

Containing the pain with pendulation

Notice the part of your body where the pain is.

Let your attention be drawn to that part of you.

What does it feel like?

What are its qualities? Is it hard ... or soft? Throbbing ... or steady? Hot ... or cold? If the pain had a color, what color would it be?

What emotions does it trigger?

If you can, let an image of your pain form in your mind.

Now, if you can, give your whole pain experience a name.

Now put that aside and see if you can notice a part of your body where there is no pain.

A part that feels absent of tension or discomfort.

A part that feels comfortable ... okay ...

And notice what that feels like.

What are its qualities? Is it soft or smooth? Throbbing ... or steady? Is it hot ... or cold? If the comfort had a color, what color would it be?

What emotions does it trigger?

If you can, let an image of your comfort form in your mind.

Now, if you can, give your whole comfort experience a name.

Now put that aside and let your attention go back to the pain, and notice again how that feels ...

The sensations ... the feelings ... the image ...

And notice whether it feels the same as before, or slightly different?

And if so, how?

Now put that aside and let your attention go back to the comfort, and notice again how that feels ...

The sensations ... the feelings ... the image ...

And notice whether it feels the same as before, or slightly different?

And if so, how?

And as you switch your attention backward and forward between the pain and the comfort, you can learn that you can control your pain, just by focusing your attention.

Acknowledgment: Peter Levine.