

## *JOURNEY INTO THE PAIN*

It seems like a contradiction, to consciously go into, or to allow, the pain. Yes, the deep, raw, and naked pain of our emotional woundedness, that we have navigated around most of our lives. Sometimes, the navigation has been successful, and yet, often at great cost to our well-being.

It is normal for our inner core pieces to be in pain. There are aspects of my intact adult, who has not been able to express the many puzzle pieces to my core pain. My many levels and layers of woundedness are intimidating. I am often overwhelmed, as I turn into and face the depth of emotional pain inside of me.

Distracting myself, often with dysfunctional tools, has not released nor healed the pain. There are key fountains of answers within the pain, that shift our core being into wellness and wholeness. Functional tools -- such as: psycho-therapy, alternative health modalities, and spirituality -- have contributed significantly to being ready to allow the primitive onset of the pain to emerge. The voices of my inner child have waited for me to be safe. A great part of the freedom of safety is the larger, intact adult self. The inner child voices expressed themselves when I was ready. I take her by the hand, nurturing the voice that waited to be heard and healed.

I discovered that I could not approach the doors to the pain with just my human, analytical intellectualizing. I have analyzed the pain "to death", without hearing the truth of who I am.

I've questioned if I indeed have an addiction to emotional pain. Significantly, I have had a pattern of being attracted to that which I do not want. I have had, and still have, people in my life, that are emotionally unavailable and self-absorbed. I don't know if it is an actual addiction, but it is a pattern. I think it has reflected my early beliefs and experiences of not being good enough for, and not worthy of, healthy love and attention.

Reverend Deborah Johnson, a very wise minister and published author says: "pain pushes, vision pulls!" I interpret this wisdom to indicate that my higher mind set, and my own wise vision, will pull me towards the center. Perhaps, the center is the meeting place of the vision and pain pushing me towards emotional freedom?!

The pain is pushing me so intensely that I am in physical pain. My breathing is shallow, and panicky, and fearful. I need to practice the leap of faith to my core spirit and soul, to gather me in its arms, and to hold me while the vision of something more and better beckons me.

The journey into the pain is the way out.