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Facing *the* Mountain



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Facing the Mountain: Overcoming Pain

In the past 4 ½ years our clinic has become known for helping individuals in pain overcome their physical problems and restart their journeys of health. One physician explained to his patient, “if they can’t help you...no one can”.

What is it that we do that helps when so many other interventions have failed? The answer to that question has really been a journey of looking at pain, injury, health and wellness in a completely different light. Many of us have experienced this shift both professionally and personally, both observing it in our clients and within our own quest for wellness.

One of the greatest misconceptions in health care is that health is the absence of pain. Consider if you had no physical pain...perhaps you are even at peak physical performance; yet you were in an emotionally abusive relationship. Would you consider yourself well? Of course not. There is an inner knowing within each of us that allows us to **know** that true health or wellness comes from balance within **all** of us...physical, emotional, or spiritual.

Our clients that have come to us with the most chronic and severe pain or disability have taught us the valuable of all of our lessons about healing...

Healing is about Peace

When these clients present to our clinic, they are figuratively facing a mountain. That mountain symbolizes many things...the physical pain, a trauma, the fear of pain, other emotions that have led to this place, the emotions or expectations of others, the fear of death, the fear of living, or even a disconnect on a spiritual level. The possibilities are as limitless as the stones that make up the mountain. Many in our culture believe that we must “work very hard” or “suffer” diligently to climb the mountain. Yet many of our most successful clients will tell you that it was never about climbing or conquering the mountain, but about seeing it in a different way. If you instead look at all the stones collectively in a very different way, you find that the mountain perhaps was never there to begin with, or that the reason the mountain was there was to direct you onto a different pathway. To do this is to make peace with each stone, to make peace with the mountain, and to make peace with yourself.

The steps to follow this healing path are varied and individualized to your journey. Yet for many of our clients the first step is often releasing fear. Fear tends to generalize into many faces. It could be fear of not getting better; fear of getting better but not able to meet our own (or other’s) expectations. It could be expressed in many other emotions such as anger, frustration, irritation, sadness, depression or remorse. Releasing fear can be done in many different ways including counseling, prayer, or physical activity. I usually recommend finding something that brings you peace. That could be attending a church, yoga, meditation, walking, or spending time in nature. The key is to bring peace into your life in some way. It is impossible for both peace and fear to exist in your consciousness simultaneously. They are mutually exclusive...you cannot be at peace if you are fearful, and you cannot be fearful when you are at peace.

When individuals start focusing on Peace and bringing peace into their day, the physical problems tend to have the fear fall away...the mountain begins to fade. The horizon can be seen on the other side and hope is restored.

Find your Peace today!