

Pain/victimhood/Healing/Recovery Amazing insight – How we do it. Thanks to Joanne Thompson
Diana Kottle and Fastereft.

<http://www.fastereft.com/grief-and-loss.htm>

PREPARING THE BODY FOR HEALING

Eckhart Tolle says this on page 143 in his book The Power of Now.

The first thing to remember is this: as long as you make an identity for yourself out of the pain, you cannot become free of it. As long as part of your sense of self is invested in your emotional pain, you will unconsciously resist or sabotage every attempt you make to heal the pain. Why? Quite simply because you want to keep yourself intact, and the pain has become an essential part of you. **This is an unconscious process, and the only way to overcome it, is to make it conscious.** To suddenly see that you are or have been attached to your pain can be a shocking experience. The moment you realize this, you have broken the attachment.

The pain-body is an energy field, almost like an entity, that has become lodged in your inner space. It is life energy that has become trapped, energy that is no longer flowing. Of course, the pain-body is there because of certain things that happened in the past. It is the living part of you, and you identify with the past. A victim identity is the belief that the past is more powerful than the present, which is the opposite of the truth. It is the belief that other people and what they did to you are responsible for who you are now, for your emotional pain or your inability to be your true self. The truth is that the only power there is, is contained within this moment: it is the power of your presence.

All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future - and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past - and not enough presence.

Once you know that, you realize that you are responsible for your inner space now - nobody else is - and that the past cannot prevail against the power of the Now.

THE PAIN-BODY

There are two types of pain; one is present pain that occurs in the Now and the pain which is based on past events, usually from childhood experiences.

The pain-body is a very low vibratory frequency that feeds on pain, misery, drama, etc. It is unconsciousness and it feeds on unconsciousness. When you notice yourself in a reactive state, the pain-body is active and looking to be fed. Go into a place of allowing and observation, thereby supporting the raising of your vibratory state and the vibratory state of the pain-body. The pain-body consists of trapped life-energy that has split off from your total energy field and has temporarily become autonomous through the natural process of mind identification. Anything can trigger it, particularly if it resonates with a pattern from your past.

Tolle writes on page 30 - 33, that the pain-body is the dark shadow cast by the ego, it is actually afraid of the light of your consciousness. It is afraid of being found out. Its survival depends on your unconscious identification with it, as well as on your unconscious fear of facing the pain that lives in you. But if you don't face it, if you don't bring the light of your consciousness into the pain, you will be forced to live it again and again. The pain-body may seem like a dangerous monster that you cannot bear to look at, but I assure you that it is an insubstantial phantom that cannot prevail against the power of your presence.

The pain-body wants to survive, just like every other entity in existence and it can only survive if it gets you to unconsciously identify with it. It can then rise up, take you over, 'become you' and live through you. It needs to get its 'food' through you. It will feed on any experience that resonates with its own kind of energy, anything that creates further pain in whatever form: anger, destructiveness, hatred, grief, emotional drama, violence and even disease. So that the pain-body, when it takes you over, will create a situation in your life that creates its own energy frequency to feed on. Pain can only feed on pain. Pain cannot feed on joy. It finds it quite indigestible.

When you start to misidentify and become the watcher, the pain-body will try to trick you into identifying with it again. Although you are no longer energizing it through your identification, it has a certain momentum, just like a spinning wheel it will keep turning for a while, even though it is not being propelled. When you are present enough, it cannot control your thinking.

When a dark mood comes over you and you start getting into a negative mind-pattern, your thinking has become aligned with the pain-body and you have become unconscious (to be identified with some mental or emotional pattern) and vulnerable to the pain-body's attack.

To summarize the process - focus attention on the feeling inside you. Know that it is the pain-body. Accept that it is there. Don't think about it - don't let the feeling turn into thinking. Don't judge or analyze. Don't make an identity for yourself out of it. Stay present and continue to be the observer of what is happening inside of you. Become aware not only of the emotional pain but also of 'the one who observes' what is happening inside of you. Become aware of not only the emotional pain but also of 'the one' who observes, the silent watcher. This is the power of the Now, the power of your own conscious presence.

On page 140 Tolle writes that - as a general rule, the major obstacle for men tends to be the thinking mind and the obstacle for women is the pain-body, although in certain individual cases, the opposite may be true and in others the two factors may be equal.

THE PAIN-BODY EXPLAINED IN OTHER WORDS

The following is from a Tolle/Winfrey webcast.

Thinking is a form of energy that happens to you all the time. Some thinking happens to you, like breathing, digestion, circulation, that the greatest part of most people's thinking is involuntary, automatic, and repetitive. It is no more than a kind

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of mental static and fulfills no real purpose, but some thinking involves the human mind that seems to be hooked on my, me and my story.

This constant mind chatter keeps the negative emotions alive and personalizes everything and you become identified with that voice in your head, with its repetitive thought patterns and that is what most people are trapped in. It makes up their superficial personality with all their, the continuous repetitive judgment, and likes, and dislikes and prejudices and whatever makes up the content of their egoic mind. So people are trapped in that and derive a sense of self from that, which is ultimately insubstantial, conditioned by the past and not who they are with its repetitive thought patterns. And that is what most people are trapped in. This addiction to these negative thoughts in our head, which is at the root of humanity's problems.

When you become aware of this you start the awakening and realize that there is a voice in the head that doesn't stop speaking. When you realize, "Oh there's a voice!" and then you begin to realize what kinds of things the voice is saying: repetitive judgments and so on, negative thoughts about yourself, about other people, about situations you are in. Especially all these repetitive negative thoughts that many people are trapped with. You become aware of that. The power to stop the pain-body comes in with your awareness that there is a voice.

Nothing ever happened in the past that can prevent you from the present moment. Many people are so attached to the past that they carry a burden, like carrying a huge sack on your back, a burden. You're identified with that. And they believe that they're unable to be present because the past prevents them from being present. But it can't do that. You can step out of the stream of thinking. Take your attention into present, and immediately the past no longer has that power over you.

The core of all this is the pain-body. Any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. The energy field of old but still very much alive emotion that lives in almost every human being is the pain-body.

So first realization is that there is something in me that seeks unhappiness, that seeks unpleasant experiences, that seeks more negativity because it feeds on those things. And if you can recognize that as it arises, then you're no longer totally at the mercy of it.

Those things, negative thoughts, will feed to the pain-body. That is one of the favorite ways pain-body to feed is on your own thinking. So this is very important for people to realize, to observe within themselves that periodically in many people, an addiction to negativity arises.

The pain-body is the emotional aspect of the ego. So, really, pain-body is part of the ego, and it's a very unhappy entity. But because its very existence consists of this unhappy vibration, it does not want an end to its unhappiness because an end to its unhappiness is the end to the pain-body.

Because pain-bodies are very cunning, very clever they know exactly what will make you unconscious and what will make you react. It's a creature that's like an alien force inside of us.

Although the body is very intelligent, it cannot tell the difference between an actual situation and a thought. It reacts to every thought as if it were a reality. It doesn't know it's just a thought. To the body, a worrisome, fearful thought means 'I'm in danger,' and it responds accordingly. There is a buildup of energy, but since the danger is only a mental fiction, the energy has no outlet. The rest of the energy turns toxic, interferes with the harmonious functioning of the body, and that is what makes people sick.

So it's very important to clear up your mind so that you stop the continuous negativity of the egoic self-talk, as we call it. So recognize it, and then step out of that stream of thinking into the present moment, take one or two conscious breaths. You've stepped out of the stream of thinking. Or feel the inner body, feel the aliveness in your arms, your hands, your legs. Put your attention there.

You have stepped out of the stream of thinking. Or look at something and bring your full consciousness to the act of perception. For example, a tree or a flower, anything natural is best. Look at anything natural. Give it your full attention that takes you out of the stream of thinking. Or any natural sound, a bird, the wind.

THE POWER OF THE NOW MOMENT

After the mind is ready to relax and be in conscious no thought, you can rise above thought and be in the moment where the constant thinking stops. To the ego, only the past and future matter, it is always trying to keep the past alive and projects itself into the future as it expects fulfillment there. When you think of a present feeling, by definition the present becomes the past. The solution is to be in the moment of conscious no thought. Be in your breathe. Even the present is seen as a means to an end, an end that lies in the mind projected future. The present no thought moment holds the key to liberation.

ACCESSING THE POWER OF NOW

As Tolle writes in Practicing the Power of Now, you can do this to access the power of Now. Follow the breath with your attention as it moves in and out of your body. Breathe into your body and feel your abdomen expanding and contracting slightly with each inhalation and exhalation.

If you find it easy to visualize, close your eyes and see yourself surrounded by light, or immersed in a luminous substance - a sea of consciousness. Then breathe in that light. Feel that luminous substance filling up your body and making it luminous also.

HOW TO DISSOLVE NEGATIVE THINKING

I (Tolle) was writing The Power of Now, and writing about accumulated emotions. And then I was taking a break and went into the park and sat on a bench by a pond, and I saw two ducks approaching on the pond, and suddenly, maybe one duck or, one duck got close, too close to the other. Suddenly they started getting into a fight. It lasted for about 30 seconds, and then they both separated, swam off in opposite directions. They were still agitated, both of them, and then both ducks kind of lifted themselves up on the water and vigorously flapped their wings a few times. They almost stood up on the water, and moving on. And then suddenly they were totally peaceful again and swam off.

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The example of the ducks is right on as negative energy takes its toll when stored. We humans can release unwanted negative energy by letting it go and not dwell on it.

HOW TO DISSOLVE THE PAIN-BODY

You can achieve the conscious no thought state of mind by **BEING AWARE OF THE GAP BETWEEN TWO THOUGHTS AND FOCUSING YOUR AWARENESS WITH IT** This will enter you into the Now.

RELEASING BY BREATHING

This was written by Tolle. As for your past events and memories, don't try to block them out. When they come to your attention, notice them and give them acknowledgement, then breathe them out. They will keep coming back, in harder and harder forms, until you acknowledge them. To get caught up in them - to get caught up in the drama of them again - will replant them further and further within. Notice the memory, any emotions or bodily responses, then breathe them out. Breathing puts you in the present and allows you to release - to clean, clear, organize and reorganize. Breathe.

Go into your breath when you notice any symptom. Whatever the situation, whatever the symptom, whenever we hang onto what we think it's about, we limit it from being all that it is about. Perhaps the 'negative' thought has been a symptom. Let it go...like putting it in a balloon and letting it go up, up and away... release it, not through your thoughts but through a letting it go on its own journey. Breathe, with no thought...with a quiet mind, a peaceful mind, and an open heart. No thought. What we think we know...thinking we know what it's about keeps it in a box...let it out of the box and allow it to be whatever it is... and it most often is way beyond our awareness. Breathe.

..... on a personal level by focusing on your breathing it is the start of a process this means that many thoughts are reduced to one this thought with practice becomes an awareness which when you are ready, becomes a feeling or emotion this feeling lasts for seconds, which with practice becomes minutes and so on and time disappears.....

When you breathe, the breath enters through your feet, like a straw sucking from the unending sea of consciousness and moves up through the legs, chest and body, down through the arms and hands and back up the arms to the head. Notice the breath inside your physical and inner bodies.

The exhale breath leaves through your feet. This is your spiritual body feeling our breath.

You may decide to visualize the in-breath as white and the out-breath a black. Do what is natural.

THE STOMACH AS A TRUE INDICATOR

Notice that your stomach is a true indicator of your bodies feelings. It talks to you of how it feels and therefore, how you feel. If you really want to know your mind, the body will always give you a truthful reflection. The thought will be the lie, the emotion will be the truth, the relative truth of your state of Mind, at that time. The stomach is a gauge for your breathing and releasing your troublesome thoughts. You may start off by taking a few minutes to release/breathe every hour, or when a thought enters your mind. It's up to you in your choice.

When the mind connects with the body, emotion is created. When we don't connect with those emotions, they appear in physical form as a dis-ease. With a connection, emotions come either from love or fear. Fear based emotions can overtake us if allowed and appear as the pain-body, as noted above. When you bring the light of your consciousness into the pain, it cannot survive the awareness. It has taught you by its presence and is sent back to the universe. By cradling this fear as you would a baby, you give love to your fear. [P' taah](#).

Spirit wants to get your attention, so that self awareness can lead to enlightenment. It starts with a whisper, leading to conversation loudness, then louder voices, then shouting and so it progressively goes to an life altering dis-ease, then to a life ending ill-ness. Ideally we react to the whisper, but we typically go through a lot of pain before we 'get it' and acknowledge and act on the message.

MENTAL MOVIES

"A chief cause of unhappiness is what is called mental movies. Mental movies are a misuse of the imagination. You know how it goes. You have a painful experience with someone, then run it over and over in your mind. You visualize what you said, what he did, how you both felt. As awful as it is, you feel compelled to repeat the film day and night. It is as if you were locked inside a theater playing a horror movie.

To break out be aware that you ARE running a mental movie. Be conscious of its mechanical hold on your mind. Then, by deliberate choice, break it off. Shake your head and break it off. Now, at this instant, take a quick look. Where is your pain? It is not there. It has disappeared. You have now accomplished something great. You have proved that you CAN snap the film and its tyrannical pain. You are free and you are free RIGHT NOW.

Try the above method for yourself. Even though you succeed at first for just a split second, you have succeeded completely! Now realizing that small success is possible, you can advance to great success!"....VERNON HOWARD

TRANSFORMING ILLNESS INTO ENLIGHTENMENT

As Tolle writes on pg 183 - 4, illness is part of your life situation. As such it has a past and a future. As there are no problems in the Now, there is no illness either. The belief in a label that someone attaches to your condition, it keeps the condition in place, empowers it and makes it a seemingly solid reality out of a temporary imbalance. It gives it not only reality and solidity, but also a continuity in time that it did not have before. By focusing on the instant and refraining from labeling it mentally, illness is reduced.

Illness is not the problem. You are the problem, as long as the egoic mind is in control. If you have a major illness, use it for enlightenment. Anything "bad" that happens in your life - use it for enlightenment. Withdraw time from the illness. Do not give it any past or future. Let it force you into intense present-moment awareness.

Then gradually focus more on the feeling. Don't get attached to any visual image. You are now in your body. You have accessed the power of Now.

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