

Pain. It is annoying, frustrating, and limiting. It interrupts our activities, and robs our lives of enjoyment. It does; however, have a purpose. Pain, all pain, is a message from our body. Though the message may not be immediately evident, it is there waiting to be uncovered. In some cases, the message is clear: “don’t touch that hot stove”, “you injured your ankle”, “that box is too heavy”. In the case of chronic pain, the message can be more obscure, but there is meaning nevertheless.

*Some of my clients may have pain for which there appears to be no cause; others have been told that the pain is “all in their head”.*

Pain is a function of the brain. All pain impulses are processed in the brain and are then reflected in the body. Here is the interesting part – the areas of the brain that process physical pain (the prefrontal cortex and its subdivisions) are the same areas responsible for processing the emotional and cognitive factors that affect pain perception. Thus, the experience of pain is multi-dimensional and is impacted by past experience. <sup>1</sup> Over time it becomes difficult to separate and distinguish these physical and emotional factors.

What makes the study and treatment of pain challenging is the consideration of a third factor in pain response in the body. Energy. This ever-present aspect of our existence has been described as chi, prana, ki, spirit, vital force, Subtle Energy, and Akashic Field. It is a vast dynamic web of energy that is at the center of all life. <sup>2</sup> While we can speak about physical, emotional, and energetic factors as separate topics, we cannot overlook the reality that these aspects of ourselves are closely interwoven and must be explored as parts of the whole when addressing pain.

*The exploration of the energetics of pain delves into the energetic patterns and blockages that result from experiences, traumas, and beliefs, often long-buried and forgotten.*

This article is not intended to be a clinical review of the brain and its interpretation and modulation of pain. Rather, the goal is to highlight an often overlooked component of pain recovery – the exploration of the energetics of pain. This exploration delves into the energetic patterns and blockages that result from experiences, traumas, and beliefs, often long-buried and forgotten.

In my experience, there are two objections to pursuing this approach to addressing chronic pain. First, there is resistance to acknowledging the existence of this energetic aspect of ourselves. The recognition of spirit is viewed by some as too closely linked to religion, or is seen as “too out there” a concept to embrace as a normal, and very real, part of who we are. Second, we live in a quick-fix society. Most would rather have a medication that rids us of our pain, or pay for a quick visit to a therapist to provide a treatment that solves our problem. This approach is nice and neat, no need for thought or effort. It also has limitations, and often fails to result in healing for those suffering from persistent pain.

Energetic work is messy. It requires looking closely at ourselves, our patterns, our beliefs, and who we are at our core. It isn't quick, and it isn't always easy. When addressing pain through the lens of energy, a new way of thinking is required to reach a place where life is no longer dominated by pain. Exploring the origins of our pain is tough work - it requires grit, and honesty with ourselves, to be able to face the harsh reality that pain hasn't happened “to us”, but rather is a function of all that we have experienced, felt, and interpreted. Grace is the quality that allows us to accept and embrace what we learn, and move past the things that hold pain in our bodies.

*During energy healing sessions, the therapist doesn't “fix you”, but instead serves as a facilitator to guide and interpret (a) the journey exploring why pain developed, and ultimately (b) the path to healing.*

This type of treatment isn't for everyone, but for those who are suffering, and for whom other therapies haven't worked, energy healing is very effective. Additionally, it has benefits that carry over into other areas of life beyond simply relief of chronic pain. In these treatments, the therapist doesn't “fix you”, but instead serves as a facilitator to guide and interpret (a) the journey exploring why pain developed, and ultimately (b) the path to healing.

The clients that I work with in my clinical practice may have experienced some, or all, of the following:

- Persistent pain for which clinical therapies have had little effect
- A sudden onset of pain with no known cause
- A pain that “doesn't make sense”
- A pain for which you've been told “it's all in your head”

In one-on-one clinical sessions, or via online multi-week guided learning, we strive to:

- Understand the causes of pain, and how the brain processes pain impulses
- Understand why there is pain for which there appears to be no cause
- Learn coping strategies and how to limit pain response
- Uncover specific emotional or traumatic situations that perpetuate individual pain
- Identify and release belief systems that contribute to chronic/persistent pain
- Build a life without pain as the focus



## References

1. Ahmad AH, Abdul Aziz CB. The Brain in Pain. Malays J Med Sci. 2014 Dec; 21 (Spec Issue): 46-54. Department of Physiology, School of Medical Sciences, Universiti Sains Malaysia, 16150 Kubang Kerian, Kelantan, Malaysia
2. Hartford Family Institute. 17 South Highland Street, West Hartford, CT. Copyright 2019 Hartford Family Institute, LLP. <https://hartfordfamilyinstitute.com/emotional-energetic-roots-pain-illness-pathways-healing-ii>