

Ensure Your Health

Restorative Bodywork Solutions, LLC

Pain and Suffering

“In the depth of winter, I finally learned that there was within me an invincible summer.”

---Albert Camus

There is an important distinction between pain and suffering. To find the value of both means looking at the basics of each.

Pain comes from outside our minds. It is felt directly rather than being generated

by our thinking. Suffering is the feeling part of thinking.

Our minds conjure up a great deal by thinking. The same is true of pain, the more we focus on it, the greater it becomes. Adding story lines, etc. only increases the pain. In the process self created suffering arrives.

For many, the mind generated suffering is far greater than the original pain. Physical pain is a wakeup call to our mortality, as well. By owning this we come out of our trance into the present moment. Pain points and as-

sists in bringing forth our resistances/ holding patterns. Suffering is useful in that we might consider such practices as meditation, exploring life more deeply through psychotherapy, using biofeedback, etc. to create better insight into our own workings.

Pain and suffering are good teachers, if you don't push them away.

Be courageous and willing to feel it, welcome it, include and embrace it. These are the portals to peace and a better life.

Keys to Successful Living

- **Eat Breakfast Every Morning**
- **Drink Water**
- **Good Dental Hygiene**
- **Plan**
- **Get a Hobby**

Avoidance-The Crippling Cycle

The more a person tries to avoid suffering, the more that person suffers. The smaller and less significant become torture that is proportional to the fear of being hurt. Our bod-

ies respond to the mind's beliefs. If we are avoiding pain, we set up a new way of movement or lack of movement. This is not in response to healthy functioning, but ,purely a dysfunc-

tional motivation to stop pain. When it becomes painful and more suffering evolves, the belief in avoidance becomes a downward, crippling cycle.





You--The Physician Incharge

We have an innate ability to heal ourselves, but, unfortunately, this information is just not readily available.

People need to recognize their own power as being more than that which belongs to anyone or anything else.

Our bodies and minds are intricately con-

nected and that gives us amazing benefits that conquering will bring us toward health.

When people make a concerted effort to adopt a healthy lifestyle, many dysfunctions are eliminated in the quest for more.

When the body is reintroduced to health, it has the ability to adapt

to it as much as it can adapt to dysfunctional avoidance.

The longer you do not absorb health as a main component to life, the longer it takes for the body to readjust to that which is to its preservation and benefit.

Do yourself a miracle, focus on health!!!!

“Follow Your bliss & the universe will open doors for you where there were only walls.”

Joseph Campbell

Follow The Leader

Stress is at the core of most disease processes and the need to fit in is one of the basic reasons. People cover up and deny their uniqueness trying to adapt to a fabricated model and template of someone else's idea of perfection.

This creates constant underlying tension at

the very least and as we continue to miss the mark of a concept of perfection, it just continues to escalate.

We literally are better off unlearning the majority of the implied principles presented to us and relearning to live a life of discovery, letting go of this idea of a

pristine future that has and will not be attained when it is not our own creation.

Your body will begin to reflect a sense of grace in its inner functioning as well as outward movement, presentation, etc.

Guarding

This is a scourge of society. It is what most accept as a way of protection but it is used to extremes by most. When brought to its mental definition, it becomes trust.

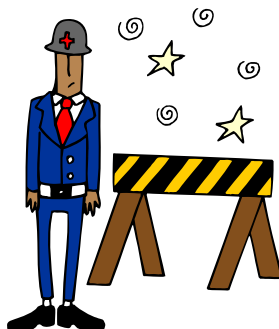
Trust is somewhat a two edged sword because when looking outward

it is an inner physical tightening that more deeply becomes a sense of non-trust of yourself; a lack of confidence in your ability to cope.

Have you watched some of the practices of martial arts and how those who are adept at this do not display the sense of

guarding? Are they not graceful and yet have the ability to even give into another without losing a grip on reality?

Guarding is what turns a minor injury into a major one. Guarding is really an inner opponent having the upper hand with your life.



Movement---a Healer

Our inner world is what is also apparent in our outer world. Inner chaos exists as outer chaos, events can mushroom into agitation and an unhealthy cycle exists.

When all is slowed down, then each element can be looked at and dealt with as a part of the whole.

Movement can be a

wonderful tool for success---a healer by all rights.

Have you ever noticed that there is a “life force” in humans that seems to have limits to it’s existence? Those who are extremely rushed and harried, seem to have shorter life spans? Those who exist in a state of calm are long lived, for the most

part, and are also able to bend and adapt?

Movement commences for a person immediately at conception and continues our whole lives.

Why not take the reins of what movement can teach you and gain the ability of choice over what you have adopted unknowingly?



Fascia--The Speaker of Our World

Guarding, improper movement and holding are all signs of fascial impediments, even if they have expanded to include muscular elements.

How these outward signs exists is though the “consciousness” of fascia. It will accumulate and solidify to keep

certain movement long after there is no longer a need of this patterning. This is why injuries from long ago can come back to haunt you in future years. It is a element of life that many just don’t consider.

How to recognize this is not a simple task for an individual---but those

who have studied movement can perceive these subtleties readily.

The fascia speaks without words, it talks in action, non action, and even sleep---because it never changes until you make a concerted effort to change it’s “consciousness”.

“From behind the Iron Curtain, there are signs that tyranny is in trouble & reminders that it’s structure is as brittle as it’s surface is hard.”

—Dwight Eisenhower

Identity and Your Body

Who are you? To answer this most people start dumping the contents of their minds. Each one of these pieces is a self realized definition.

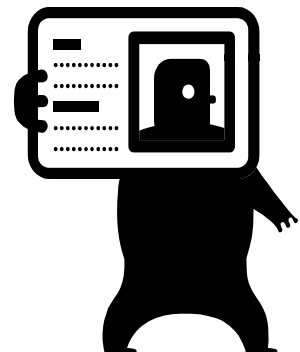
If you could imagine becoming amnesic and had no identity with name or content, then your body would no

longer move and respond in certain ways. A storyline that you have created and attempting to complete would no longer exist.

The dysfunctional conflict with what “is” would no longer impede you and there would be ease.

Anticipation would not exist because it’s very structure is built from content.

It would be worth the adventure of pursuing and relinquishing some of that which is obscuring the agility and liveliness that your body is quite capable of accomplishing.



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Myofascial Pain

Myofascial Pain is what most directed massage therapists are adept at pursuing.

It is a chronic, local, or regional musculoskeletal dilemma that involves one/multicomplex of muscles and related fascia. Where the person experiences the pain may not be where the pain generator(s) are. It is commonly known as referred pain.

These generators could be muscle lesions, strains on individual muscles or groups of muscles, ligaments, tendons, scar tissue---a huge array of sources.

These numerous sites of holding which develop are called trigger points. When depressed

these trigger points will be felt as painful. Some areas that are severe can exhibit swelling from inflammation as well.

The practitioner must be able to eliminate each of these in order to alleviate pain. If one in a series is not addressed, the pattern can return or another pattern of strain and trigger points can occur.

Any trauma or lifestyle experience---sitting long hours at a desk---can cause shortening and tightening in specific areas to occur as the body adapts to being in one position. These adaptations can cause significant trigger points to surface when the

body is placed into another positioning, i.e. walking, standing, bending, etc.

Stretching can do some to eliminate and release some of accumulated set distortions. Whole body massage, if done regularly, can assist in ensuring that new distortions do not develop and help resolve minor holdings.

Bodywork focuses on these dilemmas and pursuing relinquishing the entire pattern. As these points are "unraveled" through sessions, relief is felt, however, it is up to the individual to implement a new regime to ensure prolonged success.