

Healing Pain through Letting Go

By Ingrid Bacci, PhD., CST

Learning presence and letting go are the most important gifts you can bring to your life. Why is this? Perhaps I can answer with a personal story. Recently, I was a guest on a radio talk show called Conscious Talk. It was hosted by two cancer survivors. They were interviewing me about my book, Effortless Pain Relief. What struck them most was my philosophy that chronic pain is a consequence primarily of our lifestyle, and that if we change our lifestyle, adopting a more effortless, less stressful approach, we can heal. The reason my hosts were struck by this idea is that they had both healed from cancer by following a very similar approach. Instead of thinking they had a “disease” or problem for which someone else had to find the solution, they looked at how they were living – in body, mind and spirit. And they changed their lifestyle habits. They learned to let go of subtle and not so subtle stresses, and as they did this, they aligned their lives with what felt natural, comfortable and right for them, and they healed.

We all know that stress kills, or at least causes physical, emotional and mental pain. And yet few of us understand in our bodies the pathway by which stress deforms us, and even fewer understand the pathway of self-healing. That pathway is a pathway of letting go. Letting go of patterns that are actually harmful to us, patterns that we have learned through social pressure, parental upbringing, media images, and so on – is the key to gaining physical, emotional and mental health. We all have these patterns. And we all need to learn to let go of them at deeper and deeper levels. When we do this, our natural selves can begin to blossom, and we can feel radiantly alive.

How do we “let go?” How do we become more “present” to ourselves? People everywhere talk about being present and about letting go, but what do these terms really mean? Through my teaching and writing, and as a result of twenty-five years of working on letting go, I share some simple tools that hold the key to letting go. Simple and concrete tools that yield profound solutions. All these tools center around getting in touch with your body’s natural intelligence. The easiest way to do that is to focus primarily on being present to your body – in your breathing, your movement, your day to day behavior—and to invite your body to soften.

To be present. And to soften. Why the emphasis on softening? Everything that is truly alive is soft rather than hard, flexible rather than rigid, fluid rather than tense. We lose our softness when we forget to be present to ourselves (to our bodies) by over-focusing on external goals. We lose our self awareness and tighten up. We become hard. We need to soften. Softness translates into emotional intelligence, mental flow, and physical vitality. My job is to support you in softening, and in letting go of everything that keeps you from your innate vitality. In pursuit of these goals, please feel free to check in regularly for new free articles and downloads on my website www.ingridbacci.com , to review my products, and to consider attending some of my workshops.