

Emotions
by
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"I don't want to have to feel or remember that again."

You may think that you don't want to feel the pain “again,” or say that you have already “dealt with that” and don't want to remember it again. If you have truly “dealt with” an issue, truly healed, then it will no longer cause a reaction in your body when you discuss it or think about it. If your body starts to tighten, or tears come up when you start to talk or think about an event, then there is still healing that needs to occur.

You may have been taught that you process past pain and trauma by talking about it. This only deals with part of the healing process. Only when you fully feel the pain and other sensations associated with the trauma can you then let go and truly heal.

The fact is, on the subconscious level, you are still experiencing this trauma all day and all night long, like a broken record. To your subconscious mind, the trauma continues to happen continuously: the truck is about to hit you, the surgical knife is cutting you, or you are still experiencing the abuse.

In the safety of the therapeutic environment, it is better to feel intense therapeutic pain, sadness, anger, etc. for a short period of time than to spend the rest of your life “coping” with it.

“Coping” is a losing battle, because your subconscious is controlling you by constantly bracing against the unresolved trauma. This constant bracing causes the ground substance of the fascia to solidify which leads to the formation of restrictions, which can spread throughout your entire body over time. The end result can make you feel like you are made of cement, that you are wearing a straight jacket, or make you feel totally numb inside and out.

Myofascial Release never injures or re-traumatizes! Myofascial Release allows for the awareness of any unresolved physical/emotional trauma that may be stored in your body. Myofascial Release allows for healing on its deepest level.

Remember, you don't have to feel it all at once, and you are always in control. Each time you allow yourself to feel the pain/trauma deeply and then clear it, you come closer to fully healing.



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