



The Breathing Bar Podcast Expansion Experience

This "Thing" Called Pain





This “Thing” Called Pain

“There will always be division in the world as long as there is division within us. If we (as humans) cannot find a level of balance and understanding of “what” we are as energetic beings, and how to connect with this next level of human consciousness, our past, present, and future will always be disconnected. We will continue to define ourselves through the lens of physicality and emotions, separating us from our Innerverse and personal sovereignty.” Ahuvyah

“Pain” for many, is the unwanted prerequisite to Peace of Mind, it doesn’t have to be, but for most of us it will be. I define Pain as free radicals that we have no control over. They wreak havoc on the nervous system and our mental & physical bodies. Many times, Pain is triggered as we **fight** to gain control over how we feel around situations, experiences and individuals in our lives. This fight comes in the form of resistance. I used to believe Pain stayed with you forever, and you just had to live with it, but you don’t, *Pain can leave*; we have the power to dismantle and restructure this energy in a healthy way. The key is through Acceptance.

Acceptance is the act of taking or receiving something offered.

Acceptance has been my catapult toward Peace of Mind. It has not been an easy journey, yet a very necessary one. What I have learned above all else, is that you cannot be force-fed, threatened, or ‘scared straight’ into Acceptance. It is something you must desire and seek with a strong willingness. The following questions caused me to look in the mirror and take responsibility for my role in causing my pain and anxiety:

How difficult is it to accept that you have control over all the pain you experience?

How difficult is it to accept that you are in total control of the choices you make in every situation?

How difficult is it to accept that you are your biggest adversary?

Acceptance deactivates the desire to “judge,” which catapults you out of the intense frequency of anger. As you activate Stillness and Conscious

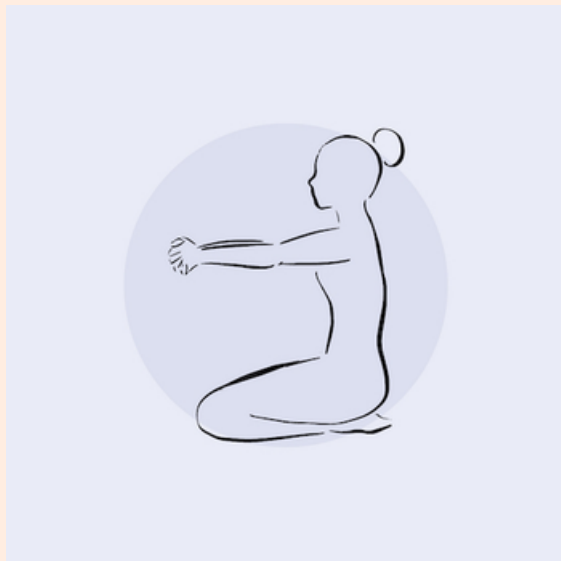
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Breathing a deeper portal will open, guiding you into the realms of pure awareness and acceptance. In this space non-judgment, patience, and empathy lie. It will take time and deep desire, yet before you know it, that energy of Pain will begin to breakdown. You will release intensity you never knew you held. Then the mind will become more stable and focused when Pain comes to visit...



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Dismantling Pain w/ Intention



- Put your hands together with your left thumb over your right.
- Sit in comfortable position.
- Inhale and bring the arms straight up over your head
- Exhale and bring the arms down
- Take deep gentle breath, connecting with all the emotions you feel around pain.
- Continue this at a steady pace being aware of your entire body
- (repeat 45 times)

