

# Perfect Balance Yoga

## 3 things you didn't know about using Meditation for Pain Management

Imagine waking up in the morning feeling excited about the day ahead. You are looking forward to spending time doing all the things you love. Maybe it is gardening. Maybe just a long walk and spending time with people you love being with.

Then as you get out of bed and start to get ready, you feel a familiar pain in your back, or maybe it's your hips. You may have been dealing with chronic pain for years, and know that this pain could sometimes flare up, holding you back from living life the way you want.

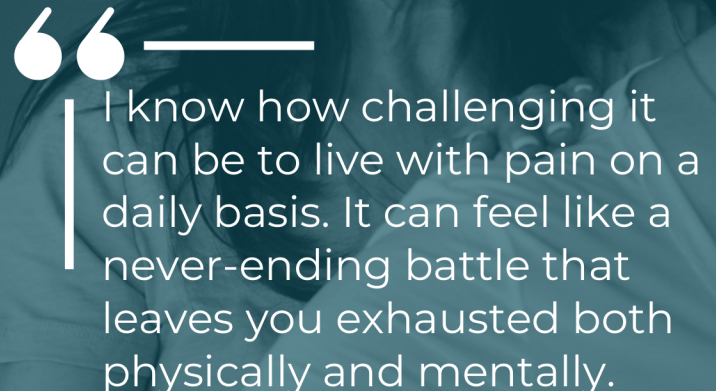
Your disappointment is palpable. Today isn't going to be the day you had hoped for. One more day where you will have to put your life on hold.

Does this little story sound familiar to you? Perhaps it's hitting a little closer to home than you really would like.

I know how challenging it can be to live with pain on a daily basis. It can feel like a never-ending battle that leaves you exhausted both physically and mentally.

Whether you're dealing with arthritis, fibromyalgia, or any other chronic condition, incorporating meditation into your pain management plan can make a big difference in your quality of life.

SO, IF YOU'RE TIRED OF RELYING ON PAIN MEDICATION OR SIMPLY LOOKING FOR A NEW WAY TO MANAGE YOUR CHRONIC PAIN, I INVITE YOU TO JOIN ME ON THIS JOURNEY OF DISCOVERING THE POWER OF MEDITATION.



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## SECRET #1

# BREATHING TAKES ON NEW MEANING

It sounds so simple, breathe. But, it's ironic that our body's natural response to pain is to tense up and to resist the cause of the perceived pain.

To start the journey of using meditation to manage chronic pain, begin by being conscious and mindful of your breathing. By focusing on each breath and allowing yourself to notice each sensation in your body as you inhale and exhale, you are helping to relax your physical body in order to reduce overall pain levels.

Another benefit of incorporating mindful meditation is that focusing on our breath can provide a helpful distraction from pain, especially when pain levels are high.

When we concentrate on the rhythm of our breath, we shift our attention away from the discomfort and towards a calming and soothing sensation.

## VISUALIZE THE POSSIBILITIES

## SECRET #2

Visualization during meditation can be a powerful tool for managing chronic pain.

Scientific studies have demonstrated that positive emotions can have beneficial effects on the body. They help boost the immune system, and reduce inflammation, ultimately promoting holistic health.

When we experience chronic pain, it can be difficult to picture a life that isn't ruled by this pain. This can lead to feelings of anxiety, stress, and helplessness.

Next time you are meditating .....

Start: Close your eyes, get into a quiet space, and relax!

Then: Visualize yourself doing an activity that would feel difficult right now - but in your visualization you are seeing it as feeling easy and there isn't any pain.

Finally: Sit with that vision for about 5 minutes to start. As you become more practiced you can stay in that visualization for longer and longer. What you will notice is that after your visualizations, you will be able to move with less pain for a short period of time. As you increase your visualization length, so too will your pain decrease post meditation. It's amazing!

The true benefit of using visualization techniques can help to shift your focus away from the pain and towards a more positive and healing mindset.

By incorporating visualization techniques into your meditation practice, you may find that you're better able to manage your pain and improve your overall well-being.

## SECRET #3

# THE INCREDIBLE BENEFITS OF DEEP REST

**Did you know that there is a state of rest that is deeper than sleep itself?**

There is!

It's called "non-sleep deep rest" and meditation is a primary way to enter this state and reap the healing benefits.

Some of these benefits include reducing stress levels, lowering blood pressure, and improving overall well-being. It is helpful for managing chronic pain, as it allows the body to rest and repair itself.

The most effective way to experience non-sleep deep rest is through guided meditation. If you're looking to incorporate this method into your practice, [check out this video on my YouTube Channel](#)

## CONCLUSION

Incorporating meditation into a pain management plan can offer many benefits for individuals living with chronic pain. By focusing on techniques such as breathwork, visualization, and non-sleep deep rest, individuals can learn to manage pain more effectively and improve their overall quality of life.

So, the next time you're feeling overwhelmed by chronic pain, consider incorporating meditation into your pain management plan. With a little practice, you'll be surprised at how much it can help you find relief and improve your overall well-being.



# ABOUT ELAINE VANCOUGHNETT



**Elaine Vancoughnett**

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Elaine believes to her core that humans are designed to move without pain. She spends her time helping people achieve their most natural state of movement. She teaches a broad range of healing programs such as yoga, yoga therapy and meditation at levels meant to fit everyone's abilities.

Elaine has been practicing and teaching yoga for over 20 years and is registered with the Yoga Alliance, a national non-profit organization designed to support quality yoga instruction, at the Experienced level, which allows her to train teachers and students. In 2022, Elaine became an International Certified Yoga Therapist allowing her to help people move and feel better so they live with less pain.