letting go of what I am not, so that I can be who I truly am."

I walked through the pain, not around it, with power and trust. Each time I repeated this phrase, I felt a temporary shift in how I experienced the pain - a softening or dulling of the pain. I also experienced a temporary shift in how I felt overall - empowered, lighter and more peaceful. I took additional comfort in remembering that all things of earth have an end. Thus all pain and illness, being of earth not of heaven, also have an end.

The pain gradually shifted in intensity and frequency. Three days later, I realized it was gone. I repeated the prayer of thanks again.

I discovered that whether or not the pain returned no longer mattered to me. I have not failed. I am not vulnerable. I am healing. Through this experience, I now approach all suffering - physical, mental, emotional and spiritual - in this way.

I have observed that since I have used this phrase when I experience pain or illness, the severity and my recovery/healing time have been significantly reduced. More important, my state of mind during the process of letting go has been one of power, peace and gratitude.

The common thread in my experience seems to be the healing power of positive thoughts. Our thoughts determine or at least influence the course of our experiences - physically, mentally, emotionally and spiritually.

Pain and illness can be perceived as an outcome of healing, rather than a sign of attack and defense. For healing sake, it's best to change our minds, to change our experiences. *Thank you God. We are healing.*

Bibliography:

Bandler, Richard and John Grinder, *frogs into princes*. Real People Press, 1979.

A Course in Miracles, Mill Valley, CA, Foundation for Inner Peace, 1996.

Tolle, Eckhart, *The Power of Now*, Vancouver, BC, Namaste Publishing Inc., 1997.

Eve Harras-Hart, M.Ed, is an energy worker and writer, based in Calgary.