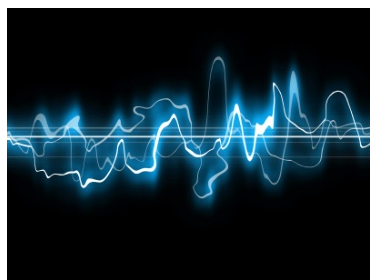


Pain and Its Purpose



Most muscular pain is caused by sensory motor amnesia (SMA). It's a pattern. It's a reflex to stress. Somewhere along the way we haven't paid attention to our body's signals. We've overridden the messenger, and we've just kept going in life. The pain is giving us a message of where we can unpattern from this reflex. It's an opportunity for us to have compassion and empathy for ourselves.

For example, if the instructions in one of the Somatic Movement Flows® (SMFs) are to twist to the left, and if I'm a person who has chronic low back pain, then there may be a signal as I twist to the left that my body is giving me – “ouch!”. At that moment, I remember that I can apply the “80%” guideline: I would back off from 100% effort by dialing back to 80% effort, and then be gentler as I explore my edge. As I'm twisting and moving and I'm experiencing the discomfort, instead of judging that pain and going into reaction about it or trying to push past it, I'm going to accept the information I'm receiving and see it as just that – information. *Helpful* information!

In other words, I experience my back giving me a sensation that otherwise could be experienced as pain, and I'm just going, “ok, well that's interesting.” I'm more neutral. I'm the observer. I'm the witness. Then, through kindness and compassion for myself, I can start moving in a way that can begin to access that part of my body in different ways. Eventually, through all of the science behind Gentle Somatic Yoga (e.g. pandiculation, lock-in, kinetic mirroring, means-whereby, micro movements and integrative movements), I can access the part of my body which holds the pain pattern and I can slowly unwind from it permanently.



Gentle Somatic Yoga is a heart-centered practice. Be inspired to reconsider pain and its purpose for yourself. It's normal for all human beings to experience pain. It's inevitable. As we grow and evolve in our spiritual practices, we understand that pain has a function. It helps guide us back to peace. It helps us return to self-love. When we experience and encounter stiffness, or discomfort, or pain

in our body, we can actually be grateful. It becomes the sign and the signal of where we can go back into ourselves and reclaim parts of ourselves that we've abandoned. Freedom is truly found on the other side!

