



A. Pain

Pain is a great driver of the creative and destructive forces of Psyche. It has long been noted that tapping into the dark well of Pain helps the artist connect to something larger than themselves that is at the core of the human experience, at times giving “scary” word and image to hidden fears that blind us from making the invisible visible.

One of the best uses of the forces of the West is to drain expired pain, that which has become physical, as to open your precious Sensitivity to the vast knowledge of truth and wisdom that is available when one is intimate with the heartbeat of the planet. In understanding this, perhaps you can also understand why so many people stuck in the Western part of the Medicine Wheel experience chronic Pain. Indeed, for one lodged in the West, knowledge and wisdom can be “a pain”, for it drives us to do things that are at times beyond our comprehension, things that would make you crumble in terror as your brief Courage unlatches your tremendous cache of Belief that is full of shit.

Surely you have heard this phrase: Pain is inevitable (a given). Suffering is optional. Pain is the Self-chosen pill you have taken which serves as a tracking device for Truth to know you through Surrender. There is no such thing as 60% or 70% surrender; it is an all or nothing deal. Suffering, on the other hand, can both exhibit and inhibit growth, in that order, if not taken in Right Order. So it is said in the Buddhist texts, that in the end, *suffering has been alleviated*, yet not before we enter the path of acknowledging there is Suffering, the first Noble Truth.

As the powers that be, the authoritative traumas, neglect and misinformation that attach to your egoist desire through Belief are released, Suffering will no longer be necessary or even possible. Already, there is not one iota of this one land ocean nation that has not been touched by Suffering. Yet the absence of Suffering leaves us alone with Pain, which may be a frightening thought for some. Fortunately, Fright is the very thing that calls Courage into action. And Terror the product of the conflict between what you really see and what you have been told was possible and permissible to see.

The Courage we speak of here is peerless, that of an evolved consciousness aware of his or her imprisonment to face that imposed solitude. So does Courage work with Pain, be it the sensory discomfort or something more physical to inform the heart there is something between you and your relationship with the Higher Self. Pain is not a problem. The problem lies in what blocks you from hearing what Pain has come to tell you; to lay down the crutches of Belief. We will speak of how to work with problems without breaking into their convoluted sack of solution in Step 2. For now, consider this:

*Every act that comes from Purpose is supported by Nature
and has the potential to change things in ways you couldn't have dreamed of.
Suffering is focus without Purpose.*

It is a kind of joke, focusing on what blocks us when one has the option to take the detour to *Through*, where Nature aligns us with the understanding that Everything is what it is, and Everything is connected and all things eat and are eaten. Spirit, of which we are a part, is most at home in Nature yet our physical body more at home in the house. Right here we have a painful split, yet both are rightly placed. For with Spirit at the controls of the uncontrollable, your heart has the ability to see the shape that your language and other behaviours have taken to get around the wound, like a tree growing over or around something, for it believed it impossible to go *Through*. Here you may come upon Contradiction: "But I've seen a tree growing around the obstacle rather than go through it." Sometimes it is not the obstacle that must be run through but that which is blocking you from seeing the obstacle.

For now, I will share with you here my direct experience with Pain when I gave up Suffering, but I will tell it to you through the third person for it has been well documented that one absorbs Truth and Wisdom better through the third person.

After making a large move in her life, Maria noticed a viral Flu staying in her guesthouse. She had guessed it would stay for about a week, based on how others around her had responded to it. The first two days she was absolutely housebound, barely able to get out of bed or eat. One the second evening as she lay in her bed with a pounding head and aching body, dreading another sleepless night, she considered taking some Tylenol to alleviate her suffering, which she was loathe to do for she had told herself she no longer needed such "mother's little helpers". And so, for a short time she worked with doubt as to whether this was the right course of action. Then, in the fertile space of the Great Doubt she received an inkling to engage with the pain-body; "*play the hokey-pokey with it*" a small voice said inside of her.

Without thinking she played into the Pain, bit by bit, then took herself out, over and again. She did this until she became bored, unable to see the point of it. As she took herself out one last time a bigger, deeper voice spoke inside her head, "*Now, how far are you from the Pain?*" And an even bigger voice answered, "*Six degrees.*" Before she had time to fully contemplate this a crystal clear voice cut in like a frog from a swamp, "*Now, how far are you from the Truth.*" And in her own voice came response as "The Same."

Immediately she saw Truth standing right behind the Pain, both facing her. Maria then saw Truth put its hand on Pain's back and radiate itself to her fully *through* the body of Pain and felt a great sense of relief, even to the point of Bliss. She received this radiant transmission in a split second though it seemed to her some minutes. Maria was then snapped out of her Bliss like a twig and told to take a Tylenol. Somewhat confused by this directive there came another before Confusion could isolate her: "*You won't quite believe*

this yet so the pain reliever will give you rest while we finish up. But it is the Truth that will set you free. Once you understand this, once your mind is changed, you can let go of your old belief.”

Maria followed the instructions of her inner physician, slept deeply and in the morning awoke in perfect health. Sniffles and a tickle in her throat persisted for several more days but the deadening pain was gone. For had Pain marked off its task as Well Done and gone home for the Day. To this day she has not taken any opiates nor felt such a deadening pain of old beliefs falling away that she could not find Relief in.

Consider now the words of the great Master, Wei Wu Wei:

“In order to be effective truth must penetrate like an arrow — and that is likely to hurt.”

So now we come through Pain to what hurts, which is quite a different thing. When someone does or says something that hurts you, your best avenue is to say *ouch* to allow that energy to pass through so that it doesn't well up into Projection. In this you are taking Responsibility and at the same time allowing life to wrap itself around the arrow.

Truth lives at the heart of The Word and this arrow, wrapped in the strengthening spirit of Life can then poke to the etymological roots of a word, some of which have been deeply buried in sacred ground, without disturbing them up. The origins of the word *pain* is penalty and hurt, and connected to *hurtle*, as in hurtling through time and space, which Truth is so expedient at without being imploded or exploded by them. Another root is *to strike*, which Truth (not pain) must do in order to penetrate. Neither pain nor hurt can truly affect the sensual body, feelings or emotions. We have made all that up and chained ourselves to these beliefs, and so the cause of our own fear.

Cosmic Truth is the most intimate with Pain and Hurt for it smashes all belief founded on Fear, which itself is not the enemy yet beliefs with their foundations in it prevent Fear from passing its guidance on to you as an ally, just as Pain and Love can once your beliefs about them are dug up. A low-grade Fear that commonly plays out as FOMO, fear of missing out, is a combination of fear, pain and love that conjures up a Longing that calls one back to Cosmic Truth when you are floating aimlessly in space. All this Longing wants from you is to pay attention to your precious sensitivity, which accesses the untouchable Body from which your body comes.

In summary, that is to say, taking in both the spiral and linear paths of the spider's web that may have been broken by a strong wind and so set to be restrung, what is currently known as the pain-body is an etheric avenue or vehicle for Truth to come to you as do no harm. You have also heard *The Truth Hurts* ~ well it is true! We have assigned this stone the letter A for Pain, which may come as heartbreak, is an essential starter of the spiritual path, which is not a choice, yet contains all choice within it. Heartbreak unshackles the heart of beliefs and gives one access to the pulse of the planet. Yet if one consciously

chooses to uncover beliefs on their own, heartbreak is not deemed necessary for the Truth to set you free from the crutches of old, limiting beliefs.

Here upon this stone, you have expanded your awareness of Pain. In the meantime, when you have what is perceived as physical or emotion pain as a guest in your house, or any other travellers who are “a pain”, treat them with the respect due to any carrier of Truth. And when you find what is worth keeping, with a breath of kindness, blow the rest away. Seed them with this new knowledge of how Pain and Truth work together (as they too may have forgotten) that they might well pass it on to the next house they inhabit with the same kindness you have shown them. It may even go viral!

We will end today by drinking in the full incantation from The Prophet:

*Much of your Pain is self-chosen
It is the bitter potion
by which the physician within you
heals your sick self.
Therefore, trust the physician
and drink his remedy
in silence and tranquility.
-Kahlil Gibran*

Resources: Breath of Kindness – Robbie Robertson
Spider’s Web: a spider eats its own web before building a new one.

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