

Using Wholeness Work with Pain¹

In my training sessions, people often want to know how to use Wholeness Work with physical pain. I have received many, many reports from people telling me how their chronic pain has significantly improved or completely cleared up using Wholeness Work. Sometimes this happens just from using the Basic Format with the pain experience as the starting place. People have reported migraines clearing up, peripheral neuropathy clearing up, etc.

However, sometimes the pain experience involves more than what the Basic Process or Meditation format can fully resolve. If you are working with an experience of pain, here is the sequence I suggest, to kindly and systematically include everything that needs including.

Begin with the Meditation format as follows:

- Notice the sensations that are uncomfortable (i.e. the sensations that you are calling “pain.”) Find the Location, Shape & Size, Sensation Quality.
- Find the ‘I’. (Location, S&S, SQ) Does it welcome dissolving?
- If yes, invite dissolving, and then go to experiencing the sensation as Awareness. (So experience being the sensation AS Awareness.)
- If no, check for another ‘I’.

Ongoing: Include Reactions whenever they arise.

Often we have reactions to an experience of pain. For example, we might feel frustrated, or annoyed that we feel this pain. We might feel hopeless. We might judge ourselves, and wonder what’s wrong with us, etc. We might feel afraid that it’s never going to go away. So it’s good to be ready to notice and include any reactions. If a reaction is strongly present even before finding the first ‘I’, then it works best to include it right away.

- Ask: “Is there a reaction happening to this experience?”

¹ When dealing with any physical symptom, including pain, I recommend consulting your medical practitioner to have your needs assessed and find out if they have recommendations for treatment. Wholeness Work can be used along with any physical intervention you may choose, to support your body’s healing and recovery.

- If yes, “Where is the ‘One who’ is reacting?” (Notice L, S/S, SQ, and invite this to dissolve.)
- Include any and all the reactions that emerge.

The *first* layerings of reactivity are likely to include meta-responses like frustration or impatience that this is occurring, or hopelessness that it can ever change. After welcoming these to integrate, it will be easier to notice if there are any emotions or memories that are linked to this feeling of pain. For example, residual feelings from childhood such as hurt, anger, sadness, etc. may spontaneously emerge. If we just include each layer of reactivity that reveals itself, it will work well.

Use the Authority Format if indicated.

When doing the steps I’ve described for finding ‘I’ Chains and including reactions, if anything you notice is dense, do the Reclaiming Authority Process. Often with chronic pain, you’ll encounter dense structures, indicating an authority chain is also related. Plus, we may have judgments about how things should be—this should or shouldn’t be happening, etc.

Being the sensation as Awareness.

Once you’ve included: 1) any ‘I’s or perspectives 2) reactions—both meta-responses and emotional connections—and 3) authorities related, you can just experience BEING the sensation (that you used to call pain) AS AWARENESS. It now is experienced as sensation. And you can breathe deeply as you are *being* the sensation as Awareness. This often becomes pleasant in itself and can make it easy to notice if anything is still holding on in a rigid way.

Here’s a simple way to experience being the sensation as Awareness.

After integrating other elements, such as ‘I’s, reactions, and Authorities, there’s likely to be a lovely experience of just being present as Awareness. Next, check, is it easy for “me as Awareness” to relax into the sensation that I used to call pain?

When you explore being the sensation as Awareness, if you encounter any reactions or judgments, you can cycle through the steps again.

A Note About Helping Someone Else with Pain

This book is intended to offer YOU a precise and systematic guide for self-exploration. Even though you will probably be excited to share your experience of Wholeness Work and to help others, this book does NOT offer the training needed to capably and safely

guide others. The easiest way to share this with people you care about is to refer them to this book (*The Wholeness Work Essential Guide*), and to the free Wholeness Video introduction here: AndreasNLP.com, click on “Resources” and “Free Wholeness Intro.”)

If you want to guide others, I encourage you to start by taking a Wholeness Work training. You will learn this material in much greater depth in a training. [For trainings, visit AndreasNLP.com (For trainings with Connirae), TheWholenessWork.org (For international trainings), and WholenessWork.eu (For trainings in Europe.)]

To explore recommendations for becoming a Coach or Trainer, please use one of the QR codes below.



To explore development opportunities in Europe, use this QR code or go to www.wholenesswork.eu/certification/?lang=en/.



To explore development opportunities in the United States, use this QR code or go to www.thewholenesswork.org/professional/trainer-pathway/.

Will my pain clear up if I use Wholeness Work?

In my experience so far, about 50% of the time, people using Wholeness Work with the experience of chronic pain discover that their pain either lessens significantly or may even resolve completely. Sometimes this happens when doing the first few explorations; other times this happens through using Wholeness Work over time.

There’s never a guarantee that Wholeness Work will result in becoming pain free or reducing pain. However, of all the “mind” or personal transformation methods I’ve used, in my experience Wholeness Work is the most likely to get beneficial results with pain. If you’re interested, I encourage you to give it a try.

Of course it’s also important to consult your medical professional to have your specific situation assessed and find out what information or solutions they have to offer. You can use Wholeness Work along *with* any medical solutions you choose to use and Wholeness Work will support your body’s healing.

In Wholeness Work Levels II – IV, you can learn additional formats to use with pain and with other challenging issues.

*From the book, The Wholeness Work Essential Guide: Level I—Healing & Awakening
by Connirae Andreas*

Physical Pain vs. Trauma

When working with trauma, we recommend starting with another deep change method called Core Transformation. Core Transformation provides extra safety in processing and healing any intense feeling responses to trauma.

(See Chapter 10 in this book for more about this.)