

Ep #195: Getting Out of Pain: A New Mini Series



Full Episode Transcript

With Your Host

Susi Hatelty

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Male Announcer: You're listening to *From Pain to Possibility* with Susi Hatley. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hatley.

Welcome and welcome back. With this episode I start a new mini series where I am digging into principles and practices that have helped my clients reduce and eradicate physical pain. This episode is all about getting out of pain.

I'll be covering topics about understanding the relationship between you and you, deep releases, what is your why, what is compelling you to get out of pain? How your body doesn't lie. How to listen to your body using compassion as a driver in your movement. How biomechanics blended with breath and stillness can be a kick-ass equation for pain reduction and eradication. What happens next? So you're out of pain, then what? And how about strengthening for real?

I'll be covering each of these topics throughout this mini series using some of the theoretical bases for why I do what I do, share some stories along the way of how this played out for clients, and guide you through practices sharing different questions for you to consider and ways that you can explore this physically in your own body. All in all, I am putting words to ways of thinking and acting that I utilize when I'm working with my clients. Ways of thinking and acting that truly I don't believe are all that novel.

But the way that I work them does elicit insights and ahas that are novel for my clients, that are steps or that lead to steps in the healing journey where clients can reduce and or eradicate their physical pain and have other related experiences that change up the way that they feel on the inside. And there becomes a greater authenticity, a greater integrity about what's inside and what's outside because what we are feeling on our insides is important.

And it's the essence of this first episode because what you are feeling and how you are feeling cultivates the relationship between you and you. And

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from what I have seen, how this primary relationship grows and develops has a strong correlation to the rate of recovery. And specifically to the depth and pace and tempo of recovery.

In a world where so many people don't believe that getting out of pain is possible, it makes this relationship between you and you even more significant because if they don't believe it, well, as Henry Ford suggests, whether you think you can or you think you can't, you will be right.

It also highlights so clearly what I have seen time and time again, this process of reducing and getting out of pain, particularly persistent physical pain, is more than a physical experience and it's also more than a cognitive experience. It is truly an integrative experience on all levels of our being, which I totally get, fine and dandy. Super great to share, Susi.

But how is this done? How do we do it for ourselves? And if we are health professionals, how do we help our clients do it for themselves? These are questions I'm going to be exploring throughout this mini series. My hope is that by sharing my experiences of working with myself and my clients, we open up states of awareness and insight for you that enable you to improve your own capacity to reduce and eradicate physical pain for yourself, and if you are a health professional, with your clients.

And in the process of healing and recovery, this most important first step is the relationship because recovery is the improvement of your relationships. Biomechanical relationships like the leg bone moving in the pelvis, the shoulders and the hips, movement and your breath. And more zoomed out relationships like mind and body, cognitive processing and physical processing. And at its foundation is this relationship between you and you.

Yeah, that repetition is on purpose. You and you. It is the primary relationship and significant for healing. And one of the key drivers is what you are feeling and what you are noticing. If sensation is the mechanism of dialogue between you and your body, what is that sensation saying to you? And if you are willing, what is your body asking of you?

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If what I am sharing is resonating, then two important things either will or are happening. The first is that there will be an innate relaxation in your being, like a deep inner sigh. There's a deep inner knowing with a capital K. One of those feelings that might not be entirely explainable, but we've all had the experience of what I mean. We simply know with a capital K.

The second is that from this innate relaxation there is a clarifying recognition. You can feel and see what was in the way before. Like clearing out the muck, clearing off the mud. It may be how a previous health provider might not have worked for you or how you were doing a rehabilitation program or protocol that wasn't actually serving you. The how of how you were doing it wasn't serving you even though the program you might now realize, may have been quite appropriate.

The key is that it suddenly becomes more clear. And often, not always but often, a big sigh arises. Your body knows. Your body knows when you are listening and acting on what you hear. And when you do, you'll be pulling together that innate wisdom that resides in your body with the cognitive power of your brain and you can relax into the process of becoming well again.

Many people will call this the embodiment of love. I often will say that love is at the core of the healing process. And Jennifer Kathers, one of my trainees who is now one of the yoga therapy graduates, shared this on episode 187 with how she helped her husband eradicate his migraines after 45 years. 45 years and they're now gone. Deep listening. Deep knowing. Relationship, she was able to help cultivate between him and him and she was able to model it by the relationship between her and him.

If this is resonating, if you are ready to move slowly in order to heal quickly, yeah, I said that. If you are ready to move slowly in order to heal quickly, consider the following ideas.

When you are moving, instead of moving in your actual range of motion, can you move in a range where your pain levels, your strain levels, the

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ache is less? And perhaps you're able to move in a range of motion where you don't have pain at all.

This will be a smaller range than your actual range, which is great because you will see what your potential is and you will see what is possible as you continue to move better, as you continue to listen more clearly, as you are able to hear, you will get to that potential. As you move in these quieter ranges, as you take on this opportunity to hear more, what is your body asking of you? What is your body asking of you?

Sometimes the answer is not what we want to hear. It's all right, just notice what is your body asking of you? You don't have to act on it, but what is your body asking of you? How would it like you to listen? And whether you act on what you hear or not, can you sit in the wisdom of that answer? This is more than a conversation about biomechanics. We are healing on all layers of or being.

If this resonates with you, the next episode is on deep release. I look forward to exploring more with you then. And in the meantime, if you are finding that yes, this makes a lot of sense and you want more than a 12 minute podcast episode, if you want to work more intimately with me six day online for the therapeutic yoga intensive, we'll be exploring all of these ideas from 8:00 to 2:30 Mountain Time from Saturday, October 28th until Thursday, November the 2nd.

It's all done by synchronous training. This is not available by a recording. I teach the program in a very embodied way. Yeah, there will be a little bit of lecture, but there will be mostly movement, there will be mostly breathing and I will work with you as well as with the group.

So you'll learn by watching me work with others, me working with the group and me working with you, if you would like me to work with you. You don't have to do that, you can simply watch me work with others and be a part of the group. And it is a foundational module to the entire yoga therapy certification program.

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So if all of this makes sense, if this is where you want to go, send us a note, health@functionalsynergy.com, it would be a pleasure to share with you more of the details on the certification program and if what we offer is a fit for us and if what we offer is a fit for you. Looking forward to hearing from you and we'll see you next time, take care.