

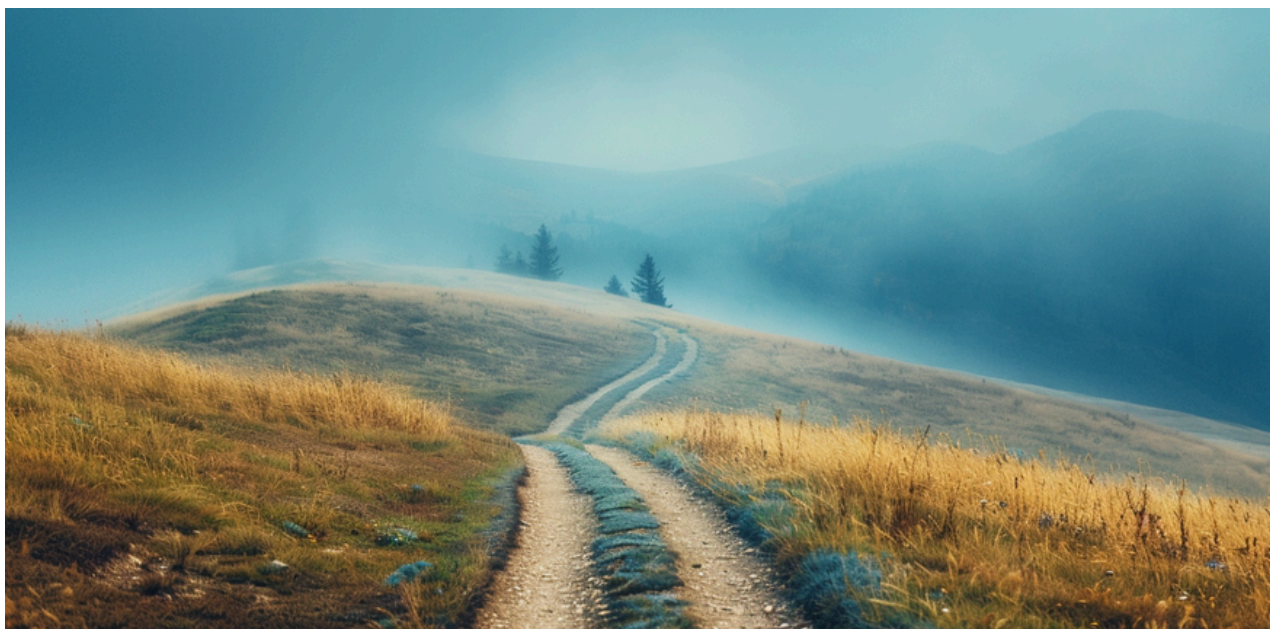
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WHY YOU SHOULD
LOVE
YOUR PAIN

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Introduction

What would you think if I told you to love your pain?

And what if I told you that your pain holds many secrets that could help you unlock a better life!

We experience pain for a reason - and that reason has been sadly forgotten by our society.

Read on and find out more about how your pain may hold the answers to your chronic pain.



Do You Want Pain Prevention or Pain Management?

We all experience pain in our lives. It's part of being human and having physical and emotional pain bodies.

But how we approach pain as a society is often causing us more pain than we need to feel.

We talk of pain management and often see a doctor or take a pill to cover up our pain. We hate our pain and want it gone as soon as we can. This is normal, but is it natural? The answer is no.

If we can outsource our pain to a doctor to take it away with a pill, that is the preferred approach for most people.

When we talk of managing pain, we are implying that we have a limited ability to eliminate it. We view it as something that is not a part of us, but an unwanted guest that we want to remove as soon as possible.

But think again, because pain has a deep purpose in our lives that we can take advantage of, should we choose to do so.

Ironically, embracing pain is your way out of pain. And it's not hard to do. It is a natural process that you can learn easily.

A Little About My Journey of Pain



I'm just a normal person who spent most of my life in chronic pain. I had a serious muscle disease in my whole body which started at the age of 19 and continued into my 50's.

In short, my body was in a muscle cramp 24/7, and it intensified as I got older. The symptoms were so aggressive and intense and included neck and back pain, daily migraines and headaches, asthma, itchy skin, sporadic muscle ticks and a jaw that would dislocate and lock about every five seconds. On some occasions a visit to the dentist was required to free up my locked jaw so I could eat.

My pain destroyed my self-esteem for years and was diagnosed as untreatable by many of the plethora of doctors that I saw. The disease was so rare that it did not even have a name for much of my life.

I was told that my disease would eventually kill me because it would cramp the muscles in my heart in time. But I overcame my disease by loving it away. Let me explain this further.



Pain is a Message of Love

According to a recent World Health Organisation Report, an estimated one billion people in the world suffer from on-going mental health problems. That's about one in eight.

It is further estimated that 20 percent of the world's population suffer from chronic physical pain.

That's a lot of people in ongoing pain.

In addition, science has shown that the same part of the brain, being the neural system, processes both physical and emotional pain using the same neurological pathways.

Therefore, the source of our pain, be it physical or emotional, is often not clear, and may need to be tackled in different ways.

There are some core lessons I learned to turn my physical pain into a powerful healing. And I'm here to share it because it worked for me, when all else failed.

“Your soul sends your mind messages in every moment. Essentially it is seeking to remind your mind of things it wants you to know.”

Your soul sends two types of key messages to you, and these are felt in your body.

- 1 Firstly, it allows you to feel joy when you are doing something you love. The message essentially tells you to do more of what you are already doing.
- 2 Secondly, it sends you the sensation of pain when it wants you to change something in your life. The message is essentially stop and rethink what's happening.

Now, I'm talking here about pain that is linked to your emotions. It is less about pure physical pain caused by injury. If you get hit by a bus the doctor is your best option as soon as possible.

So, what I'm saying is that joy and pain are simply the opposite sides of the same coin. Both are as valuable as each other.





The Power of Emotions

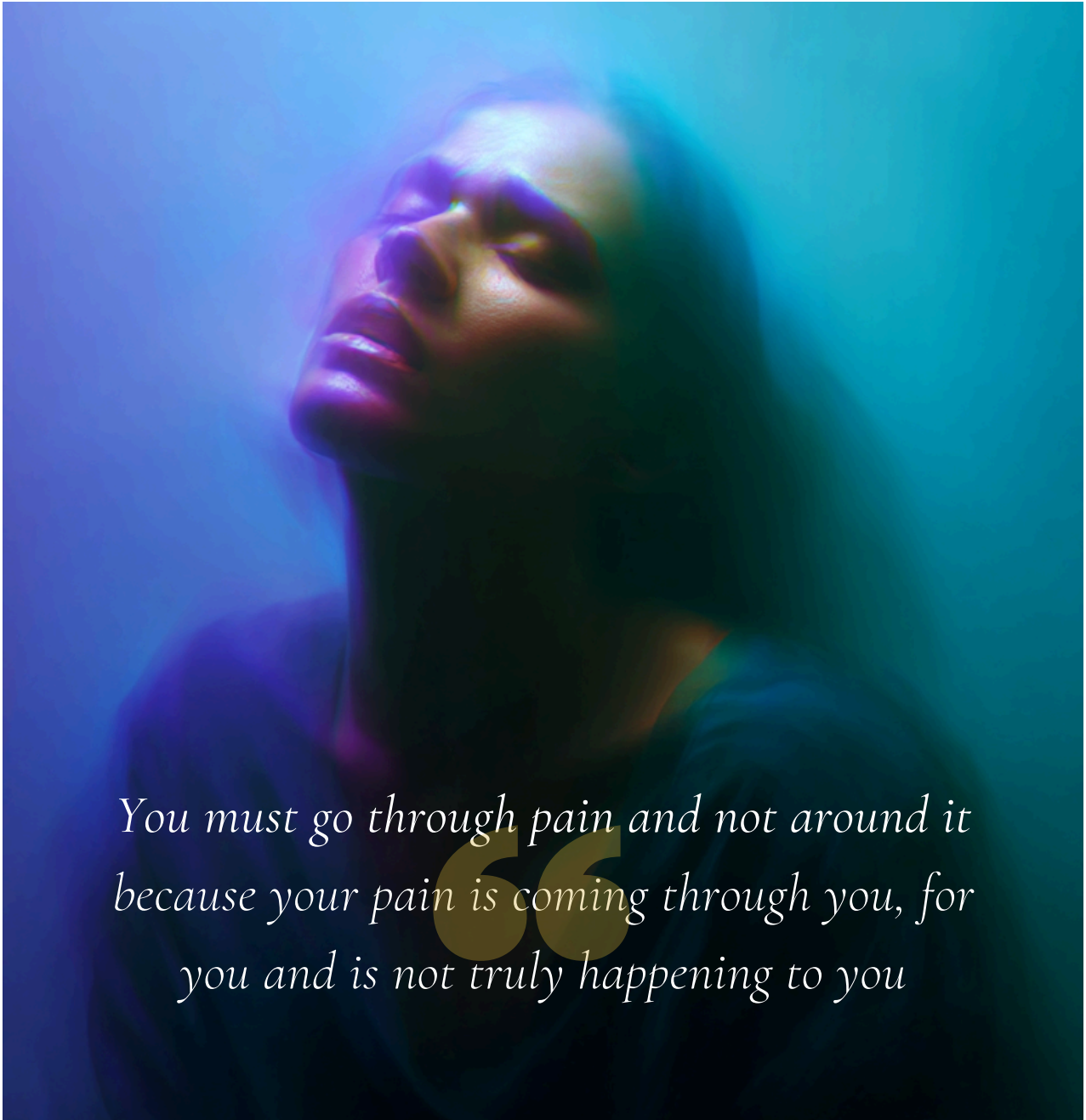
As a society we have lost touch with our emotions, and our ability and willingness to feel. It's not our fault, it's something we have not been taught to do.

There is a big problem with this. We store the memories of traumatic and painful experiences in our conscious and unconscious minds until we die unless we learn to process the associated pain. It, therefore, gets trapped in our psyches and can start to harm our bodies, by virtue of stress.

Frequencies associated with pain do not go away in time as people believe they do. They will linger within us till we die, as our unconscious brains have no concept of time.

Facing your pain head on and allowing it to be released is essential to removing emotional pain.

You must go through pain and not around it, because your pain is coming through you, for you and is not truly happening to you. After all it is your pain, and it emanates from inside you. It does not come from outside of you. We need to own it.



*You must go through pain and not around it
because your pain is coming through you, for
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The Consequences of Pain Accumulation

One of the forgotten factors of pain is that it can accumulate over time. If we have an event in our lives that we see as a failure, like a divorce or loss of a job, it can cause us to suffer emotionally.

If we don't release this pain and then end up adding to it with more and more pain, by virtue of further losses or failures, our accumulated pain begins to grow and impair our level of self-esteem and self-love.

Mental health issues often arise from perceived failures in life, because they indicate to our egos that we are not fully lovable or valuable as a person. Of course we are, but we start to believe otherwise.

When too many failures or losses are experienced, a person can tumble into a state of depression, because their pain gets too much for them.





How Did I Recover from My Disease?

After years of different medical treatments what I realised was that my physical disease was no more than accumulated self-doubt and emotion negativity manifesting as a physical disease.

Yes, I had a disease, which eventually had a name, but all my attempts to remove it had just been treating the symptoms. I worked out eventually that I was the architect of my disease, and therefore I was truly the only cure.

On the advice of my trusted mentors, I started to unpick the causes of the disease by going inward, not outward.

In effect, my soul became my doctor and replaced all the external doctors I had been engaged with and was paying.

How Did I Do This?

The process I developed is summarised this way:



Feeling into My Pain

My pain was either emotional or physical. The first thing I did was accept it as a message coming in from soul.



Asking and Listening

Whenever my pain arose, I would sit quietly in a state, like meditation, and ask what my pain was trying to tell me. Then I listened. This process got faster. At first it took up to 24 hours to hear the answers. Now it takes minutes.



Interpreting

What I discovered was that the pain usually related to one of the following unhealthy patterns I held:

- Limiting beliefs,
- Conditioned negative thoughts,
- Unhelpful validations and needs,
- Painful memories and resentments I had not faced,
- Expectations I held not being met,
- Fears, and,
- Relationships, priorities and other situations that were not serving me.



Releasing and Expressing

Normally this would involve expressing my pain alone. Often, I cried. Emotion is just energy needing emotion, so I let it flow in any way that felt natural at the time.



Journalling

Having determined the threads of my issues, I found it helpful to sit quietly and get my thoughts clear on what I needed to change and why. This may not work for everyone, but it brought my logical mind into the process and gave it a valuable job to do.



Acting with Intent

This was important. I had to be brave enough to own my new self-awareness and change the aspects of my life that were out of alignment with my true desires.

For example, if my beliefs were the problem I would rethink and restate my beliefs. I was able also able to understand where they originated from in my life. I found that my limiting beliefs were my core issue and had tentacles into most of my pain points. I changed hundreds in the end.



Forgiveness

This should not be underestimated. It's okay to make changes, but I found that if I did not emotionally forgive myself and others for what had taken place I was at risk of reintroducing the pain.

Sometimes I did this alone and sometimes I did it by talking to others who were originally involved.

How Was This Approach Different for Me?

With every failure previously I had done what I was taught to do and that was to get back up and try again.

Never Give Up!

The problem with this was that I kept trying again from the same level of awareness that I had when I had created the initial problems and pain.

Feelings became my new source of intelligence, purifying my previous ignorance.

I beat the so-called incurable disease and its pain by loving it to its own demise. My pain essentially removed itself, for that's what it had wanted from me all along.

My soul did not want me to suffer, but it did want me to grow my self-awareness. The pain turned out to be just my indicator that I had more work to do to become free of my pain and unhappiness.

I now use this approach with every disease and sickness that comes my way, and I hardly ever get sick these days.

Mental Health Challenges

I am writing this booklet to help others, who like me, may have tried many different avenues to resolve their mental or physical discomforts and yet they remain in chronic pain, or are at a real risk of returning to this dark place again.

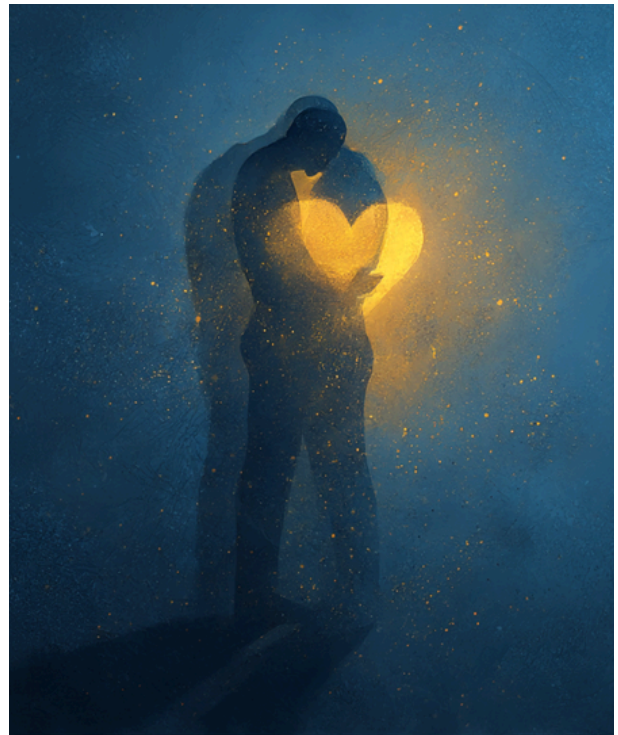
Chronic pain, as I found out, is a horrible way to live.

Healing can obviously be assisted by medical intervention and physical solutions. However, we must never forget that pain is a feeling and not a thought.

So, we also need to meet it where it arises.



Your mind is often the cause of your problems and must be overcome to beat mental health problems. Many problems in life are caused by our limited beliefs and the associated stored pain.



Isn't it time we reversed this ongoing aggregation of fear and pain and started to live our lives from love.

Pain has been demonised for centuries by society, without seeing the healing powers within it and allowing it to help us create a healthier and happier life.

My pain was not a curse as I once thought, it was a beautiful gift that showed me my inner strength and my resilience.

I will forever love that disease and respect that it was there to give me this wisdom.



How Can I Help You Further?

I am now committed to a life of service to help others find greater happiness and awareness in their lives.

I have written three books on the way a person or group of people can bring greater happiness and love into their lives through higher conscious awareness.

In particular my book, 'From Pain to Possibility' gives readers a more in-depth understanding of the healing discoveries I have outlined in this booklet.

I also offer life, executive and spiritual coaching to those who are ready to learn more about this important way to take their lives to a whole new level.

I am ready to help you, or your loved ones should you wish to know more about my offerings

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This is Just the Beginning

If this book has sparked something in you, let's talk.

I offer private sessions, leadership coaching, and keynote presentations for events and teams who want to go deeper.

Scan the QR code to start the conversation

MARK-WORTHINGTON.COM

Why You Should Love Your Pain

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