

# DEALING WITH PAIN

## Self-Healing with CFQ Healing Qigong

### Pain Can't Be Avoided

1. Pain is part of life. CFQ is not an escape from pain. One must discard any notion of airily floating in a place that has no connection to pain and suffering.
2. Pain is a normal part of healing. For real healing to take place it is necessary to experience some pain and discomfort.
3. You should expect releases of various sorts—including pain—to result from doing CFQ qigong movements or meditation. In fact, pain that had previously only been acknowledged only superficially can be experienced directly in the process of being cleared off.
4. Try not to allow yourself to panic when confronted with pain. Know that with CFQ there can be relief.
5. With CFQ there can be genuine relief. Pain or discomfort experienced in CFQ practice will free you from pain in your life. With CFQ we explore the pain and learn to release it. That way the karmic origins of pain are dissolved and freed off allowing healing to take place.

"The practice and process of healing is understandably painful. So many inputs of pain have been made in an exciting way in order to construct the pain and diseases. It is only fair and reasonable that there be pain in the undoing of these problems. Healing pain stops the progression and reverses the process of disease problems. This kind of pain is good and beneficial pain." (Master Yap.)

### Kinds and Causes of Pain

1. We must distinguish between "disease pain" and "healing pain." The pain of disease contracts, squeezes and suffocates. Healing pain opens outward. One's mind might have to become clearer before one is able to tell the difference.
2. Disease pain has its origins in blockages or excesses that constrict the normal flow of *qi*. To heal disease the flow of *qi* must be restored in a down-and-out direction.
3. It is common for the workings of the thinking mind (sixth level of consciousness) to combine with emotional disharmony to create constriction in the tissues—frequently tendons and other connective tissues will shorten and become distorted. A "coiling up" takes place and even joints can become misshapen.
4. With the regular practice of CFQ, energetically encoded memories are released from storage within the body. When pains come to the surface your body is letting go and freeing itself of them.
5. Pain can occur during CFQ practice or after.

### The Example of Cramps

1. Cramps are a good example of the release of pain and a good opportunity to learn to deal with pain.

2. Cramps can occur anywhere in the body.
3. They result from "strength" which is held within the body breaking loose and seeking its way out. However, there is a rebound effect which causes tissues, often muscles, to recoil and pain results. It is common for cramping to lead to atrophy of muscle tissues.
4. For those who practice CFQ, cramping is to be expected. The release of "strength," often emotional in origin, that we have concentrated within the body is a necessary element of healing.
5. When they occur one must avoid the usual means people employ to reduce the pain of cramps—stretching, stamping and the like.
6. Instead, it is important to accept the pain, comply with it, learn to relax and wait until the muscles soften and lengthen.
  - o Comply
  - o Relax
  - o Wait
7. In this way you will be allowing the "strength" to find its way out of the body. Tissues will be restored to a healthy state. The mind will be less burdened.

## Working with Pain

1. CFQ affords us the tools to work at undoing emotional conflicts and the "coiling up" that results within the body. It leads to calming of the mind and releasing of tensions.
2. You should, of course, exercise caution concerning any organic injury or disease.
3. However, it is extremely important that, in order to avoid making a condition worse, you try not to allow yourself to be distressed and panicked about it.
4. When there is pain you have to accept it and do something positive about it. This means neither ignoring the pain nor butting heads with it.
  - o Do not deny the pain—allow it to happen. Don't let yourself recoil from it or try to bury it. Try not to react with anger, refusal, fear, anxiety, distress etc. Just observe that pain has come up and calmly return your attention to your CFQ practice. Know that the pain will be helped by your CFQ and that you can confidently go forward to address it.
  - o Do not force through the pain. Trying to stretch or exert yourself in an effort to remove the pain might make things worse. Don't punish yourself. Similarly, do not waste time wishing or trying to imagine yourself free of the pain. Accept the pain as a reality and try to stay soft.
5. In general, try to create some latitude within the pain. Look for a buffer below the pain, a place where you are not stressed out by it. Don't be masochistic and try to endure the pain in a condition of stress. Try to soften the pain, keeping your mind as low in your body as you can. Use bodily feeling to stay within the movements.
6. If you encounter pain while doing any of the movements, work within the limits of the pain. Explore its boundaries while not reacting to it. Go to the edge of the pain and allow the edge to soften. Work at softening and the boundaries will recede. Try not to concentrate on the location of the pain. If you must pay attention to the pain, try to work below it to afford it an exit.
7. It is important not to react emotionally to the pain. Do not feed the pain by participating in it. Accept the pain as a sign that your healing is progressing. Don't permit yourself to be disappointed that it has shown up. Try not to be distressed or irritated by the pain. Don't be angry at your body. Allow the pain to happen and see if you can soften it and let it flow out. In CFQ Level Two we train ourselves in the skill of detachment. But even doing the movements one

can practice not grabbing on with the mind when something unpleasant happens. Stay within the movement and work at softening. The pain does not involve you or require your attention. Let the pain soften and flow out.

8. Don't use your thinking mind to try to analyze what is going on. If the thinking mind is holding on, the pain will hold on. Practice letting go. Try rejoicing in the fact you have a body, even one that has let you down. Be thankful. To the extent you are able, let go of your desires and wishes. If you are religious, you can give your desires up to God. Giving them away means you let them go and don't hang onto them.
9. Don't worry about your pain. Try not to worry about anything.

## The Healing Process

1. With *Qi* flow, blockages will be released and the body will be enabled to re-establish a healthy balance. The body will realign itself and things will return to their rightful places.
2. The direction of healing is down and out. At times it is possible to observe pain/stiffness/numbness/heat/tingling, or whatever form a release takes, find its way out along a downward route through the body. This process might take only one session or it might take months but blockages do flow down and out.
3. The state of mind in which healing takes place is one of peace and equanimity—nothing can disturb you, everything is good. You can achieve this peace of mind through your CFQ practice.
4. In the course of healing there might be flare ups of pain or discomfort. Know that you are on the route to recovery and that you are doing a good thing with your CFQ practice.
5. When pain is overwhelming and distracting, medication might offer some freedom of mind that will allow you to keep working at dissolving the underlying issues with CFQ. Temporary relief through medication is not contrary to CFQ. However, you should be careful not to allow yourself to be over-prescribed or to mix too many kinds of treatment.
6. While you are unlikely ever to be free of pain in this life, with regular CFQ practice you can expect to heal the big issues that trouble you and to feel much healthier and happier.