

# FEELING UNDER THE PAIN

by

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Over the years, most of us have learned to tune out pain or uncomfortable sensations. To really get the most benefit out of JFB-MFR treatments, you are going to need to do the opposite—let yourself feel all the sensations even more—including the unpleasant sensations. These sensations can be burning, aching, tearing, dull or sharp pains, tingling, and many other sensations.

When the sensation is painful or uncomfortable, as therapists, we will try to help you “feel under the pain.” To do this, you need to realize that pain and other sensations are just signals. Don't judge a sensation as “good” or “bad,” just let it be what it is. When you feel the sensation, instead of tuning it out, let yourself feel it even more—because this is what your body wants you to do. This sensation is actually your body trying to get your attention to that area. Because we never really knew what to do, we learned to tune the signal out. By tuning in, you actually give your body permission to soften and let go.

So, when you feel pain or another sensation, let yourself acknowledge that sensation, but then feel under it. What does the tissue feel like? Is it hard or soft? Does it feel like a rock, a steel cable, a sponge, etc? Can you breathe into the area? Describe and picture that area as clearly as you can in your mind. Then, give that area permission to soften and see if you can feel as it changes.

Let yourself notice even the smallest changes. If the tissue feels like a rock, see if you can imagine it slowly turning into clay or Jell-O. Picture and feel the therapist's hands as they sink into your body. This is a release, and this is how you know the body is doing what it needs. The body will not soften and release if it is being forced—it will not let itself be injured. This is an important concept that will also help you with your self treatment. As long as you tune in and can feel your body softening—even a hair's width—then you know that your body is doing what it needs to do.

Don't use pain as your guide during a release. Many times we think that the pain should ease as a release occurs, but this is not always the case. Sometimes as you release into the deeper layers and become closer to the key restrictions, the pain will get worse. So tune in, and let the body's softening be your guide.

When your therapist hits a spot that is uncomfortable, notice how you mentally and sometimes physically pull away. This is natural, so don't be hard on yourself when it happens. As soon as you can, breathe deeply into and become fully aware of the area being treated. If the pain is intense, you may have to go in and out of the area mentally, staying as long as possible. You will start to notice that the more you bring your awareness into the area, the more your body will release.

This process is much easier to understand when it is demonstrated than when it is described on paper. Have your therapist help you with this concept during your treatment. Don't be afraid to ask for guidance when you need it. Then, allow yourself to quiet down and let yourself feel. Feeling is one of the key factors to helping your body heal.



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