



Pain: Writing Meditation for Pain-Relief **by award-winning author / stress-relief expert Susie Mantell**

Q: I suffer from vague muscle aches and tender points diagnosed as "Fibromyalgia." How can I use mind-body techniques to ease pain?

A: Once your physician has thoroughly assessed any chronic pain, a next step might be to ask your body what it is trying to say.

One FMS patient I know experienced exhilarating relief through writing meditation, answering the questions: "How do your aches look? Smell? What kind of sound do they make?" Private, written conversations with her own body over time revealed her intuitive sense that the tender points were tangible symbols of deep emotional wounds of a painful childhood. Those old injuries were now "surfacing"-- looking for a way out. They were no longer representational of the adult, healthy Self she was reclaiming, and she began to visualize her healing process. The image that came to her was one of hard, steel balls that were pushing outward from her core.

Over several sessions, as she "popped" them out, with each release her pain diminished and her sense of personal power grew!

For each person, the answers will likely be different. Whatever insights we can glean from writing about symbols we sense from chronic pain may be very remarkably helpful in facilitating the journey toward relief. Discussing these intuitive insights or "gut feelings" with a counselor may be very useful to you both in leading you toward the more healthy, joyful life that awaits you.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com. *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*



END OF THIS TIP##