

Care of the mind

Meditation Easing pain

Motivation

Think for a moment that you are doing this meditation to ease your pain and discomfort so that you can have an open heart and a peaceful mind and be of benefit to everyone you come in contact with.

Begin by focussing the attention on the body and relaxing the muscles by allowing any tension to leave the body with the out breath.

Then, when you are ready bring your attention to concentrate on the breath for a few minutes, until your mind is calm and your awareness sharp.

Meditation

Now turn your attention back and scan your whole body. You are looking for any area that feels different – painful, tight, under pressure

Become aware of where the feeling is located, eg. the neck. Be as specific as possible eg. close to the skin, deep in the muscle, up the top, in the middle, down low. Ask yourself, “Where is it?”

Usually when we have pain or discomfort, our natural tendency is to try and push it away, or steel ourselves against it. This builds more tension and resentment in the body. Instead of pushing the discomfort away, go towards it, move right into it. Allow yourself to explore it deeply

Be aware of its shape. Is it like a ball, a rod, a spike, a doughnut, an amoeba? What is its shape?

Be aware of its size. How big is it? How long? How wide? How deep? What size is it?

Be aware of its density. Is it solid? Heavy? Light? Is it the same all the way through? How dense is it?

Be aware of its texture does it have? Is it soft? Fuzzy? Rough? Hard? Smooth? Angular? Spikey? What texture does it have?

Be aware of its temperature. Is it hot? Cold? Or the same as everywhere else? What temperature is it?

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Be aware of its colour. If this is vague, imagine what its colour would be. What colour is it?

Again, focus on the breath. Imagine drawing the breath into your body and to the area of discomfort. Allow three breaths to wash around the area of the discomfort and to ease the pain by letting it ebb away with the outgoing breath

Now allow three breaths to be drawn inside the area of discomfort, washing around the inside of the discomfort and then ebbing away

Again, allow three breaths to wash around the outside of the area and then ebbing away

This meditation can be repeated as many times as you like.

Dedication

Finish with the thought, *“By doing this meditation may I and all beings be free of pain not and in the future. Being free of pain may we experience happiness and be the cause of others happiness.”*

Note: This meditation technique may help you cope mentally with physical pain and help face it with reduced fear. The technique can also be used for mental pain e.g. from disturbing thoughts or emotions.

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Karuna also has experienced people you can talk with on:
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