



Soul pain causes body pain

Unexplained pain usually appears at weak points in a person's body, any point can be affected. It is well known that feelings are associated with pain in certain areas. The "burden" of a situation at work or in private life can show itself in pain in chronic low back pain [1], or lovesickness causes heartache. Or stubbornness or an overblown ego can bring about a physical "stiff-neckedness". It is interesting to note that in the perception and processing of both physical and emotional pain the same areas of the brain are active. The two levels of perception are closely linked and thus there is neither a purely physical nor a purely mental pain.

There are various explanations for pain without an organic cause. For example, a pain-triggering false alarm of a defective alarm system in the brain is called "pain memory" [2]: A light touch can trigger the same pain caused by an injury healed a long time ago. What was originally intended as a signal for the person to avoid or turn off the factor triggering the injury has taken on a life of its own and chronically affects the person's quality of life. What does psychology say? It is assumed that chronic pain without an organic cause is representative for a mental suffering that has been repressed and/or buried deep inside because it would be too painful to deal with it.

If you are affected by such unexplained pain, you face the challenge of finding out the cause within yourself. Was there a previous physical injury? What have you repressed and buried inside yourself and don't want to look at it because it is too painful? In order to listen to yourself and to feel what your soul wants to tell you, you need silence and time for yourself. Situations in which your pain occurs or worsens are "the" chance to remind yourself of the painful experience you had earlier.

- Observe yourself when your pain arises or becomes stronger. What is the current situation? With which people did you have contact and how did it go? It can happen that you project the earlier painful experience with other people onto people in your presence. These "triggers" can, through their behaviour, evoke again your earlier experience of the person associated with the pain. The universe sends them to you as a key for which you can be grateful. It is not always easy to recognise these people as "keys". Be careful not to sabotage and destroy such relationships just because they make you aware of the cause of your pain. Observe yourself: Do you now, as an adult, behave towards these people the way you should have behaved towards the actual perpetrators in the past, but possibly could not because you were still a child and at the mercy of their benevolence? Do you now do what you did as a child - as a defenceless victim of the event? For example, you withdraw, become stubborn, aggressive or defiant? For the unsuspecting person around you in the presence, this seems very strange, incomprehensible, possibly immature, unpredictable, unfair and hurtful. Observe yourself: How do you react to possible "triggers"?
- Ask yourself the question in a situation that causes pain: Why am I doing what I am doing? For example: Are you in a job that you don't enjoy? Are you in a loveless relationship? What benefit do you get from this situation?
- Observe yourself: Which pattern from your childhood/your parents is reflected in your current life, in your current partnership?
- Pay attention to your feelings. How do you feel? Are you sad, frozen, helpless, angry, frustrated, tense, anxious...? Allow your feelings to show up and do not repress them by distracting yourself. The distraction - especially if you do something that you really enjoy and

that is often connected with physical movement, for myself for example dancing or sailing - works, but not in the long run and less and less in the long run.

- Try to remember your goals in life, what gave you pleasure before the pain appeared. What was important for you at that time? What did you give up and neglect since then? Who or what has dissuaded you? Who may have imposed their own goals on you so that your own were forgotten? Whose ideas have distorted your reality? Do you perhaps think you have to heroically endure your circumstances? Be aware: "To be a hero is to be the author of your own myth" (Alberto Villoldo) and not to write the story of someone else (a partner, a parent, society).
- Are you possibly addicted to soul pain? If so, you will always unconsciously seek out situations that trigger pain. If love and pain are unconsciously linked - possibly through experiences from your childhood - you will look for an emotionally unsatisfying, unhappy partnership. Why do you do this? Here is the "physical" explanation: Every strain or stress on the body – be it physical or mental - leads to the release of numbing endorphins. When mental stress is part of your daily routine, the body continuously releases endorphins, resulting in a dull (and barely noticeable) numbing effect, which is not necessarily unpleasant. But it prevents you from waking up to perceive and enjoy your own life with all your senses. The habit of a life full of numbing endorphins makes it difficult for you to give up an unhappy relationship - a source of pain. The numbing endorphins create a sense of security that makes you feel safer in the world. It is a shield in your body that protects you from subtle feelings like tenderness, vulnerability and love that are harder to block. The unconscious desire for stress and pain may drive you to make unhappy choices based only on the aforementioned need to feel safe.

What can I do for you as a Holistic Health Coach? I listen to you if you want to formulate answers to the above-mentioned questions, express them and thus bring them to light. Especially if you are addicted to soul pain, you need a lot of strength, patience, but above all the will to wake up from the anaesthesia and leave your usual and safe comfort zone. Realise that it is a drug withdrawal from pain-induced narcotic endorphins. I encourage you not give up. I help you to develop confidence and a sense of self-efficacy and to find appropriate "tools" for yourself. For example, meditation (3) cannot eliminate your life circumstances, but it has been proven to help you become aware of them and deal with them better until you change them.

References:

[1] https://www.dropbox.com/s/2oyddda5fme81ho/Akom_08_und_09.pdf?dl=0

[2] Gottwald C R: Chronischer Schmerz des unteren Rückens (CLBP) – ein medizinisches Leitsymptom unserer Kultur und eine zeitgemäße Behandlungsmöglichkeit, <https://opus4.kobv.de/opus4-euv/frontdoor/index/index/docId/278>, S. 110-113

[3] Gamma A et al. „The Minimal Phenomenal Experience questionnaire (MPE-92M): Towards a phenomenological profile of "pure awareness" experiences in meditators, PLoS One. 2021 Jul; Doi: 10.1371/journal.pone.0253694

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