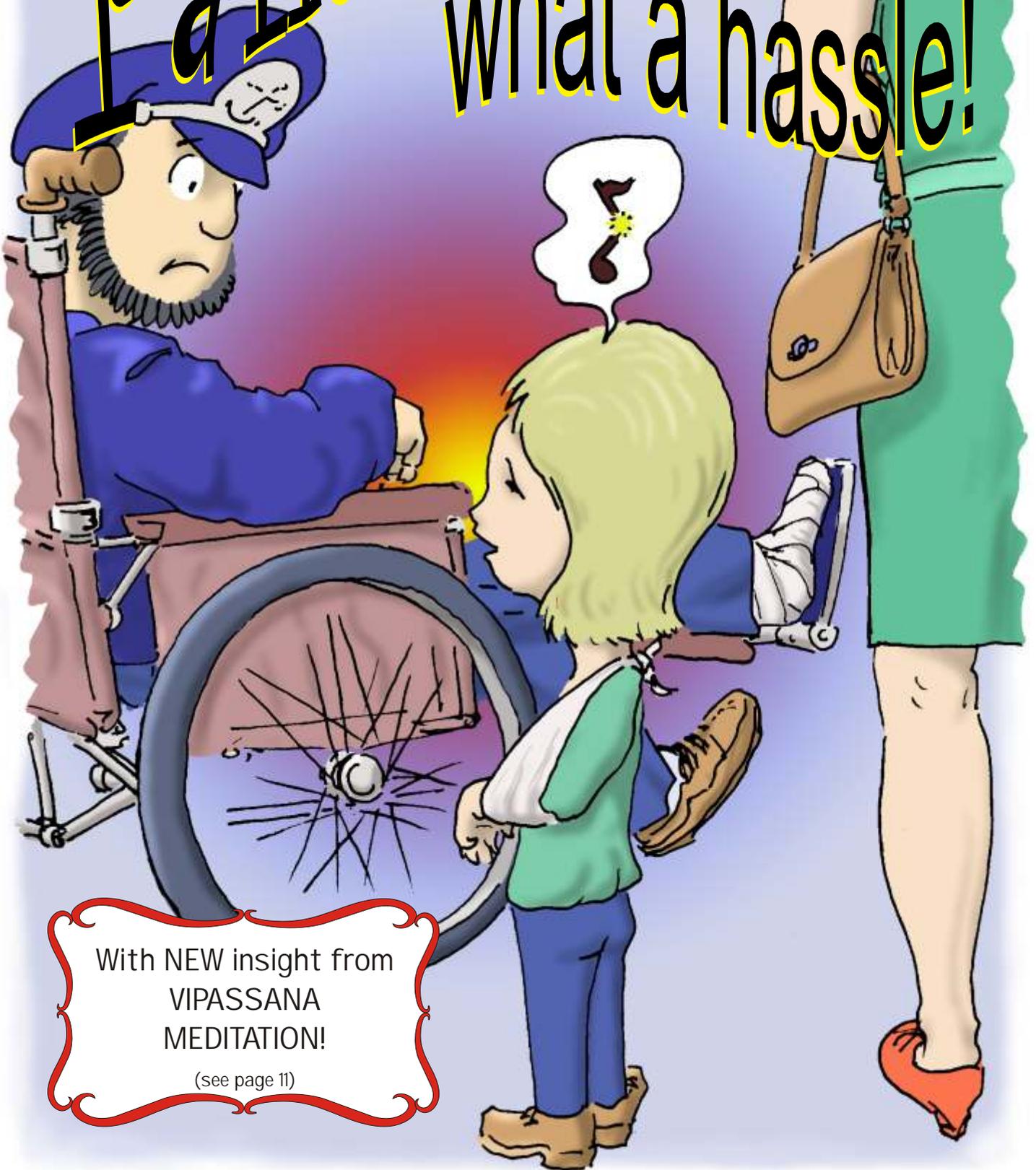


Pain... what a hassle!



With NEW insight from
VIPASSANA
MEDITATION!

(see page 11)

A mini-course on the mental aspect of pain management and healing.

by
Bob Ocegueda
2006

In March of 1999 I had a bicycle accident that resulted in a broken leg. As I was lying on the grass, waiting for the ambulance to come take me to the hospital, the initial numbness in my knee started to wear out and I began to feel pain. Instinctively, I began to use yoga techniques to relax the muscle around the injured area.

During Yoga exercises, one stretches to the maximum extent possible, then relaxes the muscles and surprise! The pain one was feeling earlier, starts to go away. So every time I felt the muscles begin to tense up around the knee, I went directly to the relaxing part of the yoga exercises. It worked pretty well, and I didn't require any sedatives until the operation began. Later, during my recovery, it occurred to me that it might be a useful technique for kids (or anyone else for that matter) to learn because it is so simple to do.

Since I'd previously drawn a cartoon strip for magazines, I already had a character to tell the story, and I set about to write one.

When the sketches were presented to Lies Meijer-Vonkeman, my physiotherapist, she was pleasantly surprised by my work. It so happened that she was graduating Nederland Academi voor Psychotherpie. One of the techniques they had learned was the use of metaphors to assist self recovery. They were teaching children to use their own minds to help themselves recover more easily. It also could help reduce some of the emotional stress that they might be suffering from the injury.

I also want to thank Jan van der Weide and his daughter Sanne van der Weide for their thoughtful observations and advice. I offer this story in the hope that it may help others to pass through difficult episodes, and that they may see some of their own powers of recovery.

Sincerely,

Bob Ocegueda,

IJlst, The Netherlands, 2000

PAIN (both, physical and psychological, in the life of children)

Coping with pain is a very important issue in the life of a child (just like handling anxiety and fear).

The way a child experiences pain is mostly dependant on how grownups react when a child is suffering from pain. Adults tend to impose their own way of "how to handle pain" on children, instead of making it easier for them to find their own way to cope.

The child therefore, will react in a sort of "learned response". Children tend to want to please their parents and educators by being cooperative and behaving as they are taught. Both, underestimating and overreacting to the child's pain will affect this behavior in the child.

More rewarding in handling pain would be:

- Acknowledge the pain (it is there, don't deny it)
- Inquire from the child about the pain ("What do you think will make it better?", "Who can be of any help?")
- Teach the child to be responsible for his own pain and how to fight it. Don't overrule the feelings of the child by your own fears.

Lies Meijer-Vonkeman, children therapist,
children physiotherapist.

IJlst, The Netherlands, 2000

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No medical claim of any sort is hereby made. The work is only intended to assist in the management of pain.

at the hospital...



Does your arm hurt a lot?

Sometimes

I know what you mean. My knee also hurts.

Do you know you can use your imagination to lessen the pain?

Even from a broken arm?

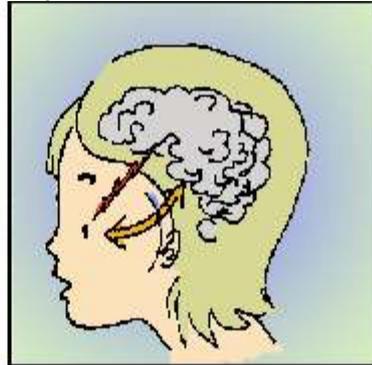
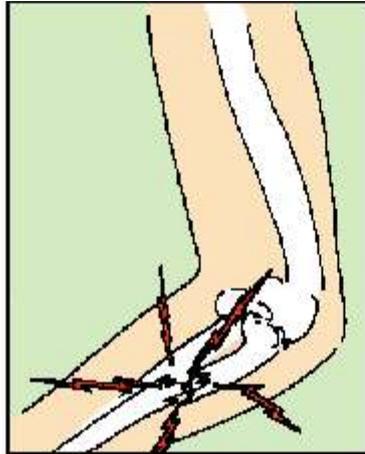


Sure... you see, all pain has 2 parts...

The physical part, what makes the pain...

and the mind part... How you respond to the pain*

Your mind is a VERY powerful part of yourself. It can do amazing things!



*this is why the attitude of the adults near the child is very important.

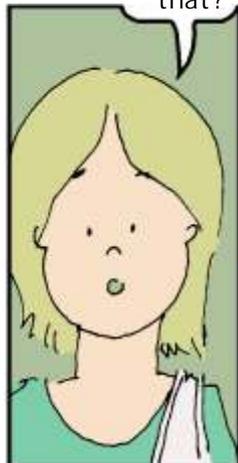


It helps if you can make stories about it.

How do you do that?

Well... I'll tell you how I used

One day I imagined I was walking in a strange town...





Sire!



Sire!



There you are, Sire!



Finally! I'm so glad I've found you!



Huh... why do you call me "Sire"?



Don't you know you are the king of this great & vast land?



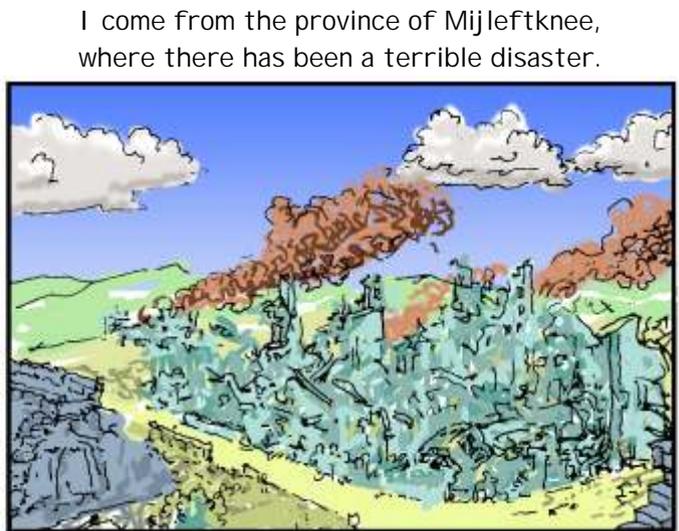
Oh... well... Hmmm....



Yes! Of course!



So... tell me, what brings you to our Court?



I come from the province of Mijleftknee, where there has been a terrible disaster.

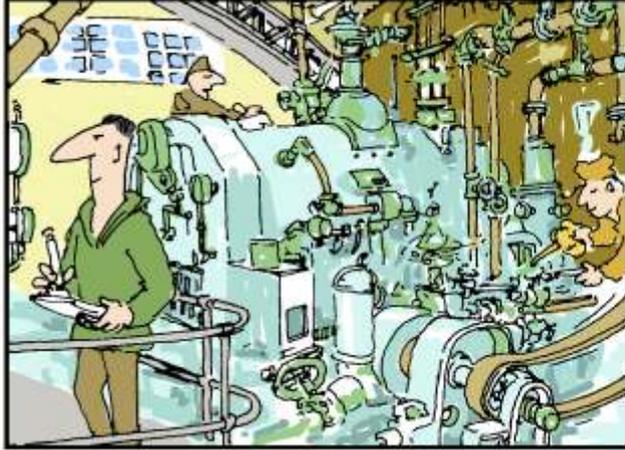
Yes, I heard about that...



Tell me, what happened?



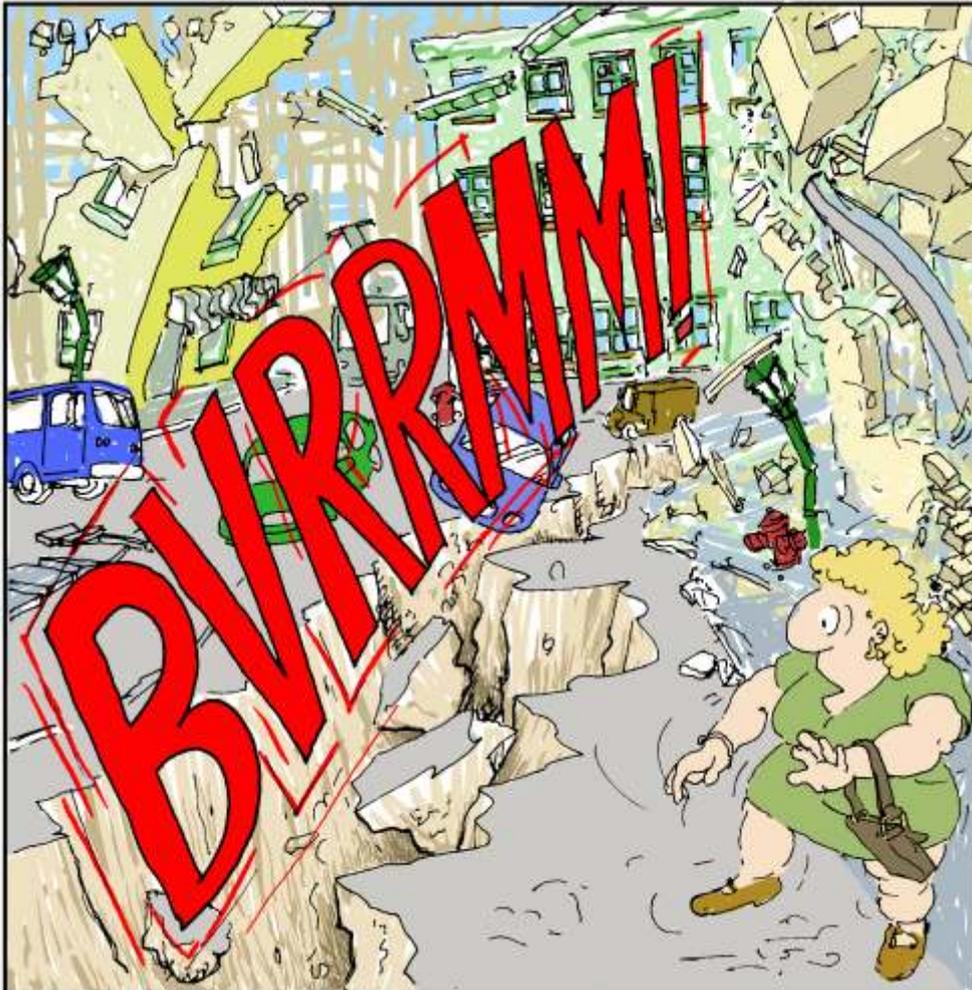
We were working real hard, as you had ordered. We were producing great power. Everything was working great!



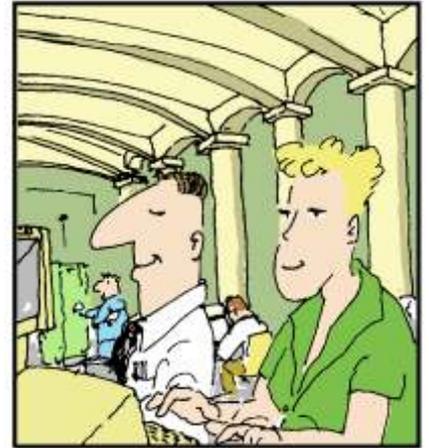
When all of a sudden...



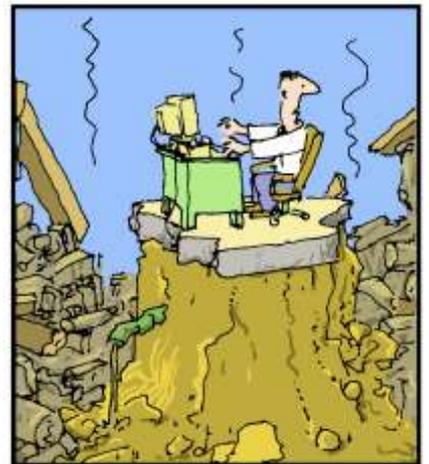
There was a great commotion and noise... and the ground itself split right under our feet! Everything came tumbling down!



One moment we were working together...



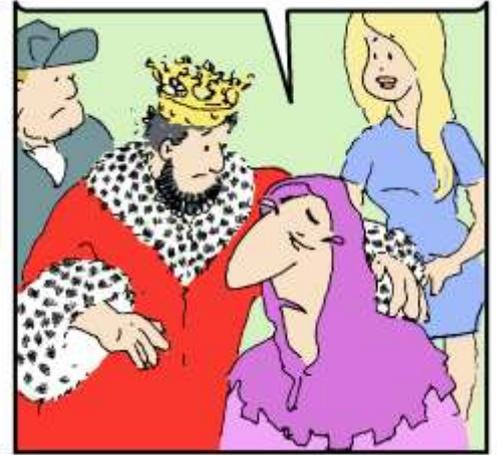
Next moment they were not there!



Many lost their loved ones and there were many injured who suffered a lot of pain.



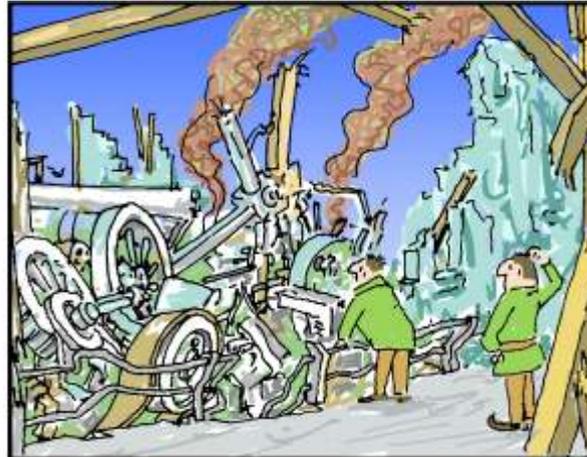
Oh Sire! I t was horrible. I t hurts just thinking about it.



But that's not the worst of it Sire!



The machinery is broken down!



We can't do anything... everything will be ruined!



My poor child...



Here, sit down. Have something to drink.



Hey!... Bring some shade for this poor fellow!



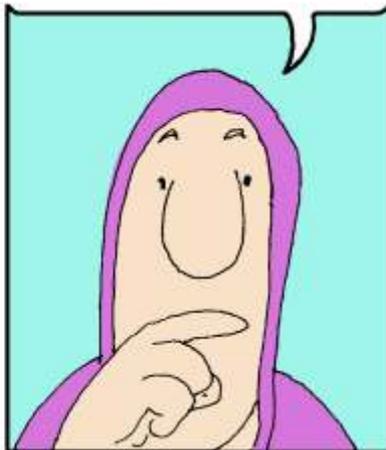
You see, I broke my leg...



The break was right around Mijleftknee, where you come from



Hmmm... that would explain all that commotion



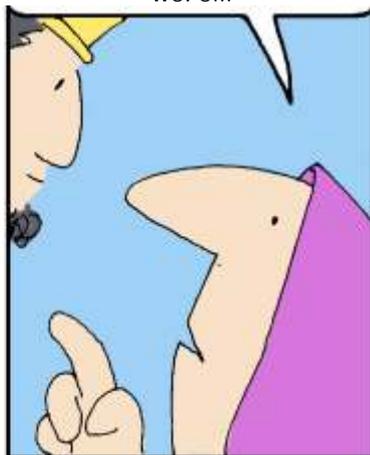
... then they rushed me to a hospital where they worked on my knee



They drilled the bone and screwed 2 bolts into it



Oh... That's what they were...



We thought they were aftershocks.



well... they were... kinda...



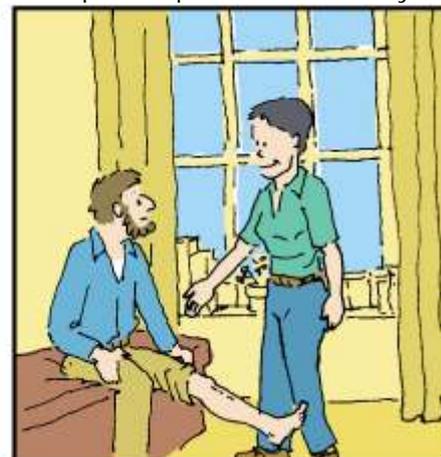
So, go back to the province of Mijleftknee and tell all the good people there...



that the entire kingdom is working hard to make their recovery fast and proper.



I am going to a physiotherapist to help me repair the machinery.



And convey my love to all of them when you see them...



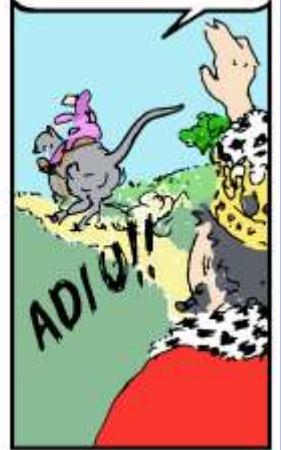
Oh Sire! Thank you very much! We can start rebuilding right away!



I return right away! We have much to do!



The people will be very happy!



well... it IS my left knee...



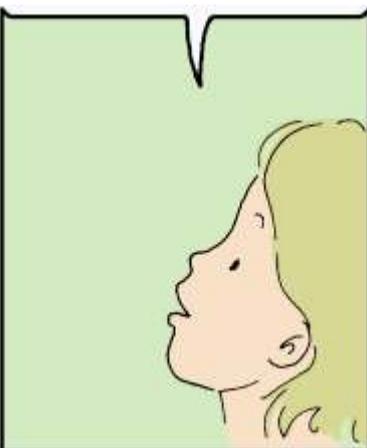
But, what happened?



Well... it doesn't hurt so much anymore... and it's healing very fast.



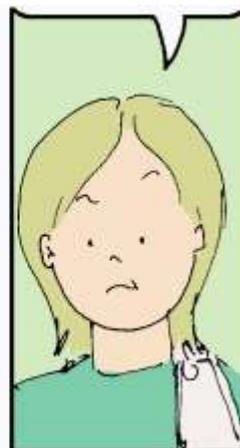
Can I do the same?



Well... I don't know...



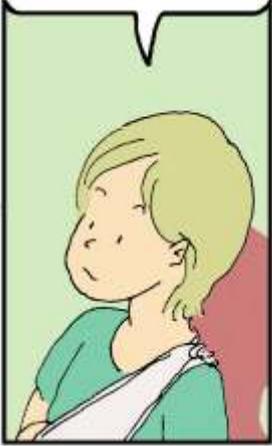
What? Why not?



You have to be able to go into your inner world.



Where is that?



That's where you go when you close your eyes.



That is where you...

Feel...



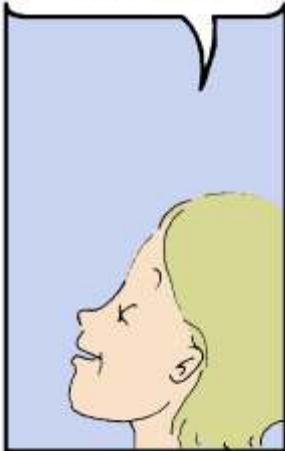
Think...



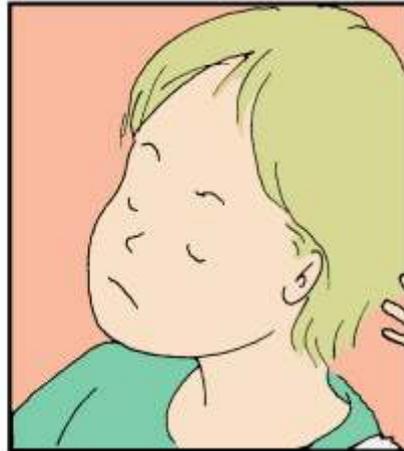
Dream...



Oh, yeah... I go there often.



OK then! Close your eyes and look at the spot where the pain is.



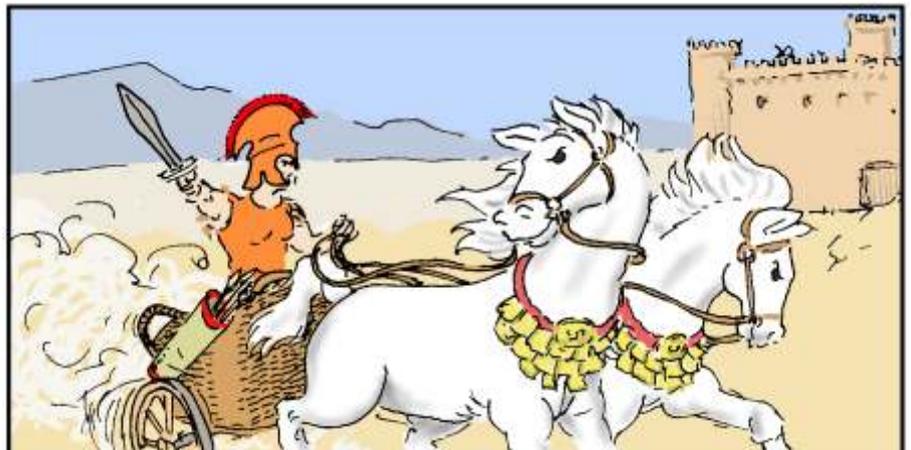
Ow!... It hurts!



Yeah, I know... It does take a lot of courage to look into the pain...



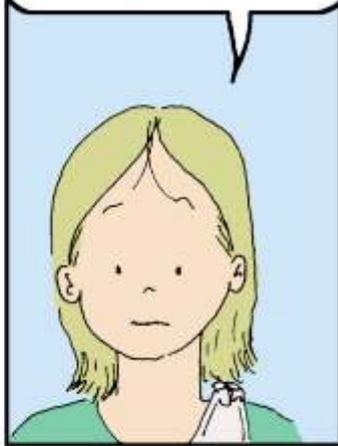
One has to be fearless, like a legendary warrior of old.



Can you be brave?



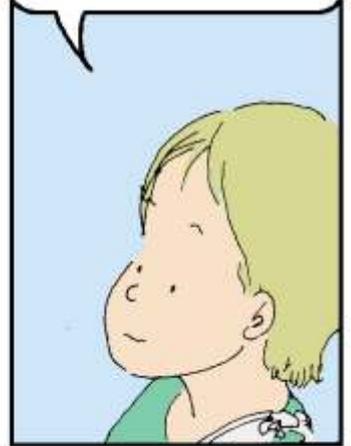
I don't know.



Hmm... but you can probably be brave for a little bit, huh?



Maybe.



OK... so, look at it for as long as you can stand it...



Then quit!



After a few times, you'll be able to take a good close look at it.



But, why do I have to look at it?



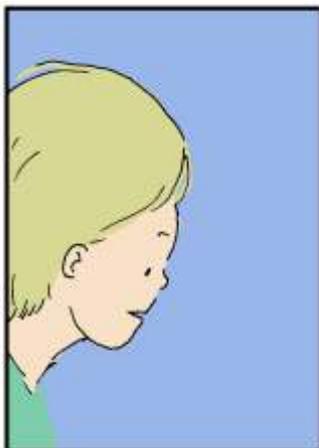
So you can get to know it.



You want to know what it looks like...



... what it thinks, and feels...



You can ask it questions if you want to.



Here... write down, or draw everything you find out.



As you get to know it better... notice all you can about it... draw it, or describe it with words.

When you look at the pain area, look at it without making any judgement of it.

Don't consider it Good or Bad.

Simply look at it and find out what it looks like, how big it is, where it starts and where it ends, it's color and weight, and so forth.

Do it a few times, for a minute or 2.

The pain will become smaller over time.

Everyone's inner-world is different.



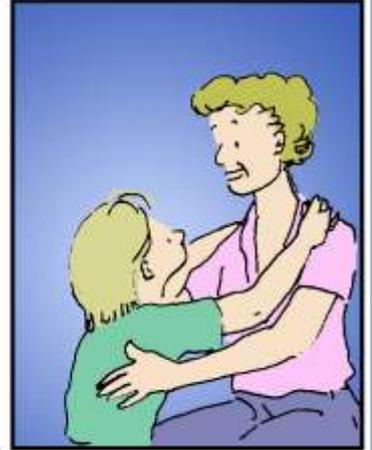
Some see their pain as an alien...



others see it as their children...



so they talk to it as their mother does to them.



But no mater what form you see



Make sure you tell it you are doing all you can to make it better.



So, make sure you are eating healthy food,



exercising, resting and all that needs to be done...



Once it relaxes a bit



the pain will not be as big...



and your body will be able to repair itself much faster.



Remember, you ARE the Queen (or King) of your own body!

